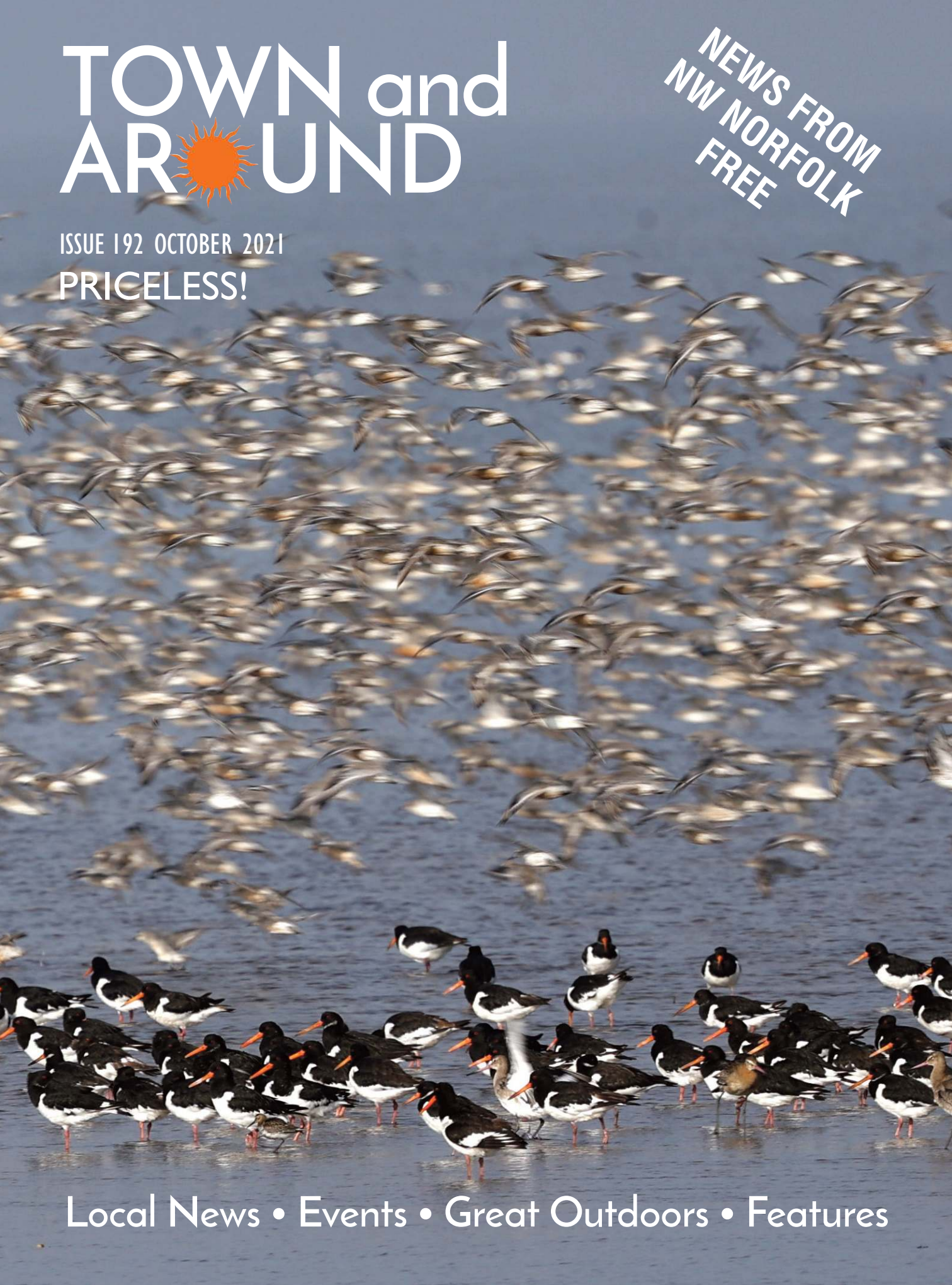


TOWN and AROUND

A large flock of oystercatchers is shown in flight over a body of water. The birds have black and white plumage with distinctive orange beaks. They are scattered across the frame, with many in the foreground standing in the water and others flying in the background.

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ISSUE 192 OCTOBER 2021

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First word



October really is a fabulous month. There's definitely an autumnal nip in the air, the leaf colours are stunning, it's apple picking time and there's half term to look forward to.

As the nights draw in you can find a comfy chair and have plenty to read in this edition of T&A.

Terry Parish tells us that Venus is the planet to observe this month (especially on 9th) so turn to page 14 and get a warm jacket ready. Wendy Warner is encouraging us all to buy bulbs this month and her article about tulips can be found on page 46 and Carrie Carey writes

her first column in Nature notes (page 49) – I warn you, you'll want to be on Snettisham beach at dawn with her!

While there's no Soapbox Derby this year Tim Keogh's article on page 59 about 75 year old Dave Curtis proves that age is no barrier. And on page 73 Jenny Beake interviews Jess Smith at the Princess Theatre.

My sincere thanks to everyone who has written and to all our advertisers for their support.

Don't forget to put the clocks back on 31st!

With warm wishes,

Elaine

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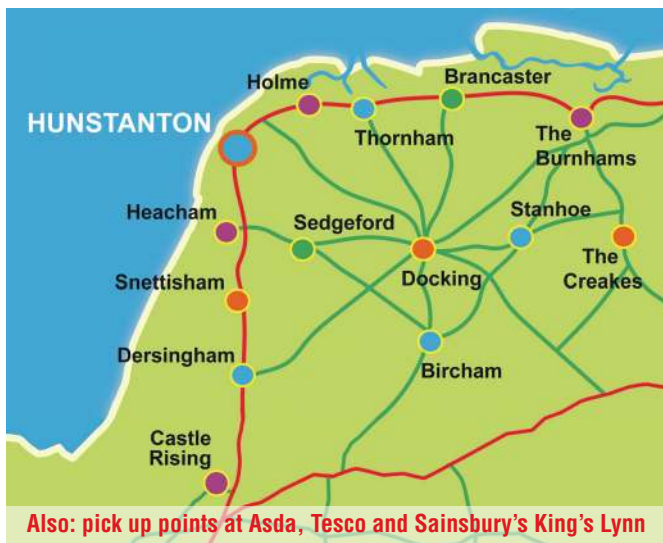
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How to find a good garage

Abigail Brown

Finding a trustworthy garage is vital. For example, while a bad experience at a restaurant is disappointing, a bad experience at a garage could not only burn an unnecessary hole in your pocket, but leave you with a car that's even less roadworthy than before.

Here's some advice that may help you avoid the trial and error process and find a garage you can rely on:

Ask your family and friends for recommendations

Reach out to people close to you who live in the same area for their opinions. Which garage do they currently use, and would they recommend them? Make sure to ask questions about what is most important to you. For example, if you find visiting a garage a nerve-racking experience, question the environment of the garage your friend/family member recommends, and ask how they usually treat their customers.

Do your research

A website can provide initial insight into how a garage operates, particularly in terms of their professionalism. Look out for garages with informative websites; clearly listing their services and contact information. If the website has a blog, this can also help by giving you an idea of their expertise.

Read the reviews

Good online reviews are one of the best indicators of a credible business; however, you should take them with a pinch of salt as some may be fake! Take some time to read through the most recent reviews local garages have received as a quick way to compare your options.

If it seems too good to be true, it probably is!

If a garage is boasting that they are the cheapest in the area, or that they are offering free services, this may be a red flag and a reason not to use them. As much as it's important that the garage you choose is affordable and good value-for-money, garages that are offering services at a price well below the industry/area average should be approached with caution - there's a reason they are that cheap!

Despite how much time you put into finding the best garage for you, in the end it's a case of biting the bullet and giving one of them a chance. If you are ready to put your trust in a garage after following the above advice, you can be fairly confident you will be happy with the service you receive.

K Brown Auto Repairs is a local garage with over 25 years' experience. Learn more about them by visiting their website at www.kbrownautosingslynn.co.uk or calling them in Hunstanton on 01485 533786 or King's Lynn on 01553 763763.

Norfolk set to accelerate electric vehicle uptake

With a ban on sales of new petrol and diesel cars nationally being brought forward to 2030 by the government, the uptake of electric vehicles is forecast to rapidly increase over the next decade.

Cars and vans currently make up nearly a fifth of carbon emissions, so this shift is set to bring about significant reductions in carbon emissions across the UK.

Electric vehicles (EVs) currently make up 0.6% of the total vehicles on the road in Norfolk in 2020 but is set to increase tenfold by 2025, before rapidly increasing to 27% by 2030. Several external reports and surveys have highlighted that the lack of suitable EV charging infrastructure will inhibit the uptake of EVs in Norfolk.

Norfolk County Council is developing a new electric vehicle strategy and county councillors are currently considering practical ways to help boost the uptake of carbon cutting electric vehicles across Norfolk.

In April there were already 2631 electric vehicles registered across Norfolk, however there are big differences between parts of the county with 22% of those in South Norfolk and only 5% in Great Yarmouth. There are also relatively few public chargers, with Norwich home to 44 of the 198 currently across Norfolk as a whole.

Cllr Barry Stone, Chair of the Infrastructure and Development Select Committee and Member Champion for Carbon Neutrality 2030, said: "We are

looking to make sure that the benefits of switching to electric vehicles are realised as quickly as possible in the county. Switching to electric vehicles has been identified in the latest draft Local Transport Plan as one of the most effective policies in reducing carbon emissions from transport.

"While we can't make that happen on our own, the strategy identifies things that we can do to accelerate take up and help remove some of the barriers to electric car ownership, specifically regarding charging.

"We want to make it easier for people to charge their electric cars at home, seek funding for more public charge points in Norwich, and make it easier for local communities to access public chargers across the county."

The electric vehicle strategy is one part of the work underway by the county council to achieve its ambitious target of net zero carbon by 2030. The strategy will complement other sustainable transport initiatives to boost active travel and cut carbon outputs, such as the hire schemes for e-scooters and e-bikes in Great Yarmouth and Norwich, and new zero emission buses.

A report being considered by county councillors reveals that work has already begun to explore ways that the Council can promote more public EV charging points to be deployed across Norfolk. Through a collaborative pilot project with the regional electricity distribution network operator, proposals to install EV charge points on residential streets across Norwich are in the

final stages of development. It is envisaged that the Council will facilitate these installations, with government grant funding subsidising private investment into this infrastructure.

Proposals have also been put forward that would enable the Council to seek government grant funding to subsidise the cost of installing EV charge points funded through the local highway member fund. This will reduce the costs payable from the member fund to 25%, in turn enabling more investment in EV infrastructure.

The demand for EV charging is expected to be highest at home, yet nationally 25% of vehicles are parked on public streets. These owners currently face a logistical challenge due to the lack of any on-street charging points and the Council as the local highway authority, is increasingly receiving requests from EV owners for advice and permission to place charging cables across public footways between EVs parked kerbside and the frontages of private properties.

It is proposed that the Council adopts a formal process to issue highway licences upon request, giving permission to applicants to place a suitably protected cable across the public footway following an assessment to determine both suitability and need. It is envisaged that this will be a temporary solution that will promote earlier uptake of EVs until a time when alternative nearby public EV charging infrastructure is available.



Keith, founder of K Brown Auto Repairs

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There's no such thing as an easy option or a quick fix solution at K Brown Auto Repairs – just a professional service your can trust

You'd be surprised how many people take their car to different garages every time they need some work done or wonder why a strange light has suddenly appeared on their dashboard – but it's usually based on poor previous experiences of problems not being solved correctly in the first place.

There's a reason why people have been bringing their cars to K Brown Auto Repairs in King's Lynn and Hunstanton for over 25 years, and it's not just the friendly reception staff or the highly-trained technicians.

"We have so many customers

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

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

But K Brown Auto Repairs doesn't work on assumptions, guesswork or possibilities – and never carries out

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

"I think that's why we've built such a strong reputation for being totally trustworthy," says Tamsin. "We'll always trace issues back to their root cause, which may be as straightforward as replacing a single small wire."

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Providing an uplift for the Breast Cancer Unit development fund

Bank Holiday drizzle didn't dampen the enthusiasm of Rotarians at their Bra Day fundraiser.

Hunstanton's High Street was festooned with over four hundred bras of all shapes, colours and sizes for the Rotary Bra Day on Bank Holiday Monday.

Ahead of Breast Cancer Awareness month when on 13th October women are asked by Littlelifts* to forgo wearing a bra while the men in their life wear a bra for the day to show solidarity with women, male members of Hunstanton and District Rotary Club bravely donned bras while they were collecting funds for the Breast Cancer Unit Development Fund at the Queen Elizabeth Hospital in King's Lynn.

Male Rotarians in bras were certainly going to get noticed on a damp Monday morning in Hunstanton and Sally Brazier, who was visiting from Leigh-on-Sea in Essex with husband Philip, was one of the first to contribute. (photo below right)

Local businesses including Keelie's, the Hospice Shop and the RSPCA shop had agreed to be collection points for bras donated over the summer and these were collected by Rotarians in readiness for the event. Then Mary Harpley spent hours hooking all the bras together before the team decorated the High Street.

President of the Hunstanton and District Rotary Club Mick Harpley said: "We hope that this will become an annual event for the club and we are liaising with the QEH to make sure we by something they really need for the Unit."

With her collecting bucket in hand, Gill Brown said: "I feel quite emotional; a man has just given £10 and told me about his wife who is having treatment at the QEH now."



Some of the Hunstanton and District Rotary team from left: Gill Brown, Jean-Marie Vernon, David Scotney, John Crofts, Mary Harpley, Mick Harpley, Hillary Farrell and Jean Raven



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DO YOU HAVE INCOME (OR GAINS) FROM PROPERTY? SHOULD I OPERATE THROUGH A LIMITED COMPANY?

By Kathryn Gigg Chartered Accountants, Hunstanton

In the past, owning and operating investment properties through a Limited Company tended to be regarded as something of a “sledgehammer to crack a nut”. Changes in the differential between personal and corporate tax rates, together with the disallowance of interest relief at higher rates for individuals have led some to reconsider this route, but it is a decision which, once made, cannot easily be reversed, so will probably be unattractive for those who are only renting on a short term basis.

It is important to understand that a Limited Company is a legal entity in its own right, completely separate from the people who own it (shareholders) or run it (directors). In most small companies there is often a high degree of overlap between the two groups of people and in a small rental property company they will probably be identical. The directors have certain obligations as regards legal and tax compliance and their financial relationship with the company is highly regulated and enforced by a strict tax regime. A company also has limited liability, meaning that in the event of bankruptcy the exposure of the shareholders will be limited to the amounts which they initially invested (and any personal guarantees which they may have given).

The company itself is subject to Corporation Tax (CT) rather than Income Tax (IT). CT will apply to all income and capital gains made by the Company and Income Tax will apply to amounts which it pays out to directors and shareholders by way of dividend (to shareholders) or salary (to directors). The directors are officers of the company so monies paid to them as salary, wages or bonus will also potentially be subject to National Insurance Contributions (NIC). If money is loaned to the company, interest at a commercial rate can be paid without NIC deduction.

The treatment of expenses is normally the same for both an



individual and a company except that mortgage interest for residential letting is restricted to basic rate only for individuals but not for companies. Interest on borrowing to fund the purchase of Furnished Holiday Let (FHL) property is fully allowable for both.

Since CT rates are usually lower than IT rates (currently the CT rate is 19%, rising to 25% in 2024, compared to a top IT rate of 45%) the short term advantage is clear. If the property is subject to a high level of borrowing, and if all the net rents are to be used to repay that borrowing, a mortgage will be cleared much more quickly within the corporate structure. However, as mentioned above, any funds withdrawn from the company by its directors and shareholders are taxed at IT rates, so if the intention is to use the revenue stream as part of one's normal living income, there will be little benefit. “Borrowing” from the company is also financially penalised (although repayment of amounts previously loaned to it is permitted). There are also heavy tax charges where a company property is occupied by a director/shareholder rent free. In addition, where a company owns a residential property worth over £500,000 there will normally be an annual “Enveloped dwelling” charge unless the property is commercially let or limited other exceptions apply.

Like individuals, companies will pay Stamp Duty Land Tax (SDLT) on property acquisition and will always pay the 3% surcharge on residential property. In some cases, there is a 15% SDLT charge on properties costing over £500,000. SDLT (and often personal CGT) will also apply where existing properties are transferred into a new Limited Company unless they are held within an existing partnership and have been treated as a property business in the past.

Finally, where a company realises a capital gain, that gain is also subject to CT, with no “personal allowance”. The tax will be charged at the CT rate. When a company is wound up, the assets passing to the shareholders will then be subject to personal CGT, so potentially the same gains are taxed twice, although in some cases the aggregate of CT and personal CGT may be slightly less than a high rate of personal IT.

The corporate route will, then, tend only to be advantageous in three sets of circumstances:

- Where it is used to acquire a property with a high level of borrowing, with the intent that it will always remain within the corporate structure (typically a property used in a business)
- Where the owner currently has high levels of personal income but knows that in the medium term these will cease so funds can be accumulated within the company until that point (Using it as a “holding tank”)
- Where for some reason there is a high level of financial risk which can be ring-fenced within the company to protect personal assets or where it is used as a one-off “special purpose vehicle” for a project which would be treated as a trading transaction by the participants

If any of these issues affect you and you are in need of further advice, please contact either myself or my assistant Nicola Tarry FCA,

Kathryn Gigg

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For an appointment please contact: Mrs K H Gigg FCA

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who will be pleased to talk matters through with you. You will thus ensure that you take full advantage of the reliefs available to you and also consider, for the future, how you can best structure your property portfolio.

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in July 2021

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Heroes on the High Street

Hunstanton Lifeboat Station crew and supporters were fundraising in Hunstanton at the end of August.



*Lee Torrice, Sue Piggins, Cindy Cook, Gill Leary and Rigil Kent.
Photo T&A*

At the Spinney in the town centre, Lifeboat Operations Manager Rigil Kent said: "We're very pleased to see the public out putting money in our buckets; keeping everything in seaworthy condition takes a lot of funds and this year we've had a number of repairs and renewals to contend with.

"Currently we have a temporary tractor on station while ours is being repaired, and our hovercraft has just come back after its engine problems have been fixed.

"Also, the lifeboat developed an oil leak and had to have an engine change – this too is now back on station so we are fully operational.

"It's great that there is a resilience plan in place to handle these challenges."



In full kit, crew member Roger Smith was collecting at Tesco, supported by his nephew William Nicol and niece Lily Nicol.

Rigil was pleased to report that the Station had developed good relations with the Scolt Head Island Warden, National Trust, Coastwatch and the Community Assistance Team and the safety advice these organisations have been offering to beach users, and the respect the water campaign, had resulted in fewer people needing to be rescued from the island. "It's been much better this year", he said, "despite the rise in the staycationers."

So when someone asks: "What do the crew do when they are not doing their day job or out on a shout?"

You can answer: "Raising awareness and collecting funds for the RNLI."

Hughes celebrate their centenary

Electrical retailer Hughes is celebrating 100 years of trading on England's High Streets by touring the country with a renovated 1950s delivery van and a mini exhibition of 1950s appliances.

4th September was the Hunstanton store's turn to host the roadshow and as the High Street opened for business Mark Page and Nigel Jeavons were setting up the exhibition on the Spinney.

Creating great interest was the 1951 split windscreen Bedford van, surprisingly it was a left hand drive model and it is thought it was manufactured for the French market.

Before the store moved to Hunstanton High Street in 1994, the business (formerly Wheelers) occupied the premises that is now Keelie's.

Aled Partin is the third member of the team at Hunstanton and he's been with the company 11 years, this added to Mark's 44 years and Nigel's 36, makes a massive 91 years retailing experience!

Hunstanton branch has a reputation for taking on tough challenges and raising money for charities. Five years ago the team cycled just shy of 500 miles raising £5000 for the Air Ambulance and three years ago a walk for Dementia Care along the Peddars Way raised £3000.

Nigel, who is organising the next event, said: "Our next challenge is to cycle around the company's furthest branches so starting on Monday 6th June 2022 we will ride from the furthest north and west branch in Preston, Lancashire to Rayleigh in Essex and we will finish in Lowestoft.

"The whole route is about 450 miles and we will finish on Friday



Mark Page in the driving seat with Nigel Jeavons (T&A)

10th June - and as it isn't as far as our previous ride we've decided to cycle through the Peak District to add a few hills!"

This 2022 challenge is in aid of the Benjamin Foundation, a charity that helps children, young people and families in Norfolk and Suffolk.

Coincidentally, the finish of the 2022 challenge is also where Frank Hughes founded the business in 1921 after serving on the western front throughout the First World War.



Equity Release made simple

James Batchelor, Principal of Evergreen Equity Release Solutions, based in the historic Tuesday Market Place of King's Lynn, on making Equity Release simple

When my business partner Nigel Barrett and I first formed Barrett Batchelor Mortgage Services LLP in King's Lynn, our aim was to not only be professional and efficient, but also ensure the service offered was personal and friendly. We firmly believed this was essential to make our company successful – and was also what the people of West Norfolk required.

We were (and remain) determined to treat our clients with the respect they deserve and ensure they don't feel as if they're just a number, as can be the case when dealing directly with the big banks.

When we made the decision to extend our range of services a number of years ago by forming Evergreen Equity Release Services, it soon became apparent to us that this personal approach was probably even more important when dealing with people who were considering Equity Release.

Important decisions have to be made when people are approaching retirement – and using your property to raise funds could be the most important one of all. It's fair to say that Equity Release isn't for everyone, and part of the process I guide people through is explaining the other options available to them.

In addition to this, future plans and state benefits could be affected – it's not a decision that should be rushed into,

and it all depends on your individual needs and personal circumstances.

Having said that, more and more people are recognising the benefits of raising money this way, and it can be a very efficient way of doing so.

Many of you will still be very active in retirement, and still have plenty of plans ahead of you. If you no longer have a wage coming in, and your private pension may not have performed as you'd hoped for, the question that could be asked is – how can you fund your future plans?

For many, it could be a case of having the majority of your wealth locked up in your home. Where some will look to downsize their property to release some money (not a cheap option in itself when you take into account the fees from Estate Agents, Solicitors and potential stamp duty on the new purchase), more and more people are looking at the option of staying in their current property, and raising funds via

Equity Release to enable them to do so. One thing I'm very keen to do is explain to people how the Equity Release market has evolved over the last 25 years. You no longer have to sell your property to the Bank, so you still retain ownership of the property. Another important point is the 'No Negative Equity Guarantee' – which ensures the amount you borrow will never exceed the debt on your property.

Examples of how I've assisted people with their Equity Release requirements are:

- Raising funds to boost their income in retirement
- Clearing an outstanding mortgage on a property
- Property improvements
- Assisting family members financially
- Funding new or existing hobbies, such as caravanning

There are of course numerous other reasons you may be looking to raise money, and the importance of discussing such matters in detail with a fully qualified Equity Release Adviser can't be stressed enough.

A big concern I have is that many people decide Equity Release isn't an option for them without being in possession of the full facts. They could be missing out on a great opportunity because of this, and that's why I offer a completely free consultation without obligation. I'd even suggest you bring a

family member or a trusted friend with you to the meeting.

If you're fast approaching retirement (Equity Release is available to over 55's only) or have already reached this milestone in your life and would like to explore the options available to you, I'm here to offer an expert helping and guiding hand.

To understand all the features and risks, please

ask for a personalised illustration. If our service is of any interest to you, I'll be only too pleased to visit you in the comfort of your own home if you'd prefer.

JAMES BATCHELOR
Principal



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Dersingham Open Gardens delight visitors

The weekend 4-5th September saw fourteen gardens open, an art trail, and a Flower Festival at St Nicholas' Church.

Over what was the best weather weekend for some time, visitors to the Dersingham Open Gardens were able to enjoy the sights and smells in gardens that had been mown, clipped, weeded and pruned to best present their late summer displays. Gardens large and small all had something wonderful to look at and good ideas to take home.

Interspersed with the gardens was an art trail that demonstrated the talent in the village and at the church organisations had created floral arrangements that not only looked stunning and smelled wonderful but also perfectly captured the theme of the festival which was 'Together Again'.

Elaine Rowley and Tony Luckhurst's garden at The Old Vicarage was the largest open on the trail. Divided into several areas there was so much to see, the fragrant rose garden, borders still full of colour and interest, beautiful trees and for me the icing on the cake was the Japanese garden. Fans of Monty Don will remember the series filmed in Japan and many elements he highlighted were replicated in this garden; the cloud pruning, wood, stone, rocks and gravel used together with running water and backed by a pagoda with a choice of plants that was simply stunning.



Visiting the Old Rectory Garden for the first time were Dersingham residents Margaret Dixie and Sue Mansfield who are pictured below in the Japanese garden. Margaret (left) said: "I always come to the Open Gardens, it is such a wonderful event; I've never been in this garden before though, and it is fantastic."



Judi and Tony Morgan's smaller garden in Old Hall Drive was no less interesting and a magnificent pittosporum aroused much interest. This was also a garden that was joyful and full of colour.



Opening his garden at Tall Trees Tony Bubb (pictured above), who initiated the Open Gardens with Judy Collingham whose beautiful garden at Fern Lodge was also open said: "We used to do just one Sunday then fifteen years ago we decided to go to two days and it is much better." Asked about his favourite part of the garden he said: "my rockery area – I don't have to bend down for it!"

