

TOWN and AROUND



ISSUE 203 SEPTEMBER 2022

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First word



Hello and welcome to the September issue of Town and Around.

Nine-year-old Lucas Kimberley appears alongside Rigil Kent, photographed by Ian Burt, at Hunstanton Fire Station's Open Day on this month's cover and you can read about the event on page 6.

Another youngster in the limelight is Lyra Cummings with not one, but two, writing competition successes (see page 10).

Hearing Nick and Nataliya's story brought tears to Chris Bishop's eyes; reading it brought tears to mine. Page 4 with tissues ready.

My thanks as always to everyone who has contributed articles, photos and information for this edition - it really is packed full! There are also articles that I couldn't fit into this edition on the website. Please take a look. September's diary of events appears in the centre pages. This list is not exhaustive; there are lots more on our website.

Good luck to everyone who will be starting a new school or leaving home for university this month. Enjoy every moment.

Lastly, special thanks to Pat Richardson and Andrew Murray who are being so helpful with magazine distribution at this time.

Until next month,

Elaine

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The reality of being a refugee

Chris Bishop

I'm fighting back the tears as Nick and Nataliya tell their story in a noisy cafe filled with shoppers and holidaymakers on the High Street.

On a summer's day in Sunny Hunny, they've shared the horrors that drove them from their war-torn homeland to our shores.

It started off with a missile hitting the block of flats next to the one they lived in at 4.30am on the day the Russian invasion began.

Neighbours were killed and maimed in their beds, as the couple saw the skies over Kyiv turn fiery red and knew they had to get out for the sake of their children.

After more than 30 years in journalism, I'm rarely lost for words. But I've run out of questions even quicker than they've run out of answers as the horror of what they've been through sinks in.

A kind sponsor has given them somewhere to stay on the edge of Hunstanton. Nataliya shrugs when I ask if they think they'll ever be able to return home.

"You don't know if this life you've worked for all this time will still exist, or whether it's been blown to pieces," she says as the tears well up.

Nick adds: "We had a lot of plans, we had perspective. Then all of a sudden everything was finished, everything was broken and we have to start out life from the beginning again."

A hiss of steam breaks the silence and the barista shouts: "Two lattes, cappuccino coming up."

I can see it's time to go. I've put them through enough for one afternoon.

People are queuing as we head outside. I wonder if any of them have any idea what the couple walking past them have been through before they ended up in our town.

A few days later, we meet up to get a picture or two on the beach with the couple and their two children Roman, 14 and three-year-old sister Miriam, to go with a story I'm filing.

They don't know whether to smile or not. I wouldn't if I'd lost everything.

"Shall we go and find some fish and chips," I ask.

The seafront eatery we plump for does us proud. Nick tries plaice



Photo: Chris Bishop

for the first time. It's cod all-round for the rest of us.

The mood lightens as we tuck into some proper seaside food. Plaice are what we call a flatfish, because they're flat and live at the bottom of the sea, I explain.

Nick starts trying to describe a fish they eat at home. It's like a big Ukrainian trout by the sound of things, before the conversation stalls again.

They ate those back at home. The home they had to flee, like countless thousands, as their country was torn apart by a war in which God only knows how many have died.

I wonder if the people spilling in from the beach and those sitting around us have any idea about the reality of what's happened in Ukraine, the human cost I've seen through the eyes of one family who've seen their hopes and dreams shattered before they wound up here with little more than the clothes on their back.

If you think you're going to struggle over the next few months, spare a thought for Nick and Nataliya, who've found themselves facing an uncertain future here.

Why it's important a garage is 'female-friendly'

Abigail Brown

You are not alone if you're a woman who has dreaded taking your car to a garage. A whopping nine in ten women believe they are treated differently at auto-repair shops than men. And with 31% confused by jargon and 28% nervous about asking technical questions, it's no wonder women view a trip to the dentist more favourably than getting a car serviced, according to AutoMD. Yet, shockingly, despite the statistics above, many auto-repair garages are not making an effort to be 'female appropriate.'

First impressions count, and if women, men, or people of any gender walk into a dirty, uninviting reception area, they are likely to feel uneasy from the off. Even things that may seem insignificant, like old, faded calendars on the wall and insufficient lighting, can impact how comfortable someone feels. On the contrary, a light, airy space with plenty of seating and tasteful decor will have the opposite effect. Another essential aspect of a

reception is the right staff. A warm smile, friendly demeanour, and understanding approach go a long way to building trust and calming nerves.

Confused.com states that over a third of women motorists worry a mechanic will rip them off. This is a scary statistic, but it's understandable given that some technicians use jargon and fail to explain what the car needs and any work completed. Then there's the fear that you'll be laughed at if you misunderstand anything. On the other hand, an honest garage would go through everything in detail and layman's terms without patronising. The reception/admin team and mechanics should treat each customer with respect and compassion.

No garage should conduct work before getting prior approval from the customer, regardless of gender. This may seem like a given, but you'd be surprised how many garages aren't so forthcoming when it comes to communicating effectively with customers.

You may have heard horror stories about garages taking advantage of women, perhaps overcharging them, or doing more work on their car than was discussed and still being charged for it. In fact, according to a study performed by The Times, women are much more likely to be quoted higher prices for car repairs than men for the same services. It's important to note that this isn't always the case, however.

A handful of garages make providing a safe, welcoming environment and services to people of all genders a priority. With our all-female receptions and knowledgeable, helpful technicians, we at K Brown Auto Repairs are dedicated to treating all our customers with the same courtesy and care, no matter their gender.

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Open day at Hunstanton Fire Station

Coming just eleven days after Norfolk's fire crews had battled wildfires at Snettisham, Hillington and Brancaster, Hunstanton Fire Station attracted over 800 people to an open day.



Kev Ash on the hose pipe with youngsters



Henry Scotney (5) and PC Glen Barnes



The event followed the JESIP (Joint Emergency Services Interoperability Programme) principles, so in addition to the Fire Service crews from Hunstanton, Sandringham and King's Lynn, the Police, Ambulance Service, RNLI Education Team and Coastguard were there demonstrating how the services work together.

During the day there was a display by the Cadets, a RTC working demonstration where



Firefighters and cadets

the officer on our front cover, Rigil Kent, was the Incident Commander and the 'casualty' was one of the Cadets at Hunstanton.



Shaun Reddy, pictured above left, who has been with the Ambulance Service for eighteen years said: "This is rather like the old Joint Services 999 open days showing people how we work and practice together."



Bordoli's Wood Fired Kitchen were on hand to provide sustenance for the crews and visitors and the raffle and cakes raised £842 for the Fire Fighters Charity.

Photos by Ian Burt and T&A



From left: Sarah Kimberley, Tom Collinson, Dave Cleland, Rigil Kent, Ro Owen and Chris Guy



Firefighters Sarah Kimberley and Ro Owen



A reminder of the wildfires - Rigil Kent at the Hillington incident

Hunstanton Fire Station is staffed by on-call firefighters. These firefighters are men and women who live or work close to the station and ride the fire appliance when alerted to any fire and rescue incident. The crew consists of a watch manager, two crew managers and nine firefighters.

The Hunstanton firefighters attend one training evening a week, they also commit to training courses at Bowthorpe Training and Development to enhance their firefighting skills.



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Charity Shop sponsors Rose Wall

Standard and bush roses were planted in the Esplanade Gardens in Hunstanton in time for the Anglia in Bloom competition.

Sponsored by the Hunstanton Charity Shop at a cost of £1359.50, the twenty-four standard and thirty-four bush roses in shades of pink, peach, red and yellow will bring a splendid splash of colour for years to come along what is now known as the Rose Wall.

The shop on Westgate (opposite Sainsbury's) was set up by Angie and Kevin Green fourteen years ago and Sandy O'Donnell has been a volunteer there for about ten years. She said: "It's very rewarding and a pleasure to sponsor the roses; all the volunteers have a say on which projects we support."

In this year of female football success the shop has also sponsored the Heacham Minors football kit for the girls as well as the Ability Counts Football Club at Heacham. These two totalled just under £3000.

Angie said: "We are always keen to hear about individuals and groups locally who need support and our mission is to give back to the community."

The shop on Westgate is seeking volunteers to help; "Even if you have just a few hours to spare we'd love to hear from you, it would be lovely to have enough people on the team to



Pictured from left: Sandy O'Donnell, Angie Green and Kevin Green

be able to open every day; currently we have to close on Mondays and Thursdays.

"We also need a constant supply of donations and we can collect locally – the

more donations we have the more we can help others!

Please pop into the shop for more information," she added.



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Jubilee short story contest shows royal imagination

What if the woman celebrating 70 years on the throne isn't really the Queen at all? And what did the royal corgis make of the Jubilee celebrations?

These were the imaginative premises of two young writers who won the West Norfolk Academies Trust (WNAT) Jubilee Story Writing Competition, which was open to all students at the 11 schools within the Trust.

The junior winner was Lyra Cummings, a Year 6 student from Heacham Junior School, who wrote 'The Queen's Jubilee Story: Through the Eyes of a Corgi', relating the adventures of one of the Queen's pampered pets as it raided the royal kitchens.



"I was very surprised and excited when I heard that I'd won," said Lyra. "People said they were really proud of me and that they thought the story was really good. I think the Queen would like it too, as I know she likes corgis."

Daisy Stapleton, who is in Year 7 at Springwood High School, won the senior category with her entry 'The Mix Up', which suggested that



the monarch may not be what she seems, the true Queen having been kidnapped as a baby and replaced with an imposter.

"I thought of the idea, because the Queen is a very valuable person in Britain and I thought it would be a crazy thing that could never happen," explained Daisy, who said she would like to be scriptwriter and film director one day.

"I loved doing the competition, and it was amazing to have the opportunity to write about the Queen for her Jubilee. I think she'd be a little bit confused about my story if she read it, but I think she'd enjoy it!"

Daisy's win is particularly impressive, considering that she is dyslexic. "I was very shocked when I found out that I'd won," she said, "as I'm dyslexic and have really struggled with writing. I've had lots of help though, and to win a writing competition is amazing. Everyone's loved the story and given me lots of compliments."

Budding writers were asked to create a story of no more than 500 words on a choice of Jubilee-related themes, as part of the celebrations for the Queen's Platinum Jubilee.

Daisy and Lyra were each awarded a commemorative Platinum Jubilee Coin.

Young writer's Rotary success

A short story detailing a dystopian future and a poem about environmental destruction have won awards for their young writers.

Lyra Cummings, in Year 6 at Heacham Junior School, and Alice Wenn, a student at St Clement's High School, Terrington St Clement, wrote the pieces as their respective entries for the Rotary Young Writer Competition, which this year had as its theme 'The Environment'.

The competition was open to all schools and colleges, as well as home-schooled students and community youth organisations such as RotaKids, Scout and Guide groups, and offered prizes across three age categories: Junior (seven to 10-years-old), Intermediate (11 to 13), and Senior (14 to 17).

Entrants were asked to write a fiction or non-fiction piece of up to 550 words, or a poem of up to 40 lines, with the winners in each age group progressing through three stages from District to Regional and National.

It was the first time that the Rotary Club of Hunstanton & District had been involved in the competition.

Rotarian John Crofts said: "We wanted to challenge school children in the area, particularly as they returned to face-to-face teaching following Covid. It's a three-stage competition designed to support and encourage the development of writing skills, and it aims to encourage young people to use their writing skills and to write with imagination and creativity."

Lyra won both District and Regional Junior levels in the competition to go through to the National final with her story relating a nightmare

where the dreamer opens a series of doors to reveal scenes of environmental devastation.

Although she did not place in the final, her achievement in winning both the other stages was rewarded with a certificate and a £25 gift voucher.

Meanwhile Alice won the District stage of the competition to go through to the Regional level, where she placed second, earning herself a certificate and a £15 gift voucher.



Alice Wenn



Lyra Cummings

New Youth Club in Hunstanton already thriving!

Rev. Sam Abramian

In April this year a new Friday Night Youth Club started at the Hunstanton Community Centre. Organised by a new local church, Good Hope Communities, along with other local Christians and with the support of the local community, the first week began with 8 young people and has grown ever since!

The club has been a great success and has already grown to an average of 22 young people. Despite being from different schools and year groups, the young people are already getting along well with each other and have had a lot of fun!

The weekly session begins with a gathered time where the young people catch up, play games, eat pizza, and explore something about the Christian faith all led by the group's volunteers. The rest of the time the young people can choose from a range of activities including pool, football, table football, tuck shop and a beauty corner. They have also enjoyed a few water fights (outdoors!) and games of manhunt and rounders - you may even have heard us on the field around the centre! All of which seems to be reaching a real need for local young people to meet in a safe place, have fun and even explore big questions about life.



Holding the cheque Richard Bird (right) with leaders Rev James Monro and Rev Sam Abramian in blue.

The leaders of the club are so thankful to the support of the community that has made this possible. This includes Hunstanton Town Council who provide the Community Centre, former Hunstanton Mayor Adrian Winnington who chose us as one of his charities to receive £250 in April, and Richard & Elaine Bird who have recently given us a grant through their Donate charity (pictured above) for £350. Rev Sam Abramian, one of the youth club leaders said "We're very thankful for this support from the local community which enables the club to run, I know the young people and their families are thankful



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too, especially after the difficult years of covid."

The Youth Club has been such a success a waiting list has started for any newcomers to join. If you are a parent or carer of children in school years 6 - 11 and would like to sign up for the waiting list you can do so through emailing goodhopecommunities@gmail.com or calling Rev. Sam Abramian on 07814 629232. If you'd like more information this can be found at www.ghc.org.uk.



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Explore Smithdon High School's Opportunities for Students

As Headteacher, Mr Hirst, moves into retirement, Head of School, Mrs Gibbins, steps up to lead Smithdon on the next step of its journey as the new Headteacher from September 2022.



"Smithdon has gone from strength to strength under the leadership of Mr Hirst over the last three years," Mrs Gibbins said, "And I am excited and proud to be able to continue to build on that success and continue to strengthen the links I have rebuilt with the town and the local community."

Our Business Outreach Programme has enabled us to provide a variety of career learning opportunities for our students, including through Work Experience placements, guest speakers, and encouragement of regular school attendance, through Sponsorship of

our weekly Attendance Raffle. Though the biggest impact was through our hugely successful inaugural Careers Fair, which will be even bigger and better in the future.

Smithdon's curriculum is broad and offers a wealth of opportunities for learning new skills, especially those central to employment and the successful development of businesses in the local area, especially with the reintroduction of a Business Studies qualification and the launch of a Hospitality and Catering course this year.

With a focus on the whole individual, not simply what learning takes place in lessons, Smithdon's co-curricular offer has been rebuilt since the return from covid and promises to develop further next year. The most popular after-school club, by far, is Mr Duncan and Miss Cowles' Dungeons and Dragons RPG club, closely followed only by the girls' football club. From both boys' and girls' football and rugby to Kin Ball and Lacrosse, the sporting opportunities are vast. For musically-focussed students, the variety of clubs includes a choir, orchestra and rehearsals for the annual production, and then there's the Carnegie Shadowing Reading Group, Science Club, Gardening Group, Art Club and many more. Our trips have increased in number this year, including a rugby game at Twickenham and a film music gala concert at the Royal Albert Hall - with even more planned for next year. Our Duke of Edinburgh's Award scheme is also hugely popular with a record number of students achieving the Bronze Award in the last two years.

"We have something for everyone to get involved in and our embedded, knowledge-rich curriculum is entering the next phase of consolidation, ensuring all students make regular progress and develop their subject-based vocabulary," added Mrs Gibbins, "I invite all Year 5s and 6s, with their parents, to come and see for themselves Smithdon High School of 2022 and the future - through our Open Evening or our daily tours, where you will get a real sense of what a positive experience being a member of the Smithdon community can give."



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Springwood is a large and inclusive school sixth form with a reputation for academic excellence and superb pastoral care. Year after year, our students achieve incredible results at both A Level and Level 3 Vocational Qualifications. Because of this, Springwood Sixth Form has become the first choice sixth form destination for West Norfolk: more young people choose to continue their education at Springwood than at any other sixth form in the area.

As impressive as our results are, at Springwood our focus is on life after Sixth Form. Strong results mean that our leavers are able to secure places at top rated universities, such as Oxford and Cambridge and level 6 & 7 degree apprenticeships at national companies, including BAE and Jaguar Land Rover. Increasingly, our students are looking beyond our shores to international universities, including Hong Kong and Columbia in New York.

Results and destinations of this sort do not happen by accident. At Springwood, our motto is 'Big Enough to Challenge; Small Enough to Care' and this underpins everything we do. Our competitive and challenging academic ethos is balanced by the expert guidance of subject specialist teachers and a pastoral system which is focused on ensuring that each student benefits from personalised, one-to-one mentoring and advice. Support of this sort, coupled with clear channels of communication between home and school, ensures that students at Springwood have clear goals and understand what they must do in order to achieve them.

However, we know that 6th Form is about more than just academic success. We aim to ensure that our students leave Springwood as well rounded individuals who are prepared for the next stage in their journey. The key to this is our structured work experience and enrichment programme. Duke of Edinburgh Gold, spoken Mandarin and Level 3 Sports Leaders are just some of the many enrichment opportunities open to students. And in keeping with our international outlook, we offer a range of educational experiences abroad. This year our students have travelled to Cambodia, New York and Thailand!

Open Evening

Join us at our open evening on the 13th October, where you will have the opportunity to hear from the Sixth Form Team, chat to our specialist subject teachers and, even more importantly, talk to our students. Talks and tours will take place at 5.30pm, 6.30pm or 7.30pm. Book online via our website.

For a sneak preview of everything that we have to offer, head to our website at www.springwoodhighschool.co.uk, or email us at admissions@springwoodhighschool.co.uk.



A page from the Sage

Well now, here we are again the Boy Dick, the Sage, with the September issue of Town and Around.

Cockles

First of all, let's talk about cockles. Most people have eaten a feed of cockles whilst at the seaside or for Sunday night tea with a sprinkle of vinegar, salt and pepper, and a couple of rounds of fresh bread and butter. Having lived near the sea all of my life I have never had to buy any cockles, but oh dear the powers that be have stopped cockling in the Wash as they say stocks are low so they are giving them a year to revive.

When I lived at Dersingham my father would take me cockling down Snettisham beach where there were lots of cockles as they loved the thick black mud. When I moved to Hunstanton there were plenty of cockles around the area of the old pier but now if you want a feed of cockles you have to go to the Heacham side of the sewer pipe.

There were at one time many people living in the villages of Ingoldisthorpe, Snettisham and Heacham who went cockling for a living raking them up with a rake into a net and hawking them round the villages with a trade bike or a pony and trap. A lot of old boys used to go cockling at night on a full moon as they said the cockle beds lighted up in a full moon and the cockles were easier to find; one of the best places to go cockling was Stiffkey on the North Norfolk coast, all the women from the village would go. They were large cockles and they had a tinted blue shell so they were called Stewky blues and they were sent to towns by train. One thing is for sure, it is going to be a rough old time for the Lynn fishermen and their families.

Just one more cockling story, I was out cockling off the south beach at Hunstanton all on my own one day in September 2009. There was no other cocklers about, only one or two walkers, when a lady came up to me and said will it be alright if I take a picture or two of you cockling I

said okay and carried on. Then the lady said your picture will be in a calendar for 2010 I said okay and off she went. In December 2009 I had a parcel of five calendars and there I was with my rake and net on the page for May 2010 and I still have one of those pictures. Under the picture it says: 'is that one for the net.'

The Royal Norfolk Show

After a break of 2 or 3 years, at the end of June, the Royal Norfolk Show

was held once again at its usual place just outside Norwich which has been its permanent show ground since 1953, this agricultural show started in 1847 and until 1953 it went all around the county being at a different venue each year. In 1938 it was held in the park at Old Hunstanton then in 1950 it was held in Anmer park and King George VI and Queen Elizabeth visited. My father and I went there from Dersingham on our bikes, I do not think the show was ever held in the park at Sandringham.

After I came out of the army in 1962 whilst working on the land I worked part time for Brooke and Brooke caterers, Kit-Kat, Hunstanton. In 1967 I went to work there full time. One of the biggest jobs we undertook was most of the catering at the Norfolk Show; it was a bit different then as now there were only three permanent buildings and they were: the Presidents Building, the Vice Presidents building and the Stockmen's Canteen. Everything else was held in marquees which were put up a couple of days before the show and taken down the day after. There was no drainage, we had to dig sump holes then fill them in at the end of the show. We would start of from Hunstanton about 4 o'clock each morning and get back to Hunstanton about 10 o'clock at night. One year on the last day it rained so hard we had to borrow a tractor to tow the vans, cars and trucks off.

Things have changed a lot over the years at the Norfolk Show, the main ring is still there with its horses and other attractions; you

would have a man carving tree trunks and a thatcher giving demonstration. The main change is the price to get in. I worked it out for a family of four, two grown-ups and two children and the cost to park it would nowadays cost near on one hundred pounds.

In the 1940s and 50s all us school children got a day off school on the Thursday of the show and you pleased yourself if you went or not, also a lot of farmers would give their men a day off work and some of the farmers would go with their men, Looking on the bright side the Royal Norfolk show is back and let's hope it keeps that way.

Beaches



Well now, here I sit in my room in dear old Sunny Hunny looking at some of the web-cams around the coast of Norfolk, I am also listening to Radio Norfolk when on comes Jill Bennett giving a report on a survey in the Sunday Times about the best beaches in East Anglia. A lot of beaches were mentioned including Happisburgh, Brancaster, Wells and Holkham but the one that came first was Old Hunstanton.

If you have never been to Old Hunstanton there are two car parks, both of them close to the beach. The beach is about one mile long it starts at the new Hunstanton cliffs and goes as far as Gore Point; it is all sand and the tide goes out a very long way. There are no amusements, just one good cafe and the Hunstanton Lifeboat Station there. I think why Old Hunstanton beach came first and Holkham beach near the top is because they are both privately owned. Also, about Old Hunstanton beach, there are no RNLI lifeguards patrolling this beach or any other beaches in West Norfolk. All other beaches in Norfolk are patrolled by RNLI lifeguards during the summer months.



Dick Melton
01485 535658

Fish and Chips

The gentleman who wrote about beaches in the Sunday Times also completed a survey for the same newspaper about fish and chip shops around the coast. He took his mother with him, and over a time they went to these fish and chip shops and had a child's portion of fish and chips each then they discussed all of them and the fish and chip shop that came out top was Fishers of Hunstanton that is situated in Greevegate Hunstanton.



There have always been a lot of fish and chip shops in Hunstanton, the first one to open was, I believe, well before the First World War, it was opened by a Mrs Hastings in Chapel Lane that is behind Westgate. At the present time I think there are nine in Hunstanton. The latest one to open is called Henry's next to the Princess Theatre. Over the years there has been as many as 15 fish and chip shops in the town (not all at once). At one time there were as many as four fish and chip shops in Le Strange Terrace alone! Of course the price has gone sky high; when I was a lad I would go into Mr Fisher's fish and chip shop in Dersingham and for the price of one shilling and sixpence I'd have cod and chips with a few scraps. The average price of fish and chips around the coast from Hunstanton to Yarmouth is eight to ten pounds per portion.

Jellyfish

I was listening to a report on my local talking newspaper for the blind when they read out a report about a lot of jelly fish being washed up on local beaches. Some are alive and some dead, they can sting you so it is best not to touch them. In the late nineteen sixties I lived in Seagate, Hunstanton right near to the old Kit-Kat, I was swimming in the sea one evening with a friend of mine when we swam into a shoal of jellyfish and we both got stung so we went straight home and washed ourselves down - it stung for a day or two and then went away.

I was surprised to hear that a man who had lived in the area all his life had never seen a jellyfish on the beach, when you are swimming they are almost invisible floating on top of the water. You sometimes get shoals of them washed up as you do star

fish, so next time you go on the beach at Sunny Hunny look out for these jelly fish especially on the cockle beds as they eat cockles by laying on them and then sucking them out of the shells.