No Open Gardens is complete without tea and cake and Dersingham's refreshments served by volunteers from St Nicholas' Church did not disappoint - husband's assessment 10/10!

Catching up with Judy just before T&A went to print about the fundraising side element of the Open Gardens she said: "We are still awaiting the final figure but if you reported around £4000 you would not be far off."





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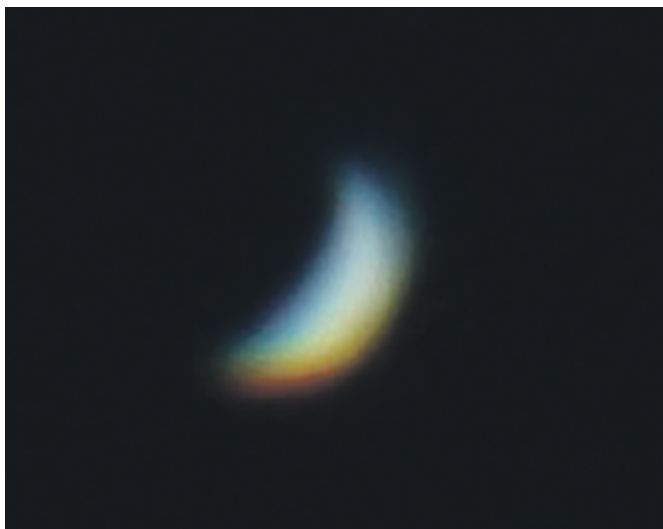
Heacham and Hunstanton at night

Terry Parish

At the time of writing, I am getting ready to go on holiday and won't be back until after the deadline so the article is, necessarily, short. This will well suit a well-known businessman in Heacham who has long complained of my too lengthy essays as they keep him away from sleep, beer, or anything else of use.

Venus is the planet to observe this month as it gradually brightens in the SW Look from just after sunset to about 7.30pm. On the 9th, Venus is very close to the crescent Moon. Just to the left of it is the red giant star, Antares.

The magnitude of Venus at the start of the month is -4.2 whereas it is -4.4 at the end. The difference doesn't seem great but the scale is logarithmic which means a small change in number can lead to a significant effect. The increase in brightness is due to Venus moving closer to the Earth – this is relative of course as each planet is in its own orbit around the Sun. A small telescope will enable you to see the phase of Venus change over the passing days. On the 28th it will be half lit.



A crescent Venus from Heacham. Atmospheric conditions caused blurring and colour diffraction. Parish

Jupiter and Saturn are still with us, Jupiter shining brightly in the SW at magnitude -2.5 to -2.7. It sets about 2am. Saturn, magnitude 0.5 to 0.6, is always to the right of Jupiter by a couple of handspans so sets around midnight. Use a telescope from somewhere and see the rings. The aforementioned business man will have time this month.

On October 14th the Gibbous Moon is between Jupiter and Saturn. Look SSE at 7pm. On the next night, the 15th, Jupiter is very close to

the Moon, look at 9pm.

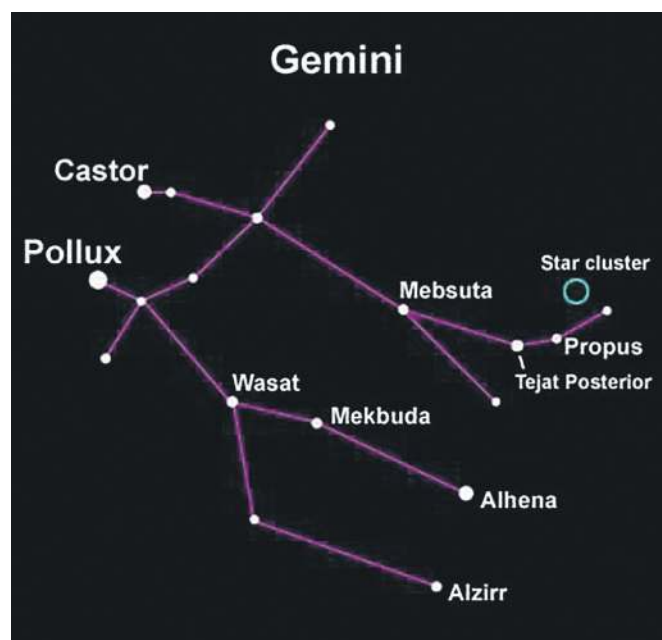
On October 10th look for meteors from the Southern Taurids shower. It is a faint one but the Moon is in crescent phase and the Taurids sometimes produce a fireball!

Between the 18th and 24th look out for more meteors. Any you see will likely be part of the Orionid shower which are associated with the debris left behind by Halley's Comet. The peak is on the 21st. Moonlight will interfere as the Moon is full on the 20th.

Around the 20th, the Northern Taurids meteor shower begins, peaking in November. Both Taurids showers emanate from Comet Encke.

On the 27th look ENE at 11.30pm and observe the waning Gibbous Moon. Above it is the star Pollux and above that Castor. The two stars are named for the mythical twins with different fathers (one was a God which explains everything).

The two stars are the heads of the constellation of Gemini.



Internet

Last thing as I must pack socks and a mac. October 31st is the start of proper nights. The clocks go back an hour.

Get new batteries for your torches but, to avoid light pollution, stick a red filter on them and/or point them down.

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People who made my month.....

Sandra Hohol NORFOLK HOLIDAY HOMES

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What has your month been like? Mine has been busy as always but a real mixture, more than ever! We all had various days off so did not know what day it was (this is hard anyway!). So many people enquired about letting their properties so I had several appointments where new properties were taken on and more on the horizon when decisions are made. Holiday guests arrived in and out as usual but so many people are saying that a lot of the area's visitors are 'different' this year. Perhaps these are the ones who usually go abroad? What we notice is that usually the latter two weeks of August usually bring in the 'moaners' and ones that seem to have issues just for the sake of it, especially when the weather is against them. And of course, there are the guests who do not read or follow instructions no matter how much detail we give them.

To counteract the 'minus' points there are a lot of 'plus' points. The new properties already mentioned above; many bookings already coming in for 2022 and even 2023; and the children are back to school so the town should be quieter but trends are changing so the holiday season extends beyond September now.

People often ask me about the 'plus' points and what makes me happy with my job..... a few things; getting the first booking for a new owner; seeing many different properties and people; guests calling in to the office to meet us all and those little 'thank you' gifts to show how much we are all appreciated. There are others which counteract the nasty points in our job, but these ones stand out. So many people were disappointed with not being able to take their holidays when in lockdown, it was just a relief for them to know that we were on the other end of the phone to refund



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or transfer quickly. We have heard so horrendous stories from people booking with large companies, not getting their money back or any response from queries. Most of our guests were very happy to be transferred to a later date and many of them called in this year when passing to say 'thank you'. Always a satisfying feeling to know that you have helped someone, especially 'Desperate Alex' and family who brought me flowers a few weeks ago. I found them the holiday they did not think they would have this summer and they were having an amazing time. A prospective new client and my daughter both brought me huge Cappuccinos (not at the same time!) when I was in the office alone one

week and very busy and the gentleman who dropped by with another large coffee and chocolates after I spent time trying to find him B & B accommodation for 2 nights. Definitely all plus points.

So the season carries on, almost fully booked in September, now gone, and October too with maybe time for some respite in November and December to catch up with 'put aside' paperwork. But apart from keeping the bookings and finances up to date, there are plenty of other sides of the business to manage so we start all over again. If you have property you might like to let, let us know and fingers crossed that the end of this year is not like the end of 2019.

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Local projects receive grants from the CIL Fund

The CIL (Community Infrastructure Levy) is a levy that local authorities can choose to charge on new developments in their area. In the King's Lynn and West Norfolk Borough Council scheme £1,895,595 has been collected since it was launched and £271,934 has been allocated to local projects.

Locally several parishes and organisations were successful in their bids for funding and in the local projects £2000 to £10,000 section they included:

- Heacham Parish Council £7,831.13 for the Open Air Skatepark.
- Burnham Thorpe Playing Field Committee £10,000 for the replacement of HMS Victory play-boat and Installation of a Cantilever swing set.
- Sedgford Village Hall Committee £8,800 to install an outside gym equipment
- The Old Post Office Hub (TOPOH) in Ingoldisthorpe £10,000 to turn TOPO into a non-residential community benefit building.
- Holme-next-the-Sea Parish Council £7,800 for the clearance, repair and renovation of two Parish Council owned ditches in Beach Road.
- Old Hunstanton Parish Council £4000 to install double yellow lines, waiting restrictions and limited time waiting bays in various suitable locations in Old Hunstanton.
- Burnham Norton Parish Meeting £9421.80 for the Parish Sandpit at

Burnham Norton

- Docking Parish Council £1450 Restoration of Grade II listed Pound/Cage restoration and £3,700 for works to the Parish Ponds.

- Snettisham Parish Council £4,586 for the extension of the TROD footway.

- Hunstanton Town Council £4000 To provide 'Trim & Trail' equipment for 3-12 year olds within the grounds of Hunstanton Community Centre. Plus a further £4000 To provide a 'Shelter' for the youth of the town to meet in a safe and sheltered environment within the grounds of Hunstanton Community Centre.

- Dersingham Parish Council £5,414 for the replacement of 5 concrete lamp columns that have been identified as at risk of structural failure.

A further £225,719 has been earmarked for community projects and £250,000 to strategic projects, but these grants need further approval from the council's management team and Cabinet in accordance with the terms of the scheme.

In the larger community projects section for grants between £10K and £50K local schemes were:

- Ringstead Village Hall Committee £11,500 To re-roof the village hall.
- Borough Council of King's Lynn and West Norfolk £20,000 to replace the existing toilets at Heacham Beach.

Smart bins for Hunstanton

Solar powered bins will compact rubbish and close the rubbish hatch - that will keep the seagulls out!

Ten new solar-powered smart litter bins have been installed by the Borough Council of King's Lynn & West Norfolk on the upper green in Hunstanton. Not only will they prevent seagulls from raiding the bins and scattering rubbish over the green, they will also tell the public when they are full and ask them to use another bin and alert the council they need emptying.

The bins are hygienic too, you use a foot peddle to open the bin door and the hatch closes itself.

Cllr Paul Kunes, Cabinet member for Environment said: "Funding for this has come from the Norfolk Strategic Fund which was a Norfolk-wide package of measures worth £2.25m in total to support the visitor economy.

"We've picked this area as many people come and sit on the green with their fish and chips and the sunshine here will power the bins. They can also take around eight times as much litter as a traditional street bin reducing the number of collections and helping the environment."

The bins were installed in the town on Wednesday 11 August 2021. Data coming back from the smart litter bins show they are used most during the late afternoon, most commonly after 5pm. Unsurprisingly they are used most when the weather is good and one of the bins reported being used up to 140 times in one day.



Cllr Paul Kunes, Cabinet member for Environment

Cllr Kunes added: "These bins help keep the Upper Green tidy. Making the decision to stay later in the day in Hunstanton a more attractive proposition for visitors and nicer for residents, hopefully extending the period of people enjoying the resort later and helping the local economy."

HUNSTANTON MAINTENANCE

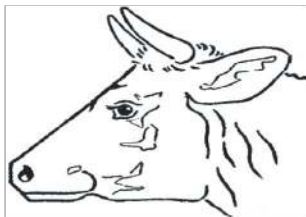
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 12. Superblue, 13. Ditch, 14. Fact, 16. Diocese, 19. Decided,
 21. Cite, 24. Cairo, 25. Derringer, 27. Tremor, 28. Amperage,
 29. Retake, 30. Flathead
 Down: 1. Robust, 2. Abrupt, 3. Swear, 4. Double, 6. Inside out,
 7. Admitted, 8. Dinghies, 11. Tend, 15. Audio book, 17. Educator,
 18. Accident, 20. Duds, 21. Caramel, 22. Agnate, 23. Friend,
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On the turf with Charles Joyce

If the brothers Grimm, Madame d'Aulnoy and JM Barrie were to sit down together and write a story they would not have come up with the script for Emma Raducanu. A sixth former studying for her A levels during a pandemic that covered the world with millions of people of all ages succumbing to a deadly virus. In June, this year the eighteen year old sat those A levels which are always stressful for the young students sitting them. A keen tennis player, but not in the top three hundred. Shortly after this big test of A levels she played at Wimbledon where she was overcome by the enormity of the occasion. This did not stop her entering the US Open.

The eighteen year old was not high enough in the rankings to get into the tournament first round. She had to first of all get through the qualifying rounds which she did without losing a set in any of the three matches. Once in the tournament proper Emma progressed until meeting American, Shelby Rogers, who had already beaten the world number Ash Barty in her previous match. Brushing aside the home heroine again in straight sets Emma went on to meet Belinda Bencic the reigning Olympic Champion who had won her title in Tokyo only five weeks earlier. The young woman from Switzerland was another beaten in straight sets. Eighteen year old Emma progressed still further into the final at Flushing Meadows, New York.

On the twentieth anniversary of the planes crashing into the twin towers Emma faced another teenager, Leylah Fernandez who on her journey to the final had beaten one time world number one and previous winner of three grand slams including Wimbledon, US Open and Australian Open, Angelique Kerber. Others who fell to the young Canadian's racket were world number two, Aryna Sabalenka, world number five, Elina Svitolina, and reigning US Open Champion, Naomi Osaka. In the Arthur Ashe Stadium in front of tennis icon and women's rights campaigner Billie Jean King, the match was on a tightrope throughout, but with Emma a set up and leading 5-3 she served for the championship. The score was 30-30 with Leylah winning the next point to have a break point. During this important point Emma had slipped and injured herself with blood visibly dripping from a cut just below her knee. It could not have been more tense as small injuries can end a player's chance of winning. It was the type of cut men have with their shaver, not life threatening but almost impossible to immediately stop from bleeding. A medical timeout was called and Emma's cut was dressed. Emma then served to tie the game at deuce. Another game point went against her before she served to take the championship. This time it was an ace which the young Canadian could not return and the championship was Emma's. She is the first qualifier in the entire history of tennis grand slams to win the outright championship.

The bookmakers have her at as short as 1/16 to win the BBC Sports Personality of the Year in December. I certainly would not want to bet against Emma winning. The match was watched for free by over nine million people live via Channel 4 who had cut a last minute deal said to be a million pounds with Amazon Prime who had secured the rights for the full tournament. While nine million is ten times more viewers than many Channel 4 programmes the fact remains that sports fans are getting a raw deal with all the numerous subscriptions they have to pay if they want to watch their favourite sports champions. The BBC's coverage of the Olympics was woeful with a paywall between terrestrial TV viewers who pay £159 a year licence fee and the added subscription channel that was broadcasting the Olympics live. No Champions League live football matches on terrestrial TV in the UK, but in Ireland public broadcaster RTE viewers can watch live Champions League matches included in the licence fee.

On the day the impossible fairytale came true another dream took a hit but may yet survive. At Doncaster HRH the Queen's Reach For The Moon was beaten, but the dream of a royal Epsom Derby winner in the first ever platinum jubilee year is only dented, because it is common for the Derby winner to lose before the big race. In fact very few horses go to Epsom undefeated and win on the day. Whether this is another fantasy beyond the greatest fairy story tellers only time will

tell.

As T & A readers will know from last month's edition back in mid-August the Borough Council's Planning Committee made comments about the mass burn incinerator proposed to be built in Wisbech around half a mile across the West Norfolk border. In expressing serious reservations about the merits of building a mass burn incinerator capable of burning over half a million tonnes of household rubbish it was said that some of the rubbish could come from as far away as the hinterlands of London and Birmingham. There has been much said by individuals who claim to have stopped the incinerator that was proposed to be built in South Lynn to which a Referendum showed over ninety percent of people living in West Norfolk were opposed. Lord Greville Howard played a significant role in persuading West Norfolk Council to hold the Referendum in the first place. Michael Knight and my former tutor Martin Little were heroic in galvanising the campaign against the incinerator, and Michael De Whalley put a lot on the line when he went to judicial review. I was the borough councillor for South Lynn through much of the argument. So I think it's time to try and set the record straight. Again I suspect many will not believe that fact is stranger than fiction. Of course some will claim those of us opposed to incinerators in Wisbech or South Lynn are all a bunch of nimbies. Nothing could be further from the truth. Maybe I'll explain next month. But before explaining why this accusation is false and ill-informed it's worthwhile looking at what brought about the crucial action which ultimately ended the Lynn incinerator. Back in 2012, the Norfolk County Council leader was Deryck Murphy who lived in Watlington around six miles south of where the incinerator was proposed to be built. He was married to Janet who herself is a scientist as well as at the time being a fellow county councillor.

The decision to support a mass burn incinerator in Lynn had been taken by the Conservative Group at the county council long before the late Cllr Murphy became their leader. During the ensuing debate Cllr Murphy always abided by the decision of the Conservative county councillors defending the dubious benefits of an incinerator which were principally financial over the environment and people's health. There was of course dissent among the Conservative county councillors. John Dobson, or the Colonel as he is affectionately called, being the most vocal.

The 2013 county council elections saw a sea-change at Norfolk County Council with the Conservatives swept from power and replaced by a rainbow coalition made up of Labour, Liberal Democrats, Greens and UKIP councillors supported by Independent councillors including T&A's own Richard. How that coalition was formed and who the architect was has never been publicly revealed until now. From what I am told in the days immediately following the 2013 county council elections UKIP leader Toby Coke met with Mr Murphy and a third person at Mr Murphy's home. UKIP had been elected on a mandate to end the incinerator. Ever loyal Mr Murphy while Conservative leader had kept his own reservations (he was after all, to coin a phrase, sleeping with a scientist) about a mass burn incinerator to himself but often said show me another way. Cllr Murphy did not stand for re-election, and was now free to express his own views if they differed from the Conservative county councillors collective view. At this Watlington meeting he suggested to Cllr Coke that if the incinerator was to be halted the Conservatives had to be stopped returning to running the county council. It was then the rainbow coalition was conceived. Labour were the major group of non-Conservative councillors, and had to be won over. All of the local constituency Labour chairmen in Norfolk, including myself, were sworn to secrecy when consulted on the prospects of a rainbow coalition that included UKIP. Some certainly took convincing it was the best way forward as UKIP in some Labour circles were at the time not seen as natural allies. Added to this was the fact UKIP were at the time the main opposition in Great Yarmouth where Labour was the administration. Nonetheless, with the help of my long-time friend Labour's political assistant, Mick Hardy, the doubters finally came on board and the rainbow coalition



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was born. Although there was much heartache along the way the rainbow coalition eventually consigned the incinerator to the bin.

As we move forward into October the Prix De L'Arc De Triomphe is the main race on the first Sunday in the month. The trials weekend showed up many contenders credentials. Some positive and some not so positive. Hurricane Lane who won the St Leger in good style. Winning the St Leger and Arc De Triomphe in the same year is something that not even Nijinsky could achieve. The last horse to win the St Leger and go onto win the Arc D'Triomphe was Ballymoss in 1957, but trained by possibly the greatest trainer of the twentieth century, Vincent O'Brien, Ballymoss won in France the year following his Doncaster win. However, Hurricane Lane won the Irish Derby with several winners of that race taking the prize at Longchamp. Hurricane Run being the last to do so in the same year in 2005. Although Dylan Thomas won in Paris in 2007 as a four year old. The big problem with Hurricane Lane is he is in the same ownership and trained by Charlie Appleby who also trains Epsom Derby winner and present favourite Adayar. Tarnawa ran okay behind St Mark's Basilica over two furlongs shorter than the Paris race, and should be better over the mile and a half. Snowfall's colours were lowered for the first time this season on trials day. She clearly was not the horse she has been all season, but that maybe down to issues in Aidan O'Brien's stables. Four other Ballydoyle stars were also beaten over the same weekend in races they were expected to win. When I looked Aidan O'Brien had had only one winner from his last forty runners and that winner was St Mark's Basilica. There is time for Aidan O'Brien's runners to come good again, but he's been low for a while and at the time of writing I need to see the stable come out of the doldrums before plunging in. If he turns up in France I would be sweet on Hurricane Lane's chances, especially with a good draw which can make the difference between winning and losing. Otherwise it's stablemate Adayar. If betting in the race it could pay to keep an eye on the pari mutuel which could be part of the world pool on the day. The world pool days are when backers from the USA and Hong Kong are allowed to bet in the local tote pool. At Royal Ascot this year over one hundred and thirty seven million pounds was bet in the world pool. The tote/pari mutuel prices on world pool days can differ enormously from the bookmaker's and exchanges prices. Some very good, others are poor. So if your fancy is bigger in the world pool that's the place to back. If not, bet where is the best price. The next world pool day in the UK is on Champions Day at Ascot on 16 October.

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

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A kitchen table interview with Stuart Dark

Borough Council Leader Stuart Dark is with Richard Bird

In the latest of T&A's Kitchen Table interviews Stuart relates the story of his first ten weeks of being the new leader of the Kings Lynn & West Norfolk Borough Council.

How much of a challenge is this new job?

KL&WNBC is one of the biggest district councils in England, the biggest in Norfolk, it is made up of 101 Towns and Parishes, it is 550 square miles in size, it has a large coastline and many specific challenges many involving water management. The challenge is huge but I believe it can be done well.

How, after your retirement from the Police did you find yourself in local politics?

Like many I found myself fighting a local cause and was quite successful, I was noticed by a former KL&WNBC leader and significant Norfolk County Councillor, John Dobson. He encouraged me to become, firstly a Parish councillor then KL&WN followed by NCC, I think most would agree that John was a significant force and a most helpful ally. I hope I can live up to his expectations.

Apart from being very busy what were your first moves as leader?

As many will already know, I am a retired senior Police Officer and have brought the management skills from that office to council. I have made a start by simplifying the portfolios and assigning specific officers to those departments. So effectively the demarcation lines have been re-aligned, and a senior officer is assigned to a policy making member.

One of my priorities is to give more focus to the small stuff that will make a real difference to people's everyday lives so, every elected member, regardless of political party or persuasion, will be given an initially quite small budget of £1,000 to spend on whatever project is put before them from within their area, so quite small projects will be actioned quickly.

As well as these monies there are significant amounts to be used from the Levelling Up Fund enabling projects to be put forward from all parishes within the KL&WNBC.

Funding schemes for projects will be worked up from the Coastal Community Team based in Hunstanton and the Vision Downham organisation.

Small wins and gains in every ward will be the policy, not just the big projects but all the small community development plans that we need to move our lovely area forward.



So, what are your priorities?

(A) Environment, including Climate Change. (B) People and Communities. (C) Regeneration and Development. (D) Finance. (E) Heritage and Culture Together with Business and Tourism. (F) Delivery of services. (G) Property. (H) making sure officers deliver our priorities.

Thanks Stuart for taking the time to talk to Town and Around; we look forward to our next update!

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A word from the Sage

Well here we are again with some fact, fiction and squit from the Sage of Hunstanton. I spend a lot of my time these days looking at the five Hunstanton webcams with the help of my magic light. A few weeks back there was one weekend when we had some power boat racing, on the Friday afternoon I was watching the webcam behind the Power Boat Club House that shows the stretch of prom and beach as far as the hump. A large truck pulled up with a porta-cabin on it and with the help of a crane put it next to the sea wall. Then another crane came along with a steel aerial on it, this was attached to the roof of the porta-cabin, it is about 30 feet high and I came to the conclusion that it was something to do with the power boat racing, but then I thought what would they need a radar tower for? So I sent an e-mail to the Hunstanton Town Council Clerk, who has always been helpful in the past, asking her if she knew what this radar mast was for. About half an hour later she responded saying that King's Lynn and West Norfolk Borough Council had it put there for beach management - it will be there for three months.

Whilst I am on the subject of webcams, one of the best ones is at Wells harbour, it starts right up near the town then it shows the marshes then it shows the flood bank and right back to the harbour. Now here is a bit more about Wells: there is an old saying about Wells, if you have not sat on the harbour wall and eaten fish and chips you have not lived. Now here is another tale about Wells, years back there was a lot of shipwrecks around the North Norfolk coast and a lot of dead people would get washed up on Wells marshes and the surrounding beaches. If the beachcombers or fishermen found any of these unfortunate people, they would look to see if they had any rings on their fingers and if they had they would bite the finger off to get at the ring, therefore these people who bite the fingers off became known as Wells Bitefingers and this name has always stuck.

I have a machine called a talking newspaper and in it was a report about a council meeting when a gentleman who lives down South Beach Road Hunstanton said he would like to live there for twelve months of the year instead of seven. He then went on to say there had not been any flooding in Hunstanton since 1953, this is not true, what about the 11th January 1978 when our dear old pier was washed away for good, the Wimpy Bar was badly damaged, as was the boating lake, fun fair and 50 yards of the promenade broken up near the boating lake and hundreds of caravans damaged at Heacham.

Well that's all for now, keep a troshin'.

All the best

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Meet Co-op Member Pioneer Charlotte Hopkinson



Charlotte (right) with store colleague Sheena Carver

I'm Charlotte and I've lived in Snettisham for 13 years with my husband and two daughters and I'm the member pioneer for Snettisham. At beginning of the pandemic I started a covid support group in the village with two others, it gave me a passion to help the community so when I saw the member pioneer role advertised for Snettisham Co-op I knew it was something I would really enjoy. Co-op believe in fair access to food and this is something I feel very strongly about too. Snettisham Co-op currently work with the Hunstanton community fridge donating fresh food that would otherwise have gone to waste. Community fridges don't only help to tackle food poverty but also food waste.

As a member pioneer we are here to bring together Co-op members, colleagues and local causes to make communities a better place to work, play, live and learn.

I work with the store manager and their team to choose local community funds and strengthen relationships with them. The local community fund are local groups that benefit from 2p in every £1 spent on your Co-op membership card.

I'm quite new to the role with much to learn and am excited to get to know more community groups and local people. In the future I would like to organise a litter pick in the village and am open to any ideas that will help local people and make it a happy place to live for everyone.

Co-op has an online community centre that helps people come together to make good things happen here you can add your group or activity or find an activity or group to join. www.co-operate.coop.co.uk

I am contactable on 07929 874160 or charlotte.hopkinson@coop.co.uk if you have any ideas or groups that need support.

LEAVING A LETTER OF WISHES ALONGSIDE YOUR WILL

By Laura Weston, Chartered Legal Executive, Hayes + Storr

Making a will is an important part of lifetime legal planning, but where should you set out your wishes for small sentimental gifts or for funeral arrangements? How will you explain the decisions you made in your will? These are some of the questions we are asked when people want to make a will for the first time or wish to make provision for something out of the ordinary.

For your will to be legally binding, it must be worded using specific legal terminology which does not leave much scope for creativity or explanations.

Alongside your will, you can write a letter of wishes in which you can express yourself in a more personal way. While such a letter is not legally binding, it does place a strong moral obligation for those involved in your will to follow your guidance.

Uses for a letter of wishes

Gifts

One of the most common ways a letter of wishes is used is to leave small items, such as personal belongings, to certain beneficiaries without having to include specific gifts in your will. Provided your will references the separate letter of wishes, this is a perfectly acceptable and even a common way of leaving such items. Your chosen beneficiaries will not be legally entitled to the items, but your executors should ensure that they receive them unless there is a very good reason why your wishes cannot be honoured.

Funeral wishes

Another popular use for a letter of wishes is to outline funeral wishes. A letter of wishes relating to your funeral can include preferences as to cremation or burial, instructions for your funeral service, or even who should be notified of your death and how they should be notified.

Explanations

As well as offering the opportunity to express your wishes in relation to certain circumstances or specific gifts, a letter of wishes can also be used to explain why you have chosen to structure your will in the way you have.

For example, if you have left a greater share of your estate to one of your children or a charity, a letter of wishes can enable you to explain the decision more fully which may prevent or reduce discord between the family after your death. It will also provide evidence of your views should a claim be made against your estate.

A letter of wishes can be changed as often as needed, without you having to review your will each time, saving you time and money.

How we can help

A letter of wishes is a useful aid in ensuring that your voice can continue to be heard after you have died, however it is important to remember that it will not be legally binding, and it is equally important to understand when a letter of wishes is and is not appropriate.

For further information, please contact Laura Weston on 01328 863231 or email laura.weston@hayes-storr.com.

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



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Borough Council News Heacham, Sedgeford and Fring

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

The Cheney Hill reserved matters applications should not now come before the planning committee until towards the end of the year. If you haven't commented and want to then you can right up to a few days before committee.

By now the Borough's declaration of a climate emergency should have been made. I am anticipating that it will be passed by Council as, this time, it originates with the Conservative Group. I find it surprising – not that there is deemed to be a climate emergency – because a motion to declare one has been put before the Council twice in the last year by one of my members (Cllr.

Michael deWhalley). The Conservative Group unanimously rejected it and this included the Cabinet members proposing and seconding it this time.

This seems to be standard practice. I proposed, at planning committee, that the half of the Parkway development (in King's Lynn) which would mean destroying a valuable ecosystem should be refused. All Conservative members (the majority) rejected my proposal. Several months later and the Conservative Group reverses its decision and proposes the same.

And then there is the new hospital for Lynn. Cllr. Jo Rust (another Independent) did, and continues to do all the hard slog,

yet it was a Conservative motion.

Time marches on and, in a year, Borough elections in the following May will be being thought about. You may as well vote Independent as they do get policies right early rather than as an afterthought. I raise this now so that some of you out there can think about standing as independent candidates.

The Climate emergency is a twofold problem rising temperatures which lead to weather anomalies and biodiversity loss. Everyone can do their bit to contribute to the effort to at least stabilise matters. This might include making sure those with any real or perceived 'power' do what is right too. So,



keep an eye on what your Council(s), industries (including shops), landowners, and Government are up to.

Wild in Westminster & West Norfolk

The London Marathon. 26.2 miles inspired by the Athens Marathon dating from 2,500 years ago. My training over the last four months has built up to the race on the 3 October. Having run the marathon twice, it is a privilege to have the opportunity to do it for a third time. While the elite athletes will finish in a little over two hours, the beauty of the race is the opportunity it gives to tens of thousands of people to run for their own often very personal reasons and to raise millions of pounds for charity.

I was delighted to secure a place to raise funds for three brilliant local charities committed to making a difference - Little

Discoverers, The Purfleet Trust, and West Norfolk Carers. if you would like to support them then please visit <https://www.jameswild.org.uk/news/london-marathon>

For me running is a release. An opportunity to get away things, or to think through difficult issues and challenges. With our wonderful coast and countryside, it is easy to switch off and enjoy all that nature has to offer. Runners can become a little boring I am led to believe - not everyone apparently is fascinated by where you've run, or how long it has taken. Nonetheless, whether you walk or jog a parkrun, enjoy ultra marathons, or simply enjoy a walk on the

beach, getting outdoors is wholly recommended. The NHS has now recognised this with the development of social prescribing that includes nature and other activities.

The power of sport struck home again with the triumph of Emma Radacanu at the US Open. It was very welcome that Amazon agreed to make coverage freely available and so amazing to see her brilliant victory. When I was on a long training run the next morning, it was heartening to see youngsters and adults out on the tennis courts enjoying their practice and matches. I look forward to Hunstanton's tennis tournament next year and seeing those inspired by Emma's performance.

The success of the Olympic and Paralympic teams have given us all something to cheer after a long and difficult period. Much of this success has been enabled by the creation of the National Lottery by John Major's government - as well as generous as individuals such as Barrie Wells who sponsored 800 metre silver medallist Keely Hodgkinson - to fund these athletes.

Watching footage of all these stars when they were starting out at local clubs or events is



James Wild MP
House of Commons,
London SW1A 0AA
james.wild.mp@parliament.uk
www.jameswild.org.uk
[@jamesowild](https://twitter.com/jamesowild)

remarkable. I was fortunate to be at the British Grand Prix and having been taken by my Dad years ago it was great to be part of a large sporting event. Since then Lynn born George Russell has announced that he's signed for Mercedes alongside Lewis Hamilton next year.

While I would always encourage people to focus on their education and getting qualifications, it's also the case the sport can change lives whether taking part in a park run, swimming club, cycling or more. And Norfolk has a strong record of success at the highest levels.



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Linking up - Live Locally and Prosper

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

£1 million Road Safety Community Fund

There is a growing need for NCC to work with County Councillors and local communities to provide small scale road safety schemes that address specific local issues; schemes which are unlikely to be funded and delivered from other sources.

Therefore I proposed and NCC is now setting up a £1m capital fund dedicated to deliver 100 new road safety schemes in local communities across Norfolk over the next four years.

These community-focused capital schemes are to be small scale (up to £10,000 each) local highway improvements, such as speed limit changes and other signing and lining changes, which will help address local issues and concerns.

Larger schemes will need to be considered as part of the wider Highways Capital Programme. However, in some instances, local communities may also wish to contribute to scheme costs eg via Parish Partnership fund in order to bring the scheme within the £10,000 scope of the RSCF.

Typical speed limit changes can cost around £5,000 each and can often take around 12 months to implement, as there are public consultation and statutory legal processes that need to be followed as part of the Traffic Regulation Order process. However, there are many variables that may affect this cost and there may also be efficiencies by sharing certain costs between different sites. Therefore, it is proposed to batch changes by geographical area to optimise these efficiencies. A suggested programme is:

- Year 1: King's Lynn & West Norfolk (in recognition of a lack of focus heretofore);
- Year 2: North Norfolk, Broadland & Gt Yarmouth;
- Year 3: South Norfolk & Breckland;
- Year 4: Norwich & other subsequent requests

Local Highways Area teams will assist by providing advice to communities on engineering solutions etc. the programme will then be managed by a specialist team, established to deliver this and a number of other parking and alternative transport related issues.

As well as this, a new £10m Highways Maintenance Pothole Fund will mean an extra £2,500,000 spent each year for the next four years on resurfacing, surface dressing, drainage improvements, bridge maintenance and pothole repairs. This financial year, the extra money would include an extra £400,000 spent on fixing potholes, and an additional 54 miles of existing road surfaces re-sealed at a cost of £1.1m to prevent potholes opening up.

This extra £11m is in addition to the £42 million budget for roads and infrastructure that was agreed in February 2021.

Norfolk's response to Afghan crisis

There has been an enormous response to NCC appeal for help in resettling Afghan refugees, which we are doing in collaboration with our District (Borough) colleagues. We've already started resettling Afghans with more set to arrive in the coming days and weeks. They will be given housing and support and assistance to help them establish their new lives in the UK. This support includes school places for children, physical and mental health support, help to learn English, help registering with local services and help to find jobs.

If you want to help, NCC is working through ARAP (Afghan Relocations and Assistance Policy), for people and their families who supported the military as well as others who have been evacuated from the country. If you would like to donate or volunteer your time, please go to www.gov.uk/help-refugees. We are using this service to manage the high number of donations and offers we are receiving.

We urgently need:

- Bed frames and bedside cabinets
- New mattresses
- Bookshelves
- Curtains
- Dining tables and chairs
- Small appliances (such as toasters, microwaves, vacuum cleaners)
- Freestanding kitchen appliances such as cookers, fridges, washing machines
- Sofas and armchairs (these must have a fire safety label)
- Televisions, DVD players and set top boxes
- Wardrobes, chests of drawers and dressing tables
- Garden tools
- Gift vouchers, eg Argos, B&Q, Currys – we can use these to buy essential items that we're short of

We do not need:

- Bedding and towels
- Baby clothing – you could donate spare items to Baby Bank Norfolk instead
- Old mattresses
- Crockery and cutlery
- Cups and glasses
- Food and Toiletries – you could donate to our Hunstanton foodbank instead

How to donate money: A refugee fund has been launched by the Bishop of Norwich to enable people to donate to refugees from Afghanistan re-settling in Norfolk. You can donate money to the Bishop's Refugee Fund



in these ways:

- Donate online through the Diocese of Norwich website
- Bank transfer using payment reference Bishop's Refugee Fund, Sort code 20-62-61, Account number 30674508. Account name: "NORWCH DIO"

- Cheque made payable to 'NDBF Ltd'. Please include a covering note to say it's for the Refugee Fund and post to 109 Dereham Road, Easton, Norwich, NR9 5ES.

Accommodation

Norfolk will not be hosting Afghan arrivals in the homes of local residents, so we are not asking people to come forward with offers of a spare bedroom. If you have a spare room and want to use it to help others, Refugees at Home is a UK charity which connects people with a spare room in their home to refugees and asylum seekers.

One Million Trees for Norfolk

We set aside money in the budget to fund the planning of one million trees in Norfolk over the next four years. Parishes, community groups, landowners and residents are taking part in a range of different initiatives, depending on what is appropriate for the area: we can advise on a wide range of planting schemes or how to improve management of existing trees, or on Natural Regeneration projects. Depending on what you'd like to achieve, we could offer support with:

- Planting designs
- Advice or matching you up to funding opportunities
- Linking you up with partners
- Planting and aftercare advice
- Supplying trees and tree protection

To apply go to www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/1-million-trees-for-norfolk/get-involved/apply-for-support. If you have any questions in the meantime, contact us at tree.planting@norfolk.gov.uk. Good luck!

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"Totally illogical to restrict occupancy" says former Borough Mayor

T&A's Special Investigator reports

It's many a long day that people who live in the northern part of West Norfolk feel that council officials based in Lynn backed up by their councillors ignore and dominate when it comes to making important decisions that affects people living locally. One prime example was a decision taken on Monday 16 August when, with the exception of one local councillor who always objects, local borough councillors involved with planning decisions supported Hunstanton Town Council to approve a planning application to extend a residency occupation. There was even support from a majority of Lynn based councillors. But they were all out voted by councillors representing areas almost 30 miles away. Whether they live in or represent the borders of Wisbech or West Dereham it was those far away councillors' votes that meant a planning application failed.

The planning application to extend a residency occupation of a two storey house, 113 South Beach Road in Hunstanton PE36 5BA, was turned down by West Norfolk Council's Planning Committee by the narrowest of margins of 9 votes to 8. This was against the advice of Hunstanton Town Council who supported extending the residency occupation from 15 February to 16 January the following year. In a written statement read out to the planning committee local Hunstanton Borough Councillor and former Town and Borough Mayor Cllr Carol Bower wrote to say she was in "total agreement with Hunstanton Town Council." Further commenting she wrote that she "felt very strongly that it is totally illogical to restrict occupancy to 113 South Beach Road when other residences in the same terrace are allowed 11 months occupancy."

The reason given by planning officers in recommending refusal of the application was that "to approve the application would put people at unnecessary and unacceptable risk." This was in the full knowledge that properties in the terrace either side of 113 already had occupancy consents for 11 months of the year.

The officers report stated that the work carried out by the Environment Agency and Borough Council in recent years to protect this part of the coastline does not reduce the risk to life. I'm sure many will be wondering what was the money spent on if it was not to improve sea defences with the aim of protecting people's lives.

Cllr Brian Long who has been a long time member of the Norfolk Coast Partnership Management Group and is Chairman of the King's Lynn Internal Drainage Board which is part of the Water Management Alliance, sought clarification on the historical data relating to flood risk especially given the episode in 1978 and the 2013 storm surge. Chris Fry the planning officer who wrote and presented the report told the committee he did not have the historical data to hand. This information was left to Cllr Charles Joyce to provide to the committee when he said the officer's report stated, "there has been no flooding at the address since 1953." It is not easy to understand nor accept that a member of the committee had read the report and could instantly identify and access the information required, but the planning officer who wrote the report did not have immediately to hand possibly the



*The terrace that includes number 113 South Beach Road
Hunstanton PE36 5BA*

most relevant piece of information in the entire report. Cllr Joyce did express concern about sleeping accommodation being on the ground floor, but this had been dealt with by Cllr Peter Gidney who spent much of his childhood in Hunstanton, when he said in supporting the proposal that the applicant was willing to accept such a condition of a bedroom being in the higher storey of the property.

Reference was made to a committee decision to approve an application taken in June 2016 for the renewal of a derelict single storey structure in South Beach Road to be replaced by a 3 bedroom dwelling and garage. It was noted that against an objection of the Environment Agency the application was approved. Planning Control Manager, Stuart Ashworth, explained that the Council's policy DM 18, which restricts extension of residential occupancy, was not in place in June 2016.

The Environment Agency's objection in 2016 was based on the application was contrary to the Coastal Flood Risk Planning Protocol (CFRPP). The officer report for the replacement dwelling in 2016 stated: "Both the Protocol (CFRPP) and DM18 state replacement dwellings will only be permitted in flood zone 3, where 'all of the following 7 criteria are satisfied'. In the officer report for the 2016 application it stated: 'The application proposes the replacement of an existing dwelling house, which is situated in Flood Zone 3 and is at high risk of tidal flooding according to the Council's adopted Strategic Flood Risk Assessment (SFRA). The SFRA also shows the site to be in a Hazard Zone meaning that it would flood rapidly and to some depth in the event of a breach or overtopping of the flood defences.' Yet the officer's recommendation still was to approve the application in 2016 and to refuse the latest application with the committee members endorsing both recommendations. What is perhaps even more remarkable is that on an application also in South Beach Road still to be determined the Environment Agency have withdrawn their objection because following representation it was agreed the property proposed was outside the Tidal Hazard Mapping of 2019, but still inside the Coastal Hazard Zone.

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A Kitchen Table Interview James Wild MP

James was born on 5th January 1977 in Norwich, son of Keith and Rhona Wild. He attended Manor Road Primary School, then the fee-paying Norwich School and later studied at Queen Mary College University of London where he obtained a BA In politics 1998.

His working career started in 1999 In private industry, but he soon started working for the Conservative party alternating between private and governmental positions until 2012 when he became 'special advisor' to the secretary of state for defence. The die was cast.

James won the nomination and then the election in the safe seat of N.W. Norfolk on the 13 December 2019. His majority was nearly 20,000. Since then, he has become a member of the Public Accounts Committee, starting March 2020.

James married Natalie Evans in 2010 who became a life peer in 2014. She is now titled Baroness Evans of Bowes Park and was the youngest female peer appointed. She has subsequently become, in 2021, the leader of the House of Lords.

How are you finding the job of MP?

It's a huge privilege to represent this constituency, I especially like the sense of community and the pride in the area. It's an incredibly diverse area with its three very different towns and of course it's beautiful rural areas. The challenges are huge but manageable, I am especially happy with people coming forward to help with improving the area.

Have you had the opportunity to hold formal surgeries for locals?

So far, my meetings with folks have been informal with zoom meetings and individual get togethers, however it is my intention to try to hold some formal surgeries as soon as it is reasonably to do so. I have really enjoyed meeting the local population in so many ways up to now.

What's your position on the Transport and communication development?

The Rail link Hunstanton to Kings Lynn has been officially applied

for and I am awaiting an early decision (now) about the £75,000 government grant to proceed the feasibility study.

The uprating of the walk and cycle way, some of which is on the old rail line between Sandringham, Dersingham and Snettisham is being urgently reviewed and hopefully will be approved and actioned soon. The improvements to the A149 are underway as are the coast road improvements these too are under review.

Improvements on the rail route between Kings Lynn and Ely are ongoing with the project due to complete within 4 to 5 years.

How does your normal week break down?

So, my normal week starts on Monday in the House of Commons, goes on through until about Thursday lunchtime after the Public Accounts Committee session then I come to the constituency. We were living in Castle Rising but have now purchased a property in Kings Lynn. I then work in the constituency and enjoy the local surroundings until I go back to the Commons in time for Monday morning.

In your opinion what's the progression on the watery issues of the area? Overall, I am happy with the progress the Strategic Flood Alliance, led by Lord Dannatt there is much to do but things are happening. NCC is funding some improvements, Anglian Water has already started its improvement schedule and there is an awareness of the need to improve. Coastal flood defences are apparently in hand.

What's your take on the housing situation, second homes, property to let for holidays and locals and new build options?

This whole situation has deteriorated by the letting of domestic property stock especially for holidays. The issue of 140 days of letting for the purposes of paying no business or commercial rates is now being addressed. Some landlords have received substantial grants £10,000 plus and this appears unfair. There are many such oddities, financial and community that need to be reviewed, not to mention the need for affordable housing for the local population to rent or buy. Conditions are being built into the covenants of new build development. The new build in Hunstanton has such an arrangement, it remains to be seen if others will follow.

What's the progress for the replacement of the Q.E. Hospital and the Smithdon High School?

Both projects are now at the forefront of the governments agenda, of course other M.P.s have their own pet projects but its up to me and others to keep fighting for our part of the country, I am quietly confident that we will get a good result soon.

Lastly, how do you spend your spare time?

My recreation time is spent supporting Norwich City Football Club, where I am a member. Cricket, surfing, Poirot, classic cars, real ale and running. My next big running event is the London Marathon later this year. I am aiming to beat 4 hours and I have run the event twice before, the best time being about three and a half hours. I will be running for three local charities - Little Discoverers, The Purfleet Trust, and West Norfolk Carers.



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The Mayor writes..

I must start this month's article by reporting on the Community Day which Hunstanton Town Council held at the Town Hall on 1st September. This was the first event held in the refurbished hall and it was therefore right that it saw so many groups from the town gathered together to inform people of the help they can offer. It was a great success with many of the organisations saying that they had offered support to individuals and/or had received offers of volunteering. I received many positive comments about the day and I must once again thank all those who helped in any way, especially our Town Clerk, Jan Roomes, our Deputy Mayor, Maureen Howard and our Property Officer, Steve Roomes who put in such a lot of time and hard work.



It was also an opportunity for people to view the Town Hall after its repairs and refurbishment and once again I got many positive comments. Again a lot of time and effort went into getting everything right. We were fortunate to obtain the services of a number of local contractors who have produced work to a very high standard. We look forward to the hall being used for a wide range of events in the coming year. If you would like more details about booking the Town Hall or our other venues, the Community Centre, the Community Hub or the Chamber, please contact the Town Clerk.

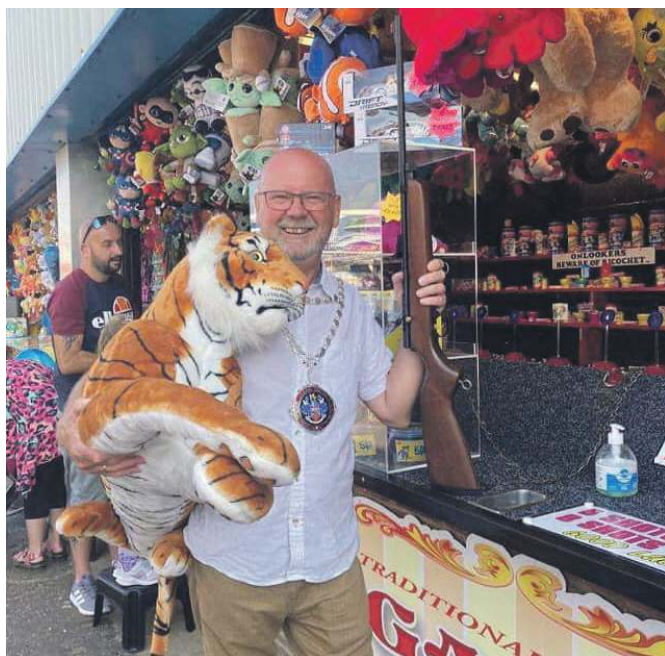


Mayor Adrian Winnington with Steve Proctor from Proctor Roofing

At the Community day I also launched my Mayor's Christmas Gift Appeal; an opportunity to share your generosity this Christmas Season with "Families in Need" and give a young person a smile by donating a gift suitable for ages new-born to 16yrs. Donations can be handed in to the Town Hall.

The Town Council was not the only body to arrange events for September. A number of others decided to do so believing that Covid restrictions would have eased. As a result the first couple of weeks of September have been very busy for mayoral engagements.

On the first Sunday in September Catherine, my wife, and I accepted an invitation from Colleen Roper to visit Rainbow Park Fairground. As many of you will have seen in the local press Colleen started "future4fairgrounds" with five other lady showmen to raise people's awareness of showmen and fairgrounds. We were invited as part of the "World Fun Fair Month" celebrations. Catherine and I spent a really lovely afternoon with Colleen and John-Henry at Rainbow Park. We went on some rides and they were very generous with their gifts, including a huge tiger which I 'won' for my Mayor's Charity which this year is for the youth organisations in the town, to help them get restarted after the various lockdowns.



Norfolk is a very large county and in the first two weeks of September Catherine and I travelled to the North, East and South of the county representing Hunstanton. We spent a very pleasant evening on Cromer Pier at the High Sheriff of Norfolk's summer reception. We had a lovely sunny afternoon at How Hill in the Broads at the Chairman of Norfolk County Council's reception. Our longest journey was to the Mayor of Diss's Civic Service. We also visited the Great Hospital in Norwich at the invitation of the President of the Norfolk Royal British Legion. All of these, and more to come, are occasions to talk with representatives of other towns and organisations, share ideas and experiences, and to promote Hunstanton and North West Norfolk.

Next year sees the 70th anniversary of the Queen's accession to the throne, her Platinum Jubilee. Celebrations will be happening throughout the UK and we want to make sure that Hunstanton joins in these festivities. In order that events can be co-ordinated a meeting has been arranged for 6.00pm on Monday 4th October in the Town Hall. Any organisation or individual is invited to come along to share any ideas or provisional plans so that a calendar of events can be decided and we can work together to put on a fitting tribute for the Jubilee.

The Town Council has been able to restart our Town Councillor Surgeries. These are being held in the ground floor Turret Office in the Town Hall once a month from 10.00am to 11.30am; the next surgery is on Monday 4th October. This is an opportunity for you to come along, meet two of your town councillors and bring any matters to their attention.

Mayor: cllr.winnington@hunstantontowncouncil.gov.uk

Cllr Adrian Winnington 01485 534747

Town Clerk: clerk@hunstantontowncouncil.gov.uk 01485 532402

Photos at the Town Hall by Ian Burt

Photo at Rainbow Park by Colleen Roper



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Pride in our Neighbourhoods - 60

Cllr Andrew Murray

Local Plan Review 2016-2036

By the time that this edition is circulated, the consultation period will have ended. For both Heacham and Hunstanton, all the 2016 Site Allocations and Development Management Policies (SADMP) have been brought forward and nothing has been added. What this does not reveal is the amount of development that is progressing or projected to happen in Hunstanton.

Hopkins Homes are well on the way to building the 166 homes in Butterfield Meadow to the south side of the town, whilst Bennett Homes have made a good start on the 120 homes in St Edmund's Park opposite Old Town Way. Both of which were SADMP allocations. But in addition, permissions have been given to develop the Bus Station / Library area for 49 apartments and the southern end of the Southend Car Park for 32 apartments. These are likely to be commenced soon through an Accelerated Construction Scheme.