Development

I have been told that they are getting on with all of the building between Glebe House School and Chapel Lane and they have started building on the old railway site in Southend Road. I was also told that there are some new plans have been put in for the area of land opposite the Redgate Hill Water Tower and as far as the business park. This time the plans are for a mixture of buildings. Many years ago when Le Strange started the building of New Hunstanton the Glebe House School was built on the east side of the A149 then Le Strange said there would be no more building on that side of the a149, then

several years later Mr Southgate the artist had a house built on the corner of Downs Road and the A149, it was called the White House it is now a block of flats. Then some houses and bungalows were built in Downs Road, followed in 1953 by the Smithdon School and playing field. After that the building of the police station, fire station, Nursery Close, Campbells Close and the business park. I can never understand why they keep building around the edge of town when there are building plots within the town like Manorside and the Sheep Field.

I was told the council might spend 30 million on a new leisure centre - we need a new and larger surgery first, at one time we had three separate surgeries all with their own doctor but now we have a job to find one doctor.

We have had the Hunstanton RNLI lifeboat and hovercraft go

out many times this summer and it is not over yet but we still do not have any RNLI lifeguards on our beaches in West Norfolk. They have got to be employed there sooner or later, and sooner would be best.

Well that's all for this month from the Boy Dick, the Sage, from good old Sunny Hunny



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Simply the best fish and chips!

Isn't it great to know that a Hunstanton Fish and Chip Shop is not only in the top 10 in the country - it's the only one that has made it to this exclusive list in East Anglia!

"We didn't know anything about it until the article appeared in the Sunday Times," said owner Mark Wilson.

In his article for the paper Chris Haslam said: "There are newer, more fashionable chippies on the north Norfolk coast, but I've eaten at them all, and the best is the shop on the Green that has been serving since the 1950s.

"Most fryers make a big deal about their "signature batter", but Fishers is the lightest and crunchiest I've tasted this year."

Fishers was built in the 1950's and it's been run as a fish and chip shop ever since.

Under the current management, Fishers on Greevegate has been cooking proper fish and chips for over 20 years; fried the traditional and most delicious way.

All of their fish is frozen at sea, filleted and frozen within four hours of being caught and their choice of potato for the perfect crisp yet fluffy chip is organic and grown in Norfolk.

"We didn't know anything about the Top Ten until the article appeared in the Sunday Times," said owner Mark Wilson. "Now we are working on keeping the standards up every day!"



Chris Haslam didn't visit every one of the 10,500 chip shops on the British coastline; first he sought recommendations from locals and then visited.

"It's a great boost for the business, so hats off to the staff," Mark added.

WE ARE IN THE TOP 10



THE SUNDAY TIMES

The 10 best fish and chip shops in the UK



6. Fishers, Hunstanton, Norfolk

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



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Cycle ride raised nearly £16,000 for charity

Readers may remember the article in our May 22 edition (page 30) about Nigel Jeavons and his team who were set to tackle 450 miles in five days raising money for the Benjamin Foundation, a charity which supports children and young people in Norfolk & Suffolk.

The ride was the brainchild of serial fundraiser Nigel, a senior sales person with Hughes Electrical in Hunstanton who persuaded his colleagues to take to the saddle for the third time and cycle to Hughes' most northerly, westerly, southerly and easterly branches in five days for the charity.



Back row, from left: Joshua Antcliff from The Benjamin Foundation with cyclists: Adam Harper, Malcolm Tuff, Jack Phelps, Nigel Jeavons. Front row, from left: Eddie Herbert, Mark Coleby, Chris Thornton, John Scofield.

The great news is that not only did the cyclists do it but they more than tripled their fundraising target of £5000.

Nigel said: "Tackling the 450 miles was not without its challenges, particularly when we rode across the Peak District with some pretty intimidating hills, but we knew it was all for a good cause so we just had to keep going.

"Of course, we are thrilled at smashing our original fund raising target and knowing the money will be put to very good use."



Nigel Jeavons presents the cheque for £15,682 to Sharon Matthews from the Benjamin Foundation. Standing behind, left to right, are three of the riders: Chris Thornton, Mark Coleby and John Scofield. Riders not in the photo are Jack Phelps, Adam Harper, Malcolm Tuff and Eddie Herbert.

Said Kirsty Pitcher, The Benjamin Foundation Chief Operating Officer: "The incredible fundraising by the Hughes team will help us to provide more emotional wellbeing and mental health support for young people across all of our services, including in our supported accommodation settings.

"It can also help to provide more training for staff in mental health and support the growth of wellbeing champions across our services, provide much-needed resources and help to reduce social isolation too.

"Fundraising by individuals and businesses is so important and we are extremely grateful to Hughes Electrical staff for their fantastic effort, which will do much to support children and young people in Norfolk and Suffolk."

The Benjamin Foundation was founded in 1994 and helps over 2,000 young people annually who are experiencing challenges in their lives, including young carers and those who may be at risk of homelessness.

Hunstanton & District Civic Society - Heritage Open Days

In association with the National Trust, the Civic Society is organising five events.



Friday 9 September. Hunstanton Lighthouse - an opportunity to view the dungeon and then climb the tower to see the wonderful view from the top by kind permission of Mr Derrick Lloyd. Tours of 10 people start at 10.30 and then half hourly until 14.00.

Tuesday 13 September. Former Infant

School, James Street. Visit the former school prior to its conversion into apartments. Tours at 10.00, 11.00 and 12.00 Access to the interior depends on the availability of the Ad Hoc guardian staff.

Wednesday 14 September. New for this year. Guided tours of the Drove Orchards Fruit Farm led by the owner Andrew Jamieson at 11.00 and 14.00.



Thursday 15 September. Guided tour of

the grounds of Hunstanton Hall at 10.00 and 12.00. Starting at St Mary's Church, Old Hunstanton. Walk through the grounds across the moat and into the courtyard. It may be possible to extend the tour to see the work that Charles le Strange Meakin is doing to renovate the grounds on the west side.

Friday 16 September. An alternative opportunity to visit the Hunstanton Lighthouse.

All these tours must be booked by sending an e-mail to andrew.murray1942@gmail.com or by leaving a message on the answer phone at 01485 532376.

Further details concerning accessibility and facilities can be found on Civic Society website www.hunstantoncivicsociety.org.uk or www.heritageopendays.org.uk

There are some 285 events in Norfolk during the period 9 to 18 September including over 50 events in King's Lynn on Sunday 11 September organised by the King's Lynn Civic Society.



As much as James enjoys his BBQ's, he'd much rather be continuing to offer local people the very best **equity release** advice.

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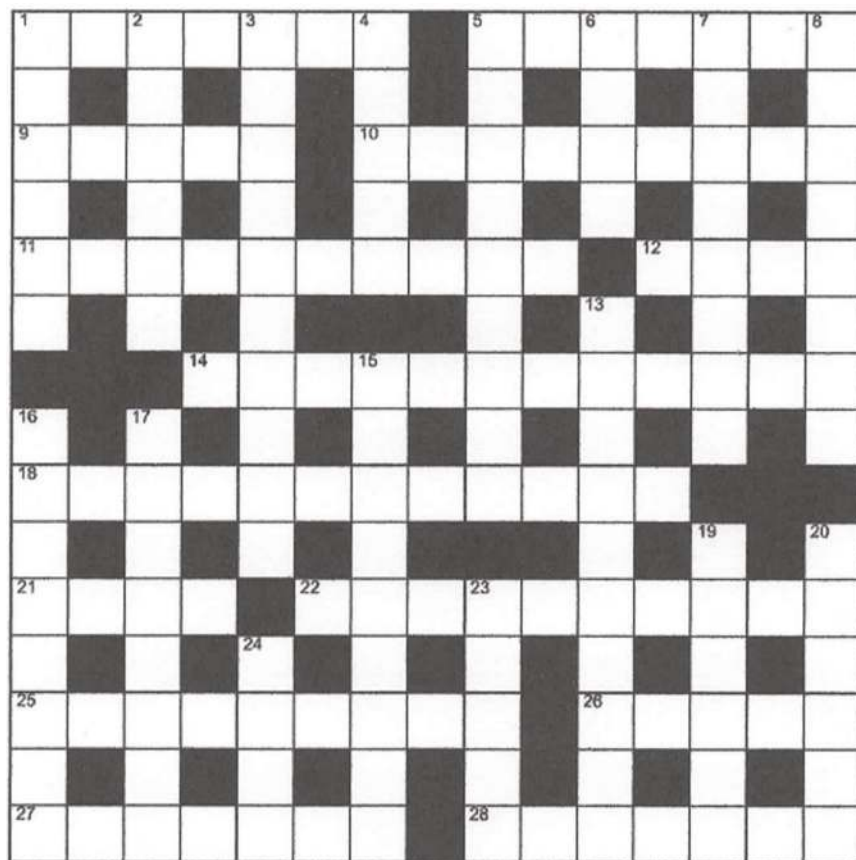


Contact JAMES NOW!

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David Elsey's Cryptic Crossword



Crossword solution on page 23

Crossword Clues Across

1. It's appropriate to have a couple of Europeans sit together (7)
5. Nail last few batters for a duck (7)
9. Missing – otherwise engaged in bar! (5)
10. Delighted to say hospital department should be first to be set up (9)
11. Dare to bring back cat that is outside? First, dog is removed (10)
12. Opposed to article – it needs to be reviewed (4)
14. A good amount of cash one troll is making too much of (12)
18. Just slim – this might help (8,4)
21. Little monkeys and some other primates seen outside church (4)
22. One lauds bank over poster (10)
25. Historic county's '70s rock publication? (9)
26. Memo I dictate is about preposterous manner of speech (5)
27. Drunk, dad is held in contempt (7)
28. Call with a set of religious books to put on display (7)

Crossword Clues Down

1. One lacks power for a winger (6)
2. Learn bad and good parts of a sovereign's time on the throne (6)
3. A row over ending nuclear talks starts to get caustic (10)
4. Last of medicine – let it be used up, it will keep you going (5)
5. Decorated 10 in time to take papa out for exercise (9)
6. This guy is definitely not a Henry (4)
7. Something that is added, but may have to be removed (8)
8. Digs temporary accommodation (8)
13. Backing team before taking players off (10)
15. Record vocal with an ear for one type of instrument (4,5)
16. Curtailed answer intended to overwhelm German Democrat (8)
17. They are found in docks after careless mistake at customs (8)
19. Aim to top crumble, making the best possible (6)
20. Encourage short walk to town, through park (6)
23. Review the evidence after midday – change to key witness means first thing in the morning (5)
24. Fish with a tailpiece similar to 7 (4)

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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

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September Coach Trips - Thursday 15th to Great Yarmouth Races (Ladies Day).

Friday 30th to Stamford for the Market, shopping and tour of town.

Advance notice for October 22nd - Race Night.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.40 p.m.

Wednesdays : Scrabble 10.00 a.m. , Whist Drive 7.30 p.m.

Fridays : Lunchtime Raffle drawn at 1.00pm. Cash Bingo start at 7.30 p.m.

Saturdays : 'Open the Box' draw at 1.00pm.

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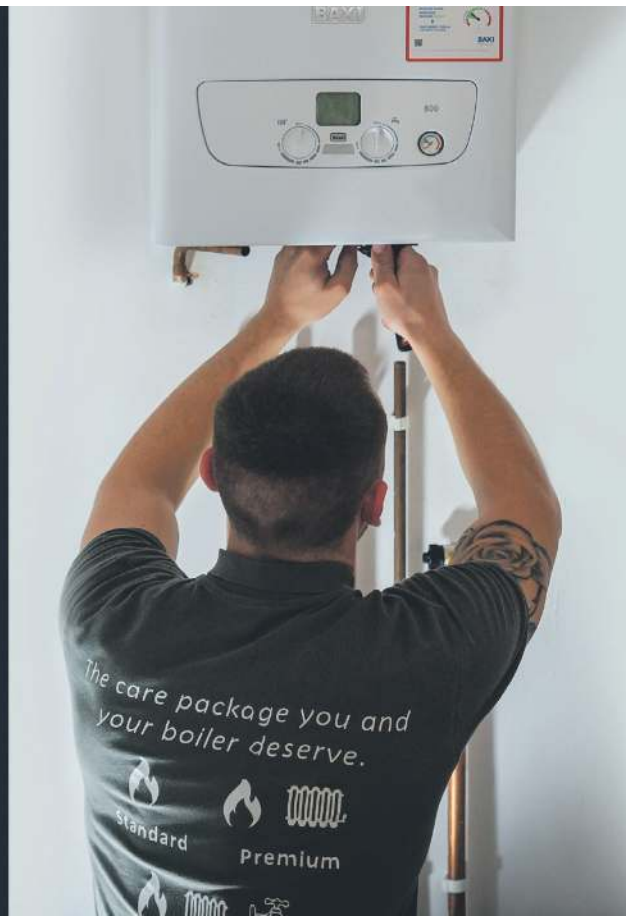


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All change but no change

Jo Rust

Independent Borough Councillor – Springwood Ward
Secretary – King's Lynn and District Trade Unions Council



Not only are we waiting to get a new Conservative Party Leader and Prime Minister, we're now also on our third Minister for health since we started this campaign. I look back with astonishment at what has happened since April 2021, but actually, how nothing has happened. Remember when a newly elected, James Wild, claimed he had the ear of Matt Hancock? Dim and distant past, nothing happened. Then we moved on to Sajid Javid, who James claimed to be lobbying and asking questions of. Nothing happened. We had Edward Agar visit the QEH. Nothing happened. Now we've got North West Cambridge MP, Steve Barclay as the minister for Health and he too has visited our local hospital and seen the terrifyingly large number of wooden and metal props stopping the roof from falling in. Surely his local connections mean that our hospital will benefit? Disappointingly, it appears not.

I wrote to both Steve Barclay and James Wild following the closure of three operating theatres due to concerns about the structural integrity after staff reported a bowed ceiling. This came hot on the heels of Caroline Shaw's resignation to go to pasture's new. I asked them what were their intentions for the QEH and for them both to meet with me. My own MP, James Wild, has not bothered to respond. But the reply I got from the office of Stephen Barclay clearly shows that having him on our doorstep will be of no benefit whatsoever.

I was told "Steve is very aware of the challenges at QEH regarding the structure of the main hospital. He has recently visited to see the progress being made at the hospital such as the recently opened eye clinic, new maternity facilities and the endoscopy department, as well as seeing the challenges they face. Steve is engaged with all the issues involved."

In respect of Steve's ministerial role, conflicts of interest mean he is not able to take a decision as Secretary of State regarding matters that affect his own constituency or constituents and such decisions would be taken by another Minister".

If this is true of the Minister for Health, it stands to reason that it will also be true to the next PM. Currently the odds are on for Liz Truss to be the next person to take up the role. If that's the case, it seems to me that we can kiss goodbye any chance we had hoped for of getting through to the final stage of funding. Mind you, Boris Johnson claims his own constituency will be benefit from funding for a new hospital, but we've all seen how he's a law unto himself.

I believe our hospital is worth fighting for, so I and all the other community campaigners, funded by the local Trade Unions Council, will continue to stage protests, write letters, lobby MPs, hold publicity raising stunts and do what ever we can to ensure that our need for a new, fully funded, single phased new build remains high on the minds of all those concerned, the decision makers. But this issue really does

Secretary of State for Health
House of Commons, London, SW1A 0AA

Save The QEH King's Lynn

Dear Secretary of State for Health,

I am writing to ask that as a matter of urgency you include the Queen Elizabeth Hospital, King's Lynn, on the list of hospitals to go forward for consideration for full funding for a new building.

I am urging you to make the announcement immediately so that our hospital can meet its projected timescales and not risk closing some services due to the estate reaching the end of its life.

The current situation is untenable; staff are working in a challenging environment and the poor physical estate is having a detrimental impact on the confidence that patients have in the QEH, as well as impacting on staff morale and well-being.

No more delays – Fully Fund a New Build NOW.

Regards

show you the capricious and fickle nature of politics and politicians.

Liz Truss referred to the props keeping up the roof of our hospital as stilts. I've seen stilts used in circuses and to me this government, with minister after minister failing to take action and make decisions, is the real circus. But sadly, none of us will be laughing when we lose services and more staff due to the fact the building can't be kept running past 2030.

Please cut out, sign and then send the letter above to whoever the SoS for Health is when this edition of Town and Around is published.

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Stuart Dark, Leader, King's Lynn and West Norfolk Borough Council



Hello everyone, I hope you are well and in good spirits. I'm sorry I haven't written an article here for a bit and also apologise for the length of this 'catch up' article, but frankly we have been very busy for you, as I'll hopefully explain. I hope you concur a better, safer yardstick for politicians is what they are 'doing' rather than what they are saying.

As a local resident I have read with interest and the occasional raised eyebrow the very downbeat articles and letters written by certain opposition councillors here over the past few months, with little thanks or praise to anyone or for anything achieved and I think it's about time to put forward an alternative, positive view of your council, it's staff and contractors.

It is a fact that this Borough is the largest local authority in Norfolk and the 14th largest in England, covering over 550sq. miles (over a quarter of its 5th largest county), proudly serving 150,000 people in a wide range of delivery areas. We are one of the region's largest employers with over 500 staff and this figure increases yet further when you add our associated companies (Like Alive West Norfolk) and contractors (such as SERCO 'your bin crews') into the mix. The vast, vast majority of these staff like you and me are local residents who genuinely want the best for our great area and I have regularly seen first-hand examples of individuals and teams going the extra mile for their neighbours and communities, previously as the portfolio holder for the response to the pandemic and latterly as the Council's Leader.

In terms of finances, you may be surprised to know, that of the £2014 Council Tax bill for an average property this year, the Borough receives only £82.17 when IDB levies are removed, the rest going to Norfolk County Council, Adult and Childrens Services, the Police and Parish and Town Councils (with many Parish and Town Councils charging their residents more in tax for what they provide than we do for what we do). To put this another way of every pound raised in local Tax, about 96p goes to others and we receive about 4p, or we work on £1.58 a week per average household, to deliver the essential year round services (like your bin collections), the public facilities and spaces we operate and tend, initiatives and events we put on or support and the work we do with partners and charities across such a vast area. We necessarily have to supplement this core income with returns on prudent investments and fees and charges on certain services people and businesses use but I hope you concur this amount represents 'good value' at a time of rising pressures on all our pockets and puts the council's recent achievements and activities in train that follow in a context of doing a 'lot for a little'.

One final 'maths' related thing before all our eyes glaze over! I think its also important to point out that despite the real volatility of the two years of the pandemic (and my heart goes out to anyone reading this badly affected by it) which placed unprecedented demands on the borough to adapt and deliver new vital services including; administering payments of over £80m to support great local businesses and charities, caring for the vulnerable/shielded, making public spaces safer and supporting the brilliant vaccination programme, we, unlike many councils nationally, are still in a 'balanced budget' position and striving to do more and improve, rather than reluctantly talking of doing less and lowering our residents expectations.

I'll now highlight in brief a few

things we have done recently which you may not have seen before, but I hope taken collectively together you can see the trajectory we are on:

On some of the major issues - we have been working closely with the QEH's Leadership and our MPs to rigorously promote their bid for a much-needed new hospital throughout their campaign, we are actively opposing the proposed commercial incinerator in Wisbech and we have created and financed a 'refugee support' centre and service that is currently assisting 150 Ukrainian adults and children displaced by the war and the great West Norfolk people who have taken them in.

On investment into West Norfolk - whilst others may bemoan historical lack of investment and live in the past we are looking forwards and actively engaging and building links with others to make this happen. Through the 'Towns Board' we have £25M of central government funding currently coming into Kings Lynn to create once in a lifetime transformational change in our principal town. The first project completed used several hundred thousands of pounds to create the UK's most up to date 'College of Nursing' working alongside the College of West Anglia and the QEH to support local young people entering this vital profession and provide a feeder of local trained staff to our hospital in the future. We also currently have a strong bid with widespread community support in for £20m of government funding (with Borough investment on top) to provide a replacement leisure facility in Hunstanton fit for year-round use and are pleased that of all the districts in our county, Norfolk County Council has recently decided to use its one opportunity to bid in for a c£40m 'infrastructure' improvement grant from the government to submit a strong bid for this to come to West Norfolk. In total, this means in headline terms we are currently working flat out to initiate or deliver over £85m of externally funded projects and are

looking at every opportunity to secure more funds. This clearly does put pressure on the borough to deliver these, but this matches our positive ambition and is what I think you'd expect of us and deserve.

On the environment - We know we live in a beautiful place. We have declared a 'climate emergency' but more than this gesture, we have created a specific 'environment' portfolio post in cabinet and detailed action plan and invested £1M over 4 years, starting last year, to enable its delivery. In addition to actively lowering our own 'carbon footprint', earlier this summer we delivered our first 'green expo' to help local businesses reduce theirs and plans are in train for further work in the community to maximise our collective impact. We are also trying to set a positive example to others, evidenced by our decision last year to reduce the size of our 'Parkway' housing development to retain and improve surrounding green space and trees and equip all homes with the latest 'green' technologies at an extra cost to us of £1.7m, making them some of the most environmentally, affordable homes ever to be brought forward in the area.

It's not all about the big things - Last year we increased 'Council Tax Relief' by 9 percentage points assisting over 2,000 of the Borough's lowest income families by reducing their entire council tax bill. We also introduced a reduced fee 'summer of play' scheme to make it only £1 or 50p with a concession card for children to use the borough's leisure centre facilities throughout the summer holidays and re-introduced it this summer to reduce costs on families trying to have a day out at a difficult time financially. We also introduced a Councillor Community Grant of £1000 for our each of 55 Councillors to ensure we could reach and support 'grass roots' good causes in each and every part of the borough with many local groups benefitting and that has continued this year. Outside of this we also provided significant direct



The Commonwealth Games baton relay came to King's Lynn

funding through CIL grants to enable community infrastructure projects and supported or underwrote charities and community groups with specific grants to help enable the positive things they do to happen. More recently, we provided financial and logistical support to the many events across the Borough for Her Majesty's Platinum Jubilee celebrations in addition to our own major events, including being the only council in our region to give out a lasting 'keep sake', specially minted coin to every local infant and primary school child here. I hope you felt, like me, that West Norfolk had a great time and did Her Majesty proud. We have also upgraded or put firm plans in place to improve facilities; such as the £250k allocated to replace the roof at the Princess Theatre, the £100k renewal of the toilets at South Beach and those at Rainbow Park, Hunstanton and have set aside significant funds for this improvement programme to continue across the borough. You will have also hopefully seen that several of the parks the Borough owns have recently received prestigious awards for their high standard.

Staffing - We have also undertaken reviews and increased staffing levels to optimise performance in several key areas of our work so that we can

provide more effective and responsive delivery and this process of improvement across our structure continues.

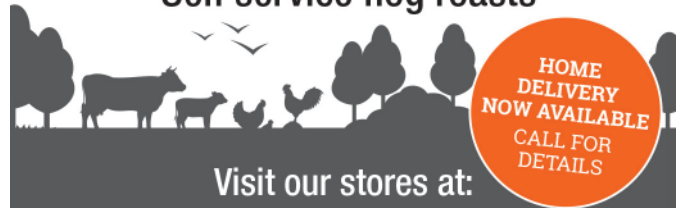
To conclude, I my cabinet colleagues and the Council's senior management are acutely aware we set the drumbeat the organisation moves to. In any large organisation there are always have been financial and operational challenges and there always will be, but the important thing is for Leaders to keep being upbeat and moving things forwards (not to be downcast, grumpy and critical or quiet when clear successes occur), keep our financial burden on taxpayers down, keep striving to make structures, focus and delivery the best they can be, apologise for, mitigate and learn when we make the mistakes that do inevitably happen in large organisations delivering a wide range of services across a vast area, work effectively with funders and partners to get them working collectively for West Norfolk and I genuinely think and hope you concur from this article that we are on the right track for you now, irrespective of what happened 3,5, 10 years ago.