Although permissions have been granted for 18 flats at the Witley Press site, 16 flats and a commercial unit at the Kit Kat site, both sites have been put on the market. Although permission was given way back in 2004 for a development at the bottom of Oasis Way, the Isherwood's site, the footings were started but not continued and again that site is on the market.

An application to convert the former Infant School into 7 apartments and build 4 new ones in the grounds is awaiting a decision whilst an application is due to be submitted to develop the land south of the Industrial Site in order to build a 60 unit care home with 60 houses with care. After permission was given in 2013, 15 affordable homes were built with access off the end of Waveney Road, more are proposed on the Sheep field and an application is awaited.

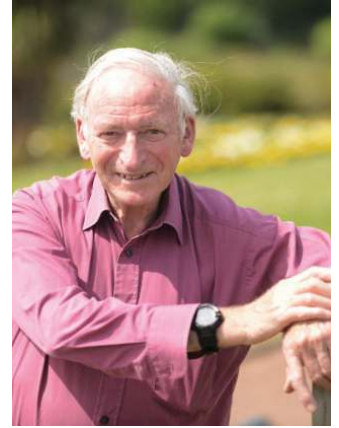
One other way in which the Local Plan Review fails to give an overall picture is the way in which it mentions that the Borough will support the preparation of Neighbourhood Plans but provides no details of them. Both the Neighbourhood Plans for Holme-next-the-Sea and

Snettisham's have been 'made' and they include allocations of land for development. Although Holme is listed as one of the smaller villages and hamlets and its allocation of the Eastgate Barn site is mentioned, the map of Holme and its development boundary is missing.

If the Local Plan were more comprehensive, it would be better able to have a handle on how many dwellings were in the pipeline rather than them being regarded as 'windfall' sites whose numbers are erratic.

The Spatial Strategy Policy LP01, suggests that with a Local Housing Need (LHN) calculated at 539 new dwellings annually, there is in excess of a five year land supply for housing and room to spare. I do hope that the sums are correct but I do have concerns. Policies CS03 and CS09 of the 2011 Core Strategy were based on the Strategic Housing Land Availability Assessment (SHLAA) of 2008. In practice, this proved to be inadequate and for a while the Borough was judged not to have a five year land supply which meant that any development that could be considered sustainable could be constructed.

I would be somewhat re-assured if there was an analysis of the reasons why the 2011 Core Strategy failed. This is particularly so since this Local Plan Review now proposes to exclude the 600 dwellings that had been allocated as E4.1 and planned to be built at Knights Hill even though the developers appeal was upheld by the inspector and his findings were endorsed by the Secretary of State.



LOCAL PLAN REVIEW DISPLAY AT THE HERITAGE CENTRE



Andrew Murray at one of the displays in the Heritage Centre

In addition to the main document containing 41 policies, there are 29 supporting documents (some of which are over 300 pages in length) so it is difficult to summarise. Nevertheless, it is important to be involved because the Local Plan will direct development in the Borough until - and perhaps beyond - 2036. The younger members of our communities potentially have the most to lose if the plan is deficient.

With this in mind, a special display of maps and documents has been produced and is available to view in Hunstanton Heritage Centre

(open 14:00-16:00 on Wednesdays, Fridays, Saturdays, Sundays and Bank Holidays) so that local residents can learn more about developments currently being built or that may be built in the future.

Queens Platinum Jubilee Town Meeting

Hunstanton Town Council will be holding a meeting in the Town Hall at 6pm on 4th October 2021 to discuss any plans or ideas to celebrate the Queen's 70 years of service in 2022.

The Mayor of Hunstanton Cllr Adrian Winnington announced "we are asking all community group organisers, business owners and residents to come along to the meeting or to get in touch and register their events, even if they are just general intentions at the moment. The information gathered will be used to map venues, share resources and ultimately put forward a coordinated programme of events covering each of the four days of the Jubilee celebrations."

Officers from BCKLWN will be present to discuss the original Borough plans and offer help, advice and support where they can. Hunstanton Town Council looks forward to working with the Borough to make the Jubilee weekend a spectacular time in Hunstanton.

Hunstanton Town Council will be setting up a website page with an online registration form to help publicise community events for marking the Queen's 70 years Platinum Jubilee from Thursday 2nd to Sunday 5th June 2022.



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Hunstanton and District Civic Society

Heritage Open Days

These opportunities to go behind the scenes or visit places not normally open to the public commenced in England in 1994 and have gradually expanded. The Hunstanton and District Civic Society began to participate in 2017. Because of the pandemic, no events took place last year and there had been doubts about how they might happen this year.

Because the Hunstanton Lighthouse is now a luxury holiday let, access is only available during change over periods on Fridays. This year Derrick Lloyd kindly permitted groups of 10 to visit the dungeon and climb up the tower of the Lighthouse on two Fridays. Three groups of 25 walked through the grounds and into the courtyard of Hunstanton Hall on Thursday. A new venture this year has been a guided tour led by Mavis Windibank around the Conservation Area of Heacham in which she draws connections between the people who lived there and the buildings of interest. Almost certainly, this year will be the last one in which people are able to view the former Infant School in James Street before it is converted into 7 apartments with a further 4 to be built in the grounds. Because it is necessary to restrict the numbers on these tours which have proved to be popular, many people have been disappointed. Next year, it may be possible to have tours around Drove Orchards to learn about the growing of apples and other fruit.



Hunstanton Hall

If you have missed out on the tours, there are displays in the Heritage Centre about the lighthouse, the Le Strange family and Hunstanton Hall as well as many other topics. The Centre is run by a happy band of volunteers and is open on Wednesdays, Fridays, Saturdays and Sundays from 14.00 to 16.00. By prior arrangement for school or other groups, it can be opened at other times. More volunteers would be welcomed.

Talks

We have held monthly talks on a wide variety of subjects on the third Wednesday in the month during the Autumn and Spring. Because of the pandemic, these had to be paused but we plan to recommence them shortly. Once the arrangements with the speaker and venue have been finalised, the talks will be advertised on the web-sites of the Civic Society and Town & Around. Members will receive notification via e-mail. Visits to places of interest are expected to recommence in the Spring.

Local Plan Review

The Civic Society is preparing a response to the current consultation about the Borough's

Local Plan Review 2016 -2036. Further details about the Civic Society can be obtained from the Secretary, Sheila Kent on 01485 534200 or by e-mail kent@hollowcrest.com



The dungeon at Hunstanton Lighthouse - a likely place to have locked up smugglers!



The spiral staircase in the lighthouse



Stephen Kent enjoys the view from the top

T&A's Handy tip of the month

When you buy a large punnet of strawberries how often do you end up throwing some away?

To save waste, simply put the strawberries straight from the punnet into a glass jar (jam jar will do), screw on the lid, and store them in the fridge. The strawberries will last days longer - trust us, we tried this and it really works!

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Slimming world news from Hunstanton and Snettisham

Jo Jackson

We are delighted to be able to be back to nigh on normality with our Slimming World sessions with some covid measures still in place to keep us all as safe as we can be. Whilst we were able to continue to offer support via the zoom service during lockdown we know there is nothing quite like real life group to get that true community feel & shared experience and support.

Dr Jacqui Lavin, Head of Nutrition and Research at Slimming World, says: "The power of the group and the peer support members give one another is what sets Slimming World apart. Our members become part of a community, something special, which helps them to realise that they are not alone in the challenges they face. That's combined with our personalised approach – called IMAGE Therapy – which helps every member discover more about themselves as a slimmer, identify their own pitfalls and danger zones, and create plans to overcome them. As well as following our healthy eating plan and becoming more active, members are encouraged to dig deep into what motivates them,

and to set realistic weekly goals to help them achieve their weight loss target."

Norfolk County Council is working closely with the NHS & Slimming World to support local residents to lose weight. Recent statistics show that more than two-thirds of adults in Norfolk are classed as overweight or obese. If you're overweight or obese it can impact on your physical and mental health. It can also increase your risk of certain illnesses:

- Diabetes
- Hypertension (high blood pressure)
- Developing certain times of cancer
- Worse symptoms and impact of Coronavirus (COVID-19)

Changing your diet and increasing your physical activity will help you lose weight.

A Slimming World on Referral Scheme operates in Norfolk. The scheme entitles you to 12 weeks Slimming World group membership, or 3 months online support.

To find out if you are eligible to take up the free Slimming World offer visit <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/weight-management>

New Hunstanton Women's Institute

During the pandemic we have been able to meet at the Recreation Ground several times. When restrictions eased we had Afternoon Tea at The Terrace, Hunstanton and a coffee morning at a member's home. We have now started our Meetings at the Methodist Hall, Austin Street, Hunstanton and welcome any visitors and future members. Meetings start at 2.15pm.

On 28th October our speaker is Lynn Shannon on the History of Norfolk Lavender.

Stanhoe & Barwick WI are having a growth spurt!

Our membership has increased by a third over the past few months. Why not come and see why we are proving to be so popular?

Our forthcoming meetings:

7th October: Susan Barnett, Sandringham Secrets

4th November: Annual Meeting (members only)

2nd December: Juyna Lewis, Spice up your Christmas.

All at 2pm, Stanhoe Reading Room. Visitors £3.

Potential new members are always welcome, but please do let us know you will be attending by phoning Valerie on 01485 576261

Hunstanton and Snettisham Slimming World

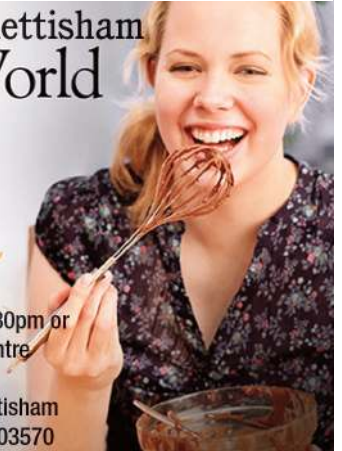
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Editor's note:

Yvonne Bridger walked over 700,000 steps in 70 days in memory of the late Sir Captain Tom between February 7th and April 6th this year and she raised thousands of pounds for the Covid-19 Support Fund at the QEH.

Yvonne is pictured at Berni Beans on 10th September wearing her Slimming World Diamond Member of the Year sash the day before her 70th birthday. (Being a Diamond Member means that she lost weight and maintained that loss for a year.) Congratulations Yvonne!

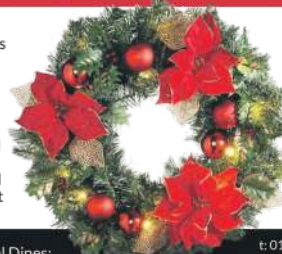


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St. Marys Church, Old Hunstanton

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Fall for autumn fashion

It's time to prep your wardrobe for the season ahead, writes Cheryl Daubney at Allez Chic

We may not have had the summer weather we'd wished for this year, but autumn is an altogether more predictable season and, at some point, we all reach for warming layers and comfortable separates as the celsius drops.

With this in mind, we have been excited to dress our rails with the latest autumn/winter collections from our favourite labels. Feeling perfect for the moment is Saint Tropez which has the most gorgeous knitwear to overlay its pretty blouses and chic polo necks. Don't miss Saint Tropez's stylish velvet blouse and pants suit, more elegant than a tracksuit yet on trend, with the relaxed style of the moment. Comfort wear is a recurring theme in fashion this season and, even if you are looking for a more formal look, we love this geometric sweater in autumnal hues from Micha, which pairs beautifully with trousers or a skirt.

A perennial favourite are Dolcezza's warm, padded jackets with their stunning prints. This season's collection doesn't disappoint and these always sell out quickly, so if you are looking for a stylish new jacket, don't hang around.

One thing you are guaranteed to find at Allez Chic is a warm welcome, with free, easy parking and excellent customer service as you browse the rails at our light, airy store. If you have missed shopping, pop in and enjoy some retail therapy. And if you haven't already done so, join our Smart Buyers' Facebook group where you'll be the first to hear about new arrivals, special events and exclusive competitions – find us on Facebook and join us!

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Beneficiaries of The Green Covenant

By John Maiden

In his interview for Town & Around (online and on page 20 of this edition) Stuart Dark paid tribute to John Dobson. This pleased me because John was the one leader of the borough council prepared to sit down with Hunstanton Civic Society members in order to agree a vision for Hunstanton, which would correct some of the serious mistakes made by his predecessors. It was thanks to him that the reinstatement of Hunstanton Pier was included in the conservative manifesto for the 2007 local elections. He also confided in me that the objectors would have been successful had we applied for a Judicial Review of the decision to grant permission for a 'pier-less' building to be erected on The Green. Unfortunately, no doubt because Stuart has taken on a considerable workload, he has not found time to acknowledge my email, sent to him early last month, outlining my reasons for wanting a revised 'masterplan' for Hunstanton to be included in the new Local Plan for West Norfolk.

To assist Stuart and his colleagues in fulfilling their legally binding obligation to restore the whole of The Green to its original appearance, as an ornamental grass green, I have pointed out that the restrictive covenant imposed by Bernard le Strange in July 1955, is for the benefit of the inhabitants and visitors of Hunstanton. After all, it was my privilege to hand in a petition at a meeting of the borough council, signed by thousands of these beneficiaries objecting to the infringement of their right to use the whole of The Green, as depicted on a map attached to the 1955 Covenant.

Having put the interests of CHS before the rights of the beneficiaries of the Covenant for the past nineteen years, the simplest way for the borough council to make amends would appear to be by recognising the fact that it is really not possible to remove the obligation to provide a Pier at Hunstanton, from the 999-year lease for Hunstanton Pier! This point was made by Sam Staveley, when he was a solicitor acting for CHS in 2003.

This is also the point I would have put to Mr Justice Blake at the Court of Appeal in 2009, but I was denied the opportunity to do so, because the weak leadership at the borough council decided to give in to the outrageous demands of CHS, while getting nothing of any value in return; except for being spared the embarrassment of having to explain why my evidence could easily have resulted in the downfall of the council's own legal services manager.

Local Councils have powers of compulsory purchase. It is a pity the borough council did not use them when the 'hangar' was put up for sale not so long ago, but if it is prepared to put in a proposal for Stage Two of the successful Heritage Gardens project, the whole of The Green could be rezoned, to blend in the Golden Lion and Town Hall, instead of Harlequin House! It is not rocket science, but it will require the support of our MP, James Wild, as well as all three local councils involved and, of course, Town & Around!



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Inner Wheel Hunstanton & District

June Sexton Club Correspondent (Temp)

Tomorrow we were meant to go on an outing to take Alpacas for a walk. Sadly because of the hot weather and over heating problems for the Alpaca's and members the trip has been cancelled. I will now have to eat the bread and apple that I had ready for the Alpacas. Let's hope we can rearrange it for another time.

We had a very enjoyable evening on Wednesday at the Le Strange Hotel where we have our meetings on the first Wednesday of each month. It was so lovely to all be together and sit with someone different and enjoy a good chat. I was seated next to Jennie, we never stopped talking. The only time we took a breath was when business matters were being discussed.

My Inner Wheel apron hasn't been used in the last two years, but I am hoping I will be able to put it to good use soon. My mask on the other hand is being well used. The Inner Wheel bauble will come out for the Christmas Tree festival in Hunstanton at the Town Hall and the candle was the raffle prize I won at our last meeting and very nice it is too. I hope you are all enjoying this lovely weather and making the most of the delightful place we live in.



Snettisham Art Group

We are pleased to advise we are open again from October 1st our times are 9.45 am to 12.15 on Tuesday and Thursday. We meet at the British Legion Hall on Church Road and welcome anyone with an interest in painting at any level on either or both mornings.

Should you be interested in joining please telephone Les. on 01485 572370 or Heather on 01553 672886.

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We have spaces for girls aged 7-10 at Brownies in Heacham and Hunstanton and we're looking forward to a new term of fun, adventure and friendship. Register your interest here and we will be in touch:

<https://www.girlguiding.org.uk/what-we-do/brownies-7-10/>



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Hunstanton Eyecare blog

This month we celebrate Halloween, or dread it if you don't approve of the Trick or Treaters. This brings to mind the awful "fad" of cosmetic contact lenses, designed to make you look super scary and supposed to be used only once at the party night. This awful practice is still promoted by various Internet suppliers, companies prepared to make a quick buck nevermind the cost to someones' eyesight. Some years ago I was working in Wymondham, when a young man popped into the practice to ask if he could buy a case for his contact lenses, quite a harmless request you would think, until we saw his "Dracula" eyes! He had bought these lenses on the internet and had been wearing them for the past week. My Optometrist noticed him and then he got the lecture about the dangers of harmful bacteria in the eye, leading to infection, damaged corneas and blindness, by the time the lecture was over the chap was looking noticeably queasy and so he should. Did I sell him a case, certainly not, just offered him the waste bin in which to throw the lenses. A contact lens is a foreign body in the eye and should be treated as such. This is why there are so many rules and regs governing the supply and fitting of contact lenses. When the Covid crisis hit, there was some relaxation to those rules, but they are now back in place. Every contact lens wearer must have an annual contact lens check and an eye exam at least every two years. If this doesn't happen then contact lens supply will be stopped, at least by the reputable optician. Contact lenses can be purchased of the Internet, and like many other goods, at a cheaper price, all you get for your money is someone packing up a box of lenses and posting them. Although they should be dispensed from a valid prescription, I haven't found any internet supplier refusing a sale. The make, material and fitting dimensions are all part of a contact lens specification and the law says that should not be altered, however, I have heard tales of folks ordering whatever lens is the cheapest at the time and the supplier never questions it. We have many patients who have worn contact lenses successfully and safely for years, there are so many options now that there are very few people they do not suit. So if spectacles get in the way, or are a nuisance for sport, perhaps contact lenses might be an option? Just give us a call for more info.



Annette

Piles and Tribulations Notes from a Rural GP

by Dr David Ince

Firstly apologies. It has been pointed out by several readers that I may have got my Chess pieces muddled in the analogy in my last article. Although not a commentary on life but a description of the rules of chess - The Queen has more freedom and potency but the King more value. I am not proposing to extent this analogy to my own household for fear of upsetting the domestic bliss with the other Dr Ince any more than I do already with my own personality.

Another month goes by. Poor Sean Lock, a favourite comedian of mine lost his battle with cancer. Heacham First Team favourite Ben Coe scored a fantastic hat trick against Gorleston Reserves. Norwich sit at the bottom of the premiership but Fulham sit at the top of the Championship. Such are the highs and lows of life. In case you think this is a local sports column, I better write something medical.

Tuesday 14th September 2021 1800 – East of England Clinical Directors Briefing on Phase 3 (Booster/3rd doses) of the Covid vaccination and the Winter Flu vaccination program. Excellent I thought, time for a serious article with useful information for the readership. I sought an essay extension from the Editor and sat waiting for the briefing only to open my email to find a 'Meeting Cancellation Email' - 'My apologies for the late notice but we have decided to stand down the meeting planned for this evening. We were hoping to have received further guidance about Phase 3 of the Covid and Flu Vaccination Programme which we were planning to update on but unfortunately we are still waiting for this to come through. Once received, we will look to set up a call to brief you all on the latest information'.

This will cause almost certain immediate detention from the Editor.

However, it is a reflection of how quickly things are moving and changing behind the scenes. So the secretary of State for Health and Social Care rose to the dispatch box in the house today to share the government's 'Cunning Plan' (also known as Plan A and Plan B) for tackling COVID over the autumn and winter. Alongside the plans relating to disease identification, transmission limitation, NHS support, Vaccine-only certification, international support et al, there was some guidance relating to vaccination program that I want to highlight.

What has been confirmed is that everyone over the age of 50 will be offered a third/booster vaccination and it is looking like this will be the Pfizer vaccine (that the vast majority of patients locally of that age received as their first two doses). Alongside the over 50s will be all NHS frontline workers, all patients aged 16-49 with underlying health conditions that put themselves at risk of complications from COVID, adults in residential care and patients living with vulnerable individuals. The hope is to start this program from next week nationally (w/c 20th September).

Prior to this program, the vaccine is still being offered to:

All previously eligible patients over 18 who have not yet been vaccinated.

All 16-17 year olds are being offered one vaccination with a discussion ongoing about the need for a second in due course.

12-15 year olds with underlying health conditions or who live with vulnerable adults (this represents about 10% of this age group). Locally the Queen Elizabeth is providing this service.

The JCVI and the government in England have also approved the program to extend to all health 12-15 year olds and this is likely to form part of the upcoming program rolling out from next week. Again this is going to start with one vaccination (likely to be Pfizer) with a second dose considered at a later date once the effect of the first dose has been assessed. You will also have seen in the press there is debate about consent and whether this will be a parent or the child themselves. Locally we are currently unsure whether this will be done through schools or through Primary Care/Community Services (pharmacies).

We are hoping that the upcoming program of 3rd/booster doses will be run rather like the first doses within Primary Care, Community Services (such as our excellent community pharmacies) and vaccination hubs. The majority in our area were done in Primary Care

at our hub in Snettisham.

The main guidance we are waiting for, and I hope by the time you read this it will be clear, is about the co-administration of the flu vaccine. From a logistics point of view it will be much more convenient for patients and clinicians for both the flu vaccine and the 3rd/booster COVID jab to be given at the same time. We are hopeful that we will be able to do this but as the meeting tonight has been cancelled it may be that there is more debate and discussion to be had around this. It will be a question of ensuring this is safe and effective along with ensuring the smooth delivery of both vaccines to the sites. We are also hoping that we may be able to run some of these clinics in individual surgeries as well as at the Snettisham hub as required or as advised. Locally, we have the infrastructure to administer the vaccines separately if needed and we have been advised that we should not delay the program if one vaccine is not available. As you may know there has been some delay in areas of the delivery of the flu vaccine. The eligibility of the flu vaccine really mirrors the eligibility of the COVID vaccine with the exception that all children from 2-15 (but not 16) are eligible but only patients in a high risk group aged 16-49. The majority of child flu vaccination takes place in schools. As last year all patients aged 50 or over will be offered a flu jab (the previous year it was over 65s).

I think the COVID vaccination program is working. It is not over though. In excess of 90 million doses of the vaccine have been administered in the UK. It is estimated that this has saved over 100,000 lives and the evidence suggests the vaccine has been highly effective including the delta variant with the vaccine providing 95% protection against severe disease. There is emerging information that the immunity conferred may wane so the evidence for the need for a 3rd/booster dose is increasing. Coupled with the established commitment to the flu vaccination, the upcoming vaccination program should confer a healthier winter.

I wish you good health.



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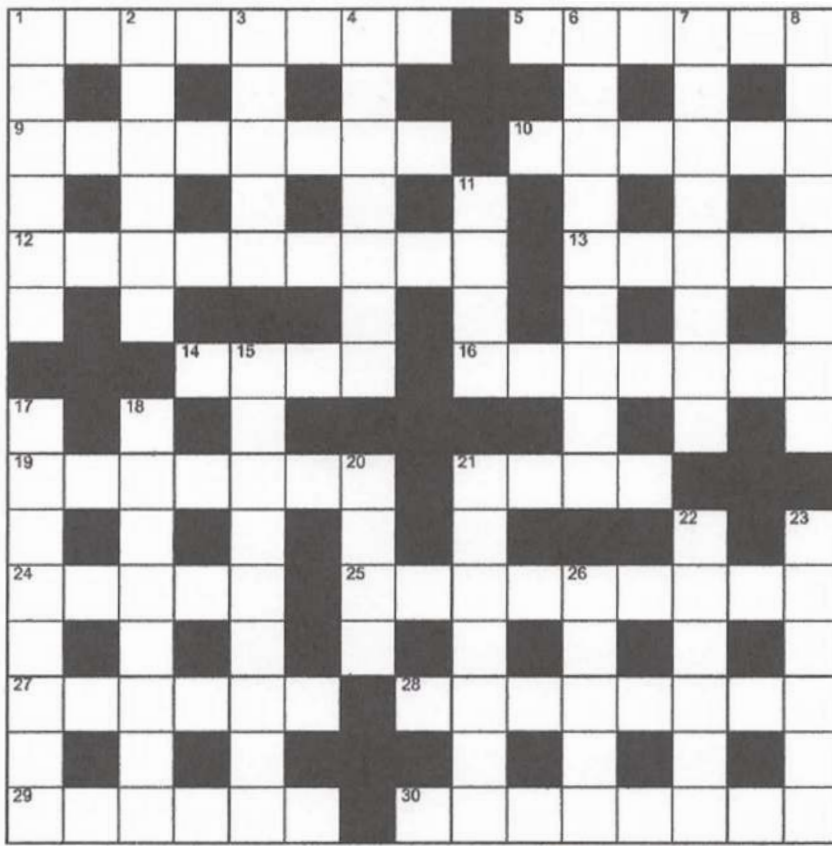
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David Elsey's Cryptic Crossword



Crossword solution on page 16

Crossword Clues Across

1. Musical piece for harp played in this way (delightfully) from beginning to end (8)
5. Make fun of Donald taking off teacher? That's naughty (6)
9. Live in sticks and have meal out (8)
10. Very large people, seen around Tipperary originally, were Danish settlers (6)
12. Use plunger to clear out drain at far end – unfortunately, it sticks (9)
13. Shed insulated – it chills inside (5)
14. Anything that happens before show is fine (4)
16. See study I occupy to take over broadcast (7)
19. Unwavering police officers seen in action (7)
21. Make reference to flipping jerk on Ecstasy (4)
24. You will need a mixture of gas and air in this place (5)
25. The German striker has little firepower (9)
27. Exhibit remorse, being in shock (6)
28. Strength of current makes one intent on taking off first time (8)
29. Scene filmed again because of bear (6)
30. Fish on line caught by nincompoop (8)

Crossword Clues Down

1. Being strong run up hill, taking transport back down (6)
2. Brother on horseback intercepted at bluff (6)
3. Wears dress to take an oath ... (5)
4. ... uncertainty surrounds the French jacket (7)
6. Batting team dismissed from top to bottom (6,3)
7. At this time wearing gloves is accepted (8)
8. Doctor hiding drugs on small boats ... (8)
11. ... nurse up north said it's the last straw (4)
15. Story told by one in party about gold reserve (5,4)
17. One teaching the Queen about old European currency offered tip (8)
18. I would stress, 'fencing can lead to disaster' (8)
20. City players out of Euros? They're useless! (4)
21. Artist came over and left with colour (7)
22. Annoying flyer packing attache case is related on the father's side (6)
23. Frequently dine out, becoming intimate (6)
26. Retired writer visits Italy – temperature is unsuitable (5)

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

			9					
8								
9				6	5	7		2
	1				8	4		
	6		3		9		2	
		2	7				1	
7		4	8	2				9
								3
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Hunstanton Bridge Club



s from 16th September the details have changed as follows: Venue: Old Hunstanton Village Hall (not Conservative Club).

Duplicate Bridge on Thursdays at 6.30pm for 6.45 start. Supervised Bridge on Fridays at 1.15pm for 1.30 start. In addition there will be online bridge with Real Bridge on Mondays 6.45pm for 7pm start. For all details see the Hunstanton Bridge Club website.

Henry Head – Treasurer, Hunstanton Bridge Club.

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BagLadies of Thornham are busy getting ready for their Winter Gift Fair on December 4th . In common with most community events we had to cancel last year .

All profits from all BagLadies events go towards projects in the village Thornham .we have helped the village hall , cricket club , the church and children's playground, amongst others .

Round the bend with Dean Baker

To rinse or go to Wild Ken Hill

It started earlier this summer when I came home for lunch. Mrs B likes to listen to Jeremy Vine on Radio 2. On this particular day, the programme featured a discussion about whether or not to rinse your dishes before putting them in the dish washer. The guest speaker was the self styled 'Great British Battle Axe' Christine Hamilton. I wasn't quite sure who was saying what, but Mrs B was already furious.

"Apparently, we're not supposed to rinse our dishes before putting them in the dishwasher"

"Hmmmmm ... who said that?"

"Not Christine Hamilton, she's sensible, well practical. It's that woman who presents Spring Watch. I can't think why she's waded in on dishwashers!"

Now I think that most of us, most of the time, spend much too long on our phones. But, just this once I need to see what's what.

"It's Allegra Stratton"

"Are you sure?"

"Michaela Strachan presents Spring Watch- she used to be on The Hitman and Her, with Pete Waterman, way back in 1988, I used to like that show"

"You're smirking!"

Allegra Stratton, as Boris Johnson's climate spokeswoman, has suggested that we are wasting water by washing our dishes before they are washed by our dish washing machines. This idea has been widely criticised as pointless, but I think Ms Stratton has a point. A standard dishwasher cycle uses three to six gallons, but you could waste up to 27 gallons per load if you rinse everything first. The mighty Wall Street Journal, provides my little article with the theory that your dishes actually need to be dirty in order for dishwasher detergent to do its job



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properly. Good Housekeeping, describes rinsing dishes as a 'time suck' and claims that the dishes won't get any cleaner if they've been rinsed first.

So lets unpack this. Firstly, not everyone has a dishwasher. But, we all have to deal with dried Weetabix and stuck fast egg, on plates. It's important to scrape the plates, preferably into a compost bin. I think a well scrapped plate can go straight into the dishwasher and if you don't have a dishwasher, I suggest soaking the plates pre-wash, you only have to cover them with a few cm's of water.

That afternoon I go back to work. Its shepherd's pie for tea followed by rice pudding. I do the dishes and promise myself that from now on I will only ever scrape not rinse.

It's a lovely evening.

"Would you like to go for a walk?" asks Mrs B

"Yes - what about Wild Ken Hill?"

"Certainly not!! we'll walk to Rainbow Park"

Until next month

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Wrap-up to Remember

The days are getting shorter again, and the air is colder with those musty smells of autumn. The vibrant growth of spring and summer is over for another year.

And for over a thousand years this has been the season when we remember the loved ones that we have lost, particularly on All Souls Day at the beginning of November. With this in mind the united parishes in the Hunstanton and Saxon Shore Benefice will be holding a short service of remembrance in St. Edmund's Church, Hunstanton on Sunday 31st October at 4.30pm. There you will be able to join with others in the lighting of candles and prayers for family members and friends that we no longer see in this life.

Our service this year will be particularly poignant for those who have lost family or friends to Covid-19, and for those who have had funerals affected by lockdown restrictions.

Please remember to wrap-up warmly; you may find you soul warmed by prayer in our stone churches, but they can be chilly at the end of October.

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The Barking Bugle

Muddy Dog Challenge 2021

A few weeks ago Pupstar was reading his emails when he barked, "Miss Zsa Zsa, you love swimming, climbing, rolling in mud and generally running around like a mad dog. How do you fancy taking part in the Muddy Dog Challenge? I've been emailed the entry form, shall I register you?" Pupstar then went on to explain what exactly taking part would entail. He wasn't too keen to do it himself as he had been there, seen it, done everything before and had even got the wet muddy T-shirt!

The event was to raise funds for Battersea Dogs and Cats Home and being a rescue dog myself I'm forever grateful to all the wonderful rescue centres and volunteers who help us doggies. So I woofed, "Sign me up Pupstar. It's for a good cause and it sounds exactly the sort of fun I love."

There have been several Muddy Dog Challenges across the UK in the last few months and on a cool overcast day I headed off to Stanstead Hall. I was really excited but also a bit nervous as I didn't know what to expect. Would I be able to complete all the obstacles, was I too small to take part, would the bigger doggies laugh at me and more importantly would I be able to get the mud out of my ears afterwards?

However, I had nothing to worry about. The venue was great, and the atmosphere amongst all the competitors, humans and canines was very friendly. After arriving and booking in we did a short warm up routine where I showed off my stretches before setting off on the 5km route.



We had to negotiate several obstacles, one very muddy one in particular! We had to crawl through tunnels, tyres, mazes and scramble under mesh. I loved the swimming challenges. I do get so excited whenever I see water and I go totally loopy so my mum had to calm me down every so often!

By the end we were covered in mud, mum and dad even more so, and we were all really stinky! I woofed in merriment when we passed a young human girl who pointed at my daddy and said, "Mum, look at that muddy man!" I'd like to think I am quite a posh and refined doggy but I loved getting wet and absolutely filthy.

The whole event was very well organised by the teams of volunteers who helped out on the day. Everyone really enjoyed themselves and there was lots of encouragement from the stewards. So many of them said kind words

to me at practically every obstacle. At the end lots of people cheered us over the finishing line where we received a medal along with a rosette.

One of the organisers informed us that well over £50,000 was raised at this event alone! Pawsome!

We are already looking forward to the next one in 2022!

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Plant of the month - Tulips

Wendy Warner

Tulips are one of the most recognised flowers of late Spring and now is the time to think about planting them to get a fabulous display next year. Buying dry bulbs now is much more economical than getting potted bulbs in the Spring as they are coming into flower and there will be a greater choice of varieties too.

There are a huge array of different types, from single late and triumph tulips which will grow to 50cm to the smallest miniature species varieties reaching only 10cm and you can create a show from late March through to late May. As well as choosing the colours you like it is advisable to selecting the best tulips for the position you are wanting to plant them in. It's not a great idea to plant any tulips, especially tall ones, in a very open, exposed location as they are likely to get damaged by the April showers and winds, but these would be ideal if you have a sheltered border or want to grow them in pots with protection against a wall under the eaves of your house. Dwarf and species types grow well in rockeries or low pots or bowls.

All tulips benefit from a sunny position in well-drained soil and should be planted about three times the depth of the bulbs' height. It is advisable to buy your bulbs as soon as you see them as new and unusual varieties will sell out fast. This year especially, there have been supply issues due to the heavy rain in Holland at the time the bulbs should have been lifted. Store the bulbs in a cold, dark place until you are ready to plant. Delaying planting until November is said to reduce the risk of the fungal disease tulip fire, as cold weather can wipe out the fungus. If, like me, you have a habit of then forgetting to plant your tulip bulbs, you can get away with planting them as late as December, they may just flower slightly later.

The choice of colours of tulips is amazing with just about every colour imaginable! They look great in single colour groups, randomly



mixed or a combination of two or three colours which can be complimentary or contrasting.

There are so many different types to choose from as well as the traditional tulip shape. Double flowered tulips resemble a peony flower with "Angelique" being a beautiful example of a pink variety. Rembrandt types have a contrasting streak of colour through the petals as if they have been hand-painted. Lily flowered varieties have narrow, flute shaped flowers, one of my favourites being the orange "Ballerina". Parrot tulips have irregular, feathery petals and come in some unusual colours, look out for "Black Parrot" and "Black Parrot". As well as flowers, some varieties have interesting leaves, such as the ever popular "Red Riding Hood" with its mottled purple leaves.

Every garden has space for tulips, so try some new varieties for a wonderful display next Spring!



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In the flower garden

Bulbs bulbs bulbs! If there is just one job you have time to do this October, plant some bulbs. They can be planted in pots, tubs, balcony baskets or in the ground. Their vibrance will be just reward for your effort.

- Protect half hardy plants with fleece where possible.
- Plant spring bulbs now for an amazing colour injection from January onwards. Think about creating colour from early snowdrops in January right through to late alliums in May.
- Bareroot tree, shrubs and roses can now be purchased on line or at nurseries.
- Winter/spring bedding should be planted now while the soil is still warm.
- Move any trees and shrubs and plant hedges, October is an ideal month to do so.
- For free plants, lift and divide perennials that have died down or at least cut back.

In the vegetable garden

- Harvest as much as possible before the frosts, green tomatoes can be ripened on a windowsill or alongside and banana in the fruit bowl. Herbs can be divided and potted up inside to use throughout the winter.
- Plant Autumn garlic bulbs or try elephant garlic for something a little different. Keep planting onions for early crops.

In the fruit garden

- Divide large rhubarb plants for a good crop next year
- Plant bareroot fruit trees, remember some patio trees are fine in large pots if your space is limited. There are special patio varieties that have been developed for the purpose, or fan trained on a warm wall.

Traditional treatment

- Now is the last chance to sow lawn seed.
- This month, ensure mower blades are high or maybe stop mowing some area
- You can feed your lawn now, ensure the feed is rich in potassium and low in nitrogen.

Murmurations

Also take some time to watch murmurations that grace our skies in autumn, peaking in late November, but starting in October. Sometimes these hypnotic clouds can be made up of over 1000, 000 starling as hordes of new migrants birds continue to arrive in Britain each week. Early evening is the best time to view.

Happy watching!

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From The Ground Up: Thrashed and Gathered

Hanneke Robson



Landgirls Linden Bevan-Pritchard (left) and Pauline Atkinson.
Credit Hanneke Robson

With the summer and its meteorological surprises safely tucked away, we can hopefully immerse ourselves in an autumn of wine-coloured berries, russet foliage and maybe spot that dash of asphalt along the coast road.

Beneath these benevolent skies, I recently spent two hours pulling weeds from our driveway, consigning them to the compost bin; some, no doubt, the same we had logged with glee on our plant ID walk with Simon Harrap on Peddars Meadow last month. I skirted a solitary cudweed struggling through the pebbles and the daily scrunch of tyres. A bee alighted on its flower - a weed here, a near threatened species had it chosen to dwell

in our field.

I gave account last month of the verdant jungle that had erupted upon our 'meadow to be' after our squelchy summer. Now I was enduring triffid like dreams and the monsters had to go - before they died on us and enriched the soil - not conducive to wild flower/meadow making. We collected the seed of our most notable plants, like the night flowering catchfly, hoping very much that our jungle would somehow disappear.

And... as it happened... one evening, a knight upon (a beast of) a tractor rode by, pulling an arrangement of blades and in mere minutes, our jungle was no more. This was a huge relief. This enterprise is called discing, its lethal blades measure to the very centimetre required for cultivation.

The following week we raked beneath a newly asserted red hot sun, half an acre of tangly mashed growth. As the days passed, this endeavour in a hot dusty field reduced its attraction, but our heaps of black fibrous medick grew. As we pulled and tugged at the ground, we identified ourselves - pictorially speaking - with the ladies of Millais and Van Gogh, though perhaps a tad dustier. We are, at present debating disposal of four notable heaps.

The next step towards a chalkland meadow will be a second discing and then, at last... the sowing! The seed will be for land familiar to these environs which we shall bulk it out with local green hay. We have yet to acquire

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the latter but the Norfolk Wild Life Trust have again offered their help. We can't praise them enough. The cost of seed will be met by our the Garage Studio Art Gallery here in Ringstead.

During the past year, we have gained a feast of knowledge and are deeply indebted to the NWT for their diligent support. Also to James Young and the twenty artists of the Garage Studio.

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Nature notes with Carrie

Carrie Carey, Visitor Experience Manager, RSPB NW Norfolk Reserves

Most of us spend a third of our lives asleep, so it makes sense to ensure sleepless nights are kept to a minimum. I consider it one of life's essentials to opt for bedding that keeps me warm and cosy and even in summer I'm reluctant to let even the slightest nip of cool air find me. Yet in the heart of winter, I stir willingly from the warmth of my bed before the sun has yawned and stretched across the night sky. Foregoing the comfort of my duvet I head for a windswept stretch of Norfolk beach in anticipation of witnessing one of the most amazing natural spectacles.

So, what is it that inspires me to emerge from my nocturnal cocoon? There's more than one answer to this, in fact there are thousands, tens of thousands. It is the prospect of watching mighty flocks of pink footed geese winging their way inland to feed.

It's irrational for someone who really doesn't like the cold and yet I love every minute of it. Each year, with other eager folk, I arrive at the car park at the RSPB reserve in Snettisham. Boots on, coat zipped up to my chin, I pull on my thick bobble hat and with one last warming breath on my hands stuff them into two pairs of gloves. The walk from the car park is full of promise, the crunch of frozen puddles beneath my feet a signal that the sun has not yet made an impression on the day. The air is still, the silence is calming. As we get nearer to the beach faint streaks of light



interrupt the dark and in the background the faint 'wink wink' sound of waking pinkies spurs me on.

These compact, mid-sized geese breed in Greenland and Iceland. As Arctic temperatures drop and food becomes scarce, families of geese leave their icy homeland for warmer shores. The Greenland/Iceland population over winters almost exclusively in Britain. It's an exhausting and onerous journey, particularly for young birds who arrive in Scotland tired and hungry. Some groups remain there, other's move south through Lancashire to Norfolk where they spend their night resting on or near The Wash. At dawn the birds leave the estuarine haven and head for surrounding fields searching for

winter stubble, or their favoured food, sugar beet tops. These birds show amazing fidelity for their wintering habitats, returning year on year to the same site.

By mid-November the migrant wildfowl have arrived in sufficient numbers to make their daily exit from the mudflats on The Wash one of Norfolk's most popular wildlife spectacles. Even on a foggy morning the magic of this experience is not dimmed. Above a cloak of mist the geese are chatting to each other, parents ensuring their offspring stay in line, leaders calling directions. Close your eyes and it sounds like a hundred squeaky bicycle wheels.

My eyes strain in the thin light and scour the glistening mudflats for signs of movement. In the

distance a silhouette ebbs and dies as small groups of geese consider leaving their night time roosts then think better of it. Anticipation builds. Then the quiet is broken as several thousand rise from the horizon and fill the dawn sky with long trailing ribbons of birds. The sheer volume of numbers and the sound of the geese calling to each other makes their exodus from The Wash a truly wondrous experience. In that moment, cold fingers are forgotten, stomping feet are stilled and I stand in awe as families of geese fly high overhead. It's this amazing theatre of dawn flights that makes me swap duvet for duffle coat and brings me back to Snettisham's shorelines each winter.

Image by Les Bunyan

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Plovers in Peril: That's a wrap!

Wynona Legg, Ringed Plover Project Officer - Plovers in Peril

The 2021 season for beach nesting birds has now come to an end at Snettisham and Heacham South beach. This year, with your support we have helped to protect 44 pairs of ringed plovers from combined sites at RSPB Snettisham reserve (21 pairs), the Plovers in Peril stretch from Snettisham beach to Heacham South (20 pairs) and the 3 pairs we monitored at Heacham North. Add in the birds supported by neighbouring sites, such as the 7 pairs at RSPB Titchwell Marsh and you can see why Norfolk is so special!

With such a severe decline in the UK breeding population of these birds, echoed globally, we are so fortunate to have a number of pairs choosing to breed on our cherished part of the North West Norfolk coast. These shingle beaches support an incredible variety of rare and special wildlife and with support from people visiting the coast throughout summer, we can give them the space to thrive long into our future. A truly special thing, we can all celebrate.



Credit Phill Gwilliam. Ringed plover with chick, South Heacham Beach 2021

We have fledged a total of 19 chicks from these sites this year. That's 19 chicks who have defied the challenges thrown at them by land and sea to make their first flights into the world as young ringed plovers and begin their journey to coasts beyond this one! Join with us to give them each a cheer and to wish them well on their travels – better yet, we can hope to see them return to our beaches in Spring 2022!



First flights. Image credit Phill Gwilliam

Though we are overjoyed to have been able to see these chicks grow and see them make strong flights to escape tides, predators and off-lead dogs with ease; there is much concern for the future of these vulnerable birds here on our coasts. A Norfolk beach absent of the sound of the ringed plovers soft rhythmic calls would be a sad loss for all those who visit.



Plovers in Peril Volunteer Team 2021. Image RSPB

Amongst the passionate people dedicated to creating a safer future for beach nesting birds are our volunteer beach rangers. The Plovers in Peril project began in March 2021 and we have seen 14 inspiring people join the existing team to offer up their support, protecting ringed plover families all the way through to the end of August; following the journeys of these tenacious birds from egg to chick to juvenile and one day to with hope to adulthood.

On a warm evening in the last of the light, these volunteers gathered together on the beach they have spent their summer, to celebrate their successes, share stories of joy and loss and reflect on a season spent saving Norfolk's plovers. Volunteers, we want to say thank you to you, from the bottom of our hearts. For your time, for your passion, for your unwavering support in the face of difficulty. You are the heart of this project and we are so grateful to you for all that you do for us and for the beach nesting birds who so need our protection. Thank you.

Not all heroes wear volunteer badges! The support from visitors to these beaches this season has been heart-warming. Support from the lovely people on these beaches whether local, holidaying or visiting for the day has on many occasions raised our spirits when times were testing. Kind words and messages of support, shared stories of the joy ringed plovers bring to peoples lives and big steps to help give them the space they need to breed safely. With 96% of visitors surveyed at Snettisham and Heacham South beach agreeing that it is important to protect beach nesting birds, it is clear to us that there is a lot of love out there for the special birds nesting on our beaches. Thank you for being a beach hero and a giving a voice to nature!

With the end of the season, fencing and signage has come down until next April and restrictions on many beaches like this one are lifted so that our four-legged friends can run free and feel the wind in their fur and sand in their paws- just in time for those golden autumn sunsets over The Wash! Though our nesting birds are no longer busy on our shores, the autumn brings the arrival of many wetland birds, some returning from a summer overseas (like the geese we are so pleased to see again!) and some passing through, taking full advantage of the rich feeding out on the vast mudflats. Help support these birds; by being mindful when out walking on the mud, keeping your distance from large flocks of resting birds and keeping dogs close to you when there are birds nearby, we can be rewarded by spectacular displays as these birds dance and gather over our autumn/winter skies.

To all those who have poured their hearts into keeping these beaches a haven for birds and people; Thank you!

We look forward to seeing you all again in Spring 2022!

From all at RSPB Plovers in Peril and the North West Norfolk reserves team.

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In the wings with Jenny Beake

Like father, like son

Pete Conway and Robbie Williams, Dave Evans and Lee Evans, Jerry Stiller and Ben Stiller. These duos all have something in common, they are father and sons who have all entertained and influenced music and comedy. And another duo who follow in their footsteps are Sean 'Rollo' Rollason and his son Tommy J who will soon be part of the variety show Laugh Your Socks Off at the Princess Theatre, Hunstanton.

The fun comedy duo will be performing in the matinee and evening shows on Sunday, October 24 which promises entertainment for all the family including magic, slapstick, juggling and song.

Being funny is a gift, and making it a successful career is a real skill in the cut throat world of show biz.

Rollo, entertainer, comedian and clown left school when he was 16 and joined the circus in 1987 and stayed there for two years touring all over England, Scotland and Wales as a circus clown. He learnt to do juggling, escapology, fire eating and worked with other clowns and learnt things like comedy timing.

Inspired by clowns such as Coco the Clown (Nicolai Poliakov), Jimmy Scott and Jacko Fossett, old circus clowns who Rollo was lucky to meet. He said: "Just chatting to them and watching the way they work and the way they move, especially in the circus because you've got an audience all around you, so you've got to remember you've got people over your shoulders, everything you do you've got to do three times really. It was a great learning experience being in the circus."

Rollo describes Laugh your socks off as a proper variety show, family based, that he and his son Tommy are starring in together.

He said: "We started a double act aiming towards families and children, something we worked on during the pandemic. We've put some shows in different places with other pros on the bill. It's going to be a great night"

Showbiz runs in the family. Rollo met his wife Michelle when she was a dancer during a summer season in Hastings where he was a compere. Michelle went from performing to teaching and runs the Rollason dance school. His daughter Lucy at one point worked as a synchronised swimmer and aerial act and also a dancer and singer.

He said: "They are all in the business but I didn't push them into the business which I have been all my life, they wanted to do it so I have supported whatever they wanted to do."

At the beginning of the pandemic the future was unclear for theatres and entertainers, and for Rollo the dates started being moved and it was hard to see which way the work would go.

Rollo was able to direct a huge drive-in pantomime which toured from Swansea to Bristol playing the role of the wicked step-mother and was involved in mini shows. Meanwhile Tommy played Prince in a show that his sister choreographed and Lucy taught dance classes on Zoom.



Rollo talks fondly about his children and their achievements and the idea of the show came from ideas and collaboration with them. The show is aimed at families and kids with silly comedy and slapstick.

With dates in Boston and Ely planned for their tour, the audience in Hunstanton will be seeing their very own double act as Rollo.

A highlight of Rollo's showbiz career was singing I'm in the mood for dancing with none other than Maureen Nolan in the finale of the pantomime Cinderella in Rotherham. He is also honoured to have been asked to join the Grand Order of Water Rats a show biz fraternity that raise loads of money for charity.

He said: "It was quite humbling to be asked to join the order with people such as Brian May and Joe Pasquale who are all real pros."

With a background in the art of clowning Rollo has toured extensively around the world with a top circus.

His advice for people going into the business is based on extensive experience and he said: "I always watch other acts, you can always learn from other acts, and have respect for other artists, listen and don't think you're ever too good to learn."

Father and son will be sharing the stage together and with their skills for magic and mayhem, no doubt the audience will be delighted by their performance.

The performance also showcases The Rollason Stage School students, magician Van Buren and Allyson plus vocalist Linda Newport.

Rollo and Tommy J and company will be perfect for Sunny Hunny's theatre by the sea.

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In the wings with Jenny Beake

T&A's entertainment correspondent interviews Emily Atkins



Emily (centre) with children who are appearing in the panto: Lily, Corey, Jacoby, Hallie, Mercedes, Lexi, Karen, Nichita, Skye, Poppy, Livia, Bessie, Isobel and Freya.

Emily Atkins is the script writer for The Hunstanton Pantomime this year (oh yes she is) Cinderella and with her day job as a full time nurse she manages to fit a lot into her busy life (oh yes she does).

"I have been a cast member since 2011 and I have never written a pantomime before. My full time job is as a nurse at QEH so pantomime is not my normal job but something I enjoy"

The cast have now started rehearsing for the pantomime on Mondays

and Thursdays.

"It is a huge commitment with rehearsals now up until Christmas and with extra dress rehearsals nearer show time."

Emily is clearly passionate about her role as co -producer and has experience in many areas of theatre.

"I played the role of the scarecrow in Journey to Oz. When writing this script I have taken the classic Cinderella story that everyone knows and loves and adapted it with a Hunny spin, with a nod to local businesses"

Having started with the amateur dramatic company at the age of 13 she is proud to still be involved at the age of 25 and the positive community spirit the group has.

"There is a lot of freedom with writing the script and we have a very capable cast of varied ages. We have little children from Hunny and Lynn schools who are dancing. The main cast includes students from Springwood and Smithdon so it is a varied bunch of people and we work to their strengths."

Describing the company as an extended family, Emily re-emphasises the community endeavours that the theatre production encourages.

"We give back to the community by raising money for a particular charity. It's been a hard year for everybody and people need something to look forward to, We missed out on panto last year so to come back the audience will enjoy it more and hopefully this year will be successful "

**The Hunstanton Pantomime Cinderella:
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A special birthday for Ted - 100



The love of a grandson, Eddy Kirk, for his grandfather has led to Ted Kirk's best birthday ever. Celebrating 100 years with 130 birthday cards from around the country.