Thank you for reading this and I hope you enjoy the rest of your summer
Best wishes

Stuart



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Down: 1. Glider, 2. Regnal, 3. Astrengent, 4. Enema, 5. Patterned, 6. Noah, 7. Appendix, 8. Lodgings, 13. Sidelining, 15. Reed organ, 16. Abridged, 17. Slipways, 19. Optima, 20. Prompt, 23. Sunup, 24. Coda

CROSSWORD SOLUTION

Incinerator Update

County Councillor Alexandra Kemp

Landline: 01553 630329 Mobile: 07920 286636

So West Norfolk is in the soup. MVV Energie ignored the unanimous Motion of Norfolk County Council and the Borough Council's In Principle Objection, cocked a snook at local democracy and, bold as brass, lodged its incinerator application with HM Planning Inspectorate on 7 July.

This stirred up a flurry of activity.

West Norfolk Borough Council's Planning Committee was hastily convened on 20 July. I asked Norfolk County Council to make representations to the Inspectorate.

The Planning Inspectorate had 28 days to decide whether or not to accept the application for examination. Everything hinged on whether MVV had carried out its pre-application consultation in accordance with planning law.

The stakeholder councils had 14 days to tell the Planning Inspectorate if the consultation had been "Adequate". Or not.

Cllr Stuart Dark, Cllr Michael de Whalley and I each spoke at the Borough Planning Committee. It was a sweltering hot day. The verdict was unanimous.

The Planning Committee reaffirmed its in principle objection made in Council on 25 February 2021. The Chair of the Planning Committee Cllr Vivienne Spikings said MVV should have consulted with all of West Norfolk, instead of within a 5 mile radius. The Committee raised a technical holding objection, on the grounds that not all the relevant bodies, like the Equality and Human Rights Commission had been consulted.

At my request, Norfolk County Council wrote a letter to the Planning Inspectorate. This letter said that the consultation was adequate according to the law, but that there was a County Councillor – one Cllr Alexandra Kemp – who said it wasn't, because areas of West Norfolk liable to air pollution from the facility had not been

consulted.

The trouble was that MVV had sweet talked local councils into agreeing the narrow consultation area during the time of the pandemic. So Councils were hamstrung in raising objections after the event. Remember, Planning Law does not necessarily follow common sense, democracy or protect the public. So was the case here.

On 2 August, the Planning Inspectorate accepted MVV's application for the examination process. Or, to be precise, the decision was made on behalf of the Secretary of State for Levelling Up under delegated powers. I ask myself how the Government thinks that more air pollution and plastic pollution are going to level up West Norfolk.

So the die is cast and here begins another long process, like the first incinerator crisis. MVV have 3 months to "inform people" about their application, but after this, the examination can take up to 6 months.

Call to Action

The next step is for as many residents as possible to register as Interested Parties.

The start date, and how to register as an Interested Party will appear, any day now, on the Planning Inspectorate's website. Google "Planning Inspectorate Medworth" to reach the page.

You have to register to be an Interested Party on the Relevant Representation Form. You then have the right to make representations and to speak at the Preliminary Meeting or the Hearings that take place during the application process.

You can also sign up on the page for email alerts on the Medworth page.

Thank you to everyone who has been in touch about the campaign. We defeated the Saddlebow incinerator. West Norfolk does not give up.

The Mayor of Hunstanton writes...

July was another busy month for me and my first appointment in July was to present the awards for the 3-day one act drama at the Princess Theatre, an event organised by the HDFA, and supported by the Princess Theatre. An event that gave amateur dramatic groups and individuals the opportunity to present a 40-minute play on the stage. It was a joy to see how the winners appreciated their win, which was a testament to the amount of dedication they put in to present their plays. There are always winners and non-winners and all groups have to be congratulated on their presentations.

A few days later I was asked to present the Hunstanton Town Councils cup to the winners of the mixed triples competition at the Hunstanton and District Open Bowls tournament, a sport I did not know much about, but after watching some games, I became quite caught up in it. This was followed by a delicious buffet at The Salad Bowl Cafe.

On one of the hottest days of the year, I attended the Festival Service at Kings Lynn Minster, another event that had been postponed in previous years due to Covid, and It was a relief to have a refreshing drink under the trees after the service which was well

attended, even in the exhausting heat.

July 21st saw the judges arrive in Hunstanton for the judging of Anglia in Bloom, and it was evident to see all the hard work that had gone into maintaining the gardens around the town despite the heat and lack of rain, and it would be good to see Hunstanton one of the winners again.

A few days later it was another trip to RAF Mildenhall, this time for a new Mayors BBQ, and event put on by Colonel and Mrs Gene Jacobus in honour of all the New Mayors & Chairmen of Councils. It was good to meet other local Mayors and share some informal time together, culminating in a friendly but competitive game outside under the welcome shade of the trees called Corn in the Hole.

July 24th saw the Town Walkers having a well-earned rest in the Town Hall after starting from Kings Lynn and walking around the coast to Thornham for the Samaritans.

My last attendance for this period was at the Northfield Allotments for their open day, another event in the town that was well attended and thoroughly enjoyed by everyone. I did a tour of several of the allotments, and it was obvious just how much time and effort goes into maintaining them, especially in this extended dry period, and I was pleased to



From left: John Richardson (treasurer), Mayor Maureen Howard, Angie Stray (Chair), Sandy O'Dowd (committee member). Seated: Heather Rees.

present the awards to the winners of the best kept allotment. Although I am not a gardener, I did come home with some ideas how to actually improve my garden, so it a very productive day.

One phone call is all it takes...

A couple who started their plumbing and heating business in 1999, and moved to Norfolk just four years ago, have established a reputation for quality work and aftercare that is second to none.



Having completed a traditional City & Guilds apprenticeship Adrian Taverna is a man with a professional approach. "He won't compromise or take short cuts, and he'll never promise anything he can't deliver," says Michaela.

"While we were living in St Neots and working throughout Cambridgeshire we were holidaying here on a regular basis and it was always our aim to live and work in West Norfolk."

Now based in Docking, A T Plumbing and Heating is ideally located to service west Norfolk and the north Norfolk coast and they have built up a loyal customer base gaining five-star reviews for their work.

Customers started asking Adrian to recommend a other trades and the couple realised they could create a team of trusted trades who could work together.

Michaela says: "Lockdown presented



opportunities for us to widen the scope of the business and add on our maintenance services.

"Adrian had already established a network of reliable tradespeople that he could call on to work with him on projects so we've established Norfolk Coast & Country Property Maintenance so our customers can depend on our team to complete the whole project."

For everything from a new bathroom to carpentry, electrical installation, tiling, landscaping and decorating inside and out, contact Adrian and Michaela Taverna today and be assured of a professional job.



Finally, the person to fix everything! One phone call to plumber Adrian, who came out the next day to have a look and all my problems were solved when he said he could also supply a carpenter and fence erector from his team. They are extremely efficient, professional and personable and one is kept in the loop with events throughout which is rare and I'm thrilled with the work. Look no further!" Customer A from East Rudham.



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Borough Council News for Heacham, Sedgeford and Fring

Cllr Terry Parish, Leader of the Group of Independent Councillors (15)

I had a list of local matters causing problems last month. Some are now part way through the process needed to resolve them, whether correctly or not remains to be seen. The Fring planning applications which are of note will go to planning committee. Anyone wishing to speak will need to book with planning administration. Places are limited.

Prescriptions

One problem which has not gone away is the collection of prescriptions from Boots in Heacham and in Hunstanton. I must stress that there is no fault with shop staff who continue to do probably more than is required of them.

I contacted the area manager again in July and he stated that 'a lack of pharmacists was continuing to affect Boots as it was in other chemists nationally. The holiday season also means more shop closures, part day where possible. Locum pharmacists are not readily available. Concerns have been raised with the NHS.' (Email truncated)

Members of the public have described problems with queues, waiting times, and prescriptions not being ready. I emailed James Wild MP, to share these concerns and to ask for the lack of pharmacists to receive government attention. I also asked him to investigate the rules which mean a small chemist's shop has to close completely if no pharmacist is present which causes non-prescription items to be unavailable too. At the time of writing, I await a response.

I also made enquiries at Heacham Group Practice and it was confirmed that their dispensary in Station Road, Heacham, serves only patients who live more than mile from the surgery. This is why Sedgeford

residents have not had the problems experienced in Heacham. I asked if, given the problems at Boots, whether the Heacham Practice dispensary could assist. Unfortunately, it cannot as there is not the capacity – there is a shortage of pharmacists.

Anyone experiencing difficulties with prescriptions should bring them to the attention of the media. The BBC caught up on the problem of finding a dentist and found Norfolk was a dental desert as well as the real one it is currently becoming.

Drought

Speaking of which, water, the lack of it falling from the sky. In August the ground remains very dry and poses a fire risk. In July, a fire required evacuation at Brancaster Staithe. Another at Wild Ken Hill damaged many acres of reserve. An official Borough recognition and thank you for the Fire Service's work will be made in October.

Sea water

Plenty of that but not for swimming in at Heacham. I will be in a meeting with Anglia Water and the Environment Agency in early September. This is a bit like Groundhog Day as I had a meeting with them about the same issue, sea water quality, lack of, a year ago, and before Covid.

Water companies

There has been a lot of criticism of water companies in the media due to water restrictions, water leakages, profits, CEO pay awards, and pollution. A few facts about Anglian Water follow:

2020/21 CEO pay £2,074,647; this was up 62% on the previous year. Profits for the year ending March 2020 £74million. This is about a 25% increase from the previous year. Dividends paid out in 2021, £92 million. Principal

shareholders, Abu Dhabi Investment Authority, Canada Pension Plan, IFM Global Infrastructure Fund.

In 2020, Anglian Water had 17,428 untreated sewage releases into rivers/coastal waters. These ran for a total of 170,547 hours. Anglian water does have half the average number of leaks amongst water companies in England. However, half of a big number is still big.

Local campaigners say the River Gaywood in King's Lynn has 'been sabotaged by sewage'; 'its seen as a means of moving dirty water and waste out to sea.' A Norfolk County Councillor stated that, 'Grimston sewage treatment works spilled 159 times last year for a total of 3,500 hours.'

I hope that the forthcoming meeting will be useful, action actually results from it, and possible pollution vectors are eliminated so improvements can be made.

Park Homes and Energy

Energy prices are of prime concern to many people. Most of whom will be receiving the £400 rebate on their bills paid out over the next few months. Residents of park homes, who pay their energy costs to the park owner, may not be recipients of this money, engineered by Sunak when he was chancellor. I have been chasing this up, since the 20th June, on behalf of local residents. The answer has, repeatedly, been, 'an announcement will be made'. Several have been but none have addressed this particular glitch. If anyone knows more, please let me know.

Borough Council stuff

The King's Lynn Towns Fund projects largely administered by the Towns Board (no opposition members allowed near) is passing more administrative milestones with the agreement of business



cases for the projects in hand:

Guildhall £12.2 million;
Community Hub £12.4 million;
Riverfront £5 million;
Active and clean connectivity (e.g., cycle ways) £6.3 million;
Youth Pledge £0.5 million
Consultants' fees £0.5 million

A completed submission will eventually be made to government for the £25 million Towns Fund pot available to Kings Lynn to 'enhance long term economic outlook and growth'. Your thoughts on that would be welcome.

I will be back to more, very, local matters next month, hopefully reporting at least some success.

T&A STOP PRESS!

Subject to confirmation from the Food Standards Agency, the cockle beds at Heacham will be closed from the 15th August for a minimum of 2 weeks. High levels of ecoli bacteria were found in a standard test. Two clear tests will be needed to rescind any order made. If necessary, notices will be placed to warn individual cockle pickers. This information was provided to T&A on 16.8.22 by Terry Parish.

Hunstanton Helping Hands Café to the rescue in cost of living crisis

A new initiative from Hunstanton Town Council in conjunction with James Monro, who leads the local Foodbank, will open its doors on Monday 19th September.

Open to all and based at Hunstanton Town Hall (lower floor) the café will be open between 10am and 1pm, and will be offering light healthy snacks, cookery demonstrations including 'feed a family for less', 'healthy eating on a budget' and help for residents to access various community services.

It also plans to help reduce food wastage, working with local supermarkets and food retailers.

Town Clerk Jan Roomes said: "We have the CAB and a nutritionist on board, we also have access to some funding to help retired or disabled households that are struggling with utility bills.

"Do come along and use this opportunity to meet others and make new friends, receive advice, ask questions, learn new skills, join in activities, or just sit and chat – we will be very pleased to meet you."

The café is seeking volunteers to work with the coordinators of the project which would mean working three of four hours, one day a week. Volunteer enquiries should be directed to: the Town Clerk on 01485 532402 or by email to clerk@hunstantontowncouncil.gov.uk



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Social media users beware! A defamatory post could land you in court

By Susanna Mayfield, Associate, Hayes + Storr

Sharing ideas and opinions over the internet has many benefits. It enables us to communicate quickly and to relay information easily with the simple click of a button. But what few people realise is that when you post something online which is negative or disparaging – whether via a social media platform, a news outlet, a customer review site or even a special interest forum – you could be falling foul of the rules on defamation; thereby exposing yourself to the risk of being sued for damages and legal costs.

A negative or disparaging online statement may be considered defamatory, or to be more accurate libellous, where it is viewed by a sufficient number of people and where it says something about an individual, business or organisation which is untrue and which causes (or is likely to cause) those affected serious reputational or financial harm.

Once something has been published online, it can be difficult to retract the statement and to stop it being shared and reposted multiple times. For this reason, if you have posted something online that has now come back to bite you, it is important you take legal advice as soon as possible to limit the potential fallout.

The test for defamation

Unless the post you have made can be justified on one or more of the legal defence grounds listed below, a statement may be classed as defamatory if all of the following three conditions are met:

- the statement in question is one which tends to lower the reputation or opinion of an individual, business or organisation in the estimation of the wider public;
- any accusations which tend to have a substantially adverse effect on the way an individual, business or organisation is treated by the wider public. For example, causing them to be shunned or avoided, or to be subject to hatred, ridicule or contempt; and
- your statement has caused, or is likely to cause, serious reputational and/or serious financial harm.

Legal defences

It may be possible for you to defend a claim of defamation on a number of different grounds, including where you can show that what you said in your statement:

- was substantially true; or
- was an expression of your opinion, based on facts which existed at the time, and which identified those facts and reflects the opinion that any honest person could have had; or
- was on a matter of public interest and you held a reasonable belief that it was in the public interest for your statement to be published.

How we can help

Where defamation is alleged, you need to act quickly in seeking legal advice, whether you are the victim or the alleged perpetrator. Online statements can be shared rapidly and reposted without your knowledge and consent, thereby potentially compounding the problem and increasing the nature and extent of the harm that a statement may cause. For further help and information, contact Susanna Mayfield on 01328 863231 or email susanna.mayfield@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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Cumberland Pie

A recipe from the Prudent Pensioner

As there is some good flavoured, locally grown Celery available at present I thought I would share this easy recipe. You could add some stilton before serving or small pieces of fried bacon. It is nice served with toasted cheese sandwiches.

Celery Soup

Ingredients for 2 generous servings
4 or more sticks Celery

1 medium size onion

1 medium size Potato

Chicken or vegetable stock cube dissolved in 500ml hot water

Knob of butter

Salt and pepper

Trim off, and discard, ends of celery. Clean stalks and slice thinly.

Peel potatoes and cut into small pieces.

Peel onion and slice thinly.

Put butter into a saucepan and soften over a low to medium heat, add onion, stir well. Cook for a minute stirring frequently.

Add potato pieces, celery slices and stock, stir well. Bring to boil then reduce heat, cover and leave simmering, stirring often, for 15 minutes, or until potato is soft.

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

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

Reheat if required, serve and enjoy.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham. Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire.

A copy is available to borrow from Heacham Library

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"This company is amazing" - CATHERINE

Cost of living crisis, pensions and benefits

Charles Joyce

This is not a story from the Grimm Brothers, JM Barrie or Lewis Carroll. Nor for that matter Stephen King, Bran Stoker or Edgar Allan Poe. Instead the highest rate of inflation for forty years, and a prediction from the Bank of England that the country is heading into the worst recession seen on record which goes back to 1963, is the reality of life we now live in. During the French Presidential election Marine Le Pen said: "Trying to harm Russia by committing hara-kiri is a poor method." Yet major European countries having hitched themselves to Russian energy in the form of oil and gas then decide to place sanctions on the supply of that same Russian energy. Already hot water is being stopped in municipal buildings and lighting rationed. All at a time when the nights begin to close in. We will literally be moved back to the dark ages. Inevitably this will mean anyone man or woman, old or young who feel vulnerable will stay indoors destroying a lot of local community activity. Germany were the first to move but others are to follow. To make matters worse the UK decided to blindly follow a green agenda closing down the country's capability to store gas and refine oil. None of which reduced the demand for gas and petrol or diesel. It only made the UK more dependent on others for its economic survival.

Whatever anyone thinks of Margaret Thatcher she made sure there was ample supply of coal before taking on the miners. It's not as though Governments were not warned about the crass stupidity of their actions relying on the whims of Vladimir Putin. When he was President, Donald Trump, made a lot of noise about how Europe was wrong in becoming dependent on Russian oil and gas. Now the green agenda wants to bring forward nuclear power as an alternative to fossil fuels. Notwithstanding the cost of building nuclear power plants or cost of decommissioning them when their time is up, the potential for more plutonium to be available to fall into the wrong hands and the catastrophic damage nuclear power plants can cause when things go wrong there will be a time lag in getting them built.

To make matters worse green taxes have been imposed on British consumers. Originally VAT on domestic fuel was promoted by the John Major Government as being a green tax. Removing VAT on domestic fuel was one reason given for leaving the EU. But it seems that having the highest level of taxation in seventy years is a price the Government is willing to impose on consumers in a cost-of-living crisis.

Ofgem the regulator is as much good at protecting consumers as a lion is at protecting a lamb. Money saving expert Martin Lewis pointed out in May that instead of protecting consumers Ofgem have set in train policies and procedures to protect the industry who continue to pay their executives eye watering salaries and bonuses. Why when you use no energy a standing charge will cost over two hundred and fifty pounds. And why, when companies proclaim they use renewable sources for electricity, is the cost of the same electricity increasing, are questions not answered by Ofgem.

Now the energy companies are more akin to Anglian Water which

has a privatised monopoly, something Adam Smith in Wealth of Nations warned against. The average energy bill is estimated to be three and a half thousand pounds or more a year in January compared to only a third of that just over a year ago. Some claim energy bills could reach around four and a half thousand pounds by the middle of next year. For some people on Universal Credit, it means that their payments may not meet their energy costs leaving them nothing for all other bills. What these prices will mean is that for pensioners on the new state pension more than a third will go on energy costs. For people on the old pension, it will be half of their pension.

Almost a million pensioners are entitled to Pension Credit which will lift their income to £182.60p a week. But they don't claim. Pension Credit also brings in many other potential payments such as Housing Benefit, Interest on Mortgages, Council Tax Benefit and many more. In instances where a pensioner is claiming non means tested Attendance Allowance which can add up to an extra £92.40p a week to their income. Should they be eligible for Pension Credit it will boost their income by a further £69.40p a week making a possible total of £344.60p before such as Housing Benefit and Council Tax Benefit are added. To claim Attendance, Allowance an individual must have a disability. Many disabilities are not visible to others but are no less adversely impacting on the individual's life. If you believe you may qualify you will need to put in a claim. The Borough Council and the DWP may be able to help with filling in the form. Citizens Advice Bureau or WNDIs may also be able to help. One thing to remember is always tell the truth. Never lie. Often people do because they under report their disability arguing there are people with worse disabilities than them. That is likely to be true, but it does not mean the individual themselves does not have a disability. People who receive Attendance Allowance may also be able to claim VAT exemption on items if related to their disability such as the VAT on a car, furniture or some building work.

If you decide to claim Attendance Allowance or any other disability benefit, there are a few measures to take. Always keep a copy of your application form. In many instances a decision will be positive. If your claim is initially rejected don't give up. You can request a mandatory review, but you must do it within a month of the rejection of your claim. If rejected again you can still go to a tribunal. All papers will be made available to you should you need to go to a tribunal. There's nothing to worry about a tribunal. The people present are not ogres. A doctor will ask questions about your disability, and how it affects you. The judge in consultation with the doctor will come to a decision. The tribunal will either grant or reject your claim. Around seventy percent of decisions at a tribunal go in favour of the claimant. At any time you are asked to be assessed try to have someone who knows you very well (family member or close friend) to be present as support for you.

State pensions are taxable. All rates are weekly.

The new state pension is £185.15 per week for 35+ years contributions and pro rata for those who do not have a full complement of NICs. The old state pension is £141.85 for 30+ years NICs and pro rata for those who do not have a full complement of NICs.

Pension Credit is means tested and will raise income to £182.50 per week. This covers people both on the old basic state pension and anyone on the new state pension who does not have sufficient National Insurance Contributions.

Attendance Allowance is not means tested. Nor is it taxable. Millionaires can and do receive AA. It is for people with a disability who are above pensionable age. There are two rates. Higher and lower. The Higher rate is £92.40p Lower is £61.85

It does not cover mobility disability, that's separate scheme. Nor if someone was injured while on active military service. There is also Constant Attendance Allowance which has higher payments.

If someone receives Attendance Allowance it can boost their pension credit by a further £69.40.

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WORKING FROM HOME -WHAT IS THE TAX ANGLE?

By Kathryn Gigg Chartered Accountants, Hunstanton

The idea of working from home has been around for some time as part of the “work life balance” concept, but, of course, it became infinitely more widespread during the pandemic. Along with Zoom and Teams conferencing, it seems likely to stay with us for the foreseeable future, with many businesses looking at “hybrid and distance working” long-term. The Office of Tax Simplification (OTS) has recently published a scoping document raising some important issues regarding the potential tax and social security issues for both employers and employees..

From a tax perspective, employees can claim relief where expenses are incurred “wholly, exclusively and necessarily” in the course of carrying out their duties as an employee. Each leg of that clause has been examined in the courts, so, for example, a barrister’s black dress which she wore to court was not eligible because, whilst necessary within the court, it also performed the personal function of keeping her clothed. In contrast, her wig and court robes performed no function whatsoever beyond compliance with court rules and were therefore a deductible expense.

HMRC deal with the issue of home working within their internal manuals. Where an employer “makes a payment to an employee in respect of reasonable additional household expenses (incurred) in carrying out the duties of the employment at home under home working arrangements”, no tax will arise on that payment.

“Homeworking arrangements” is further defined to mean a formal and regular pattern of working from home as specifically required by the employer (WFH) (rather than an occasional afternoon when the plumber is calling!). Household expenses will include heat, light, metered water, business telephone costs and increased broadband. Rent and mortgage payments or existing broadband contracts are not eligible for reimbursement, since there is no additionality as a result of the home working. Payments of up to £6 pw can be made without evidence – beyond this they need to be supported by calculations and bills.

Equipment provided by the employer will not give rise to a taxable benefit providing that there is no private usage – so an employee who already had a desktop pc and was then required to do office work only on an office laptop (which should not be used for private purposes) would not be treated as having a benefit in kind. On the other hand, if the office made a contribution to upgrade the personal desktop, there could well be a tax consequence. It is probably for this reason, as much as security and data protection issues, that employers are restrictive in their conditions on private use of company IT equipment.

Where the additional costs of homeworking are NOT reimbursed by the employer, the employee may be able to make a claim for tax relief but only where they are “obliged” to work from home under the terms of their employment. This would also apply if they were required to stay home because of, for example, Covid self-isolation rules or perhaps where the normal work premises could not be occupied. Those who “choose” to work from home will not be able to claim.

When an employee logs onto a Zoom/Teams meeting nobody really knows whether they are at home or at some exotic location on the other side of the world. Organisations are having to review their policies to cater for the likelihood that staff may well want to work overseas.

We have all been brought up on the rules for home-to-work travel and the restrictive regime for working-at-home expenses as above. How will the future look in a world where for many people, there will clearly be no hard and fast division between their home and their workplace?

The OTS review therefore provides an opportunity to assess whether developments in remote working are likely to make complying with the tax system more complicated and hence aims to identify opportunities to simplify existing features of our current tax system. Please contact either myself or my assistant Nicola Tarry FCA 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 August 2022



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Round the bend with Dean Baker

All change Hunstanton or It's not Goodbye ...