Ted was born on 30th August 1921 and he grew up in London but chose to retire to Hunstanton, where he has lived since the late 80s.

Back in July Eddy approached Town and Around saying: "Like many of his generation, Ted doesn't talk much about himself, so I am trying to organise a birthday surprise for him, 100 cards for 100 years, I was wondering if you would consider writing Ted a card to help him celebrate in style?" So we did, the call was put out secretly - and locals responded, but not only locals, as cards arrived from public figures including former prime ministers, professional footballers, charities,

headmasters, vicars, and the Mayor of Hunstanton. There was also a very special one sent on behalf of HM The Queen.

Ted was surprised by the number of cards he opened and the target of a 100 cards for a hundredth birthday was exceeded by 30.

His grandson said: "Ted had an incredible day, plenty of (toothless) smiles, he was completely overwhelmed by the generosity and volume of cards, and spent most of the day saying 'who's that?!'"

"He was gobsmacked that people who didn't know him would write him a birthday card!"

"Although he's very calm and collected on the surface, he really really enjoyed the fuss and attention deep down."



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Over 100 runners at the inaugural Sandringham parkrun

Runners of all ages and sizes completed two laps on a combination of tarmac through the Scenic Route and woodland trails through the woods.

After a very long wait for the first parkrun at Sandringham, Saturday 18th September couldn't have been a better day for the inaugural event with clear skies and warm sunshine.

Run Director Bridget Plowright explained: "We had hoped to start parkruns here in early 2020, but like so many other events Covid meant it had to be postponed; we are very excited to be here today with such a great turnout."

"We're lucky to have a good team of volunteers here and to be able to hold this on the Estate."



Joel Espley

At the start line runners were setting their watches and just eighteen and half minutes* later the first runner, Joel Espley from Heacham crossed the line. Just thirty seconds* later the first lady home was Marie French from Dersingham.

Runners from further afield, called 'parkrun tourists' had travelled from Peterborough and Leeds to be part of the event and several participants were pushing off-road buggies, with either dogs or



Marie French

children inside, around the course. Others sported royal facemasks adding more fun to the proceedings.

The team of parkrun volunteers marshalled the course, took care of safety, cheered the runners on and were the official timekeepers. The atmosphere was really friendly and after the event runners and their supporters mingled with volunteers in the park and enjoyed some post-run refreshments. Volunteer Sarah Byett said it was wonderful to see so many smiling faces.

Joel Espley said: "I really enjoyed it, it was a good course and the weather is great."

Joel's dad, Ryan Espley, came in a bit further down the field. He said: "Every time I do this I say never again, but I keep coming back!"

After the run, Marie re-joined partner Alan and their nine-month-old baby, Daisy. She explained that the venue was great for her they live just up the road and they'd walked to the event. She said: "I train pushing Daisy in her buggy most days which helps me keep fit!"

Parkruns across the country take place every Saturday and Sandringham's is no exception.

*Editor's timekeeping – official times not available at the time of writing.

HEACHAM CARPET BOWLS

(PUBLIC HALL, STATION ROAD, HEACHAM) WE ARE BACK! BY MICK HARPLEY, CHAIRMAN

Eighteen people were welcomed to the Public Hall in Heacham on Tuesday, 7th September for the long-awaited re-start of the Carpet Bowls Club. Checks were made on entry and safety arrangements had been put in place to ensure that everyone was happy to return after having to isolate for so long due to the Covid pandemic.

The chairman welcomed all previous and prospective new members, and explained that this first meeting was essentially a social affair, enabling everyone to have a chat and also to comment on the safety measures and to make any suggestions regarding arrangements. A short bowling session followed in order to test the system.

It was announced that future bowling days would be Tuesdays and Thursdays and the cost will be £2.50 per session to cover bowling and refreshments (all equipment provided). Members are asked to arrive by 10.15am with a view to bowling starting promptly at 10.30. Tea/Coffee/Biscuits will be served at approximately 11.00. An urgent request was made for volunteers to help with the refreshments. Members are not required to join the Social Club this year.



An AGM will be held on Tuesday 26th October 2021. Details below and on the notice board. New committee members are essential if the club is to continue.

Prospective new members are invited to come along to any session to try out carpet bowls. No previous experience is necessary – a chance to enjoy the social atmosphere and a little bit of not-too-strenuous exercise!

HEACHAM SOCIAL CARPET BOWLS CLUB ANNUAL GENERAL MEETING

The Annual General Meeting will be held in the Public Hall on Tuesday, 26th October 2021 at 10.00 am. No AGM took place in 2020 due to the Covid pandemic and Committee members have continued in office since election in 2019 to act as contacts. It is important that new Committee members are elected this year if the club is to continue. Proposal and sponsorship forms are available from the present committee. All members are urged to attend this meeting.

If anyone wishes to raise an issue or a query about the club please submit it in writing to any member of the Committee by 12th October 2021.

A copy of the Club Accounts up to 30th September 2021 will be available on request from 5th Oct 2021.

King's Lynn parkrun celebrates its 10th Anniversary Birthday run in The Walks

Gary Walker, Event Director

A large crowd of runners gathered in, King's Lynn on Saturday 11th September to celebrate the 10th Anniversary of parkrun in The Walks, the 349 runners who took part including 44 runners, both new to parkrun and visitors, from as far afield as Bournemouth, Portsmouth and N. Ireland.

The 21 Volunteers who managed this week's event came from the Lynnsport Ladybirds running group, which was also instrumental in the setting up of parkrun here in the town 10 years ago, this week's joint Run Directors, Amanda Barnes and Fabia Pollard both having been part of the Core Team at the time.

With a party theme to the run the event was celebrated in style with many of the runners donning fancy dress and providing cakes for everyone to enjoy after the run.

King's Lynn parkrun Event Director, Gary Walker, said, "there is a real buzz to parkrun which comes from everyone who gets up on a Saturday morning to take part. The atmosphere is fantastic and seeing so many, of all ages and abilities, out to do their best is inspirational. This week's run was particularly impressive, with so many obviously enjoying the party theme and running in some excellent fancy dress".

This week's event saw regular parkrunner, Mitchell Bunn, coming back in first place in a brilliant time of 16.48, just 3 seconds off his personal best for the course. Helene Greenwood, from Cambridge, on her very first run at King's Lynn, was first female back in an equally great time of 19.27. A total of 32 runners achieved personal best runs, which all runners aspire to and for which The Walks is recognised as an ideal course, with its wide, flat, good running surfaces. However, parkrun is a run and not a race and there were some equally brilliant times from those at the back of the pack, with Rebecca Cook and Jane Mallott achieving PBs respectively in positions 325 and 326 and JW10 Libby Pollard coming home in position 333 with a time of 42.48 on



her very first parkrun.

Gary went on to say "All in all, parkrun is a brilliant community event, in which everyone taking part, whether a front runner or a walker at the back of the crowd, is treated equally, this including those who choose to run with their youngsters in buggies or with their dogs. Everyone is welcome and the wellbeing effect of taking part is undoubtedly as valuable as is the benefit to fitness."

parkrun is a free timed event to which all are welcome, irrespective of age or ability, the only requirement being that those taking part first register at parkrun.com and once registered that they bring their personal barcode, which they are issued with to each run.



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Sporting corner with Tim Keogh

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Another one that will take some researching!

Closing date: 15th October 2021

Answers to: editor@townandaround.net

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The Editor, 18, Tapping Close, Snettisham, Norfolk PE31 7FF

Mike Trebbick of Hunstanton won the September trivia question which was: What is the most common star sign of post war managers of the England national football team?

Answer: Aquarius

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Sporting Corner with Tim Keogh

All welcome at the Hunstanton Promenade Parkrun every Saturday

Hunstanton Promenade parkrun is a free 5km run, jog or walk each Saturday morning starting at 9am. The perfect way to start your weekend!

As a relatively new parkrun that started in the Autumn of 2019, it is now been successfully running for 31 weeks in total (although the pandemic did disrupt things for a few months). People of all abilities are welcome with the focus very much on the taking part and supporting each other. Familiar faces alongside those from outside of the local area who are visiting makes for a great mix of people and a friendly and welcoming atmosphere.

There are two courses - the Summer route which starts on the cliff tops near to the Salad Bowl Cafe and runs up to the Lighthouse and back several times, whilst the Winter route commences after the October half term which starts and finishes near Hunstanton Sailing Club.

As with any community activities, they are completely reliant upon people volunteering to help organise and marshal the parkrun. They already have some really great volunteers who support the Core Team from week to week, but are encouraging both regular runners and even those who do not run or jog but want to help out others to come and join the friendly group. Volunteering can be weekly or occasional - any small help is much appreciated, with training provided.



For more information about parkrun and registering to run and/or volunteer please look at their website and also the facebook page.

<https://www.parkrun.org.uk/hunstantonpromenade/>
<https://www.facebook.com/Hunstanton-Promenade-parkrun-101243761291045/>

They hope to see any new runners or volunteers any Saturday morning - the first timers briefing is at 8:50am with the main briefing just before the 9am start.

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VAT increases from 5% to 12.5% on 1st October, for Food, Coffees and Non alcoholic drinks, however the Club will not be increasing any prices to members and will be absorbing these additional costs.

Hot/Cold meals are available Monday-Saturday, choose from our Standard Menu or one of the Specials of the Day. On Sunday there will be a 2 course Sunday Roast Lunch at only £7.95 for Members and £8.95 for Guests.

Snooker Room open every day. Snooker League matches each Thursday at 7.30pm. Wednesdays: Scrabble from 10am, Yoga for U3A members only at 10.30 a.m. and Whist drives at 7.30pm. Fridays: Lunchtime Prize Raffle drawn at 1pm and Cash Bingo start at 7.30pm. Saturdays: 'Open the Box' raffle. One person may win a large amount of Cash.

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Sporting Corner with Tim Keogh

Age no barrier for Soapbox Kart racing



The Hunstanton Soapbox Derby may have been postponed for another year, but that hasn't stopped local racer Dave Curtis who has recently returned from an outing at Harewood. Town and Around thought we would catch up with Dave at his lovely bungalow in Heacham and find out what inspires him.



Dave's first race

TK - when did you first start racing?

DC - it actually happened by chance really, an opportunity to race the Hunstanton Soapbox Derby five years ago, and I've never looked back. I am

mechanically minded and the engineering elements of building a kart and improving it floats my boat.

TK - Do you not think at your age (Dave has just turned 75) that you should invest in a good pipe and slippers?

DC - who let this bloke in, cheeky blighter! To be honest it keeps me young, it's really enjoyable and the Adrenalin rush from racing is just amazing. There's a lot of camaraderie at events too.

TK - how did you get on at Harewood?



At the start at Harewood

DC - it's a fast course with some tight bends, I didn't win, but it was a great event. I tweaked a few things on the kart, like any motor sport you have to enhance, adapt and evolve to progress. A bit like life really.

TK - what speeds do you reach?

DC - As much as 40mph, although in the USA some karts are now achieving ridiculous speeds of 100mph.

TK - have you ever had any accidents?

DC - Fortunately, nothing serious and Jan (Dave's wife) is fine with my interest in such pastimes !

TK - I heard one of your friends wasn't so fortunate in the Hunstanton race?

DC - Ah yes, poor Jim Race helped me out on a two seater race, I lost it on a bend and he ended up with a nasty gash on his arm. He's under strict instructions never to get into a motor vehicle with me again. Are you available?

TK - Er, I will let you know. Moving along, you are not a bad golfer either, quite impressive Dave.

DC - you only live once, make the most of it. Golf is far more sensible but ticks a lot of boxes, particularly at my age. Love it.

TK - from your experience of life, what would your message be to a young 21 year old Dave?

DC - take every opportunity that presents itself to you in life, whatever guise it might take.



Cart number 2

TK - thanks Dave, it was a pleasure meeting you. Do you mind if I take a doggy bag (Dave's wonderful wife Jan provided an excellent lunch)

DC - No, as you look like you could do with losing a few pounds.

On that note... Dave is actually looking for an apprentice of any age to help improve and develop racing karts, which will involve racing and, hopefully, culminate in the Hunstanton Soapbox Derby 2022. Anyone interested in joining Team Dave can contact him on 07795 144209 or by email at dave@jaz-d.com .

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Sporting Corner with Tim Keogh

Humble achievement remains iconic in the world of golf

Anyone who has had the pleasure of playing at the wonderful Hunstanton Golf Course will be familiar with the plaque on hole 16 - in fact, let alone golfers, I have often been reminded of it by wayward dog walkers, holiday makers and unassuming ramblers with no interest in golf whatsoever, who have stumbled upon, paused and reflected to acknowledge this incredulous feat.

That of Bob Taylor, who, in 1974, achieved something quite remarkable, which has not been matched since anywhere in the world and is likely to remain thus - three hole in ones on three consecutive days on the same hole.

Any golfer is delighted to achieve a single hole in one in a lifetime, let alone three! On consecutive days made this achievement even more dumbfounding. The exact odds of such a feat are difficult to fathom out but let's say any punter would probably be a wealthy man should they have had the

opportunity to indulge. Even the great South African golfer, Gary Player, once relayed this story, so amazed by it, paused, and asked the story to be retold so he could fully digest.

After 47 years of this feat, we thought we would try and track Bob down.

Well, good news, we were absolutely delighted to find out he is well and, yes, he's still playing golf!

From his Leicestershire home, Bob, now 77, provided some memories and insights into that truly wonderful weekend.

"I was 30 at the time and my handicap was 2. I used a 1 iron, into wind, on the first day and a 6 iron on the second and third days. I have been lucky enough to achieve eight hole in ones in total, but my last was in 1976! None compare to the three that weekend though. I continue to play golf at Glen Gorse Golf Club". Happy days indeed.

Whilst it did not affect his career as a self employed graphic designer, unsurprisingly, he often gets asked about the experience.



Imagine the exposure it would have received into today's digital and social media age. Hunstanton Golf Club have deservedly made him an honorary member and Bob continues to play there once a year.

As is customary after achieving a hole in one, a player normally has to buy everyone in the bar a drink so, given he did it three times...but Bob wisely didn't comment on the size of his bar bill that weekend. We hope to have a response in time for the



November issue (2022!).

There may not have been any financial remunerations in those days for such a unique achievement - he received a dozen Titleist golf balls for his efforts - but Bob will go down in folklore and remain forever so, not only in the golfing fraternity, but to any innocuous indulger of that small plaque on the 16th hole at Hunstanton Golf Course.

Photos courtesy of Golf Digest

Local golf stars rising to the challenge

It's been a Summer to remember for two of Heacham Manor Golf Club's aspiring youngsters, who have done their aspirations to follow the sport professionally no harm at all.

Warren Bates, 21, started the year well, winning the Coronation Salvagers at Middleton with partner Kale Heath, before winning the amateur section of the Norfolk Open, as well finishing tied first in the Pro Am event at Kings Lynn, losing in a play off. However, undoubtedly the biggest feather in his cap was winning the Victory Cup at the famous Scottish St. Andrews course from a field of over 300 players (pictured). He was unlucky to lose in the final of the resulting 100 year old Eden Trophy event - having finished 4th, 3rd and now 2nd in this event, he aims to win it next year! More recently, he finished 3rd in the Prince of Wales Trophy at Royal Cinque Ports and Royal St. George's in Kent. Next up for Warren is the PGA EuroPro Tour qualifier event at Sudley Wood Golf Course in Oxfordshire.

Chloe Tarbard, 14, has been equally impressive this Summer. With a handicap of 0.8, Chloe has been playing golf since the age of 7, under the capable coaching guidance of Ray Stocker at Heacham Manor. She has been a member of the East Region England U18s Girls Squad for the last 3 years and represents the county in both Junior and Ladies teams, making the semi-finals in the recent Norfolk Ladies County Championships and the Eaton Ladies Club championship.

Chloe now competes at a national level, making the cut in the England U14s, Midlands U16s and the R & A U18s. Now regularly scoring level par or better she aspires to become a professional golfer, many hours are spent on the driving range, chipping and putting greens. Exercise with an England personal trainer, running and

swimming also feature in her schedule, complimenting her playing style perfectly.

Speaking to Ray about his two proteges, "it's certainly exciting times for these two talented golfers and it's fantastic for Heacham Manor and Searles Golf Clubs to have overseen their progress. They are both a pleasure to coach and I am confident that both possess all the credentials and mentality to go all the way".

Anyone interested in taking up golf or improving their game should speak to Ray who provides one to one training with top level video camera equipment to assess playing style (Ray can be contacted by calling Searles Golf Club on 01485 536010).



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Sporting Corner with Tim Keogh

A successful season for all local cricket teams

Snettisham CC 1st XI and Ladies Softball teams were the big winners this season. The men's team (pictured below) won the Norfolk Cricket Alliance (NCA) Division 4 convincingly, winning 15 of their 18 matches.



*Back row from left: Aaron Herbert, Nathan Jeavons, Daniel Coggin, Ryan Twiddy, Damien Twiddy, Kieran Herbert.
Front row from left: Adam Daniels, Danny Arnold, Gary Forder, Lewis Jeavons, Robert Preston*

The Ladies Softball team (pictured below) stormed their way to the title in the Norfolk Cricket Board Softball League. Beaten only once all season, this was a major coup for Michelle Knott and her cohorts in what was their debut season.



*Back row from left: Rosie Lingham, Kirstie Smith, Emily Wing, Shannon Wing, Tracy Bower, Ellie Bower, Jo Reid
Front row from left: Tiffany Turner, Michelle Knott, Tracey Harris, Ann-Marie Wing*

Michelle said: "We played six games on the day and won them all against very good teams; it was a great day and we look forward to taking this further next season."



Sandringham CC 2nd XI before their match against Thornham earlier this season.

Sandringham 1sts finished a very creditable second to Snettisham CC in the NCA Division 4, whilst their 2nd XI (pictured) ended up safe in mid table of the NCL Division 2W. Next season will be an important one for Sandringham as the refurbishment of their pavilion, signed off by Her Majesty herself no less, looks set to commence. With cricket having been played on the royal estate for over 150 years, the anticipated £300k project will help secure the club's long term future, benefitting future generations and providing accessibility to the estate for other local community groups and clubs alike.

Elsewhere, Thornham 1st XI put a fine late run together to finish second in the NCL Division 2W, whilst their 2nd XI finished fifth in their respective division.

Dersingham 1st XI had a good season, finishing third in the NCL Division 4W.

Both Bircham Cricket teams finished strongly, the 1st XI, playing at the highest level locally, claimed third spot in the NCA Division 3, whilst the 2nd XI claimed fourth place in the NCL Division 3W.

Finally, both Castle Rising teams had respectable seasons, both finishing in mid table security.

My thanks go to Thornham CC who have proved wonderful hosts to the games I have attended this season, although my debut for the vets team did put me out injured for three weeks! (Memo to self, you are not 21 anymore and wicket keeping is a younger man's game). Having already embarrassed myself by mingling with the wrong team in the warm up (both teams wear white in cricket and my assumption as to who was the home team proved wrong as I joked and laughed with the puzzled looking opposition). Having been advised it was very much a social affair, my confession that I was a batsman rather than a bowler resulted in the captain putting me in to bat at number 4. As the game started, I was horrified to see that their interpretation of "social" differed significantly from my interpretation as I watched ball after ball fizz down the wicket, praying the opening batsmen didn't fall early. When it was eventually my turn to bat, the walk to the crease was one of the longest I have ever made (although it wasn't helped by the fact I was padded and protected up like Robocop). Thankfully, I did manage a couple of runs before being 'wisely' run out by my team mate. At least we won.

Well done to all local teams this season, with no one finishing in the relegation places. Let's hope we can organise a festival of cricket involving all local teams next year.

Snettisham Ladies

Michelle Knott

Friday 10th September we played our Annual Hard ball match against The Brisley Bell ladies. Due to covid, last year's match was cancelled so we were all looking forward to playing this year.

Brisley won the toss and elected to bat. The match got off to an absolutely flying start with Brisley's opener bowler Tor taking two wickets for 0 runs. Emily Wing (MOM) dug in and eventually retired at 30 Not Out.

First timers in a hard ball match, Tracey Harrison and Jo Reid held it steady before Ann Marie Wing and Tracy Bower finished off the 16 over game scoring a total of 105.

Due to light we decided to shorten the game as we normally play a T20. With Brisley's turn in bat, Snettisham bowled tightly, however the score was steadily creeping up with Brisleys opening batter, Catherine at the crease. Eventually with some great bowling and fielding, Snettisham managed to keep the score down with Brisley scoring 87. A great game against a fab team of ladies.



Emily Wing MOM holding the Bill Peterken Trophy

Back row from left: Jo Reid, Tracey Harrison, Tracy Bower, Ellie

Bower, Maryanne Chapman, Tiffany Turner, Rosie Lingham

Front row from left: mascot Arlo, Kirstie Smith, Ann-Marie Wing
Michelle Knott (Capt)

New Parent Governors Required at Hunstanton Primary School

Hunstanton Primary School would like to appoint new parent governors to take the school forward in the next phase of development.

Ideally, candidates should have an interest in supporting the education of young people in West Norfolk.

The role involves working alongside the Headteacher to strategically manage the School. The time commitment required would be on average three evenings per term plus a total of a day visit to the School per year, and enthusiasm to attend regular training as needed.

If you are interested in this rewarding opportunity please contact Janet Copeland (Chair of Governors) on 01485 533373 or office@hunstanton.norfolk.sch.uk expressing your interest and to arrange a visit to meet and look around the school.



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This invitation is a warm welcome for all new prospective parents and their children who are due to start school in September 2022.

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If you would like to visit, please ring or email the school to register your interest.

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office@hunstanton.norfolk.sch.uk

News From Brancaster CE VAP School



It has been lovely to have everyone back in school and to welcome our new children who have all settled well.

Thrift Class are studying "travel", with a particular on "visiting" India and the Arctic. We will also be looking at the plants and animals of these regions and, in preparation for this, are looking for living things in our grounds. Last week we harvested tomatoes, runner beans, potatoes, carrots and some herbs, all of which we planted last term. We also found some walnuts from our tree on the field. It was exciting to scrape away the green and find the nut inside. We would like to plant some more things, but we need some more topsoil in our raised beds. Can anyone help? We also want to have a new book area and are looking for a small comfy sofa if anyone has one that they need to get



rid of!

We are collecting the Morrisons Let's Grow tokens so please, if you shop at Morrisons, do save them for us.

Samphire Class are studying heroes of British History, with the emphasis on the 19th/20th centuries. They are also starting whole class music lessons, learning drumming.

Our Harvest Festival is Wednesday 20th October (afternoon) and half term starts on Friday 22nd October. We return to school on 1st November.

We have our Remembrance Day Service on 11th November at 11am in School and our Carol Service/Nativity will be the afternoon of December 8th.

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Gossage, Freeman & Partners, San Francisco 1950s

King Edward V11 Academy joins Inspiration Trust's family of schools

Inspiration Trust are delighted to announce that KES Academy have joined their family of 14 schools across Norfolk and Suffolk on September 1st. KES Academy will soon have a new website go live, in line with all of Inspiration Trust's schools, however their current website can still be accessed with all information remaining relevant, including their leadership and teaching staff.

KES Academy's principal, Sarah Hartshorn, will continue to lead the school and said:

"I am delighted to be able to announce that King Edward VII academy is now officially part of the Inspiration Trust family of schools. I would like to publicly thank both trusts for making this

transfer as seamless as possible. Working so hard collectively over the summer to ensure we reached this point before the start of the new term. Myself and my team are very excited about this next stage in King Edward VII journey. The sleeping giant had already awoken, now it's time to hear it roar!"

Gareth Stevens, Inspiration Trust's chief executive officer, said:

"We are excited to have King Edward VII as part of our family of schools. We will ensure the school continues to improve, with the expectation the school will be judged outstanding within 3 years. There is an incredibly close bond between the community of Kings Lynn and King Edward VII, so it is our

responsibility to ensure King Edward VII is at the epicentre of academic excellence in West Norfolk. We have already worked closely with the Department of Education, and have secured £3.25m in order to bring our vision to reality. The school will benefit, not only from its current world class sporting facilities, but new, state of the art ICT, new drama and music studios and new science laboratories. King Edward VII will once again be a community asset all of Kings Lynn can be proud of."

To find out more about KES Academy, please visit: <http://kesacademy.co.uk/>

Pictured right: Sarah Hartshorn



Good News From The Guildhall

Ivor Rowlands, Chair of Trustees

"Pray you now, forget and forgive." King Lear: Act 4, Scene 7

We are delighted to update you on events that have been taking place over the past few weeks.



Shakespeare's Guildhall Trust has been invited to participate in the Council-initiated Guildhall Stakeholder's Group, operating alongside the Guildhall Advisory Group. Both are chaired by local businessman and vice-chair of the Town Deal Board, Michael Baldwin and have been established to forge a clear path to develop the future of St George's Guildhall.

Progress was initially slow and less fruitful than we had hoped. However, there was a 'sea change' at a meeting earlier this month when the Chief Executive and the Deputy Leader of the Borough Council, and the Chair of the Town Deal Board, held a meeting with the whole Shakespeare's Guildhall Trust management team - many of whom also represent other stakeholders using the Guildhall.

The discussions at the meeting centred fully on a desire for co-operation between Council representatives, SGT and indeed all stakeholders.

The most significant outcome was a commitment to set up a 'working group' chaired by Michael Baldwin, with Council, SGT and stakeholder representation to jointly and collaboratively formulate a feasible business plan to rejuvenate the whole Guildhall site. It is envisaged that SGT will be party to, and able to address all the ideas, suggestions and concerns for the development of a truly holistic, sustainable plan for the whole Guildhall site.

In a positive vein, the Deputy Leader of the Council – Graham Middleton was invited and will attend SGT's next Programming and Events meeting. This will create a truly collaborative approach to developing an 'in the meantime' plan for the Guildhall.



Our chairman has been in discussion with a prestigious American music institute in Hot Springs, Virginia. Inspired by what they have learned about King's Lynn from SGT, they will be staying in Lynn for three days. Their piano quartet, along with c.50 patrons, will be part of a cultural tour of Oxford, King's Lynn and London to coincide with the Queen's Platinum Jubilee. On 21st June 2022, they will be performing a gala concert in St George's Guildhall, followed by a festive banquet in King's Lynn Town Hall, the Trinity Guildhall.

Watch this space for details of how you can join this unique celebration in King's Lynn – the only town in England where you can spend an evening in two medieval guildhalls.

We have long held the belief that St George's Guildhall's links to Shakespeare offer a major attraction to potential visitors from overseas. Indeed, we are already planning to utilise the Guildhall for visiting overseas performers. This is helping create the Guildhall as an 'Internationally significant heritage centre'.

Photos: Ian Burt

A recipe from the Prudent Pensioner

Tomato Soup with Bacon

Makes approx. 600ml

1 med Shallot or small onion

A knob of Butter

Ripe Tomatoes approx. 230g/8oz

1 large or 2 medium sticks of Celery

Potatoes approx. 115g/4oz

1 rasher Back bacon (Smoked gives more flavour) rind removed.

Chicken or vegetable stock cube (Dissolved in 500ml hot water)

Salt and Pepper to taste.

Cut bacon into small pieces and fry in a little oil, cover and leave aside.

Peel shallot or onion and slice thinly.

Place butter in a saucepan over a low to medium heat, add shallot/onion slices stir and cook for 1 minute stirring continuously.

Peel potatoes and cut into small pieces.

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

Carefully add stock, celery and potatoes to pan, stir to mix well and heat to boiling point. Reduce heat and leave covered, simmering gently, stirring often for 10-15 minutes.

Meanwhile if you wish to remove skins from tomatoes, make a slit in each one and place them in a bowl and pour on boiling water, leave for a few minutes. Using a spoon, dip each one in to a bowl of cold water and remove skins.

Add tomatoes and bacon pieces to pan and cook for a further 5 minutes or until all vegetables are fairly soft.

See more recipes on The Prudent Pensioner Facebook page.

Email: pru.pensioner@btinternet.com

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon.

RINGSTEAD VILLAGE HALL

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

The 7th October meeting will be a talk from Andrew England about "War Memorials in Norfolk"

The 4th November meeting will be a talk from Dr Bill Jacobs about the "Ringstead History project"

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

All welcome.

Letters to the Editor

50mph on A149

With reference to the proposed 50 mph speed limit on sections of the A149 between Knights Hill and Heacham, how will this limit be enforced? Drivers constantly speed in towns and villages with a 30 mph limit! Knights Hill to Babblingly will be 60 mph, Babblingly to Dersingham will be 50 mph, Dersingham to Paper Hall Farm will be 60 mph, Paper Hall Farm to Heacham will be 50 mph and then 40 mph to the other side of Heacham. All this changing of speed limits will confuse drivers and add to their frustration/impatience. Whilst I agree that excessive speed is a contributory factor in accidents so could be driver impatience. Cllr Martin Wilby is quoted as saying that 14,000 vehicles use this road everyday, this equates to 25.5 million vehicles in the 5 year period used to quote the accident figures. From Babblingly to Dersingham there were 8 personal injury accidents with 1 serious and Paper Hall Farm to Heacham there were 10 personal injury accidents with 2 serious and 1 fatality. To my mind, all accidents are unfortunate and avoidable but having that many accidents over a five period with that many vehicle movements does not sound a lot, I am sure there are other roads in the UK that have worse figures. As regards to the proposed 50 limit from Paper Hall Farm to Heacham I am assuming, the majority of those accidents were at the Lamsey Lane Junction with the A149, so surely this junction should be made safer to enable drivers to turn right more easily and safely.

Robert Partridge, Heacham

UK not ready for Electric vehicles

Further to the article in the September 2021 issue of T & A regarding Electric Vehicles.

My son in law came to visit in mid-August with his electric vehicle and went to charge the vehicle at the car park behind Princess Theatre only to find that it was not working. Having called the company regarding this he was advised that it had not been working for some time and is serviced by a french company!!!

Thus he had to travel to Swaffham to charge the vehicle, The UK is NOT ready for EV's and here in Hunstanton we certainly DO NOT have enough EV charging points.

I am not sure if the charging point is working now so good luck to Chris Packham in 2022

Mrs G Hamilton

Future of the Borough Council

According to an old saying "A new broom sweeps clean" or is it the same broom with a different head. Will the West Norfolk Borough council be transformed from being a headless chicken into a council worthy of leading the borough forward after the appointment of Cllr Dark?

What looks on the surface as a good start for Cllr Dark with the award of a £25,000,000 grant from the government could best be described as a badge of shame. Why does the town need £25,000,000? Is it because of the years of neglect whilst the council carried out what has been described by some as nothing but vanity projects? Such as; The unbuilt Marina, the Pontoons, The £6m KLIC building now worth less than £2m, Material Works, Alive Leisure, Corn Hall Cinema and the building of houses apparently being sold off at a loss to a housing company.

The decision by a previous leadership to apply for Growth Point status and the failure of the Council to secure a five-year land supply resulted in the imposition of hundreds of new homes being built in the villages with further planning for several thousand more on the fringes of Lynn, unwanted urbanisation is being drip fed into rural West Norfolk without any tangible improvement to the creaking infrastructure?

For many years there have been serious problems with the transport infrastructure in the borough yet in the full knowledge of this problem the council pursued their agenda of building more and more houses to generate revenue to try and balance the books. They went ahead with approving sites some of which were local amenity green space for inclusion in the local plan, despite many warnings that this policy would lead to serious traffic congestion. The Local Plan was adopted in

2011 and unbelievably the council still does not have an integrated transport policy!

With the introduction of online Zoom meetings during the lockdown the public could perceive how the Planning department has lost the confidence of Councillors, clearly set out national and local policies seem to be "juggled" to satisfy applicants with officer recommendations being severely discussed or criticised by the planning committee and overturned.

Perhaps one of the advantages of the Zoom is the public can see how effective or ineffective their Councillor is during meetings, it is noted that at most meetings the same few members speak whilst the rest, without giving any input simply vote when asked.

For too long the elected representatives languished under previous leaderships, I understand they were reprimanded if they failed to follow the party line, the revelation the Tories on the planning committee were encouraged to support the councils recent Park Way planning application therefore going against planning impartiality made the decision into a political one.

Thankfully Councillor Dark started by rejecting the controversial Park Way application which I am told was after funding for the bridge was refused thus making the scheme financially unviable.

He has injected some new life into a decrepit cabinet but this could just be described as filler. We all know that if the wood is rotten, it needs replacing not just patching up. He needs to bring elected governance to the decision making process, there has to be a power shift; It needs to be the democratically elected members who run the council and make policy, not the unelected officers.

Councillor Dark started well but will he have the support of his members to reform the council and bring a new beginning for West Norfolk.

(Quote by Frederick Forsythe in Daily Express)

"All history shows that if officials can once seize power from the elected delegates they will fight tooth and claw never to hand it back."

Names and addresses supplied

HUNSTANTON CROQUET CLUB

Caroline Harper

Hunstanton Croquet Club had the honour this weekend of hosting the Croquet Association's prestigious event - the 2021 Ascot Cup Final.

Sixteen of the country's top players converged on Hunstanton at the weekend to compete in two days of fierce competition on HCC's superb lawns.

Teenager Jack Good did fantastically well to reach the final where he was eventually beaten by the legendary England player Stephen Mulliner.

The Shield final featured under 25 England player Richard Bilton who was victorious against Lionel Tibble.

New Zealand was represented by Ellie Ross who won the plate.

It was particularly pleasing to see established players being challenged by the next generation of croquet stars.

Please see our website: hunstantoncroquetclub.co.uk



Stephen Mulliner is presented with the 2021 Ascot Cup by the Croquet Association's Patricia Duke-Cox

Hunstanton Lifeboat Station

Geoff Needham, LPO

Heatwaves bring a busy time to RNLI Crews. Wednesday 4th August crew were paged to report of lilo drifting out to sea off Hunstanton, the crew recovered lilo, no persons on it, did a search of area then returned to station.

Saturday 7th August lifeboat launched to report of kite surfer in trouble off Hunstanton, he managed to get ashore before the lifeboat reached him, crew returned to station. Three other incidents were responded to, concerning another kite surfer and people thought to be in trouble at Heacham, all were resolved before crew arrived. Saturday 7th August H-003 our hovercraft launched to report of persons cut off by tide on Scolthead Island, on arrival persons had made it ashore unaided, crew were asked to check the Island for anyone else, a lone male on the North side was located and evacuated into the care of the local coastguard response team, hovercraft was released to return to station.

Sunday 8th August, 11am lifeboat launched to kite surfer, and brought him back to the beach at Old Hunstanton, no medical assistance was required. At 4.38 pm lifeboat crew launched to report of inflatable floating out to sea, on arrival it was confirmed that object was a marker buoy no persons involved.

Thursday 12th August at 4.05pm UK Coastguard requested launch of Hunstanton RNLI Hovercraft to reports of persons cut off by tide on Heacham beach. Hunstanton volunteer crew launched on service to Heacham, on arrival persons involved had walked back to the beach, and the crew were stood down to return to station.

Saturday 14th UK Coastguard requested launch of Hovercraft to report of 3 persons cut off on Scolthead Island. On arrival at island

crew located persons, who said they had been there all night, and said they came from Corby, they were foreign nationals, crew landed them into the care of the local coastguard response team, no medical attention was needed.

Sunday 15th August. Hunstanton Lifeboat launched to the aid of a kite surfer off Old Hunstanton Beach, on arrival surfer had made it to the beach assisted by others, no medical assistance was required. These calls were made with good intent by people genuinely believing persons were in trouble.

Tuesday 24th August at 11.14am UK Coastguard requested launch of Hunstanton RNLI Lifeboat to assist in the evacuation of person with a dislocated shoulder on Scolt Head Island, Brancaster. Hunstanton RNLI Lifeboat launched on service to Brancaster, on arrival crew located family, who were with a group staying in the cottage on the island. The casualty was an eighteen-month old infant. The parents said she had been injured playing with a sibling. The family were landed on Brancaster beach into the care of Hunstanton coastguard response team, then transferred to the Ambulance crew. H.W 08.24pm Wind NE 3 Weather Sunshine Vis.Good Sea state Slight.

Thursday 9th Sept. at 4.00pm Hovercraft crew responded to a report of 8 persons cut off on the sandbanks off Hunstanton, crew launched and proceeded to scene, all persons made it back to shore unaided. A report came in that an 18 foot dory had broken down off Brancaster, they were at anchor and needed assistance when the tide flooded to get into Brancaster harbour Hunstanton Lifeboat launched on service, at 6.15pm on arrival at Brancaster, the Dory crew had managed to get the engine started and made their own way into the harbour. Lifeboat returned to station.



Unfortunately we have been unable to hold any of our normal summer social activities due to the restrictions, but hopefully as people feel more able to socialise safely again this will change. Look out for details on our website.

A couple of our prayer meetings have started up again. The Rosary group meet on Mondays at 2pm at St Cecilia's in Dersingham and the Mothers Prayers group meet every second Monday at 2.30pm at Our Lady's in Hunstanton.

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

People are advised not to go to Mass if they have any symptoms, however mild. Wearing masks when coming to church is still advisable, although not mandatory, and hand sanitiser are still provided. We now have communal singing of hymns at our Sunday Masses.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton.

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday and Fridays and 10.15am at Dersingham on Wednesdays.

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

The Parish telephone number is 01485 534675.

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

Christian Science

October Harvest

In many places in the world today we are hearing of shortages of goods and services. Not enough money for the NHS, for care, schools, vulnerable individuals, or people for certain jobs.

However, we can turn to an inexhaustible source of good in the ever-present power of God, who is all good. We can pray, not to ask for things, but for the spiritual perception that challenges the notions of limitation and lack and, because God is All, that this is inevitable. To acknowledge a God of infinite Love as the Bible states, who is constantly pouring out good for each of us, and that never runs out, leaves anyone out, or changes the limitless flow, is reassuring and heals the current situation.

We become empowered to see beyond the limitation and to see the abundance that is already there for each of us, and that Love that supplies all human need.

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

We are now back in our church building and are running our Sunday services at 11am there. Services also resume on the first Wednesday of each month at 12 noon. Follow us on Facebook to see information about our church and its activities. For more information on Christian Science and the worldwide Christian Science church can be found at www.christianscience.com. Christian Science Sunday and Wednesday services are also available online. Please go to www.spirituality4.me/livestream/ to find live-streamed services around the UK, along with other online events, talks and webinars. An online shop is also available at www.spirituality4.me where you will find books, including the Bible, the writings of Mary Baker Eddy, and many other inspirational resources. If you are looking for daily inspiration go to at <https://www.christianscience.com/christian-healing-today/daily-lift>.



It is so good to finally be returning to normal after so many months of being in lockdown. We have been open for worship since April but this was restricted to a limited number of people at one time and singing was not allowed. This has, thankfully, all changed and we are now open fully. We are not limited on numbers, we are singing again and our band is back too - Hallelujah! It would be lovely to see you on a Sunday to worship with us at 11am.

We have also restarted our CAMEO Club, which stands for Come and Meet Each Other. We meet every Monday at 10.30 – 12 for a range of activities such as quizzes, speakers, poetry and outings followed by a short informal time of worship and tea and coffee.

Our Tuesday morning prayer meetings have also resumed at 10am. You are most welcome to come and share with us. There is no need to pray out loud unless you want to. We are happy to pray for you if you let us know of any prayer requests.

Tuesday evenings at 7pm we meet for band practice. This is open to any brass player of any ability. For more information contact Roger on 01485 571170.

One Day

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

'One day' has two potential meanings. It is either 24 hours - a literal day – or it is somewhere out there in the future.

Fifty-one years ago, Dec 29th to be precise, I was visiting the house of a student physiotherapist who was engaged to a young man I was sharing a flat with. While I was there, I walked another physio student and I knew I was going to marry her. Love at first sight. We were engaged by January 7th, married about sixteen months later, and we celebrated our golden wedding a few months ago. That one day over 50 years ago changed our lives.

Twenty years ago, my wife and I had taken our son to visit some friends in USA. We had been very close when we were both working for the same company as expatriates. In those circumstances we had become family to each other, but our son had been born subsequently, so we took him to meet them. As they were both working, they said we could borrow their car for a couple of days. Our plan was to go to the Appalachian Mountains and drive down the skyline drive to a town



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The highlight of the year for us is celebrating 125 years of The Salvation Army being in Snettisham. We are honoured that the international leader of The Salvation Army, General Brian Peddle, will be leading our worship on Sunday 3rd October. Our hall will be open from Wednesday 29th September to Friday 1st October from 10am-4pm with a display of memorabilia showing The Salvation Army over the years in Snettisham and refreshments will be available.

If you require any more information on any of our activities you can contact me at alison.kirby@salvationarmy.org.uk or 01485 579079.

in North Carolina where I had a distant cousin, and then go on to Tennessee. Just as we were about to set out, they telephoned us to tell us to put on CNN on the TV, and we were just in time to see the second aircraft hit the World Trade Centre. It was one day, one day that changed the world.

A simple decision taken at a single point in time can be life changing. Sometimes people decide against making a decision and they say they'll do it one day and often never get round to doing it, whatever that might be. There are choices we make throughout life, and often we don't make the decision because of fear of the consequences.

But equally there are decisions we make because later we'd probably regret not making them. I decided to go to the Bahamas to work as an expat for 3 years because I thought it was an experience not to be missed. I'd never worked abroad but we both quite liked travel. We didn't want to upset our families and there were annual trips home included in the deal. The decision to go wasn't hard. I was out of work at that time!

A few years later I went through a job selection process to work in Hong Kong on a major waste control project. I was offered the job, and the next phase would be to meet the government officials from Hong Kong and organising visas etc. I was decorating my house in anticipation that we would rent it out when I felt very strongly that I was not to go, and that I should ask my boss round for a meal. It was a 'one day' moment. It ensured the continuation of the recently-founded Way Christian Fellowship, and subsequently my getting ten weeks leave of absence to attend a Christian training course. Since then I've never tried to leave Hunstanton.

I've met a number of people who have deferred becoming a Christian with a 'one day' deferral. 'I'll try it one day'. How can people turn down what they've never experienced? Surely, if invited, go! The invitation is to be introduced to Jesus. Nobody will try to force you to join a church but give Jesus a chance.

And by the way, you are hereby invited. The Way meets in Downs Close (between the fire station and the police station) at 11am on Sunday mornings.

Alan completes Monica's March raising £1,737 for Macmillan

Savouring a well-earned pint after completing his 45 mile walk from Cromer to Hunstanton in aid of Macmillan 77 year old Alan said: "Walking at night is so very different, the shingle bank at Salthouse was difficult - a bit like walking through treacle!

"By the time I reached Blakeney around 5.30am I was able to turn my torch off and although it was still windy, I made much better progress."

Alan set off at midnight and reached Hunstanton at 4.30pm on Bank Holiday Monday at the end of August.

He is no stranger to long distance walking and he said; "Twenty-five years ago I walked the Peddars Way in a day so I thought this would be a bit of an adventure but achievable, well it was, but it was much harder than I thought it would be.

"I met some friendly walkers along the way and one man on a bike stopped and gave me £10."

Not a man to rest on his laurels Alan plans to repeat the walk next year in May or June when there's more hours of daylight and he's looking for volunteers to join him - a small posse and all for Macmillan, so if you would like to be part of this fundraising enterprise in 2022, please e mail your details to editor@townandaround.net and we will pass them on to Alan.

Currently his fundraising total stands at £1,737 and if you would like to add to the total please go to:

<https://www.justgiving.com/fundraising/monicasmarchmacmillan>



Loophole in the business rates system costs West Norfolk £1.635m

Property owners that rent their homes as holiday lets for 140 days of the year can elect to pay business rates rather than council tax. However, they can claim for relief of up to 100% depending on the rateable value.

This part of Norfolk is regarded as a prime tourist area so T&A sent the Borough Council a Freedom of Information request asking how many properties in the Borough fell into this category and the amount of money the Borough Council would otherwise have been able to collect if this legal tax loophole didn't apply.

The Borough Council of King's Lynn and West Norfolk responded with the following details: "We have 1,093 properties in the business rates list under the description 'Self-Catering Holiday Unit(s)' Of these 758 are entitled to receive Small Business Rate Relief as they are only occupying one property. The total cost of Small Business Rate Relief for these properties is £1.635 million."

The Borough added: "Please note this is not income the council would have collected for itself. This income is paid to different bodies, including the borough council, under the Business Rate Retention Scheme.

"We also receive government grant for an element of Small Business Rate Relief to compensate us for the cost. Unfortunately it is not possible to calculate this amount just for these properties.

"We cannot calculate how much the council tax charge would be if the properties were in the council tax list (which they would be if they were available for let for fewer than 140 days) as we do not know which council tax band they would fall into."

Although the Borough couldn't give T&A an estimate on lost council tax revenue for the 758 properties, the Borough's website says "The most common Council Tax band in Kings Lynn and West Norfolk is A, and the median Council Tax band is B. The average (mean) Council Tax value in Kings Lynn and West Norfolk is £1,307.09."

Using the Borough council's own average figure this amounts to a £990,774.22 loss of revenue. But perhaps this figure is a conservative estimate. Checking one postcode area in the popular coastal village of Thornham (PE36 6LZ) revealed that there were two Band A properties, one Band B and one Band C property, four Band D and six Band E, five Band F and one Band G. With the average Band E rate of £1853 and Band F of £2190 the loss of revenue for public services could be much higher.

Let us be clear, owners are doing nothing illegal, in fact it is efficient tax planning, but as John Webber from Colliers property consultancy says, "we do blame the Government for over-seeing this mess which inevitably leads to friction in many coastal resorts."

In March 2021 the rules were tightened to make sure that only holiday lets that actually let for a minimum of 140 days could take advantage of the scheme (previously owners only had to show that the property was available for let) however, it remains the case that as well as the loss of council tax income the parishes are deprived of precept income to support village activities leaving the permanent residents to carry the burden.

*www.estateagenttoday.co.uk

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Supplying photos to T&A

First thing in the morning when I open my e mails nothing is nicer than receiving a story written with passion for the subject and (hopefully) an image to accompany it.

As the Editor I've had comments that I haven't always used supplied photographs. I have a limited amount of space available and will make a judgement as to the value of any picture supplied. I hope that this guide to supplying photographs for publication will be helpful.

Town and Around is essentially a journal of record, so we publish reports of events that have happened or notices that something is going to happen.

What to 'shoot'

What is the point of the photograph? There's an old saying: "A picture is worth a thousand words."

Your photographs are there to support the words and as such needs to be informative. When I receive a photograph, what am I looking for? Well, besides the actual technical aspects of the photograph, more of which later, there will generally be people or animals in the photograph. They need to be recognisable, so pictures of the backs of people do not give the reader any relevant information. If the photo is of the walking group then why not pose them helping each other across a style? Help them make it look like they are having fun! If it's a picture of a fete, garden party, flower show or whatever, a few people in a big field do not give the impression of a successful event, (unless of course you are trying to tell the viewer that it wasn't!).

As the photographer you are recording the event and as such you should get closer, ask the people to look at the camera, if it's a group, get them tight together. Don't be afraid to get them to pose, you will need to be firm as people generally don't want to get close. Fill the frame – are the readers really interested in the vast expanse of the playing field? No they want to see who was there, they want to be able to recognise those people.

If you are supplying a photograph for the front page, then I have different criteria. I'm looking for a 'pretty picture' but it needs to be eye catching.

Technical

A photograph embedded in a Word document will not be of high enough quality to print and neither will photos saved from Facebook or other social media platforms, so all photos should be sent as separate jpegs. The file size needs to be sufficient to enable good reproduction. For a 'news' photo then a file size of three megabytes should be

considered the minimum. For the front page anything bigger than 10MB will do the job. Also bear in mind I will crop the picture to get it tight on the page. The photograph needs to be in focus and sharp. I hesitate to say that photographs taken on your phone won't be good enough, as many phones now have excellent image capturing capabilities. When you are sending photos from your phone, depending on which phone you have, you may have the option of sending different sizes, the first thing to know is that 'thumbnail' just won't hack it – I really need all images to be sent in original size.

If you are using a 'proper' camera then you should be able to set it to aperture priority, which allows you to focus on the subject and throw the background out of focus – generally good. See this image of Bella Cope taken by Ian Burt - lovely!



If you are using your phone to take a picture of a person, choose the portrait setting and focus on your subject's eyes.

I've lost count of the number of photos I've received of indoor presentations where the subjects are standing directly under a light source, the tops of their heads appear white. Try to avoid wall lights in your frame as they appear as big white flares. Have a good look at competing light sources, get your subjects to move or turn the lights off, don't let them spoil your image.

I hope this has made some sense and will help you get some good photographs for yourself and for the magazine.

Good luck.

Yorke Trust Benefit Concert Series 2021-2022

This series of benefit concerts is devised to help support young musicians who have been unable to perform to live audiences because of the pandemic, and to help them advance their careers. Generous private benefactors, together with established artists who are appearing without a fee, are supporting this project.

Loosely modelled on the tradition of benefit concerts popular in the 18th and 19th centuries, the series is presented in association with The Craxton Trust, some of the young musicians having played at the trust's recent auditions in London. All participants are encouraged to programme new repertoire. We hope this modest contribution in support of those taking part will to some extent help a return to live music making in the community.

All concerts begin at 15:00 and are in The Old Chapel, Burnham Road, South Creak,

NR21 9JF.

Light refreshments available. Parking in the orchard behind the chapel.

Tickets £12.00 from 01328 738482, Text 07899 771366 or by email to carol.jennings2@btinternet.com. Postal booking to The Yorke Trust, Grove Cottage, Southgate Road, South Creak, NR21 9PA with a cheque made payable to The Yorke Trust. Paper tickets will not be issued, but a record will be kept of all bookings.

Bank details for BACS payments: The Yorke Trust, NatWest 52-41-29, A/c 44630417. Please use your name as a reference.

If you are able to host any of these young musicians, please contact the office on 01328 823501.

Saturday 2 October 2021

Will Duerden – double bass and piano.
Will took up the double bass aged 7, was the

second ever string finalist of the BBC Young Musician Competition and studies at the Royal College of Music on a full scholarship with Caroline Emery.