It's September – the 'not so littles' are going back to school, we've already had a discussion on Halloween costumes, perhaps this is the real New Year? And as with New Year – it's time for a change. So Hunstanton – I'm officially retiring. At least, from working on boilers. I've de-registered myself from 'Gas Safe'.

If you have a problem with your boiler and you're stuck you can still call, I will have to pass you onto another plumber. But I can certainly point you in the right direction.

I'm not stopping though. I'm going to continue with good old fashioned 'wet plumbing'. I'll be working in Hunstanton on Tuesdays and Wednesdays. Again, I'll take phone calls



throughout the week and if it's an urgent call I will refer you to another plumber.

Whenever I've installed a boiler I got loyalty points from the company. In the past I've used these to buy exciting plumbing products, like branded fleeces and work trousers. I've just checked the website for the last time and I

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had enough points for a pack of cards. The cards will arrive in a couple of days and I suppose I'll sit down and look out of the window at the garden and think this is the first day of the rest of

my life ...

PS. I'm going to keep on writing this article – see you in October!

plombierdean@yahoo.com
m 07973 131 906.

Letters to the Editor

Thank you

I would like you to publish my grateful thanks to my kind rescuers on Sunday July 10th on Hunstanton promenade when a heavy step down from a small wall caused me to collapse with a broken hip onto the promenade. So many amazing people rushed up to help among them were two ambulance men on a break who were alerted by another kind passer-by and an ex-matron called Pamela. They were on the spot immediately and scooped me up very professionally into the ambulance. Their quick decisive actions saved me having hours of pain and I will be forever grateful to them all.

I am now home after an operation and excellent care at the Queen Elizabeth hospital in Kings Lynn.

I do hope those involved get to see or hear about this article and I only wish I could have been able to thank them personally. Best wishes to you all.

Pat Kelly

Co-op Snettisham 'Tricky Period' donation point

We now have a feminine products donation station in the Snettisham Co-op as part of the tricky period project which operates rather like a food bank 'bin' where customers can purchase sanitary products if they wish and add to the donation point.

When we feel we have enough I will take to Hunstanton library where they bag up various items and anyone who needs a bag can collect from there. I think it's so important in the cost of living crisis that we can continue to help each other.

Charlotte Hopkinson

Permissions and licences

Terry Parish's article in the August edition of Town & Around claims that "businesses need permission, sometimes licences, to operate from domestic premises. There are several in Heacham with no such permissions. These include at least one car sales business and probably two dog breeding establishments."

There are many businesses that operate from domestic premises and, it being a free country, you don't need permission from anybody to do that. Who would Mr Parish seek permission from to operate from his

home as a painter and decorator, a plumber or an electrician? Of course, it's a different matter if you change the use of a property from domestic to business and Mr Parish will know that the Borough Council's Planning Department can take action if it's told about a change of use.

He refers to two probable dog breeding establishments needing both permission and licences. Most dog breeders do need licences (but not all). The Borough Council's website shows no licences issued for Heacham but anyone who thinks they know of an unlicensed dog breeder can tell the Council which will follow it up.

Richard Coates

August Issue - A Page from the Sage

Each month I look forward to Dick Melton's 'Page' and always interested in the varied information about the history of various aspects of our resort that he informs us of.

However, in the August issue of Town and Around, near the end of his article on Page 13, he states that the Buck Inn at Sedgeford was just on the right going out of Sedgeford. Just for the record, the Public House on the right going out of Sedgeford was 'The Plough'. The 'Old Buck' is at the bottom of Buck Hill, the first road off to the right as you are coming into Sedgeford from Heacham.

John Davis (resident of Sedgeford)

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Piles and Tribulations

Notes from a rural GP, Dr David Ince

Whilst eating my morning porridge bar the other day (Quaker to Go Cinnamon flavour), I was distracted by the television which was broadcasting some excellent breakfast program where a couple of perma-tanned, wrinkle free (think heavy botox use) presenters had persuaded a young GP (I remember when I was the future) on to talk about the crisis within the NHS and, notably, primary care.

The piece was segmented between a report from Cornwall where a man had broken the world record for the number of Maltesers he could have in his mouth at one time and a piece where you rang a number, were charged £5, and were entered into a draw to win a year's supply of WD40. Terms and conditions were available on the website but there was no indication to how many units constitutes a year's supply of WD40 – I suspect its usage varies considerably from household to household – as an aside it is very good at getting chewing gum out of hair or a tight ring off a finger. These may have not been the exact reports but you get a flavour of the level of journalistic quality we were being exposed to.

So the male presenter, suspiciously jet black hair (Just for Men or Lady Grecian 2000 I suspect) which he had chosen to accompany with a cheap, tight, light grey suit, kicked off with 'Why are you not seeing more patients face to face then?'. It was only 6.13am but he was very pleased with that one – a glint in the eye just visible underneath his thickened, hooded eyelids; it may have been my imagination but I think he also, just visibly, protruded his tongue a little between his lips in delight.

Fortunately, the GP – an articulate, competent professional – used to dealing with complex issues and aggressive openers was more than able to defend against his googly. You may have noticed I had taken a side in this battle and I declare my report is one from the 'Team GP' slant.

To allow the presenter to understand the answer, she described an analogy that I would like to expand on. She told the hooded-eyed one to imagine a supermarket that has 20 loaves of bread to give away each day. Unfortunately, every day 100 people turn up at the supermarket. There were always going to be 80 people left disappointed.

General Practice is a little more complicated but I am not sure the presenter would have understood or had the time to squeeze in any more than a quick soundbite as he had to move on to more important WD40 opportunities. In General Practice you can try and allocate the 20 loaves to those most in need – you can reserve some to be ordered in advance or, on the day, you can triage the remaining 10 to go to those who need it most – a triage system. You may say – why not make more bread? Very reasonable but, unlike a supermarket, firstly you cannot charge per loaf – we get a set amount from NHS England to provide this free bread. This amount only covers the ability to make 20 loaves a day. And secondly even if you chose to make more bread and make less money (because the supermarket would have to pay itself to make the

bread and employ more bakers – oh, and good luck finding more bakers) – there is no more bread available because there is no more money to employ the bakers and, as mentioned, there is a severe shortage of bakers. You have to remember that the customers are also being told that they can have as much bread as they want, whenever they want – in fact the supermarket is going to stay open longer – and the government and the press believe when there is not enough available, it is the supermarket's fault as the bakers are all sat round the back only working 3 days a week, moaning, drinking coffee and polishing their Ferraris. The reality is the bakers and their teams are working harder than they ever have for less money with more expectation for bread than there ever has been. We cannot physically make more bread than we are. The problem is the raw ingredients for the bread and the money paid centrally for this free bread is inadequate – the government and NHS England are responsible for this not the supermarket (I know I am mixing my analogies here but well done if you are keeping up). The department of health has failed to plan for this need for bread and has not adequately trained enough bakers – they are in charge of the numbers of Bakers graduating from Baker School each year. A baker (in this analogy) takes at least 10 years to rise (I was quite pleased with this one). Even if there were enough Bakers, there is not enough money given by NHS England to employ more. The remaining Bakers are just expected to work themselves ragged – I make no excuses for the fact that Bakers are not cheap as they are highly trained professionals who reasonably expect to be looked after and paid fairly. Many other countries look after their bakers better, not just in terms of pay, but also conditions and respect. This is why many Bakers are now choosing to work overseas. We need to be careful. Bakers are not the enemy – they are the solution. We may be soon left with no Bakers at all and no bakers means no bread. The government and NHS England must look after the bakers, invest in the bakers, respect the bakers, trust the bakers to do the baking without constant targets or checks, close the BQC (Bakers Quality Commission – a vicious, moral-sapping, unpleasant organisation) – do this and we shall eat bread to the point of nausea and abdominal bloating. Do nothing and we will all go hungry and we will sorely miss the bread we once had.

I'll try not to be sour, dough and will be less kneady. Sorry. And, yes readers, the entire article was just a set up for that lame joke.

I wish you good health.



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Hunstanton EyeCare blog

Check the children's eyesight before going "Back to School"

Parents do such an important job bringing up their youngsters and looking after their health is one of the prime concerns. Eyesight is often taken for granted, and if there is a defect it can easily be overlooked. Your child may have poor vision but not mention it, as they would assume that their view of the world is the same for everyone. It is not until the error is corrected that they realise things are not always in soft focus, and they may have struggled at school quite unnecessarily. The visual system takes time to develop, and at birth a baby has quite poor vision. At around four months of age the vision has improved to the point that they are aware of colour and can fixate on objects. At approximately nine months the vision is sufficiently developed that they are eager to explore the world around them. However, things can go wrong and I will just mention a few you should be aware of.



"Squints". A child may look cross-eyed or one eye wanders off and gazes in a different direction to the other. This is often related to eye muscle weakness or uncorrected long sight. Whatever the cause it can be corrected and should be done promptly, to ensure that both eyes develop to their full potential and one doesn't become **"Amblyopic"** or blind through disuse. **"Long-sighted"**, or **"Hypermetropia"** means that a child has to make extra effort to see things at close range. If there is a large error, your child may complain of headaches and abnormal tiredness and a squint may be induced. **"Short-sight"**, or **"Myopia"**, means your child will have poor distance vision and will therefore struggle to see classroom displays. **"Astigmatism"** is a physical eye condition where the eye is not spherical like a tennis ball, but rugby ball shaped with two different curves. The spectacles prescribed can easily correct this.

The buzz words in the optical industry at the moment is **"Myopia Management"**. This is an issue for children, especially prevalent post the Covid Pandemic when we were all shut indoors. In a nutshell, children are doing more close work, using phones, ipads, computers etc, and this means that the lens in the eye has to flex to enable clear close vision. This bulging of the lens puts pressure on the globe of the eye and causes the eye to physically lengthen, thus increasing the degree of short-sightedness. If parents are myopic, there is a greater risk of the child developing myopia. There are spectacle lenses and contact lenses which have been developed to slow the rate of increase of myopia and so prevent future visual problems. As it is a fairly new topic I will go into more detail in a future blog, but if you have any short-sighted children you may have different decisions to make the next time we examine their eyes.

All children under the age of 16 and those under 19 who are in full-time education are entitled to FREE Eye Examinations under the NHS. They are also issued with an NHS voucher which is used towards the cost of spectacles. Here at **Hunstanton Eyecare** we have a great range of modern trendy frames that the youngsters will love, many are FREE of charge with the NHS voucher or a small contribution will give a greater choice. Children's spectacles must be dispensed by fully qualified Dispensing Opticians or Optometrists, this is UK law, Opticians Act 1989. Look out for the qualification FBDO (Fellow of the association of British Dispensing Opticians).

But what you really want to know is have my energy meters been fixed? Short answer NO !! But I did get a £30 payment as the they insisted the engineers didn't come, although I'm sure they were not a figment of my imagination, so thanks very much EDF!

Annette

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Seldom without incident

Another story from Ted Cox about his time as an apprentice in the RAF 1951/2

Our ration books were handed in as we joined on the promise of three square meals a day. Dick Casey had the bed next to mine and was one of those guys who courted trouble and so he was often on Jankers. We were growing youngsters, food was scarce and we never got enough to eat.

Part of Dick Casey's Jankers was Cookhouse Fatigues and Casey would smuggle back the odd bit of bread and marge in the pockets of his denim trousers.

Anyway, one sultry summer evening, we implored Casey to bring us back something more substantial. He eventually arrived back in his denims, top section undone and sweating from his exertions. "Well," we all said in eager anticipation, not being able to see anything and thus marginally disappointed, "what have you got?" Casey, with a flourish peeled off the top of his denims to reveal a large string of sausages wrapped around his sweaty torso.

"What good are those," we said "uncooked sausages!" "It was the best I could do," said a now disenchanted Dick, his broad grin having been wiped off his face. "Anything else?" piped up another voice and the broad grin returned to Casey's face as he reached down, undid the fasteners on his leg pockets and produced half a pound of Marge from one pocket and about half a sliced loaf from the other pocket. "So we eat raw sweaty sausage sandwiches do we?" says I to the tune of much groaning all round.

"Hang on lads," says Ray Frampton, "I have an idea." All eyes were now on Ray. "If we upturn an iron and put a mess tin on top of it, add some marge then we can cook the sausages." What a good idea but it is nearly lights out and we would never get it done in time. Not to be outdone, Ray organises three of our big metal lockers and the outside wall of the hut into a defensive square and the other lads removed all the light bulbs except one, inside the square and above the upturned

iron. The iron was switched on, mess tin stood on top, marge and sweaty sausages added. Lights out was sounded and one lad stood on guard in the corridor to watch for the Orderly Officer.

Now none of us knew anything about cooking, so pricking sausages to stop them from popping was not something we were aware of. All was going to well the sausages were starting to sizzle and the smell was delicious.

Then disaster, the lad outside in the corridor on watch, bust in yelling "Orderly Officer coming", snapped off the one light and dived into his bed. The rest of us dived into our beds just before the door opened and a torch light beamed in. All was quiet then BANG! the first sausage exploded, splitting its skin. There we were about to be taken to task in a big way, all of us facing serious charges, and what did we do? Fell about with laughter, that's what we did. We could not stop laughing, serious trouble loomed and we were in hysterics.

The one light came on as the Orderly Officer flicked the light switch. He then walked slowly down the billet of hysterical lads, looked at the now illuminated crime scene, just as the next sausage went BANG!. This made us even more hysterical with laughter, we could not do a thing for laughing.

Eventually he said, "Come on lads get them eaten as quickly as possible then get back to bed." We needed no second invitation, with sausages popping like mad, and what a supper that was for us, sweaty sausage sandwiches.

Of course the story would not be complete without telling you that the officer in question was Pilot Officer Pete Pulzer a National Service short term (educator) commission, an Officer and a Gentleman. I did meet him on a train journey years later and was able to remind and thank him.



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Barking Bugle news

THE OLD HUNSTANTON FLOWER FESTIVAL DOG SHOW Sunday, 31st July

I wasn't sure if many of our four legged friends would be taking part in the show this year as the weather was looking pretty horrible on the day. However, fortunately the rain disappeared and I was delighted to see lots of doggies participate in the six classes with so much enthusiasm. For the record the results are as follows:-

Prettiest girl - Brodie and Kathy

Most Handsome Boy - Alfie and Pat

Most Appealing Eyes - Blossom and Lorna

Waggiest Tail - Arthur and Florence

Best Rescue - Winston and Rachel

Dog The Judge Would Like To Take Home - Betsy with Alice and Amber

All the humans watching the show were very friendly and I would like to bark huge woofs of appreciation. Thank you to everyone who took part but as we always say here at the Barking Bugle, you always go home with the best doggy whatever the result of the classes.

Woofs, Miss Zsa Zsa



What a success!

Old Hunstanton village celebrated 2022 with "Let's Celebrate" themed flowers at St Mary's Church. Refreshments and lunches were served at the Village Hall where many stalls were also set up. Villagers and businesses got involved with the fun and over 35 Scarecrows popped up around the village throughout the weekend. 14 green fingered villagers worked hard in preparation for Open Gardens with over 600 visitors enjoying the variety of gardens throughout the village. The working allotment was full and plentiful and was included in the Open Gardens route.



On Saturday evening in true festival style, there was lots of toe tapping with 2nd Sunset playing live and a feast was had with the Hog Roast. This event was a sell-out and greatly enjoyed by villagers and friends.

The committee want to say a huge thank you to everyone who helped and participated in this year's event. In true community spirit, everyone got involved and the success was down to everyone's hard work.

Villagers who would like to participate or help in the 2023 Open



Gardens, please contact Nell Bailey nellbailey4@hotmail.com. The Village Hall and the Flower Festival are also looking for volunteers to get involved with organising/helping with events – if you have some free time, please contact:

Flower Festival: Chris Guest chris@guestco.net

Village Hall enquiries: www.oldhunstantonvillagehall.co.uk

P.S. Has anyone seen the giraffe he's gone AWOL from the triangle as you enter Old Hunstanton village.



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Online boutique with a passion for everyday fashion

Established in 2021 Lola Grace is an online fashion boutique run by Hunstanton business people Paul and Maxine and their unique business model offers a 'try before you buy', by appointment.

Their summer collection was launched in May and in August locals and visitors had the opportunity to see their range that was showcased at the Hunstanton Tennis Tournament.



Director Maxine Jose was persuaded to pose with one of the outfits

Their own label, Lola Grace, includes dresses, skirts, trousers, coats, jackets, tops, jumpers, scarves, shoes, boots, bags and jewellery. They are also current suppliers of AX Paris, Jayley Collection.



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  [lolagracefashion](https://www.instagram.com/lolagracefashion)



This coral top can also be worn as a dress and it has a tie-up at the front which you can adjust to suit whatever look you fancy.



The ruffle skirt and top has adjustable straps, and can be worn in or out. It has an elasticated waistband on the skirt which can double up as strapless dress. What more could you ask for?

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Friday 2nd

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Saturday 3rd

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Saturday 3rd - Sunday 4th

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www.DersinghamOpenGardens.co.uk

North Norfolk food and Drink Festival at Holkham Hall's Walled garden. Free entry to the festival. A £5 car parking charge applies for those coming by car.

Sunday 4th

Antique & Collectors Fair at Old Hunstanton Village Hall 9am-3pm Free entry & parking

Friday 9th

Classical Music Rocks in association with Heacham Parish Church presents A Duo Recital by CMR Creative Director, Klio Blonz – flute, & Gabriella Dall'Olio – Free to under 21s £10.00 at the door & in advance: sue.strickland31@hotmail.co.uk T: 01485-572343 & heacham.church@gmail.com.

Music in the Burnhams presents the Maggini String Quartet at Sutton Church, Burnham Market at 7.30pm Tickets £20

United Services Club: Jammin Joe all eras 8pm

Friday 9th - Friday 16th

Heritage Open Days For info visit
www.heritageopendays.org.uk

Saturday 10th

Buskers Corner, The Green Hunstanton.
12noon-4pm

Rock n Roll night with the Honkabilles at Heacham Village Hall 7pm-11.45 £7.50 on the door. All proceeds to Nelson's Journey – local child bereavement charity.

United Services Club: Shane Gould Rock & Roll onwards 8.30pm

Saturday 10th-Sunday 11th

Sandringham Game & Country Fair
A weekend of country sports and pursuits, displays and workshops, the very best in countryside activities and entertainment.

Sunday 11th

RAF Bircham Newton Heritage Centre Open Day 10am-4pm Car parking & entrance free. PE31 6RH

Late Summer ride – Mods and Rockers
Hunstanton Green

Classic Car Day. As part of Heritage Open Day, vintage vehicles will be displayed in the Tuesday Market Place King's Lynn

Music in the Burnhams presents Aeolus Wind Quartet at Burnham Market Village Hall at 3.00pm Pimms will be served from 2pm and tickets are £10 each

Friday 16th

United Services Club: Quiz Night 1st Prize £50 £4 pp With Supper 8pm

Saturday 17th

North Wootton Village Market 9am-2pm
North Wootton Village Hall

United Services Club: Carolann all eras 8.30pm

Sunday 18th

Hunstanton Green – West Norfolk Morris Minors

North Wootton Flea Market 9am-1pm at North Wootton Village Hall
Hunstanton Emergency Services Day 10am-3pm Free day of displays and demonstrations from the local emergency services.

Monday 19th

Hunstanton's new Helping Hands Café opens today. 10am-1pm at the Lower Floor Community Hub at the Town Hall. The café will be offering light healthy snacks, cookery demonstrations including 'feed a family for less', 'healthy eating on a budget' and help for residents to access various community services.

Community Day at Hunstanton Town Hall 11am-3pm. Providing opportunities for key organisations, groups, individuals, and charities in Hunstanton and surrounding areas to offer their assistance, advice, and support to residents, and to showcase what is available in the Hunstanton community.

U3a Hunstanton will be meeting at 2pm in the Community Centre when Georgette Vale will be telling us all about Edith Cavell. You will be most welcome to join us. Please go to the u3a Hunstanton site at u3asites.org.uk/hunstanton for further information.

Wednesday 21st

Hosted by King's Lynn Music Society: Ralph Vaughan Williams A Life Through Music - Illustrated Talk by John Treadway Trustee of the Ralph Vaughan Williams Society at King's Lynn town Hall 7-9pm Visitors welcome - £10 donation suggested. Free to under 18s students and FRMS affiliates. Coffee from 7pm.

Thursday 22nd-Sunday 25th

Deepdale Festival - Deepdale Camping & Rooms hosts a small but perfectly formed music festival across 5 stages starting at 7pm on Thursday

Friday 23rd

Dersingham Tennis Club Quiz Night with food. Doors 6.15, Quiz 7pm. Bar. Teams max of 4. Wolferton Social Club. £8pp 07791 650602

Friday 23rd

United Services Club: Andy Laine Comedy Vocalist 8pm

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Directory of events

Saturday 24th

Snettisham Flea Market 9am-3pm at the Memorial Hall. Admission 50p

Hunstanton Craft Fair at the Town Hall 10am-4pm

Garden at Outdoor Living Fair At Holkham Hall's Walled Garden Tickets: Adult £5.50, Child £2.50, Family £15

Chosen with love recital with The Eden Consort and guests 4pm St Andrew's Church, Ringstead Tickets £5, students free. Recital will be followed by tea and cake. Email johnpcrofts@gmail.com T: 01485 525142 or pay on the door. All proceeds to charity.

Music in the Burnhams presents The Wandering Minstrels sing Gilbert and Sullivan in costume, at Burnham Market Village Hall at 7.30pm Tickets £18

United Services Club: KCR. All eras 8.30pm

Saturday 24th- Oct 2nd
Ringstead Open Studios

Saturday 24th – Oct 9th

Norfolk Open Studios norfolkstudios.org.uk

Sunday 25th

Astro Brain Tumour Fund 16th Annual Norfolk Family Walk 10am-4pm. Holkham

Hall NR23 1RH. Go to astrofund.org.uk for a sponsorship form.

Music in the Burnhams presents an afternoon with Vivaldi including Vivaldi Guitar Concerto at Burnham Thorpe Church at 3.00pm Benedict Holland will lead a Baroque chamber orchestra. Tickets £18

Monday 26th

Hunstanton & District Community Voices hosts a 'Singalong with us' evening. 7pm Christian Way Fellowship Hall, Downs Close, Hunstanton PE36 5HU Parking is available.

Further information – please contact lesley.trebbick@btinternet.com or ring on 07802 879976

Tuesday 27th

Dersingham Village Centre – Village Cinema presents The Phantom of the Open. Doors 7pm, film 7.30pm £6, under 16s £3. Bar

Friday 30th

Brancaster Village Hall presents a Lecture by Emma, Duchess of Rutland on Capability Brown's last known landscape and her own landscaping activities

United Services Club: Country Night with Black Steel 8pm

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More events

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Norfolk Open Studios 2022

Esther Boehm, Studio @ 55

The Norfolk Open Studios will be returning Saturday 24 September to Sunday 9 October 2022!

Since 2021 the scheme has been held in the autumn in September/October, allowing people to explore the county to discover and meet artists during this often magical time of year. The Norfolk Open Studios website and brochure publishes details of all artists and schools taking part.

From 9-19 September I will be at an Art Symposium in Germany. The theme 'Cosmos' is as diverse as the artists who have been invited to take part. It is such a privilege to be among them. With Open Studios starting a few days after my return, I'll be able to share a photo documentation of everything that went on. Please do come for a cup of tea and visit to see this. Other new work will also be on display. I will be open on the weekends of 24/25 September, 1/2 October and 8/9 October from 10 am - 5 pm.

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At norfolkstudios.org.uk you can find a full list of artists exhibiting throughout Norfolk. The free brochure will be available at my studio during open times and in many venues across Norfolk in advance of the scheme. Each artist and school is listed within a geographical district of the county.

Find out more about my studio at estherboehm.com, eb@estherboehm.com, 07538 986235, 01485 570506 or visit me in my studios during open times.



Pictured above right: Wondering by Esther Boehm

Hunstanton's new bookshop - 'by the book'

Have you seen the new shop on the High Street in Hunstanton? Adrian Eden and Anna Pugh are the co-founders of this new project – a bookshop called 'by the book' which opened its doors for the first time in mid- August.

Both Adrian and Anna have long dreamed of a bookshop of their own, and when the opportunity arose to take over the shop in the High Street, they jumped at the chance to bring their passion and knowledge of books to Hunstanton.

The shop is filled with a carefully selected collection of quality preloved and new books, highlighting local authors and publishing houses.

The bookshelves are stocked with modern classics to vintage fiction, transport and travel to gardening, nature and birdwatching, and includes local walking maps and cycling guides.

The Booktent is an ideal place for younger children to discover books and can help parents with learning ideas, and there is a wide selection of titles for older children and younger adults to encourage and inspire a love of reading and imagination

The shop has a bookfinding service, so if there's a book you've been looking for, or always wanted to read, or if you have volume 3 and 4 of your favourite series, but are missing volume 1, it's worth asking them to search it out for you.

As well as books, the shop offers a range of beautiful cards from the Natural History Museum and National Gallery, papercraft gifts and bookmarks, and will feature cards produced by local nature photographers.



So, what will the future hold? The Bookshop are planning to run a series of book readings later in the year, and are developing a focus on books about the local history of Hunstanton and West Norfolk

by the book is open Wednesday to Saturday 9.30am – 5.00pm, and on Sundays from 10am – 4.00pm.

Moving into autumn

When it comes to autumn fashion, our thoughts turn to cosy knits, padded jackets and layers. September can be an extension of summer or a chilly prelude to winter. At the time of writing we have soaring temperatures that could well last for several more weeks, but when the temperature does drop we will certainly notice it, so let's be prepared!

Harvest colours and animal prints feature highly in the new season's ranges and we've already picked out some super examples from the Autumn collection from Pomodoro including a lovely snakeskin print blouse in magenta.



Also featuring highly are knits from Marble that team perfectly with boots or heels.

You can be sure of a warm welcome at Allez Chic; we have free parking and customer service that is second to none. If you haven't already signed up to our Smart Buyers' Facebook group now is the time - you'll be the first to hear about new arrivals and special events.

Lastly, don't forget to call in and browse our end of sale-last minute mega bargains!



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News from The Woottons

Richard Coates

I don't just spout words in this column, I take action too! After I wrote about all the houses that the government required the Borough Council to give planning permission for at The Woottons, I took a recent opportunity to discuss the matter with Liz Truss, a contender for Leader of the Conservative Party and so the next Prime Minister. She said that she promised to scrap the government's target of building 300,000 homes by the mid 2020s. Plans to hit that figure by forcing councils to accept new housing developments have already been ditched but too late to affect the developments already approved for The Woottons. Liz Truss said that she wanted to "put power back into local councillors' hands who know far better than Whitehall what communities want". I think that thought can be extended to lots of other local matters and I'll remind her of that if she should become Prime Minister.

Whilst she talked mainly of national matters, I asked her for a commitment for a replacement for King's Lynn's Queen Elizabeth Hospital. After all, she represents south west Norfolk so many of her constituents are directly affected by our local hospital. She said all the right words but they didn't quite amount to a 100% commitment to building a new hospital. Well, I didn't really expect that I would get that commitment, did I? I also asked how increased funding for the NHS would work with immediate cutting of taxes. Again, I got a politician's answer and she's well experienced at that. Shortly after this article is



published, we should have the results of the poll of Conservative party members and know who is to be their new leader; more importantly who is to be the new Prime Minister. Whoever it is, I'm not holding my breath that my words will be remembered!

The words of Anglian Water's Director of Water Services will be remembered, though, because he put them in writing after thousands of Wootton residents were left without water following a burst water main. In one of July's heatwaves we were left with no water at all from shortly before lunch one Saturday. Anglian Water kept giving estimates on its website of when the water would be back on but we quickly learnt that these weren't based on any sort of facts

but were a standard four hour estimate that, half an hour before that expired, was updated with another four hour estimate. This went on day and night throughout the weekend and it was Monday afternoon before we had water flowing again. So around 50 hours without water in a heatwave; no water in the taps, no toilets being flushed! The Anglian Water letter (yes, we loved every drop we didn't get!) "sincerely apologized for the water problems" and assured us that "we'll be crediting your account with £30 for every 12 hours that your supply was interrupted. For those who were off for more than 24 hours we'll be crediting your account with compensation of £150". But since then - nothing. Reports on social media suggests that, whilst

some people have received £30, Anglian Water now seem to be trying to rely on less favourable statutory compensation. Perhaps I'll ask Liz Truss to intervene!

Meanwhile Allison Homes are dealing with the detailed planning for the 450 houses to be built at South Wootton on land north west of South Wootton school and, crucially, with a main access from a new roundabout to be built on Edward Benefer Way - the busy main road into King's Lynn. To get all the construction materials and equipment on to the site, they've decided they will have to build a temporary access off that road and that requires quite a lot of planning in itself. They can't have construction lorries queuing up to turn right, waiting for a break in the traffic so they've devised a cunning plan. They'll drive straight past the construction site but then turn back into the adjoining industrial estate, working their way through it to come out at some traffic lights and cross that busy road that way. When I spoke with Allison Homes' Planning Manager, he admitted he hadn't actually driven the route which is often somewhat congested and I find can sometimes be difficult to drive by car, never mind in a HGV. Yet he's happy for his construction traffic to use that route and then mingle with traffic coming from Lynnsport! With my tongue firmly in my cheek, I suggested he helicopter his construction materials into the site as he'd plenty of been space for landing grounds on the green fields or limit deliveries to out of normal business hours. I'll suggest that to the planners.

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New advisory group to harness ideas to enhance Hunstanton

A new group has been established in Hunstanton, to come up with ideas for projects that will enhance and broaden the attraction of Hunstanton as a year-round destination, mirroring the role of the King's Lynn Town Deal Board.

The Hunstanton Advisory Group is made up of representatives from key sectors within the town and is chaired by Charles Le Strange Meakin of Le Strange Estate, with Joel Large, of East Coast Gelato, as Vice Chair.

Charles Le Strange Meakin explained: "Over the years several ambitious plans have been developed for the area, which have never really come to fruition, which is a real shame. The way that funding and investment is secured for projects has changed. When funding is announced, we need to have in place what are referred to as 'shovel-ready' projects that we can put forward to secure the investment. King's Lynn has a Town Investment Plan which sets out all their aims and ambitions for the town. We need to develop a cohesive, strategic plan that sets out what is needed and wanted in Hunstanton."

"Our thinking is that we need to work collaboratively across all commercial and semi-commercial interests within the town, to come up with project ideas that are practical and deliverable, have the support of all sectors represented and will bring a real benefit to the town. Our approach would be to foster an inclusive, friendly, and supportive community, extend the season, generate jobs and opportunities for all ages, respect the town's heritage and green spaces and future proof the town's infrastructure such as transport, sea defences and green energy."

The Hunstanton Advisory Group has no political power and no decision-making abilities. It would be a space for ideas to be explored and developed ready for presentation to the authorities, who would then determine whether any of the ideas could be supported.

The Group has only met a couple of times and is establishing its terms of reference and membership. The initial idea for the advisory group came from discussions with Leader of the Borough Council of King's Lynn & West



Photograph shows, left to right:

Back row: Joe Bates, Derrick Lloyd, Joel Large, Mark Kacary, Paul Searle

Middle row: Cllr Paul Beal, Cllr Graham Middleton, Cllr Howard Johnston

Front row: Amanda Bosworth, Charles Le Strange Meakin, Colleen Roper

Norfolk Cllr Stuart Dark, MBE, Deputy Leader of the Borough Council of King's Lynn & West Norfolk Cllr Graham Middleton, Norfolk County Councillor Andrew Jamieson, and several businesspeople within the town, all seeking to create something similar to the Town Deal Board in King's Lynn.

Initial ideas have already been discussed about potential improvements to the seafront area, and thoughts about how the replacement Oasis project could be developed if the funding is secured.

Anyone wishing to make suggestions to the Hunstanton Advisory Group for consideration should email
Hello@hunstantonadvisorygroup.co.uk

Members of the Hunstanton Advisory Group are:

- Charles Le Strange Meakin, representing the landowners sector
- Derrick Lloyd, representing hospitality
- Paul Searle, representing accommodation
- Colleen Roper, representing tourist attractions
- Joel Large, representing seafront traders
- Mark Kacary, representing retail businesses
- Amanda Bosworth, representing Hunstanton Civic Society
- Joe Bates, representing the charity sector
- Ward Councillors Carol Bower and Paul Beal

Representatives for the education and care sectors are still being identified.

In addition, there are town, borough and county council representatives and an open invite for the local MP to attend:

Hunstanton Town Council – Cllr Howard Johnston

Borough Council of King's Lynn & West Norfolk – Cllr Graham Middleton

Norfolk County Council – Cllr Andrew Jamieson

MP – James Wild

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Artworks @The Town Hall news

Artworks @The Town Hall in Hunstanton will be renewing its lease at the end of August and plans to stay for at least another year!

Artworks is located in the Old Tourist Information Centre at the Town Hall in Hunstanton overlooking the upper Green and supports Local Artists, Photographers and Skilled Craftspeople.



Proprietor Jackie Kitch said: "We are delighted to be able to continue with Artworks in the current location and we are really looking forward to the next year!

"We are currently re branding so you will see our new logo and signage change soon, ready for September.

"Since opening on March 4th this year, we have sold well over 150 original paintings by Norfolk Artists and by keeping our commission rates low, we are able to give back more to the Artists, Photographers and Skilled Craftspeople.

"As well as original art, we have a selection of glass art, wood turned bowls, ceramics, art prints, artists cards, copper pipe flowers, jewellery and greeting cards.....something for everyone really.



"We also have a website www.artworksatthetownhall.com and can be followed on Facebook and Instagram.

"We are open 5 days a week until mid-September (Thursday through to Monday) and from mid-September we will be opening on Thursdays until Sundays (10am to 5pm)."

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Brian - the centre of attention at his 90th Birthday party

John Maiden

When Brian Holmes decided to spend his retirement in Hunstanton, he could not have anticipated how busy the next two decades would be.

The complete removal of the CHS building on The Green, following the fire in May 2002, had quite literally opened up fantastic opportunities for the town.

Along with thousands of others, who were appalled when plans for the 'hangar' were revealed, Brian petitioned for The Green to be retained as public open space, which was exactly as Henry le Strange envisaged it for his sea bathing village of St Edmund at Hunstanton. The petitioners were defeated by councillors and officials who failed to follow their own planning policies.

At this point Brian might have been tempted to call it a day and withdraw from public life. Instead he became one of the most active members of the Civic Society. His creative skills were not confined to designing posters for forthcoming events. More often than not he produced the slides used in presentations (especially mine) and then put on displays in various venues on the history of the Lynn to Hunstanton Railway and the reasons it needs to be restored.

There can be no doubt that when Brian filled the town hall with exhibits, it helped



persuade Solveig and Derek Ward to let Brian transform their redundant shop at 15 The Green into the Civic Society's first Heritage Centre. Needless to say, although the present Heritage Centre offers more space, many of the displays are attributable to Brian. (As indeed were most of the swimming pool photos shown in last month's Town & Around.)

In August, Brian celebrated his 90th birthday with a party expertly organised by his

three sons and their wives, to which they invited some of the good friends Brian has made since he chose Hunstanton for his retirement. One photo in particular summed up the benefit of a long and fruitful life. It shows Brian seated watching a camera, with grandson Kit, Kit's wife Janet, and son Jonathan; while baby Ava Isabel only has eyes for her great grandfather...

Photo by Stephen Kent

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A normal day at the office

Sandra Hohol NORFOLK HOLIDAY HOMES

My predecessor over 42 years ago did my job for a few years and her predecessor got the sack for keeping (and drinking presumably?) a bottle of vodka in the bottom drawer of the filing cabinet..... my day will tell you why.....

Have you ever had one of those days where everything starts off as normal then before you know it everything changes? You get up in the morning, go through the motions of getting ready for work or what you have planned for the day. So far, so good. An hour into the morning and chores are done, breakfast stuff away, everyone fed and watered and it's your turn to get ready. Stop. You think of something that you meant to do and right, quick look at the time – you can do it. But it goes wrong. Clear it up later. No time to sort, just get to work now. Maybe the day will get better. OK, work kitchen – first things first – coffee. Drop kettle when filling it and tap water sprays everywhere. The day should improve surely? A million emails.....mmmm which one to tackle first? Phone goes....Holiday guests cannot find their arrival details – send them again. Owner wants copy of statement – send it again. Guests TV gone wrong (people do like to fiddle with knobs when on holiday) – arrange for maintenance man and ring the owner to let them know. Ants running across guest's kitchen – so go buy some ant powder or and trap. (This was not said in the way I have written it by the way). Good day so far? Phone constant so you cannot do paperwork that is getting behind. Coffee time. Mrs Smith, a regular for many years, now with her grandchildren pops in to have a chat....go through availability for next year discuss the weather, children, grandchildren and put the world to rights. Another half an hour gone. Phone goes. The other phone goes. Mr Jones calls in – his bin has not been emptied. Can I sort it out immediately as they have their own rubbish and nowhere to put it? Phone again, emails cleared by 12 noon, phone, repeat. Thought coast was clear to get onto the paperwork and catch up. Emails popping up in my PC's corner. And

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they are not coming in one by one.....en mass, by the hundred. Lady comes in, she is lovely. Property is just what she wanted. She is very grateful and thanks us for our service. Aw, that's nice. Phone rings again then person in to chat. Smile..... coffee again. OK, lunch – salad as usual for obvious reasons. The afternoon is full of the same for my colleague and myself. Gentleman puts his head round the door, "Hello ladies. Keys returned from Smithy House. Thank you for sorting out my holiday after Covid, we had a lovely time and will book again when we get home." We thank him and wish him a safe journey home as he plops a bag on our table. We take a look when he has gone. Biscuits, aww, that's nice and we remember to call or email when he gets home to say he was very naughty, but biscuits are much appreciated, thank you. Some work getting done. Emails written, phone calls sorted, etc. Another day at the office. And that is just the basics. My desk is always a pile of scattered paperwork. Everything is a priority but which to do first? This is just the tip of the iceberg. There is a heck of a lot more detail involved. The work gets done, sometimes behind, but that is how it is. Nice people, rude people, friendly chatty people. But we also have the moaners, story maker uppers, awkward ones, ones which cannot follow instructions and more which I have told you about before. This is what every day is like in our holiday home world. And the pièce de resistance was the wine brought in by a long-standing client for each of us as our half year 'thank you'.

So, with the stress levels running high, but still smiling through it all, I often think of my grey filing cabinet in the back office (the very same one at the top of the story). Crikey, we would not have time to take a slug of this, barely time to make a coffee as it is. Anyway, Claire and I would know exactly where the other one was as the filing cabinet does not open and shut quietly! However, having a treat of biscuits or choos or the occasional bottle of vino are far better enjoyable treats. (PS: I do like a nice V & T with ice and a slice but not in the office!)



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Plant of the month - Chrysanthemums

Wendy Warner

Known affectionately as “Pot Mums”, autumn flowering Chrysanthemums are extremely versatile and can be used as houseplants, in pots, containers and window boxes outside or planted directly into borders. It's sometimes possible to get them trained into standards, on a tall bare stem like a lollipop or even as a ball for hanging baskets! They make a lovely show once summer bedding has faded and can be grown on their own or smaller plants can be combined with other autumn favourites such as pansies, violas, heathers, ornamental cabbages and cyclamen.

Chrysanthemums, with their daisy-like flowers that can be single, double or semi-double, come in a huge range of colours; white, yellows, oranges and browns, reds through to burgundy as well as pinks and purples. Growers will sometimes put three different cuttings into one pot so it creates the effect of one mound with three different coloured flowers, often referred to as ‘Carnival’. Pot Mums are usually compact plants, sometimes treated with a growth regulator to keep that uniform appearance.

They need plenty of sunlight, and make sure they don't dry out. If growing in the ground, they need a well-drained but moist soil and will in fact withstand clay with a little sand or grit added for drainage. Likewise in pots, if the pot is standing in the rain shadow of the house or we have a dry autumn, keep them watered regularly. The first sign they are too dry is that buds won't open and the stem just below the bud will go brown and wither. If this happens, just trim these off to the next shoot down on the stem and they should produce more buds. If growing in pots, repot into a Multi-purpose compost with added John Innes plus some continuous release feed, and feed with a liquid potash feed every couple of weeks as they are hungry plants due to the mass of flowers they have.

Although these Chrysanthemums are usually sold as an autumn



bedding plant, many will survive our milder winters. The flowers will fade and the leaves will then die down with the first frosts. If you have the space, it is certainly worth leaving them in the ground or transferring pot grown ones into the ground after flowers finish. If growing them as a houseplant, once flowering for the season has finished they can be planted into the garden, although if they have been bought late into the winter months it is advisable to wait until the Spring before planting out when the soil has warmed up. If you are lucky, new shoots will emerge in the Spring.

As well as these compact forms there are many other types of Chrysanthemum that can be used to give height in the border or used as cut flowers, just beware there are a few varieties that are tender and would need to be moved into a greenhouse for the winter.



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Hunstanton u3a gives this year's Anglia In Bloom entry the 'royal touch'



A design created by the Hunstanton u3a Gardening Group for the Town's flowerbed in celebration of the Queen's Jubilee in June of this year was included in this year's Anglia in Bloom Competition 2022 giving Hunstanton's 2022 entry a distinctly 'royal touch'.

A design was submitted and approved in April, and on the 19th May, the flowerbed was cleaned, cleared, dug over and then planted to ensure the plants and flowers were able to represent Her Majesty's crown in time for the Jubilee celebrations which began on Thursday 2nd June.

To be included in Hunstanton's Anglia In Bloom Competition entry for 2022 which was judged on Thursday 21st July, was an added bonus for the u3a Gardening group who were present on judging day and both surprised and delighted to have been able to contribute to

the competition.

Thanks are due to the group for their hard work, designing, planting and maintaining the flowerbed throughout the summer and also to Hunstanton Town Council for their generous grant towards purchase of the plants which enabled u3a to present such a beautiful display.

2022 is not only the Queen's Jubilee year but by coincidence is also the 40th Anniversary of the founding of the u3a; an organisation which encourages those who are retired or no longer in full time work to lead or join interest groups in their local area. You can find out more at www.u3a.org.uk or come and visit the Hunstanton u3a team at this year's Community Day which will be held on Monday 19th September 2022 at the Hunstanton Town Hall.

HUNSTANTON IN BLOOM

Christine Earnshaw

On July 21st we welcomed our judges, Nicola and Philip from Anglia in Bloom to look around our town escorted by Cllr Carol Bower who was able to hear the favourable comments made about the various 'In Bloom' projects. We are lucky to have a strong team of volunteers in the Town and organisations such as the Civic Society, U3A, Allotments and Adopt-a-Bedders. They all worked hard to make outstanding displays, despite the dry weather!

New for this year, Christine Earnshaw, secretary of our committee, designed crowns to mark the Jubilee and the Hunstanton Men's Shed made them for us. They were painted by her and Diana Hallard and Gill Allard as well as children at Glebe School who then decorated them with "jewels". Twenty-two of these adorn our flower beds around the Town.

The route included Kate Dunbar's tile project newly affixed to the toilet block on the Lower Green and the beautiful, raised bed on the Upper Green created by the U3A team. We are grateful to Maria Rix and Marie Jarvis for the lovely floral arrangements in the Town Hall which were certainly appreciated by the judges.

Businesses such as Searles and Moss Bakery contributed with their entries and the latter provided tea for the judges and participants at the end of the day.

We had an In Bloom "Tea Party" earlier in the year to attract new "Friends of Hunstanton Gardens." Several of our new recruits have given us many ideas for next year. This could be very useful as we hope to be entered for Britain in Bloom in 2023 and we will certainly need something fresh and even more community involvement so would love to hear from anyone who would like to join in.

In Bloom judging day was the culmination of an impressive community effort supported by an exceptional team of Borough groundsmen who we know go the extra mile at this time of year.

I think we did ourselves proud. However, we'll learn exactly how well we've done in September!



In Bloom Judges with volunteers and the gardening team - note one of the crowns designed by Christine Earnshaw at the front of the bed.



Credit: Maria Rix



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Nature notes with Carrie Carey

RSPB Titchwell Marsh



Some years ago, I took my granddaughter to the beach for her first encounter with the sea. Her initial foray into the water was met with squeals of delight as she tried to scurry away from the incoming surge. Initially bemused by the water that lapped around her legs and soaked her shorts, she soon learned to anticipate the arriving wave and reverse her steps to follow it back out. Watching her reminded me of the comedic actions of sanderling, possibly my favourite coastal bird. These energetic little waders appear to run away from an incoming wave and chase it as it retreats. They are in fact, using the pull of the tide to expose shellfish and invertebrates buried in the sand so will feast quickly and then scurry away as the next tide comes in.

Sanderlings are passage migrants, mostly seen on our beaches from the end of summer. They breed high in the Arctic circle but migrate south when northern winds turn cold and tundra temperatures begin to drop. Around 50 species of birds leave the UK each autumn heading for the warmer climes of southern Europe and Africa. Sometimes there is a short lull when it seems that only a few resident birds remain, but before we know it wetlands and marshes are alive again with overwintering waders. Numbers are not small either. Almost two million waders arrive from across northern Europe, Canada and Russia along with migrating ducks, geese, swans to join resident birds on our wetland sites, all jostling and squabbling for space.

Another autumnal visitor to look out for along the coast, especially if you are close to a sandy estuary, is the grey plover. A few of these will stay in the UK through summer but large numbers make their way here from Arctic breeding grounds in July, peaking in late autumn. Unlike sanderling, plovers adopt a 'run, stop and peck' approach to mealtimes. Accompanied by the Icelandic and Scandinavian hordes of common ringed and Eurasian golden plovers, these birds invade the

country like the rampaging Vikings before them

One of those Vikings was none other than King Canute and legend speaks of an association between this Danish king and another visiting wader, the (red) knot. In contrast to the sanderling which dashes to and fro with the ebb of the sea, the knot appears to stand its ground as though trying to hold back the tide, hence its scientific name *Calidris Canutus*. These birds have one of the longest migrations of any species. Every year some will travel from the Arctic circle to the tips of South America and South Africa, stopping to overwinter on UK wetland sites such as RSPB Snettisham. In preparation for the next stage of their migration, these birds nearly double their weight before flying on, gorging on a rich diet of mussels and sea worms. Knot are tactile feeders, using their sensitive bills to detect prey in the mud, you might even see them 'ploughing' the muddy substrate as they search for food. But more impressive are their mesmerising aerial flights over The Wash, etching dark patterns across the skies like a

cloud of Nordic Valkyries.

Another wader species associated with English folklore is the golden plover. Arriving amid the heavy squalls of autumn, it was once deemed an omen of doom and disaster. The bird's mournful call did nothing to refute its bad rep. Ironically, its return appearance in Iceland heralds the start of spring and the arrival of the first bird is announced on national news channels each year. In the UK, 'goldies' are often spotted in mixed flocks with lapwings (once known as green plovers). They make interesting companions both in flight and on the ground. In the air, the flock will sometimes split with the smaller and faster golden plovers tumbling and wheeling in the sky leaving the lapwings with their unmeasured, floppy wingbeats in the wind. On feeding grounds however, they stay close to the lapwings who appear to be clued up on finding worm-rich feeding grounds, while golden plover seem clue-less.

Many of these species breed in high latitudes to take advantage of the extended daylight and reduced risk of predation and disease. To escape the brutal conditions of an Arctic winter they undertake the cyclical journey south, but since the urgency to breed is absent – autumn migration is a more relaxed affair than its spring counterpart. They use the north-west European flyway, think of it as a superhighway transiting millions of migrating waterbirds including Bewick's and Whooper swans, pintails and barnacle geese. Huge numbers of birds rely on stopover points such as RSPB Titchwell Marsh and Snettisham to rest and refuel, without these they wouldn't be able to complete their travel plans. Unless constrained by bad weather or insufficient fat reserves, birds will stick to their preferred stopover site and can be selective when it comes to choosing between a Hilton and a Premier Inn.