Saturday 16 October 2021

Emanuele Addis – Guitar
Bach - BWV 1003, Rodrigo - Sonata giocosa, Britten – Nocturnal

Saturday 30 October 2021

Esther Beyer – Harp
Programme includes part of The Crown of Ariadne by the veteran Canadian composer R Murray Schafer for harp and a range of percussion instruments played by the harpist.

Saturday 13 November 2021

Adam Johnson – Period piano recital of music from the time of the 1830s Erard grand piano on permanent loan to the Yorke Trust.

Saturday 4 December 2021

Maria Willis – mezzo soprano.

Rosa Mendoza

After the success of our first post-covid play on 9th July we're following up with a full length play called Rosa Mendoza which comes with an intermission for refreshments.

This is another drama from fEast theatre company and will be performed on Saturday 16th October at Sedgeford Village Hall. Tickets are £13.00 and can be reserved by email: carter615@btinternet.com or by calling: 07968 596949.

In February 2016 on the very day plans for a Brexit referendum are announced Rosa Mendoza from Antequera in Southern Spain applies for a job as a chamber maid in the award-winning and quintessentially English Poppyland guest house in the Norfolk seaside town of Cromer. Owners Keith and Pamela Dawson proudly promise their guests impeccable standards and a traditional old-school British holiday. The union jack flies in the front garden, cauliflower cheese remains a fixture on the early supper menu and croissants will be served at breakfast over Pam's dead body. But in February 2016 Pam and Keith are struggling to recruit English staff and so Rosa Mendoza, a free spirit with a natural talent for breaking rules and crossing boundaries somehow lands the job and life at the Poppyland is about to change for ever. A law unto herself Rosa is charming and funny but also reckless and



highly unpredictable. In Rosa Mendoza there is darkness and light in equal measure.

Set over four tumultuous years during which new fault lines begin to crack open the political landscape of the UK, Rob John's new Norfolk play explores an explosive triangular relationship in a dark comedy for our times.

King's Lynn Festival Chorus

Nick Torry

After a period of enforced rest during the lockdown, King's Lynn Festival Chorus greets a fresh new period of music making with a concert under the auspices of the King's Lynn Festival Autumn Concerts.

King's Lynn Festival Chorus

Ikön

Religious choral devotions
including works by Karl Jenkins, Anton Bruckner and Arvo Pärt

19:30 SATURDAY 16 OCTOBER 2021 Tickets £12.50
St Nicholas' Chapel, King's Lynn Under 18s £6
Charlotte Bowden *soprano*
Michael Lafferty *baritone*
Ben Horden *Music Director*
BOX OFFICE
01553 764864
kingslynncornexchange.co.uk

KLF in association with the King's Lynn Festival

kingslynnfestivalchorus.co.uk
Registered charity no. 294555

Under the leadership of our new Music Director BEN HORDEN (who is also a fine organ recitalist and formerly our Assistant Music Director) the programme entitled IKON consists mainly of religious devotional choral pieces by iconic 20th and 21st century composers, e.g. Karl Jenkins, John Tavener, Gustav Holst, Michael Tippett among others.



Ben Horden

As so many people's lives have been touched by the pandemic in some way or another, this programme has elements that may bring consolation, succour and hope that life will get better.
Day/date/time/place : Saturday, 16th October, 7.30pm St. Nicholas' Chapel, King's Lynn Tickets at £12.50 (£6 for under 16s) from the Corn Exchange. T: 01553 764864 E: kingslynncornexchange.co.uk
Further information from the Chorus' website
www.kingslynnfestivalchorus.co.uk

Another date for your diaries – SATURDAY 18th December – Christmas favourites, a family Christmas concert.

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TOO CLOSE TO THE SUN

Lesley Nadel

Myths were created by early civilisations to make sense of things happening in the natural world about them. Man interlaced with animals, magical hybrid creatures, gods becoming humans and so on. Greek 'Gods and Goddesses' conjure up the image of achingly beautiful human beings created into something supernatural. Stories of battles were told, where good versus evil, fire and brimstone abounded, dragons roared and fought larger-than-life heroes but with human qualities.

These stories were not just impractical, imaginative ramblings. They were writings from the minds of the greatest philosophers and poets - Socrates, Aristotle, Homer. Contained within their mythical stories of past millennia are many of the morals and teaching realities of today. How to shape culture and tradition, how political systems have been influenced and how to lead better lives. Language, literature, opera to pop music and even popular films (Helen of Troy, Clash of the Titans) have all been influenced by mythology.

There has been a marketing/advertising trend for some time now for large global companies to name themselves and their products after heroic figures from Greek myths. The Amazons were female warriors who fought fiercely in the Trojan wars, Nike was a goddess of victory and Pandora had unique gifts bestowed upon her by the gods (now the gift is jewellery). Contestants on TV game shows will often name their team after Greek myths, for example, Oracle, Olympus. It is believed and perhaps proven that somewhere in our minds a positive association will be made with the mythical figure, even if we cannot remember the story.

The mythical characters and their stories have also inspired artists throughout the last 3,500 years. Ancient stories have gripped the imaginations not only of the old masters but also some of the most



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North West Norfolk

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New season of lectures in Sedgeford Village Hall.

11th October 2.00pm

Here be Dragons - Libby Horner

From Beowulf to Puff the magic dragon, from Rubens to Picasso, dragons have captivated writers and artists. Is it a psychological metaphor for primal fears? Is it an innate memory of dinosaurs?

It's how mapmakers used to describe dangerous or unexplored territory, except for one instance, the Lenox Globe, where the tag is placed next to Indonesia and could well refer to Komodo dragons.

So it's a myth - as are dragons. Whatever it is, let's have fun exploring dragon legends in literature, art and films.



Visitors are very welcome free of charge for their first visit, to book a place email: info@theartssocietynwnorfolk.org.uk

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prominent artists of the 21st century, from Michelangelo to Damien Hirst. Mythological art has always been of its current time and can have hidden meanings. Was Picasso's depiction of the Minotaur probing 'the dark recesses of selfhood and sexuality'? (1930-1937). Were acceptable boundaries of taste and convention crossed in Michelangelo's statue of Bacchus with wine cup and grapes? (1496-7). In 2017 Damien Hirst was reviewed to have created a vast 'theme parks sensation' in his exhibition in Venice of myth laden works - 'Treasures from the Wreck of the Unbelievable'.

We may believe the greatest mythological creature of all time,

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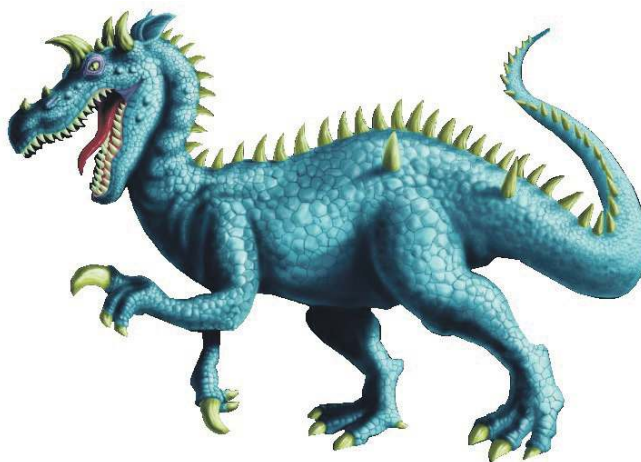
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captivating artists for millennia, is the dragon. A creature of iconic status, yielding unbelievable power and beauty. Did the legend of dragons begin with early mining when ancient civilisations may have stumbled across the bones of long extinct dinosaurs (ca 8000 BC) or earlier perhaps, in Ancient Mesopotamia? The mythology has continued to survive through Ancient Greece and Rome, the Rise of Christendom and has captured all civilisations. What is it about the dragon that has held our interest and fascination for so long?

We look forward to some revealing answers to that question when Libby Horner, The Art Society accredited lecturer, presents our 11th October lecture, Here Be Dragons, in Sedgeford Village Hall at 2pm. If you are not yet a member and would like to have some fun exploring dragon legends, please visit our website:

www.theartssocietynwnorfolk.org.uk
and apply for a free invitation.

In the wings with Jenny Beake

T&A's entertainment correspondent interviews Jess Smith

Jess Smith is the Technical Manager at the Princess Theatre in Hunstanton and a freelance sound engineer. Jess took some time out from up on the roof of the theatre doing some maintenance to talk about her thirty year career and the spooky goings on of the theatre ghost...



"I am in charge of every technical aspect of the building, shows, lighting, sound, rigging, maintenance and incoming shows. I assist with loading and get in and get outs and provide technical support in



sound and lighting."

Jess qualified from the Guildford School of Acting with a B-Tech in Technical Theatre and Stage Management. She describes the effect of Covid-19 on the entertainment industry.

"The pandemic affected theatre hideously. My job is my life, it is an integral part of who I am. To have that taken away felt as if part of me had been removed. My life is theatre, it is more than just a job."

Jess is a creative and has written a short story about the theatre ghost called Lilly, who during the pandemic was left alone in the theatre. It reflects how Jess felt when the theatre had to close and there was no longer an audience.

"I couldn't stay away from the building and like Lilly who loves people she was suddenly alone. I missed the shows and the audiences who are the most important thing in theatre, they are incredible and should be praised and encouraged to have the best time possible."

Having worked in shows around the country Jess lives and works in West Norfolk.

"We are surrounded by some of the most amazing countryside and breathtaking natural environments. I work in a theatre that is intimate but puts on big shows. The highlight of my job is on a weekly basis when every time a show goes well the audience are buzzing."

With much experience Jess gives the following advice to someone who may want to begin a theatre career.

"You can do it. It takes 100% love and passion for the job, determination. I am glad I am a woman in this industry, I have pushed hard and succeeded. You can too."

Photos supplied by Jess Smith

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Hunstanton & District Festival of Arts

Borough Council of
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Strictly Arts: update from the HDFA

Verity Jowett

Always an unpredictable month in terms of weather, September didn't disappoint as we gazed despondently at the clouds in the sky at the start of the month, and wilted in 28 degrees centigrade just 9 days later! What a month that was!

Our Victorian Picnic, held on the 22nd of August had a similarly damp start at midday, but the sun came out just as the Hunstanton Concert Band struck up at 2pm and at time of writing, we're hoping the forecast is true and the rain will keep away as we welcome our returning musicians to Buskers Corner on Sunday 12th September, featuring the wonderful five-piece swing band Yes, No, Maybe!

Even the weather can't scupper our next event - the St Edmunds Day Medieval Banquet on Saturday 20th November - which will be held

at Hunstanton's newly refurbished Town Hall and we're getting very excited about the evening already!

Experience going back in time as you walk into a medieval hall, flags and pennants hanging from the rafters, savouring your welcome drink before sitting down to enjoy a sumptuous three-course medieval meal. With music, dancing and other medieval entertainment, this is an evening you can't afford to miss! Tickets are £19.50 per person and include your welcome drink, food and entertainment - and there will also be a subsidised bar for those who don't have far to go home.

Book your place now by emailing admin@festival3.com or you can buy your ticket/s direct from Witley's Newsagents in Hunstanton's High Street..

The last bit of news is that our Craft Fairs are moving back to their traditional home at Hunstanton's Town Hall now that remedial works have been completed. In fact, they've been so popular we've even added a second date for October so you can visit on either Saturday 30th or Sunday 31st to find beautiful and unusual hand-crafted gifts and items! Doors open from 10am - 4pm, entry is free and refreshments will be available throughout the day.

HDFA Hunstanton & District
Festival of Arts

More on our upcoming events in 2021 in our next 'Strictly Arts' update. In the meantime, you can keep up to date by visiting our website www.festival3.com or our Facebook page Festival 3 by the Sea.



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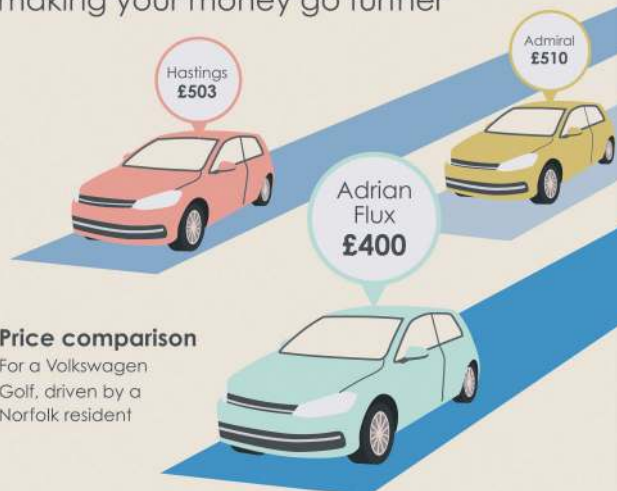
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Norfolk Open Studios 2021

Esther Boehm, Studio @ 55

Many are familiar with Norfolk Open Studios taking place in May. The dates have changed! This year you will be able to visit studios of Norfolk artists from 25 September to 10 October. My studio will be open on 25 & 26 September and 1-3 and 8-10 October from 10 am to 5pm.

2021 has been an exciting year for me exhibiting in Cley 21 and at the Raveningham Sculpture Trail. In this year's Open Studios I will be showing elements of my installation pieces along with photos and videos of the work. Completed works are beyond the scale of my studio. These pieces use my first experiments with sound which I am very excited about and would love to share with you.

You will also see what I'm currently working on and be able to find out more about courses and workshops I offer.

There are over 260 studios and schools taking part. All details, including studio opening dates, artist events and workshops as well as Preview Exhibitions, will be published at <https://norfolkstudios.org.uk/>

Norfolk Open Studios has established itself as one of the largest and most successful open studios schemes in the country. It gives visitors the opportunity to see new art, meet artists, and – with many of the works on display being for sale – to buy original artworks directly from their creators. Studios are FREE to visit and visitors don't need to book in advance, unless they are a large group.

Find out more about my studio at estherboehm.com, eb@estherboehm.com, 07538 986235 or visit me in my studios during open times on Saturdays and Sundays from 10-1.



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A Feast for the Eye

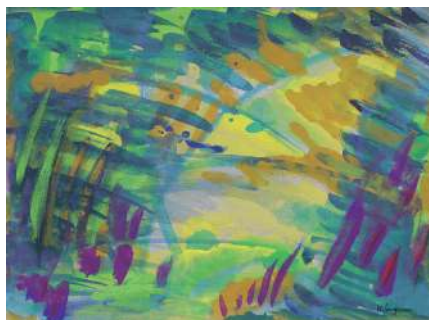
From Saturday 25th September to Sunday 3rd October, three prominent Norfolk artists, David Lendrum, Helga Joergens, and Barbara King will be exhibiting their paintings at the Ringstead Village Hall, West Norfolk, PE36 5JU.

Individual yet complimentary, united in their love of bold forms, colour and texture, these artists' collective display promises to be an exhilarating feast for the eye. Throughout the exhibition all three artists will be at the hall to meet and greet visitors and each will have a 'pop up' studio space in which they will be creating new works.



David Lendrum's abstract paintings derive from nature. Recently, he has been inspired by the clouds, water, and sunsets which he sees on his daily walks near his home. He often

uses diluted acrylic paint to stain colours directly into the canvas which has been stapled to the floor. This method allows him to work on a large scale and move the paint around freely with brushes and sponges, wet into wet. During the exhibition he shall be applying some of these methods on a smaller scale



The abstract pictures by Helga Joergens are created spontaneously and developed in the drawing or painting process. She begins by drawing lines, marks or colours to indicate a composition, and as soon as an idea evolves, she follows the direction in which it takes her. The titles express her feelings, thoughts and associations when she views her completed works. She will be drawing and painting

during the exhibition.



Barbara King's latest works are a response to the natural flora in the nearby roadside verges and hedgerows. After time spent studying, photographing and sketching the changing forms and colours of these humble plants, the paintings have been created mostly in acrylic on canvas or paper. The fast-drying properties of the paint and the almost exclusive use of palette knives and other mark making objects enhance their textural, expressive and gestural qualities.

The exhibition opens at 10am each morning and closes at 5pm

Please be covid aware for the safety of all

For further information please contact one of the artists at their website shown below.

www.davidlendrum.co.uk

www.helgajoergens.co.uk

www.barbaraking.co.uk

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October Diary

- 1 Sequence Dance Class at Dersingham Methodist Church Hall, Post Office Road, Dersingham PE31 6HP. Suitable for beginners with women partnering women, and women partnering men. No previous experience necessary. For more details call Elizabeth Jarred on: 07709 287 318
 - 1 Let's have a Ball! With Dersingham Tennis Club. Supper and Disco 7pm Tickets £12.50 from Dersingham Post Office. Supper & complimentary drink included. Licensed Bar. Judy 01485 540217.
 - 1 United Services Club Hunstanton: AGM meeting and light refreshments 7pm followed by dancing to the Motown sounds from Cecil Farayi.
 - 2 RSPB Titchwell Marsh 12noon Wader ID Workshop Bookable via [https://events.rspb.org.uk/browseand walk in](https://events.rspb.org.uk/browseand walk in bookings depending on availability)
 - 2 Yorke Trust Benefit Concert: Will Duerden – double bass and piano 3pm The Old Chapel, Burnham Road, South Creak, NR21 9JF. £12 from 01328 738482
 - 2 Guided Tour of the Night Sky With King's Lynn Astronomical Society. There will be a collection of telescopes for people to see Jupiter, Saturn, galaxies, star clusters and much more. The event is subject to clear skies, please wear sturdy footwear and dress for all weathers. The event is free of charge, but booking is essential. To book your place phone John Craythorne on 01945 701038 or email jcraythorne43@gmail.com
 - 2 United Services Club Hunstanton: Just Us Duo Live Music from the 60s to present day 8.30pm
 - 3 Glebe House School Hunstanton Car Boot Sale 7am
 - 3 Snettisham Salvation Army 125th anniversary with the International Leader of the Salvation Army leading worship. More info 01485 579079.
 - 4 Hunstanton Town Council Surgery, ground floor Turret Office 10-11.30am
 - 4 Platinum Jubilee meeting Town Hall 6pm. All welcome.
 - 4 Anmer Social Club Bingo night Club opens 7pm Eyes Down 7.30pm Entry £6 per book of 10 cards & £150 for a flyer card. Fully Licensed bar. Raffle New Members Welcome.
 - 6 Tea Dance Tea Dance, Snettisham Memorial Hall PE31 7LX. Dancing to music by Dinky.
 - 7 Ringstead Village Club 2pm in Ringstead Village Hall, High St (next to the Gin Trap Inn). Speaker: Andrew England about War Memorials in Norfolk. All welcome.
 - 7 Stanhoe and Barwick WI meeting with speaker Susan Barnett on Sandringham Secrets. 2pm The Reading Room Stanhoe. Call Valerie 01485 576261
 - 7 Snettisham Bat walk and talk 5-7pm Join Ash Murray for an introductory talk about bats in and around Snettisham, followed by a guided walk of Snettisham Common. The talk will be free and open to all, but there will be a small charge (£5 per person) for the walk. Please wear sturdy footwear and warm/waterproof clothing. Booking is essential, contact clerk@snettishamparishcouncil.gov.uk to book your place.
 - 8 Anmer Social Club Film Night: The Last Bus starring Timothy Spall and Phyllis Logan. Doors 7pm and film at 7.30 Admission £4 on the night. films@anmerclub.co.uk 01485 579465
 - 9 RSPB Snettisham 6.30am Wader Spectacle. A chance to witness the whirling waders in the company of an experienced guide. Includes reserved parking (NB Snettisham car park fills quickly and the nearest overflow is Ken Hill, so this is a VIP pass) Bookable via <https://events.rspb.org.uk/browse only>
 - 9 United Services Club Hunstanton: Laurie Haley Duo Former members of The Rubettes 60s onwards 8.30pm
 - 10 Glebe House School Hunstanton Car Boot Sale 7am
 - 10 RSPB Snettisham 7.30am Wader Spectacle. Details as 9th October
 - 9 United Services Club Hunstanton: Laurie Haley Duo Former
 - 11 The Arts Society: Here be Dragons – Libby Horner 2pm Sedgeford Village Hall. To book e mail: info@theartssocietynorfolk.org.uk
 - 15 Sequence Dance Class at Dersingham Methodist Church Hall, Post Office Road, Dersingham PE31 6HP. Suitable for beginners with women partnering women, and women partnering men. No previous experience necessary. For more details call Elizabeth Jarred on: 07709 287 318
 - 15 United Services Club Hunstanton: Quiz Night 8pm Cash Prizes and Supper £3.00pp
 - 16 Yorke Trust Benefit Concert: Emanuele Addis Guitar 3pm The Old Chapel, Burnham Road, South Creak, NR21 9JF. £12 from 01328 738482
 - 16 Sedgeford Village Hall: Rosa Mendoza. Play. Tickets £13 from carter615@btinternet.com or by calling: 07968 596949.
 - 16 King's Lynn Festival Chorus concert: Ikon, Religious choral devotions. St Nicholas Chapel, King's Lynn £12.50 under 18s £6 from the Corn Exchange
 - 16 United Services Club Hunstanton: Carolann music from across the decades 8.30pm
 - 22 Early Years Foundation Stage open afternoon at Hunstanton Primary School 2pm. Call 01485 533373
 - 22 Sequence Dance Class at Dersingham Methodist Church Hall, Post Office Road, Dersingham PE31 6HP. Suitable for beginners with women partnering women, and women partnering men. No previous experience necessary. For more details call Elizabeth Jarred on: 07709 287 318
 - 22 Anmer Social Club Quiz Night. Club opens 7pm for 7.30pm start. £2pp Fully Licensed bar. Raffle New Members Welcome.
 - 23 RSPB Titchwell Marsh 12noon Wildfowl ID Workshop An introduction to wildfowl (classroom) will support a practical session in the field watching waders on the reserve. Ideal workshop for anyone who wants to improve ducks and geese ID. Bookable via [https://events.rspb.org.uk/browseand walk in](https://events.rspb.org.uk/browseand walk in bookings depending on availability)
 - 23 United Services Club Hunstanton: DNA Pop and Rock Music 8.30pm
 - 28 New Hunstanton WI meeting at the Methodist Hall, Austin Street, Hunstanton 2.15pm. Speaker: Lynn Shannon – History of Norfolk Lavender. Visitors welcome.
 - 29 Sequence Dance Class at Dersingham Methodist Church Hall, Post Office Road, Dersingham PE31 6HP. Suitable for beginners with women partnering women, and women partnering men. No previous experience necessary. For more details call Elizabeth Jarred on: 07709 287 318
 - 29 United Services Club Hunstanton: Comedy Night with Miss Dot Com (Drag Artist) and comedian compare. 8pm until late. Ticket only £15.00
 - 30 Yorke Trust Benefit Concert: Esther Beyer - Harp 3pm The Old Chapel, Burnham Road, South Creak, NR21 9JF. £12 from 01328 738482
 - 30-31 Craft Fair at Hunstanton Town Hall 10-4 free entry
 - 31 RAF Bircham Newton Open Day 10am-4pm Heritage Centre, car park and entrance free PE31 6RH
- USC: CASH PRIZE BINGO EVERY MONDAY AND THURSDAY NIGHT EYES DOWN 8.00pm
POKER NIGHTS TUESDAY FRIENDLY THURSDAY GAME NIGHT
EVERY SUNDAY NIGHT KARAOKE with MICK 8pm
SUNDAY LUNCHES £9.00pp two courses Tables must be booked 01485 533360
- November
- 1 Anmer Social Club Bingo night Club opens 7pm Eyes Down 7.30pm Entry £6 per book of 10 cards & £150 for a flyer card. Fully Licensed bar. Raffle New Members Welcome.

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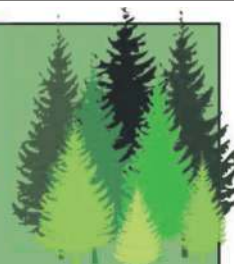


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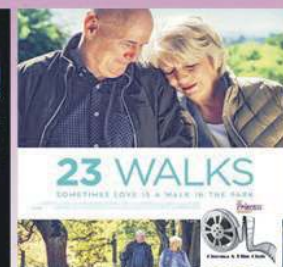


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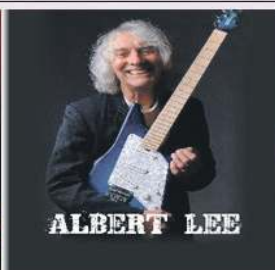
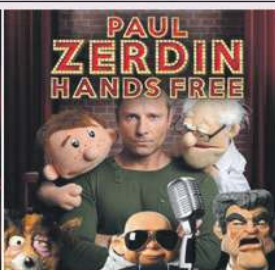
Friday 1st

Saturday 2nd

Tuesday 5th

Saturday 9th

Tuesday 12th



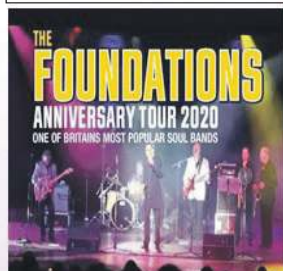
Thursday 14th

Friday 15th

Sunday 17th

Tuesday 19th

Thursday 21st



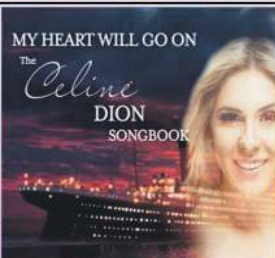
Friday 22nd

Saturday 23rd

Saturday 23rd

Sunday 24th

Tuesday 26th



Thursday 28th

Friday 29th

Saturday 30th

Sunday 31st

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