For a more detailed look at UK waders why not join us on an RSPB ID workshop or walk this autumn www.events.rspb.org.uk



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Open Day at the Allotments

The Northfields site in Hunstanton has a long tradition of welcoming visitors to see their plots and sample their produce at their annual open day.

With a new committee in place, and a different judge, David Bocking who is the plot manager at Snettisham Allotments, this year the best plot award went to Jimmy Groundsell, with runner up Thida Winn, and in third place Adrian Rawling.



Winner of the best plot - Jimmy Groundsell



The produce stall was well stocked



Thida Winn's plot was full of flowers, fruit and vegetables, and most importantly "somewhere to sit in the shade." She said.

The BBQ team headed up by twenty-five-year-old chef Charlie Butler who was ably assisted by Adrian Eden and Andrew Murray, provided excellent fare that was much enjoyed by the visitors.



Putting retired Consultant Surgeon Andrew in charge of the biggest knife seemed like a good idea to the catering team.



Richard Bird had a hot dog and Pat Richardson a burger, as you can see they liked them a lot.



Fabulous figs grown by Dave Nice

A picture of the Mayor visiting the open day is on page 24.

Mudpies & Butterflies

with Louise Barby, Balanis

"Above all, I must have flowers, always and always"
Claude Monet

It is possible to have year round flowers, some big and blowsy, some petite and unassuming. Take a look around your village and see what's looking good right now. Plant a few or place them in pots to elongate your garden's season.

In the flower garden

- Continue to feed and dead-head your container plants.
- Sow hardy annuals for bigger plants next year.
- Fill gaps in borders with autumn flowering plants such as sedum, grasses and echinacea to extend the season.
- Plant spring-flowering bulbs as the temperature cools in late September.
- Plant new perennials as the soil is still warm.
- Now is the ideal time to order trees and shrubs. They will grow vigorously next spring if planted this autumn.
- Prune and shape any late-summer flowering shrubs.
- Prune climbing roses and rambling roses as long as they are not repeat flowering.

In the vegetable garden

- Pinch out your cordon tomato plants. This will concentrate the plant's energy into producing fruit. Take away some large leaves to maximise the ripening possibilities.
- Ripen pumpkins in time for Halloween by removing any leaves shadowing the fruits.

- Pot up mint and parsley for the kitchen windowsill, to use through the winter.
- Cover your brassicas with netting to prevent birds eating them.
- Plant garlic bulbs for cropping next year.

In the fruit garden

- Pot up strawberry runners to make extra plants for next year. If your strawberries are more than three years old, take them out and replace with the new runners. You will be rewarded with a lot more fruit as a result.
- To test when apples are ripe gently give them a pull - they should come away easily.
- Pick plums. If you have more than you need, freeze them by washing, halving and stoning them.
- If you haven't already, cut back the fruited canes of your summer raspberries, leaving the new green canes for next year's crop.

Looking after your lawn

- Create a new lawn from turf or seed - autumn is a perfect time.
- Raise mower blades as grass growth slows down.
- You can feed and aerate your lawn now, ensure the feed is rich in potassium and low in nitrogen.

Nature

- Your task is simply to not over tidy the garden. Leave seed and flower heads on for as long as they stand dry and straight. This is excellent food for so many bugs and beasts in your garden.
- If you do not have any, think about planting, sedum, eryngium, rudbeckia and opium poppies this Autumn for a crop next year.
- When they do need finally tidying up, cut back and leave in a pile somewhere out of the way and protected. They will be enjoyed for shelter and food throughout the most harsh months, you can then carefully pick up and compost in the late spring instead.

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Bioblitz Event - Putting Holme-next-the-Sea's Wildlife on the Map

Sunday 2 October 10am to 3pm
Holme-next-the-Sea Village Hall

Join us as we try and record as many different animals and plants as we can in Holme-next-the-Sea in 5 hours. From moths to butterflies, dragonflies to birds, wildflowers to trees we will be recording it all. Experts will be on hand to lead guided walks and help us with identifying species.

Pop in and see us at the village hall and share your wildlife sightings with us, or join us on one or more of our guided walks!

Do you live in Holme-next-the-Sea? Why not record the wildlife in your garden on Sunday 2 October and pop into the village hall and tell us what you have found, or take a walk round the village or on NWT Holme Dunes and share your wildlife sightings with us. Every record counts!

To view the guided walks programme for the day visit: www.norfolkwildlifetrust.org.uk/riverandcoastworkshops or email wild@norfolkwildlifetrust.org.uk or phone 01603 598333 to request a walk programme.

Gemma Walker



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The members of New Hunstanton WI enjoyed a very lively Beetle Drive and Afternoon Tea to celebrate the Platinum Jubilee with members dressed in red white and blue and adorned with some regal headgear.

Stanhoe & Barwick WI

Thursday 1st September; we will be holding a beetle drive.

Thursday 6th October: Andrew Tatham, "I shall not be away long". The First World War letters from an officer to his family.

Visitors and potential new members always welcome, £3. Please contact Valerie for further details 01485 576261

Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

In journalist terms, August and early September are known as the silly season. What it means is that news is thin on the ground and newspapers struggle to fill their columns and end up waffling. I fear I might be about to do the same!

Having just welcomed our new President Coral Campbell, she is busy creating a programme for members and friends to enjoy. I am going to try and enthuse people about alpaca trekking at Wells. We have done it once, booked for a second time and as it was hot weather, the alpacas prefer to stay in the cool so it was cancelled. This time I plan to organise one in October to be on the safe side.

We have always supported the Macmillan Coffee Morning and sadly this year we have lost several members through cancer so it is particularly appropriate that we do so. Tuesday 13th September at 10.30 is the date at 5 Park Hill, Dersingham. There will be delicious cakes, tea and coffee and a Bring and Buy stall. We do hope you can support this event. Please ring 01485 543542 to register your interest. You and your friends will be most welcome.



Our President's chosen charity for this year is Baby Basics. The wonderful knitting group from St Mary's Church, Heacham kindly offered their support and this week Sue Spencer and Pam Lee arrived with bags full of handmade items for the charity. Thank you so very much to all those who contributed. I know that the recipients of these items will be cosy and warm once the chilly weather hits us.

You may remember Monty, the black Labrador belonging to Coral, our President, who featured in our last Macmillan coffee morning. Sadly he passed away suddenly leaving a big gap but not for long. I would like to introduce Rory who will be on view at our September coffee morning. A feisty little man with bags of personality and sharp baby teeth.



Ringstead Open Studios

24th September to 2nd October

The village hall in Ringstead will host a group show of four prominent West Norfolk artists Jane Brun, Helga Joergens, Barbara King and David Lendrum, as part of the county wide Norfolk Open Studios event.

Individual yet complimentary, united in their love of bold forms, colour and texture, these artists' collective works will range from figurative to abstract and encompass oil, acrylic, wax crayon and other mediums. Throughout the exhibition all four 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.

Jane Brun is a Landscape and Portrait painter. As a young student she studied fine art in Florence and became a student again in 2020 on Martin Kinear's Diploma course at The Norfolk Painting School. She has started to create collections on themes and loves to paint the countryside and has found oil paint to be her perfect medium. "At the moment I am making tracks, a collection of Norfolk paths and lanes where I regularly walk.....my next project will be the British Seashores."

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 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. She is currently working on a series of sea and land scapes using the same techniques.

David Lendrum's abstract paintings derive from nature. Recently, he has been inspired by the ideas of water, gravity and fluidity, the effects of which he recreates on canvas by using thick and thin acrylic paint which he pours down the canvas. He allows the colours to blend and mix in surprising ways and creates different moods according to the colour ranges employed. Chance effects which evolve during the process add to the spontaneity of the paintings. During the exhibition he will be working with watercolours on a smaller scale



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New bus shelter opposite the QEH

Jo Rust, Springwood Ward Councillor, was delighted with the addition of a new bus shelter in her ward. The bus stop, opposite the Queen Elizabeth Hospital, is frequently used by NHS staff returning home after a hard shift. Now the bus shelter means that can at least wait in the dry and use the perching rail to take the weight off their feet.

Cllr Rust applied for the funding for the shelter from the local parish Partnership scheme. She sought the support of the County Councillor for the area, surveyed local residents, liaised with the police and completed the various forms needed to complete the deal. Jo said "I'm really pleased that I've been able to secure the erection of the bus shelter, it's another addition to my ward of Springwood that I've worked to achieve. I know it'll make a difference to those who rely on the bus services."



NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Brancaster Picnic

The Brancaster Picnic held at the end of July was a lovely, happy event with a number of well supported activities held during the day. The Dog Show attracted 77 entries and all participants were well-behaved, despite the warm weather. Many thanks to Martina from North Norfolk Dog Training, who did a fantastic job organising the 10 separate classes. The Punch and Judy show was well received, and Louise's cake stall and the Pimm's tent were spectacular successes, along with Bardoli's pizzas and Kim's sweets barrow. Great fun was had in the evening in dancing to the group The Maybes. Pictured here are Harvey the golden retriever, and picnickers outside BVH.

The event raised £1000, with £250 going to the Pact Animal Sanctuary, which needs all the help it can get, having had a high intake of dogs for rehoming.



Brancaster Staithe fire

A destructive fire swept through part of Brancaster Staithe village on 19th July, causing great damage. Staff and volunteers at BVH responded proactively by opening the shop and bar to provide food and beverages to those who needed them for the whole evening. The village has, in addition, launched an appeal to aid those affected, which has raised close to £7000 to date.

Forthcoming events at BVH

"Restoring a Lost Landscape" – a lecture by Emma, Duchess of Rutland: 23rd September at 7.00pm

For further information on all the activities at BVH, please visit our website: www.brancastervillagehall.co.uk and for enquiries: brancastervillagehallcommunitybookings.co.uk

ST. MARY'S CHURCH BRANCASTER

From the Brancaster Village Hall Archive

As the oldest surviving building in Brancaster, St. Mary's Church is well worth a detailed visit. Although the village has changed radically over the last hundred years, the church remains one of the focal points of village life. In particular, the remains of two benefactors are buried in the church, both of whom founded charities that still exist today – a link between the present and the past.

St. Mary's Church is a familiar sight for those travelling along the A149 coastal road. The building dates from the 14th and 15th centuries, although there is evidence that an earlier church existed on the site, and some aspects of the building materials date from Norman times, along with stone blocks from the third century Branodunum Roman fort. The church was restored between 1831 and 1833.

An amount of rock masonry on the church site tends to suggest that there was once a Saxon building which may have predated the current one. Records show that King Edgar (959-975AD) granted a church in Brancaster to Ramsey Abbey. There is some evidence of a 4th- 5th century Romano/British cemetery on the site. Some of the pre-used masonry on a window sill and jamb may also be remains from a Norman era.

PARTICULAR FEATURES

- Two 17th century charity boxes made from tree trunks, each with three locks, so that the Rector and churchwardens all had to be present to open them.
- Over the door to the room the Rector uses for robing is a royal coat of arms of William IV (1832).
- In the church floor are four brasses which are grave markers used to cover the tombs of people buried there. Of particular note is a brass grave inscription to Robert Smith, who died in 1596. Smith left money to found a school, charitable houses and a coal charity: the latter two still exist and are administered by the Robert Smith Trust. The school also exists, and is soon to celebrate its 160-year anniversary – obviously in a much newer building.
- On the west wall there is a diamond-shaped wooden clock which is visible to the preacher, so that he could time his sermons.
- A medieval crafted figure of St. Matthew sits inside the south door.
- The church's east window is Edwardian, and a memorial to Muriel Daubeney, the wife of the Rector, who died aged 34 in 1907. She is shown, holding a violin, in the lower right of the panel. The church clock in the tower was also funded by parishioners in 1907 in memory of Mrs Daubeney.
- The font is plain, and features in a bequest by Walter Bodham in 1493. It has a unique cover designed to lift up inside itself, almost like a telescope folding upwards. The font has been strengthened by a more modern iron frame.
- A wheeled bier sits close to the north door, and was used to transport coffins to Mill Hill cemetery, a quarter of a mile away. The bier was made at Powell's foundry, across the road from the church
- The church organ was built in 1912 by Wordsworth Company of Leeds, and is still played today.
- The pews were donated by the Royal West Norfolk Golf Club in 1904.
- The single bell in the tower was cast by Thomas Osborn in 1791.
- Outside the church in the graveyard is the tomb of the Rector Francis Bell, who died aged 68 in 1716. The Reverend Bell was Rector from 1695 to 1716 and established a charity at his death by providing funds for the purchase of ten acres of land in Ringstead, which would give an annual income. The Charity was to provide funds for the poor in Brancaster, and is administered to this day by four trustees.

That completes our very brief look at St. Mary's Church and some of its prominent features; if you would like to learn more, there is a wealth of information online and in information pamphlets available inside the church.

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From Nightingale Lodge to Sandringham House



Residents at Nightingale Lodge in Hunstanton were over the moon to be treated like true royalty in their recent outing to Sandringham Estate, taking in the sights of the grounds and gardens as well as visiting the house itself.

They enjoyed a fabulous picnic with delicious foods provided by the Nightingale Lodge kitchen team, as well as enjoying refreshments in the café and soaking in the sun in the stunning grounds of the estate.

Residents were full of enthusiasm; Shirley said, "We had such a lovely day with a very tasty picnic, and I loved looking around the Queen's gardens!"

"The flowers were beautiful and we saw so many dogs which I loved," said Maureen.

"A joy of a day! And some wonderful items in the gift shop," added Susie

And Christine said: "The food was yummy! Watching the children frolicking at play, dogs aplenty! All this to make a perfect day!"

Summing up the visit Joy said: "It was an absolute pleasure, when can we go again?"

The Head Office management team said: "We are delighted to know that this trip brought so much joy to our amazing resident group and we wanted to extend our sincere thanks to the team at Nightingale Lodge Care Home who go above and beyond in their roles to ensure our residents have wonderful experiences like this every day."



Youth Action Events Day declared a major success

Peter Sutton

On Saturday 23rd July 2022 Heacham held the first YOUTH ACTION EVENTS DAY sponsored by Heacham Youth & Community Trust Ltd.

The Groups/Organisations taking part were:- Norseman Boxing Club, Heacham Judo Club, Heacham Scouts, Cubs, Beavers, Girl Guides, Brownies, Rainbows, Heacham Rangers, Hunstanton Army Cadets, Fire Cadets, Wildfowlers, St John Ambulance, Heacham Minors FC, Heacham Parish Church, Wildlings, Pocahontas Players and Heacham Table Tennis Club.

The idea was to reintroduce children between the ages of 4 – 18 years old to groups/organisations that are now reopening following the COVID19 Lock down in 2020.



Approximately 100 youngsters attended with their parents/guardians to find out more about the different groups and the opportunities on offer to them and to enable them to gain valuable knowledge, have fun, make friendships and to help their development over their early years.

Each participant received a free burger and an entry into a free draw to win £100 (£50 in cash and £50 to be donated to a charity of the winners choice), this was won by 5 year old local lad, Jacob Green, who made his charity donation to a Children's Hospital.

Music and commentary for the afternoon was provided by Richard Dix and KL1 Radio.

At the end of the day the event was declared a major success with nearly all the groups managing to convince children to join their organisation. Hopefully this will be the kickstart which will see these local groups flourish and help secure their future in the area.



Hunstanton Lifeboat Station news

Geoff Needham LPO Hunstanton RNLI

The heat wave has brought with it a spate of call outs for the crew. Tuesday 19th July at 11.30am. Coastguard requested launch of Hunstanton RNLI lifeboat to go to the aid of a paddle boarder in trouble off Holme beach. Hunstanton Lifeboat "Spirit of West Norfolk" launched on service and made good haste to casualty area. The crew located the boarder and quickly hauled him aboard the lifeboat. The elderly boarder had become separated from his board and unable to get back on. The wind and tide was taking him offshore, he was brought back to the boathouse and put into the care of the local coastguard response team, and checked over.

23rd July UK Coastguard requested launch of Hunstanton Relief Hovercraft H-006 to go to the aid of the Kings Lynn Boat Baden Powell aground near West Stones Buoy Saturday lower end of the Wash, in the channel leading into the Great Ouse with eight passengers and three crew aboard. Hunstanton RNLI H-006 proceed to area, on arrival Baden Powell was hard aground, the eight passengers four men and four women, were taken on board the Hovercraft, four at a time and taken to the pontoon staging at Kings Lynn into the care of the coastguard response team. All were safe. The crew stayed on board intending to float off on the rising tide.



Credit RNLI pic. Baden Powell aground

Sunday 24th UK Coastguard requested launch of Hunstanton lifeboat "Spirit of West Norfolk" to report of several people cut off by

tide at Brancaster Scolt Head Island. On arrival it was established that all had made it back to shore safely, a quick scan of the Island established that two persons remained, and they made their own way back to shore, the crew were stood down to return to station. Sunday 7th August at 5.30pm UK Coastguard requested launch of Hunstanton Lifeboat to reports of 2 persons from capsized Dinghy at Brancaster Wreck Sands. "Spirit of West Norfolk" launched on service, and proceeded to Brancaster, on arrival the two woman crew were hanging on to their upturned dinghy, a 4 mtr. angling boat, which had capsized in the surf on the sands while they were fishing, there was an offshore wind and ebbing tide and they were drifting offshore, they were in a state of exhaustion and were taken on to the lifeboat, and landed into the care of the Local Coastguard response team along with their dinghy in Brancaster Harbour.

Tuesday 9th August at 5.00pm UK Coastguard requested launch of Hunstanton Lifeboat to report of Inflatable being blown out to sea off Old Hunstanton beach with three youngsters on it. Crew launched on service, and quickly had the inflatable along side. The three teenagers were taken on board the Lifeboat two girls and a boy, and brought ashore, and landed them ashore into the care of the local Coastguard response Team. No medical assistance was required. They were given advice of the dangers of using inflatables on the sea, especially with an off shore breeze.

Thursday 11th August at 4pm Coastguard requested launch of Hunstanton Lifeboat "Spirit of West Norfolk" to go to the aid of a paddle boarder in trouble off Hunstanton beach, the crew located the boarder and got her aboard the Lifeboat. The wind and tide was taking her offshore. She was landed onto the beach along with her board into the care of others, no medical attention was required. This was the second shout in the last

24 hours, having launched on Wednesday 10th August at 7.30pm to report of a swimmer missing at Heacham. On arrival at search area it was confirmed that the swimmer was safe ashore and the lifeboat could stand down.

Monday 19th July. Members of West Norfolk model makers club visited the station to present a cheque for £1400. The Club hold events throughout the year, and nominate a Charity to support. The Club had chosen Hunstanton RNLI as their Charity to support this year.

Geoff Needham welcomed them to the station, and thanked them on behalf of the RNLI. Geoff Hughs and Daughter Lucy from the station Education team accepted the cheque on behalf of station, and showed them round the Hovercraft and Lifeboat. A big thank you from all at Hunstanton RNLI.



Graham Matthews (Chairman) Steve Gregory (secretary) Ian Josland (charity co-ordinator) Geoff Hughs and daughter Lucy (RNLI Education members)

Respect the water campaign and advice to Holiday makers, Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips. 1. Check the Weather and tide times. 2. Read signs. Be aware of local hazards, ie; sandbanks. Channels Strong tidal currents 3. Carry means of calling for help. 4. If you see someone in danger dial 999 or 112 and ask for the Coastguard who will page us.

Hunstanton Fire Station news

Chris Guy

July and the start of August have been extremely busy, during July the crew attend over 40 incidents the vast majority of these have been the result of the hot weather causing field fires and fires in the open. The worst day was Tuesday 19th July as the temperatures reached over 40°C large fires broke out across the county leading to a Major Incident being declared meaning that all available resources were at incidents or already assigned to incidents. Firefighters from across Norfolk worked extremely hard in unprecedented temperatures to bring these under control and protect as much property as possible. Despite this several houses were destroyed by fire across the county including the properties lost in Brancaster Staithe but thankfully no lives were lost and no serious injuries were sustained.

With the conditions still tinderbox dry DO NOT use disposable BBQ's near dry grass including in the sand dunes at the beach instead please take a picnic. It is also important not to drop glass bottles on the ground as these can create a fire when in direct sunlight and to

ensure cigarettes are fully out. A small spark can quickly lead to a fire which can spread very quickly putting people and property at risk and stretching our resources even further, enjoy the weather safely.

On Saturday 30th July we held our station open day for the first time in 2 years. It was a great success and was fantastic to see so many people attending and having fun. As part of the day we held a raffle, the crew would like to extend our thanks to all the local businesses and residents that donated raffle prizes to support this as well as all the people who bought raffle tickets. In total we raised £842 for the Fire Fighters Charity which is the most we have ever managed. Now to start planning 2023 to make it even better!!

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

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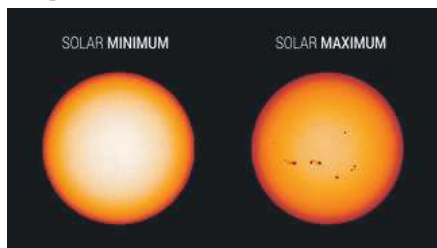
Heacham and Hunstanton at night

Terry Parish

On the 23rd, at 2.03am, it is the Autumn Equinox, day and night are equal in length once again. After that astronomy gets easier as days get shorter until the 21st December, the Winter Solstice. I have written sentences like this in the Heacham Newsletter, every September, for around 10 years. Some things never change or do so very, very slowly. I sometimes wonder if my last words on the equinoxes will be to welcome the dark or herald the Spring.

Enough such musings. At the time of writing, we are heading for the second significant heat wave of this Summer, the ground remains bone dry, and the wild is suffering. All this is down to weather patterns which are controlled by the Jet Stream which is not following its historical pattern.

Though the Sun provides the heat, it is a pretty constant star with its energy output changing by just 0.1% over a 11-year solar cycle. The current cycle began in 2019. Since then, the Sun has grown more active and this will peak in 2030.



NASA. Sunspots are the sign

Solar activity used to be measured from Earth observation and was a case of counting sunspots. That can still be done (three small spots observed early August), but there are now several spacecraft dedicated to observing the Sun in wondrous detail and it is they which allow warnings of space weather to be issued. Solar activity means auroras and potential harm to all things electrical. Good auroral display (Northern Lights) was seen off the north Norfolk coast in August.

(A recent article issued by railtrack explained how investigations were proceeding into how a solar storm might change signals on the railway as miles of track make a very good receptor of fluctuating magnetic fields and charged particles – the wrong kind of Sun).

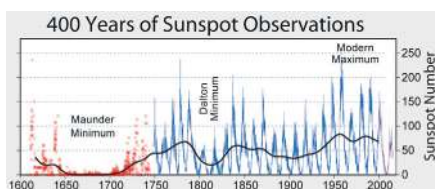
The number of solar flares and coronal mass ejections (lumps of sun stuff thrown into space and, sometimes, headed towards Earth) have certainly increased in the last year as has auroral activity. In May, 37 sunspots were predicted but 97 observed. Sunspots are where all the solar activity is generated through magnetic fluctuations.

A debate about the impact of the variation of solar radiation on climate enjoys periods of warming up and cooling down. About 6 years ago, the University of Northumbria predicted a Grand Solar Minimum in the 2030's which

could result in a new little ice age like the one centred around the mid-17th Century. The Maunder Minimum, an historical low level of solar activity, has been suggested a contributor to the little ice age but dust from significant volcanic activity likely had a much bigger impact.



Sunspots from Heacham 2014. Parish



Some predict another such minimum in the 2030's. Internet

Human activity is the cause of current global warming, the Sun, pulsing a little, adds to or detracts from warming but has a marginal effect on the trend. I will keep my eye out on solar activity and, if an alarm is needed, I will ask for all the bells to be rung in Wallis's cycle shop. If you hear them, line your sun hats with foil and turn off the toaster.

In the first week of August, I made my first, brief observations of Saturn and Jupiter for a long time. They were visible at a reasonable time and I got my new telescope mount to work, almost. Saturn was its usual majestic self, the ringed planet swimming in a void. Jupiter was a tad disappointing as it was too bright to discern its bands of colour and being quite low to the horizon, was viewed through all the dust in the atmosphere and the heated, turbulent, air. The Galilean Moons were nice to see though and helped me focus as they should appear as sharp points.

Noises off during my observations were the multiple crunching of Spike hedgehog food behind my observatory. However, should anyone like to listen to things astronomical, I recommend Googling 'sound of Saturn, Jupiter' etc. You should find recordings derived from the Voyager spacecraft which flew by the gas giants in the 70's.

Six planets are visible in the heavens this month, 5 of them at night which makes a change.

Jupiter shines all night, rising in the SE and setting in the SW. It will be having a magnitude of around -2.9 and you really can't

miss it. It is closest, at opposition, on the 26th at 7.33pm to be precise. Closest means 393 million miles.



Io, Europa, Ganymede and Callisto to scale. Internet

The four Galilean Moons, Io, Callisto, Europa and Ganymede are visible as sparks in very good binoculars or a spotting scope. If you only see 3 then one is behind Jupiter. Observation over an hour or two will show movement and over several nights very obvious changes in position. Orbital periods are: Io 1.8 days; Europa 3.6; Ganymede 7.2; Callisto 16.7. Io moves around 70,000km in an hour.

It was such observations, in 1610, that confirmed Galileo's thoughts that the planets, Sun, and stars did not orbit the Earth. Thoughts which he had to publish as a hypothetical story to limit the Church's anger. The Vatican admitted it had erred 350 years later in 1984.

These four moons are worlds themselves. Io is the innermost and has more than 400 volcanos erupting. It is very mountainous and is splattered with sulphur. It is slightly larger than our Moon.

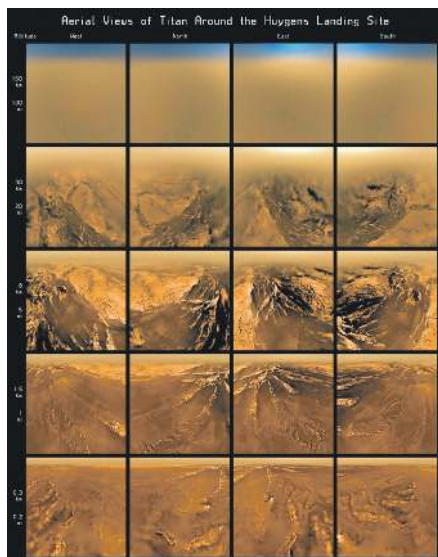
Europa is next and is one of the prime candidates for life as it has liquid water under a thick icy surface, Geysers erupt at its poles. It is a little smaller than our Moon.

Ganymede, the third out from Jupiter with a diameter of 5364km, is larger than the planet Mercury. It has a very thin oxygen atmosphere and, unusually for a moon, a magnetic field. It is also thought to have a vast, underground, salty ocean.

Callisto is the furthest out and the one you might miss in a small telescope even though it is only a little smaller than Mercury. You will be looking towards Jupiter and you need to look for a spark away from the three innermost Galilean Moons. It is the most heavily cratered body in the Solar system.

Rising before Jupiter but harder to spot, until you have seen it once, is ringed Saturn. From my recent, local observations, find Jupiter, move your eyes around 70 degrees to the right and go up about two fist widths. Look for a faint dot, magnitude +0.4, which looks different to a star. A good birding scope, will reveal the rings.

Saturn has 83 moons. Ones of note have magical names: Mimas; Enceladus; Tethys; Dione; Rhea and Titan. Classicists will know from whom the names are derived. Enceladus is a better contender for life than Europa.



*Titan images from the Huygens Probe 2005.
ESA*

Titan is bigger than Mercury but smaller than Ganymede. Titan has a weather system with a nitrogen atmosphere, lakes of hydrocarbons like methane and a dry river network which connects them. You might detect the spark of Titan in a good binocular through a spotting scope would be better. It is a long way from the planet. Once, long ago, I captured a simple image of an over exposed Saturn with its larger satellites strung out as blobs.

Uranus and Neptune are both visible all night. Neptune is the most distant planet and both telescope and the sky has to be good to see it. It is at opposition on the 16th so will be at its brightest with a magnitude of +7.8.

Uranus is an enigma as at times it is bright enough to see with very good eyes in dark skies but the ancients never recorded it. This month it has a magnitude of +5.7 so good

binoculars etc should pick it up if pointed exactly at it. Google for directions.

There is a rare event which will help you locate Uranus on the 14th. It will be occulted by the Moon. Occultations are when one astronomical body passes in front of another. You watch its disappearance and, then, the reappearance.



*A planet about to be occulted by the Moon.
Uranus will be a blue dot. Internet*

Look at the sunlit side of the Moon's disc from about 10pm. Use good binoculars to find a blue dot a little above the Moon's 'equator'. As 10.30 pm approaches the dot will close with the Moon and disappear behind it. Reappearance, at the dark limb of the Moon, is at 23.21pm when it will be a tad higher.

Mars is a good naked eye object with a magnitude of -0.3 and rises around 10pm. Midnight onwards will find it sufficiently high in the sky and it will best to leave observations towards the end of the month. It will then be a little north of east. Jupiter will be prominent and higher in the SSE; Saturn will be at a similar height in the SSW.

Look for a reddish dot, binoculars will brighten it. Don't get mixed up with the star Antares which is a little east of Mars and also reddish. Planets don't sparkle. In your binoculars you should also find two-star clusters, the Hyades to the right of Mars, and

the Pleiades above it.

Mars is a very busy place with probes orbiting it and vehicles crawling about on the surface. Google live images and you might be the first to spot a Martian.

Venus is the last planet to consider and you need to make the effort early in the month as the Morning Star will disappear into the dawn well before the 14th. You need a very good easterly view as the planet will be close to the horizon. Look from 5.45 am. It will be shining with a magnitude of -3.9 which is very bright. Do not use optical instruments as the Sun will quickly follow it into the sky.

Meteorites. At the time of writing, I haven't got to the August Perseids so can't report on what I saw. This month is devoid of significant showers, though there are the Southern Taurids which start on the 10th and finish in November. However, September is the busiest month for random meteors, those not known to be associated with any comet and likely to appear – at random. So, keep looking up. Don't mistake a meteor for satellite trails which are becoming a significant nuisance.

The Moon is the most obvious thing in the night sky unless its New – the Sun is behind the moon but the alignment is not such as to cause an eclipse. Anyway, the Full Moon on the 10th is the closest to the Autumn Equinox so it is this Year's Harvest Moon. Because moon rise times are almost the same a few days either side of such full moons, light was provided for traditional harvests. Let's hope there is some harvest worth the name this year.

Darkness is coming which I prefer to never ending Sun. Use the warm evenings of autumn to enjoy the night sky. Don't forget to feed up the hedgehogs ready for the winter and, if it continues dry, keep the water bowls filled, birds and insects will use them too.

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Question: Huddersfield Town (2018/19) and Derby County (2007/08) have an unenviable record of being relegated from the top division in English football as early as March. Who was the last team to achieve this feat?

Closing date: 15th September 2022

Answers to: editor@townandaround.net

or post to: 18, Tapping Close, Snettisham, Norfolk PE31 7FF

Carol Marsden was the winner of August's competition.

The question was : Lawn Bowls has been in the Commonwealth Games since 1930 (then The British Empire Games), all except on one occasion. What was the reason it wasn't played and which year was it? The correct answer was: Jamaica in 1966 because there weren't sufficient greens for the competition.

Congratulations Carol.



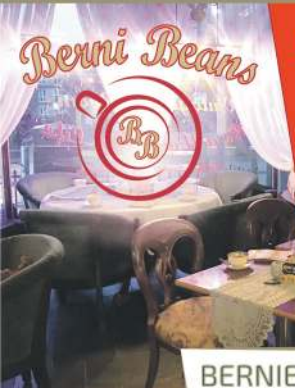
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Hunstanton Oasis Indoor Bowls Club Open Day

Tim Keogh

Hunstanton Oasis Indoor Bowls Club are opening their doors to all new bowlers at 10am on Sunday, 18th September.

The club presently have 125 members but are looking to attract new members, young and old, experienced and inexperienced, alike.

The club presently play in the Norfolk County League from September to April and are hoping to attract younger members to possibly form a junior team in future. Of course, indoor bowls is not weather dependant, so the club hold sessions throughout the year. The superb indoor playing surface - a vast green carpet that can cost as much as £27k - ensures bowls is available to everyone all year round.



Acting chairman, Frazer Clement, said "we want to ensure the future and legacy of the club is safe with a long term strategy to meet local catchment area requirements whilst also attracting new players. It really is a great game to get involved in with the benefits to your mental well-being, the social element and being a great form of aerobic exercise to name but a few. We invite anyone who is considering taking up bowls to come down and meet us and flavour the exciting game of bowls".

Celebrating their 40th anniversary this year, the club are looking to offer taster and coaching sessions every Wednesday afternoon after the open day. Regular sessions take place on Tuesday, Thursday and Sunday afternoons from 2pm, with refreshments available to all players. There are also a number of morning, afternoon and evening sessions available to the more advanced players with in house competitions held throughout the week whilst the more serious league matches take place on Saturday afternoons. The club also hold regular charity events with open tournaments raising funds for their chosen charity on Sunday afternoons. The Oasis are also keen to ensure the long term future of Indoor Bowls for the local area, ensuring the facilities are maintained to a high standard and readily available to everyone.

In recent years the game has started to attract younger players, aided by a relaxation of the dress code and the introduction of coloured balls, creating more of a fun and relaxed environment. This is being recognised by clubs across the country. Recent televised events such as the Commonwealth Games and the World Championships at the Potters Resort in Norfolk proving how the game is attracting a younger audience. Present England international, Katherine Rednall, was just 18 years old when she won the World Indoor Bowls Championships. Youngest member at the Hunstanton Club, fifteen year old Dylan Smith, has already progressed to competing in the internal club leagues.

Membership is £45 per year. The bowling rink is also available for private rental or casual hire. For more information about taking up bowls or to attend the open day, please contact Frazer by email at f.clement@btinternet.com or phone the Oasis on 01485 534227.

Sporting corner with Tim Keogh

Hanseatic Festival of Watersports makes popular return

This popular event returned to the picturesque King's Lynn quayside on Saturday, 6th August and Sunday, 7th August after a two year absence due to Covid.

Thousands of spectators converged on King's Lynn's South Quay and were privy to some high octane water sport action from powerboat racing and waterskiing to numerous stunt displays. The competition was of a high standard as the event is now recognised by many competitors as a festival of note.

Busy Quayside bars and food tents with cuisine to suit all tastes were on hand to keep spectators refreshed as they relished the action on display. On Saturday night there was a fireworks display whilst Mark Purdey, Redemption and Kara Lumley performed live to continue the party atmosphere.

Organisers, Tom and Michelle Lumley, were proud to be back and keener than ever to ensure the festival remains an annual event on the local calendar. Plans to arrange next year's festival are already underway. This is the seventh event and Tom was delighted with the weekend and it's array of water sporting action, particularly as it initially started out as a humble water skiing event. An effervescent Tom said, "it could not have gone any better"

It is estimated over 20,000 people visited the town over the course of the festival with competitors travelling from as far afield as Belgium and the Netherlands to compete. Tom was quick to praise all the volunteers, partner organisations and the people of King's Lynn, particularly Kings Lynn Borough Council, without whom the event could simply not take place.

Held on the Great River Ouse that weaves through King's Lynn on its final journey to The Wash, the river's source is in Northamptonshire and is the fifth longest river in the UK. The term Hanseatic comes from the Hanseatic League, a medieval and commercial guild of market towns in Central and Northern Europe. Originating in Germany in the 12th century it was formed to protect mutual commercial interests of its members, particularly against piracy and banditry. King's Lynn has retained its link as a Hanseatic town.

Belgians Tim Lisens and Demi Fobelets won the flagship F1 category men's and women's water skiing events respectively, whilst delighted youngster, Sam Hopkins, was the fastest junior over the weekend.

Photos Ian Burt



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Sporting corner with Tim Keogh

Heacham FC make history in Thurlow Nunn League debut

Heacham FC made club history with their debut in the Thurlow Nunn First Division North on Saturday, 6th August. This is the highest level the club have played at in their 115 year history.

Hosting last season's play-off semi-finalists, Framlingham Town - who had a 150 mile round trip for today's match - Heacham knew this would be a tough start to their campaign.



Buoyed by a 150 plus crowd and fielding several new signings in their starting line-up, this new look Heacham side have prepared well for the season under the guidance of management team, David Griggs and Jordan Courtney-Jenner.

The confidence amongst the team was evident from the kick off as they took the game straight to their opponents from the outset. Despite dominating the early exchanges, Heacham could not find a way through a tight Framlingham defence, with just a couple of half chances to show for their efforts. Framlingham then began to settle and exert some game control on the match. The pressure paid off as a superb Josh Lucraft goal mid-way through the first half put the visitors ahead.

The Magpies rallied in the second half. The introduction of John Flanagan and Fletcher Toll off the bench added some urgency and potency to their attack. But it was not to be as a combination of the



John Flanagan

post, cross bar and a frugal Framlingham defence meant there was no way back for Heacham. Captain Royce Rawlings was named man of the match. All the new signings showed promise for the season ahead, although ex-Kings Lynn player, Kieran Shipp and former Fakenham player, Shane Akers, were particularly outstanding on their debuts.

Dave Page, Heacham FC Chairman, felt a draw would have been a fair result, "we couldn't find the net which teams will punish at this level. I am pleased that we proved we can perform at a higher level and look forward to the season ahead. Thanks must go to everyone who made this day possible".



Ben Coe

Heacham have also confirmed a tie up with The Norfolk Hospice Tapping House, making them their charity of choice this season. Various collection points are available around the ground on match days with proceeds from fund raising events also going towards this worthy cause.

Next up for Heacham is another tough test at Station Road, as they entertain Great Yarmouth Town.



Nathan Davies

All other local clubs, including Dersingham, Ingoldisthorpe, Docking, Snettisham, Castle Rising and their relevant reserve teams are starting their seasons in the North West Norfolk Saturday League. Town & Around will be reporting on their progress this season.

Photos Ian Burt

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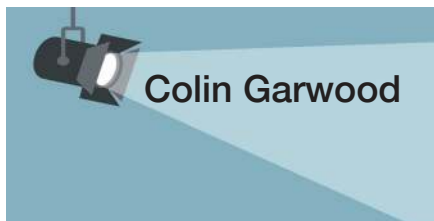
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Sporting corner with Tim Keogh



Colin Garwood

Colin Garwood is an ex-professional footballer who played for Peterborough United, Oldham, Portsmouth, Huddersfield, Colchester and Aldershot in the 1960's, 70's and 80's scoring 157 goals in 426 appearances. Born in Heacham, Colin started out playing for Heacham FC in the 1960's and played with present Chairman, Dave Page. He was a Division Four Golden Boot winner. Now retired, Colin lives in Wisbech with Jill and often pops down to watch Heacham play.

Name: Colin Garwood

Age: 73

Star Sign: Cancer

Birthplace: Proudly, Heacham, Norfolk.

Occupation: Retired

Family: Partner Jill, proud father of two sons.

Cats/ Dogs: None

Team Supported: Arsenal

Best Goal Scored: The goal I scored for Peterborough away at Bournemouth on my debut would be hard to beat. We drew 3-3.

Hardest opponent played against: Kevin Beattie (Ipswich).

Most memorable match: Colchester against Derby - which featured on match of the day - and I scored! Scoring a hattrick for Peterborough against old foes Northampton was also memorable (the only player ever to have done so).

Best manager played under: Frank Burrows, Portsmouth.

Favourite stadium played in: Highbury, Arsenal

Play any other sport: Golf.

Worst Injury: Broken ankle & ripped Achilles' tendon, probably ended my career really

Any funny memories: I do remember we had a pre-season trip once to Spain with three games lined up against local opposition. It turned out all the games had been called off and it turned into a lads holiday with a bit of training in between. The manager was not best pleased.

Favourite meal/cuisine: Chinese.

Favourite drink: Lager / wine.

Favourite holiday destination: Greece.

Three items for a desert island: George Best Autobiography / Barrel of Lager / case of wine.

Favourite band: Bee Gees.

Pet hate: Being interrupted when talking.

Biggest achievement in life: it has to be making it as a professional footballer.

Like to live forever: Yes, if I stayed healthy and active.



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Sporting corner with Tim Keogh

Kart racer Dave's at it again!

Heacham based kart racer, Dave Curtis, has just returned from racing at the annual Harewood Gravity Games in Yorkshire over the weekend of the 13th/14th of August.

With a newly refurbished and reconditioned vehicle, Dave went with high expectations of achieving a podium finish at this year's annual event.

Over 40 racers from across the country attended the event competing in three classifications. On the Saturday each team had the opportunity to trial run the course whilst the serious racing took place on the Sunday. Dave has ditched his old vehicle for a more aerodynamic kart and adjusted to a lying, rather than sitting, position meaning his head is a mere 20 inches from the ground.

On race day Dave was pleased with his first run where he equalled the fastest speed achieved on the course. The new vehicle, however, meant he was still getting used to managing corners effectively. So it proved,



on the second run Dave careered off the track into a brand new BMW, typically, the only vehicle positioned alongside the 1.6 mile track! Fortunately unharmed and unscathed, Dave said, "I had to swerve several times before I hit it". Undeterred, he managed to complete the remaining runs although the damage to his kart meant he didn't challenge the leaders. Any sponsorship Dave was seeking from BMW is now under serious threat!

With some karts reaching speeds of up to 42mph (the world record is a mind boggling

101.4mph), this is not a sport for the faint hearted. Having just turned 76, Dave's passion, though, has not withered as he continues to beaver away in his workshop adapting and enhancing his vehicle to gain that extra speed. An accumulation of small margins can lead to big gains when it comes to racing.

Dave was a regular participator at the Hunstanton Soapbox Derby which last took place in 2019. There are plans for this event to return in September, 2023.

This really is an eco-friendly, green sport and the organisers are looking for sponsors to create a series of events throughout the year. Dave is now looking to focus his energies on developing the kart and is on the lookout for a new prodigy of any age to join the racing team, which will involve enhancing, testing and racing karts. For more information about this or sponsoring the Gravity Games Series, you can contact Dave at dave@jaz-d.com.

Organised with love and played for fun - Wimbledon-on-Sea returns to Hunstanton

Tim Keogh

The Hunstanton Tennis Tournament returned from Sunday, 14th August to Saturday, 20th August. The event, first held in 1920 and now in its 112th year, attracts players from across the country.

With over 32 events taking place it is a huge logistical challenge brilliantly managed by Chris Holt - who has been involved in organising the event since 1975 - and his team of volunteers and ground staff.

Many people return year after year to make the pilgrimage to this wonderful tournament, with some families following in the footsteps of previous generations who have participated as far back as the 1930's. It is believed to be the largest tournament of its kind in the UK.

The 1955 tournament was notable for the appearance of one Ann Haydon who, as Ann Jones, went on to win the Ladies' Singles title at Wimbledon in 1969. In 1928, a Mr. N Orfolk, reached the men's doubles final, but conceded the match when a point away from winning. Despite plainly playing under a pseudonym, it is believed he would have been recognised and disqualified from other major competition if he were to win. His true identity remains a mystery.

Over 800 people participated in this year's event with junior and veterans classes proving just as popular as the main Open events.

Various refreshment tents kept the players and spectators suitably refreshed, whilst an array of boutique stalls selling various wares proved equally as popular. There really was a festival air surrounding the tournament. Tournament President, John Barrell, deservedly received a lifetime award for his 33 years involvement with the event. Recounting a famous memory was difficult,

as there so were many, but he did enlighten on a rare incident in the 1970's, when a John McEnroe 'esque' spat occurred between well known umpire Peter Mornard and a player, which culminated in the unnamed player storming off court in a huff, something he had never seen before or has done since.

Finals Saturday certainly lived up to its exciting reputation. Tom Davenport successfully defended his Men's Open title, whilst a delighted Emma Mastin from Boston, secured the Ladies Open title. Lawn Tennis Association President, David Rawlinson, was on hand to present all the trophies along with Wayne Berry representing tournament sponsors, Brewin Dolphin. The LTA also presented Chris Holt with a lifetime achievement award, their highest accolade, for his services to tennis.

Roll of honour

Mens singles - Tom Davenport
Ladies singles - Emma Mastin
Mens doubles - Stuart Calow/Tom Davenport
Ladies doubles - Sally Fields/Jane Hunter
Mixed doubles - Tom Davenport/Katherine Davenport
U18 Boys - Christof Schaertlin
U18 Girls - Alice Gamman
U16 Boys - Jack Seaborn
U16 Girls - Charlotte Barr
U14 Boys - Harry Voss
U14 Girls - Hattie Kendrick
U12 Boys - Rory Stimpson
U12 Girls - Lyra Servent

All photos taken with President of the LTA David Rawlinson (R) and Wayne Berry. (More pictures on T&A website.)



Tom Davenport



Emma Mastin

For all the results you can visit competitions.lta.org.uk (go to Tournaments, then click on either Junior or Senior, then go to More which gives you the choice of seeded entries and winners).

The book, Wimbledon-on-Sea, written by Ashley Martin, looks at the history of the tournament. An interesting read celebrating over 100 years of the 'Sunny Hunny' tournament. Costing just £5, it can be purchased online or by emailing Chris Holt at mail@chrisholtphotographic.co.uk

Stakeholder group to be set up after residents complain about piling work at Southend Road

Drilling and piling work carried out by Lovell, the Borough Council's development partner, on the Southend Road site in Hunstanton has caused fear, distress and damage according to residents of the town.

The council has confirmed that complaints have been received and have said that although the contractors had contacted residents nearby to advise piling work was to start; "unfortunately, due to the unique nature of the rock formations in that area, and despite using a type of piling rig that aims to reduce vibration, it seems that a small number of residents outside this group experienced adverse effects."

Alison Smith, a lady in her seventies who lives in Avenue Road, said: "After a full day Wednesday 10 August of listening to drilling and piling work I felt like a wreck."

"Vibration, singing radiators and a shaking garden had left me exhausted."

Winston Williams said: "I spoke in person to the man who said he was the site manager at about 17:55 on Wednesday 10th August and discussed the noise and awful vibration with him."



Residents also said that they were frustrated as they couldn't find a telephone number or contact details on the hoardings around the site. Samantha Fisher wrote: "My mother in law has been unable to get hold of anybody, she has been quite distressed as cracks have appeared on walls and ceilings in her house,

cupboard doors have flown open and crockery smashed numerous times."

In a statement issued to Town and Around the council apologised for the lack of contact details at the site and said that Lovell had acknowledged the oversight and signs had now been put in place.

They also confirmed that the works were necessary to ensure that Southend Road was safely supported and unaffected by the development of the southern end of the car park. "If they had not done this piling they would have had to use an alternative method of securing the road, which would have involved closing Southend Road for at least 6 weeks."



Alison Smith said: "A member of the Town Council called; he was genuinely concerned and I was grateful for his visit and kindness, however he explained very clearly that the Town Council really could offer little in the way of support to householders."

She also confirmed that two members of the Borough council building team had visited.

The council have been following up by contacting everyone who has complained to them, and going to visit (even if they had already visited) to make sure they have fully understood and captured all the resident's concerns.

"In light of what has happened we now propose to set up a stakeholder group for those affected to discuss all concerns that nearby residents may have and how we may best keep them informed in future. We will be contacting



residents again before the end of August with further details.

"The main piling work is now done. There will be some further excavation required when work on the building foundations begins but this will be much less invasive. We will inform residents when this is due to take place, ensuring that the wider group is included."

"Lovell are members of the Considerate Contractor scheme and have worked successfully with us on a number of schemes. Like us, they are sorry for the issues people have experienced. We hope to reassure affected residents that we are taking their concerns seriously and that we are undertaking to ensure they are kept better informed in future."

Alison Smith's concerns are not just related to the Southend Road site. Referring to the McCarthy and Stone Development near the Princess Theatre she asks if any lessons had been learned about drilling into hard rock.

Regarding the proposed Library complex and the former Kit Kat site she says: "A detailed Geological survey must be in place of the hard rock bed in the whole residential area of Hunstanton, so any drilling or building work would be understood as to what is being drilled into."

"If drilling cannot be avoided, monitoring should be established. Vibration should be carefully monitored and noted so that any building effects on small properties and households in the area can be established."



Girls U16 doubles winners Charlotte Barr and Anghela Sionosa



Boys U16 doubles winners Harry Voss and Max Voss



Six times winners of the over 45s gents doubles Johnny Barr and Andrew Creighton

On the turf with Charles Joyce

Football

Lionesses bring football home after fifty-six years. The lionesses have healed the hurt, and without the aid of a Russian linesman. Early in the tournament Domonic Lawson the brother of the woman once most desired by men in the country (Nigella of course) was complaining about Auntie Beeb concentrating on an England women's football match over a great victory by England's men's cricket team over India. He added in his moan that tickets for the women's match were five or ten pounds and that this was the reason nearly seventy thousand people went to the game. I can't help but think I am missing something. If you give people the chance to buy a ticket at a realistic price they will and bring their families with them. Is that not good for the game and from which other sports could learn? The lionesses themselves were outstanding. Alessia Russo's backheel semi-final goal was something everyone who has ever played tried and failed to do in a local kick about. But she did it in an England game. It probably tops anything Pele ever did. Ella Toone's goal in the final was out of the Lionel Messi playbook and executed as well as the Argentinian himself could hope to do, as she lobbed the oncoming German goalkeeper. In the cauldron of such an important final she must have ice in her blood to even try it. But the iconic moment came with Chloe Kelly taking off her shirt after scoring the winning goal in the final. She revealed what was probably a Nike Dri-Fit Swoosh which it's very likely she had help from Joanna Wakefield Scurr who is a professor of biomechanics. Twitter went off the scale and it has been heralded up with Brandi Chastain in the 1999 final. Chloe Kelly was booked for taking off her shirt by the Ukrainian referee who a few weeks earlier had spent five days underground in Kharkiv as Russian missiles pounded the city. As for Sarina Weigman who only received a licence to coach less than six years ago and became manager of England as late as September last year, she now has to rank alongside Sir Alf Ramsey. It was Lauren Hemp the Freewoman of North Walsham who played the corner that Chloe Kelly scored from. Twenty six appearances for England and three for Great Britain (at the Tokyo Olympics). The best young female player of 2018; 2019 and 2020. She turned twenty-two years old on 7th August and has been described by her Manchester City manager as: "Lauren does not know how good she really is".

Reduction of racing

A major story brewing is the reduction of racing in the UK. A proposal to reduce by 300 races has not met universal support with some racecourses opposed to the move. Some senior trainers such as Lester Piggott's son in law, William Haggas who trains the world's top-rated horse Baaed, suggest 300 race meetings should be abolished. That would be over twenty percent of racing in the UK. In the 1960s and 1970s national hunt racing took a break in July, and there was no all-weather racing at any time of the year. Today all weather racing and national hunt racing go all year round. Horse welfare has improved leaps and bounds since the 1970s. Still there is a case to be made for national hunt racing to take a break during the summer or at the very least have long distance chases run in the cooler evenings rather than in the heat of the day. Why all weather racing happens in the summer months seems bizarre and can only be in the interests of the racecourses who are paid per race for media rights and bookmakers. On many Saturdays during the summer there will be six race meetings. Punters simply cannot hope to cope with that amount of racing in any one day and make informed bets. Many trainers agree with Haggas pointing out that the low level of prize money has driven out many one-time stalwart owners. Other trainers such as Charlie Fellowes want immediate action suggesting that racing in the UK is falling behind the superpowers of Japan, Hong Kong, Australia and America. which is causing irreparable damage to the sport. Mark Johnston who has around a thousand runners on the flat and approaching five hundred runners on the all-weather course each year agrees and argues the number of races should be reduced. For some

trainers the issue of prize money is the primary concern with too many young horses reaching a rating of ninety plus attracting bids from overseas buyers that are so high as to be beyond the chance of rejection from local owners. These are the horses that will end up as stallions or brood mares of the future. Their loss will have an adverse impact on the breeding farms of the UK. Without a handful of Arab owners (among whom some head figures have died recently) this practice would have already seen a decline in the quality and class of UK based stallions and mares. It does additionally bring into perspective the future of the Sandringham Estate stud. It is only wishful thinking to hope that another Perdita II (she was the dam of Epsom Derby winner Persimmon who's statue stands at the gates and Diamond Jubilee who won the Triple Crown in 1900) will come along. But the Royal Stud does employ several people locally. One little comment attributed to a groom was when Doublet won the European Eventing Championships at Burghley in 1971. "The Queen bred the horse and the rider."

Racing and betting

On the racing front Sir Mark Prescott finally got a reasonable priced winner when Rushford won at 16/1. I hope a few T&A readers kept the faith with Pyledriver who won the King George VI and Queen Elizabeth Stakes at 18/1. I did take the early 33/1 price. At Goodwood Mark Johnston won the very first race at 14/1 and the penultimate race at 18/1. He did have thirty one others all of which lost. It shows how difficult it has become to track his winners. Godolphin's New London won the Gordon Stakes and became favourite for the Doncaster St Leger. I'm not so sure he'll manage Westover should he turn up. Favourite for the KGVI&QE Stakes he was far to free and probably ran out of steam before finishing well beaten in fifth place. The two I noted in the Gordon Stakes were Deauville Legend who ran second. He's a gelding and cannot run in the St Leger. He may be destined for the Melbourne Cup in November. Whether or not connections want to put him through the rigours of the Australian regime will be a key factor in his running. One almost certain to turn up at Flemington on the first Tuesday in November is Epsom Derby second Hoo Ya Mal. He was 150/1 at Epsom when trained by Andrew Balding whose father trained the great Mill Reef to win at Epsom back in 1971. Hoo Ya Mal was bought for over a million pounds with the intention of being trained in Australia by Gai Waterhouse who became the first Australian woman to train the winner of the race that stops a nation when the one-time Sir Michael Stoute trained Fiorente won in 2013. It seems that she is going back to try and drink from the same sweet water well. One absentee from the one hundred and eighty-six early entrants is State of Rest trained by Joseph O'Brien. Last year he won the Cox Plate which is often a good guide to the Melbourne Cup.

Moving forward to September the national hunt season begins to get into gear. Before everyone gets dewy eyed about Cheltenham the flat still has plenty to offer. The Irish Champion Stakes looks intriguing with Baaed and Vademi both early entries, as is Japanese raider Titleholder who if favourite for the Arc D'Triomphe. The one I like is State Of Rest. On the same card the Matron Stakes could see the clash of Homeless Song and Inspirial. The going maybe a defining factor as Homeless Song runs better on softish going. One race that will have many eyes is the National Stakes run the following day at the Curragh. Aidan O'Brien has said this is the intended target of Little Big Bear who was very impressive when winning the Group 1 Phoenix Stakes in early August. One that may give him a race is Donncha O'Brien's Proud and Regal. He won the Group 3 Tyros Stakes well and could take the step up in class in his stride. Second to Proud and Regal that day was the Ger Lyons trained Helsing. He would be an interesting runner in the Goffs Million towards the end of September.

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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Musician Gizz made a surprise visit to The Terrace Restaurant, to thank owners Vikki & Dan Kirk

Musician, guitarist & singer, Gizz Butt returned to 'The Terrace, Hunstanton', on Wednesday the 6th of July to thank restaurant owners Vikki & Dan for their hospitality & support after his Sue Ryder Bike Ride Challenge Fund Raiser in April of last year, with fellow musician Si Wright. Cycling from Peterborough to Hunstanton - 52 miles they raised over £3,500 for Sue Ryder Charity.



Gizz surprised Vikki with flowers & champagne and a huge thank you for providing a superb buffet and refreshments after the mammoth Sue Ryder Bike Ride Challenge.

Gizz said: "Under difficult conditions, COVID restrictions which Vikki adhered to, she ensured that we had a finishing line for the fund raiser, the food and service was amazing. I can assure you 52 miles is quite an endurance test on the body. Vikki supplied water, facilities, food and allowed our immediate family to welcome us at the finishing line."

I've lost quite a few friends to cancer over the years, this fund raiser was in honour of my incredible friend, business woman, sky diver, mother and wife, Helen Harber Day. Helen was born and raised in Norfolk so Hunstanton seemed the right place to finish.

Due to touring with Steve Hewitt (Placebo) and Janus Stark, this is the first opportunity I've had to visit Hunstanton to thank Vikki & Dan for their support and generosity. Vikki raised addition funds on the day too."

Vikki said: "I knew nothing about the visit, it really was a complete surprise, the flowers were gorgeous and the bubbles really appreciated. Sue Ryder means a lot to me as I've lost people to cancer so I wanted to help and support the Bike Ride Challenge."

Gizz stayed for lunch - I made him a toastie & coffee - he said both were the best he'd ever had in Hunstanton - quite a compliment. We chatted about you guessed it - MUSIC. "

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News from The Yorke Trust – Strozzi!

Opera returns to South Creake this year after an inevitable break because of the pandemic.

Jennifer Hamilton, the Yorke Trust's Director of Opera, has devised a pasticcio in words and music that received its highly successful première in July at Trinity Laban Conservatoire of Music and Dance in London where she is Head of Vocal Studies. Her new opera brings together the intriguing world of seventeenth-century Venetian composer Barbara Strozzi.

Strozzi was born in Venice in 1619 and studied with Francesco Cavalli. A gifted lute player, she became well known as one of the best singers of her time. As a single mother of three children, her extraordinary career is all the more remarkable as she was the first woman to have her music published in her own name.

The production, involving the Trust's Community Chorus working with promising young students from Trinity Laban, brings to life some of the most beautiful and progressive music of the Baroque era.

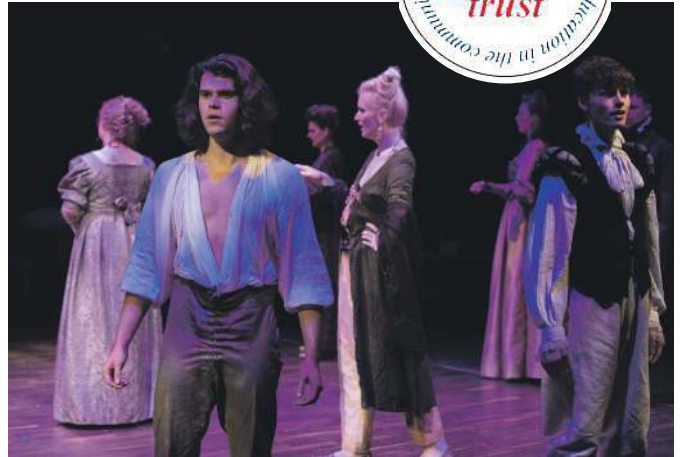
Tickets £15 (Under 16 free)

Date: Saturday 8 October 7pm

Venue: St Mary's Church, South Creake, NR21 9LX.

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BROADWAY AND BEYOND

Princess Theatre, Hunstanton

Saturday 10th September at 7.30 pm Tickets: £23.50

Now in its 15th successful year touring the UK, "Broadway and Beyond" is a thrilling and entertaining mix of musical wit from the most popular musicals of the twentieth and twenty-first centuries.

The show comprises music from productions that have all appeared, at some time or other, on or just off Broadway - New York's legendary theatre district. Featuring songs from classic productions such as Oklahoma!, Kiss Me Kate and The Music Man through to more modern musicals like Miss Saigon, The Producers and Spamalot, there is something to charm and delight the whole family.

Prepare to be captivated by the talents and versatility of the eight performers; comprising three all-singing, all-dancing actors, whose vitality and vocal dexterity will amaze, sharing the stage with five musicians, demonstrating musical agility and expertise on more than a dozen instruments between them.



"Broadway and Beyond" will set your feet tapping, your heart singing and leave you wanting more...

Voices of Norfolk...

"The tide comes somehow across."

A life-affirming one-woman show celebrating the *true* stories of Norfolk's older generation. Featuring recorded audio, live theatre, puppetry and more...

Developed through a series of interviews and community workshops held over the last 18 months, it is a rare archive of voices from the region.

Both playful and poignant, expect the unexpected... and some familiar soundin' ole Norfolk folk!

This one woman show will be live at Sedgeford Village hall on Friday 23rd September.

One of an eight date Norfolk tour, it promises to be an interesting evening in the company of this talented Norfolk actor.

Tickets are £10.00 and can be reserved by calling Dave Carter on: 01485 570097/ 07968 596949 or by email: carter615@btinternet.com

This is the second production from new, Norfolk-based company The Whiting's on the Wall, following their sell-out showcase

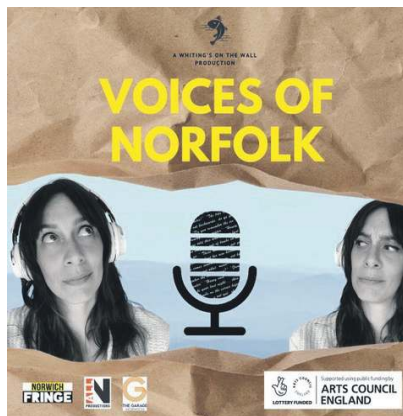
of 'There's no place like Cromer' in Feb 2020, of which audience members said:

"A really charming, lovely piece, highly recommend it!"

"I think it would be poignant even if you didn't live in Norfolk but especially poignant if you did."

"In short a complete triumph. Loved it!!"

Supported by Arts Council England, The



DOCKING ANGLING CLUB KIDS FISHING DAY SPONSORED BY ANGLING TRUST

Dayley Garside

Docking Angling Club put on a 'Get out fishing day' for children at the Clay Pit Docking. It was attended by eleven local children and tackle was donated by Angling Trust Get Out Fishing Campaign.

A barbeque and refreshments were supplied by Docking Angling Club and bait donated by Anglers Corner King's Lynn and Hunstanton shops (Martin and Simon).

Every child attended caught fish and the day was full of smiles. Tyler caught the most fish on his first ever fishing trip and you can see by his photo he loved every minute of it (Tyler is the lad in the wheel chair).



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Present 'JOURNEYS for Flute & Harp'

Join us for an enchanting evening of classical music, with internationally renowned harpist Gabriella Dall'Olio and patron of Classical Music Rocks as our special guest and CMR's flautist and Creative Director Klio Blonz. A journey across the continents and throughout time, with works by Mozart, Shankar, Vivaldi and Piazzolla amongst others, by two of humanity's oldest instruments.

Heacham Parish Church, St Mary the Virgin Church Lane, Heacham PE31 7HJ

(Large car park, behind the church, off Hunstanton Road)

Friday the 9th of September, 7 pm, an hour, no interval.

Tickets: £10, free for the Under 21s

Available from Sue Strickland, 01485 572343, sue.strickland31@hotmail.co.uk & the Church Office, 01485 572539, heacham.church@gmail.com

<https://www.heachamchurch.org.uk>

<https://www.cmrschoolswestnorfolk.com>



STRICTLY ARTS

Christine Earnshaw

What a difference a day makes! This has been a year of wonderful weather so imagine our concern when we learnt the Victorian Picnic would be on the hottest day so far with temperatures rising through the week. Should we cancel it? Who would attend in long dresses and woollen suites? But no, the show must go on. The Hunstanton Concert band would be playing so we must too! With some Strauss waltzes and other sea-themed music a few people in costume did turn up including our local Steam Punks John and Libby Wood. But in truth the Lower Green was very sparse with most of the crowds paddling in the shallows just to keep cool. We hope the Jubilee Picnic on August 21st will be cooler but dry.

Fortunately the temperature for our first Buskers' Corners was perfect and drew an appreciative audience to the Pavilion. Saturday 10th September sees our second Buskers' Corner, this time at the Bandstand 12 to 4pm. Please come along to support these musicians; it is of course a free event but you could bring a chair or rug for comfort and settle in for an enjoyable afternoon.

As T&A is always published well before the end of the month I will put in a plug for our outdoor play on the field at Thornham Village Hall. 'Much Ado About Murder' is on Wednesday August 31st. Tickets available from Witley Stationery shop, Hunstanton High Street or phone Ann on 533933. Heartbreak productions are guaranteed to be great entertainment, we are lucky to have them here as they perform in many prestigious venues like Holkham Hall for example. See July T&A for more details.

The ever popular Craft Fairs in the Town Hall continue on August 27th and 28th and again on September 24th with a variety of crafters selling and demonstrating and the refreshments from the Bearded Chef are indeed an added attraction!

Please see www.festival3.com and our Facebook page 'Festival3 by the Sea'



Hunstanton & District Community Voices? 'Another new choir in Hunstanton?' some may say..... surely not! No; rather a re-branding of the Hunstanton Community Choir, to more accurately reflect our new members and our new Music Director, Liz Dark, pictured right.



Many current members had never previously sung, but if you enjoy music and perhaps singing along in private, we are exactly what you want. Has one of your previous activities not survived Covid? - Do you fancy singing? - Not sure you can sing? Not sung since you left school? Try us for size and see how you feel. Nothing too serious, and if you like music from West Side Story or Godspell, or fancy trying to sing Adiemus by Karl Jenkins, or that lovely piece, Elizabethan Serenade, come along on a Monday evening by 7.00 pm to meet us and Liz, who tries to keep us in order. All lyrics provided, weekly subs are modest and your first week is free. We start back on Monday 5th September

Better still we are hosting a 'Singalong with us' evening on Monday 26th September, AND for anyone who wants to just see what this is all about, pop in and have a listen to what we do, perhaps have a go at a few songs or just sit and listen to us under the direction of Liz.

Time: 7.0 pm

Place: Christian Way Fellowship Hall, Downs Close, Hunstanton PE36 5HU Parking is available.

Further information – please contact lesley.trebbick@btinternet.com or ring on 07802 879976

King's Lynn Festival Chorus welcomes new members

As summer draws to a close, members of the King's Lynn Festival Chorus are looking forward to beginning rehearsals for this year's Christmas concert which will take place on Saturday 17th December, when we will be performing Handel's magnificent and, much loved oratorio, Messiah. We will be joined by Noxwode Baroque and soloists Bethany Seymour, Luthien Brackett, Jonathan Hanley, and Geoff Clapham

New members are always welcome. If you love singing and would like to be part of this friendly and dynamic choir please get in touch. We are particularly seeking Sopranos, Tenor and Basses to further strengthen these sections of the chorus.

Rehearsals take place on Monday evenings at Springwood High School, 7.15 – 9.15pm and are led by our own Music Director, Ben Horden with accompanist Jo Richards.

Why not come along to a rehearsal and find out more? New members usually attend three or four rehearsals before being invited to take a short informal audition.

You can find more information about the choir on our website www.kingslynnfestivalchorus.co.uk

If you would like to give us a try please contact our Secretary by email secretary@kingslynnfestivalchorus.co.uk or phone 07932 161606.

YOU'LL HAVE A BALL THIS CHRISTMAS

The most magical pantomime of them all, Cinderella is coming to Hunstanton!

Shone Productions Ltd presents Hunstanton's Biggest Ever Pantomime at the Princess Theatre from Saturday 3rd December to Sunday 1st January 2023.

Starring Lucinda Scott as The Fairy Godmother, Ben Coles as Buttons, Georgina Newton as Cinderella, Luke Sayers as Prince Charming, Rich Roberts as Dandini and Luke Attwood & Brandon Nicholson as The Ugly Sisters.

This magical pantomime features a delicious blend of beautiful scenery, colourful costumes, dazzling dance routines, great songs and plenty of laughter.

Cinderella has always dreamed of leaving her dull life as a servant to meet a handsome Prince. After the announcement that Prince Charming is going to hold a royal ball, it seems she may get her wish after all, but with the Ugly Sisters around, who knows what will happen. Maybe with the help of Cinderella's Fairy Godmother and a generous helping of fairy dust, and a glass slipper, perhaps Cinderella's wish could come true and she will live happily ever after?

Producer, James Shone, revealed: "I am so excited to be bringing our production of Cinderella to Hunstanton It's a brilliant show and we have an amazing cast to deliver this up-to-date pantomime version of the classic story. There is something for the whole family and I know that everyone will have an enjoyable time"

Book now to avoid disappointment. Tickets available online at: <https://thelittleboxoffice.com/princess/event/view/154446>



Music in the Burnhams

Ian Bell, Friends Coordinator

Who would have thought that when we started Music in Thorpe just 18 months ago, that this new venture would be hit by both Covid and the economic downturn? Great music has certainly been on offer, and many have enjoyed international performers give impressive recitals in the historic setting of Burnham Thorpe church. Sadly, the audience numbers have not equalled expectation, and it has been necessary to move the venues to Burnham Market itself. Hopefully, this might produce the audience levels that are needed to maintain the project.

In round terms it costs up to £5k per weekend of three concerts and although it was never planned that ticket sales would completely cover all the costs, we do need to increase the size of our audiences. With this in mind we have revisited the programme for the rest of the year and it is as follows:

Starting the month off on Friday September 9th, we welcome the Maggini String Quartet. Founded in 1988, they are regarded as "Among the most vivid, intelligent, witty and, on occasion, musically risk-taking live performances of classical quartets I've ever heard." The Independent.

We are so fortunate to entice them to Norfolk and the recital will be in the beautiful surroundings of All Saints Church, Sutton cum Ulph which is at the far end of Burnham Market. The programme includes Mozart, Beethoven, and Vaughan Williams. The recital is at 7.30pm. Tickets are £20 each.

Sutton church is also the venue for the concert on Sunday, September 11th at 3pm by the Aeolus Wind Quintet. This local group will play Poulenc, Matthew Arnold, Strauss, and Gershwin. Pimm's will be served from 2pm and tickets are £10 each

A different venue for a performance of Gilbert and Sullivan on Saturday September 24th at 7.30pm. The village hall in Burnham Market has lots of parking, great facilities, and a stage. Perfect venue for this live costumed performance of the ever-popular songs from the Victorian era by The Wandering Minstrels. Tickets are £18

The final concert in the series is back in Burnham Thorpe church on Sunday September 25th at 3pm. Benedict Holland, who is well known to our audiences, will lead a Baroque chamber orchestra in a

performance of Vivaldi's Four Seasons and the Vivaldi Guitar Concerto in D. The soloist will be Estevao Devides who many of us know from his enjoyable solo recital at one of the Winter Supper Clubs. Tickets are £18.

Please go to www.musicinthorpe.com and to book your tickets, I very much look forward to seeing you at future concerts. I'll definitely be at the Last Night of the Proms concert, Union Jack bowler hat and flag in hand!

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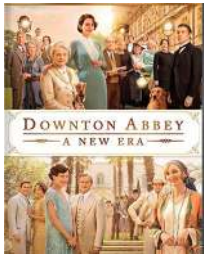
Behind the Scenes ...

Welcome back to the next edition of Behind the Scenes! August has been a fun month for all, as Hunstanton gets busy with the school holidays, many have taken a seat in our theatre, and people have flocked to our Sunset Wine Bar terrace. This entry will chat to you about some of the things the theatre's crew have been up to over the end of July and August. Then we will end on a bang, looking at what's to come this September!

The Princess Theatre was delighted to sponsor the award for Student of the Year – Primary School, at the Lynn News Education Awards, which took part towards the end of July. As a venue that homes creativity, we felt that this category connected to our theatre. We encourage students to visit our many productions, offering a selection of performances that give young people the opportunity to learn something new whilst having fun! This expands from exciting science experiments to our Christmas pantomime season.

Therefore, we were grateful to represent the Princess, and by extension, the Arts within West Norfolk. Claire and I had the pleasure of attending the event, wonderfully ran by the Lynn News. We were glad to show our support towards our sponsored category, alongside all others involved. Well done to you all!

Also, towards the end of July, we had a number of great shows perform such as The Carpenters Songbook and An Evening with Aggers. Both had the audience engaged throughout, with Toni Lee, who stars in The Carpenters Songbook mentioning they “had a ball” and felt thoroughly welcomed by the audience and crew!



During the month of September, our Cinema and Film Club shall be returning, featuring a great line up of films that include Downton Abbey: A New Era, Swan Song, The Road Dance, and Elvis. An interesting array of films offering drama, action, comedy, and Austin Butlers outstanding rendition of Elvis Presley.



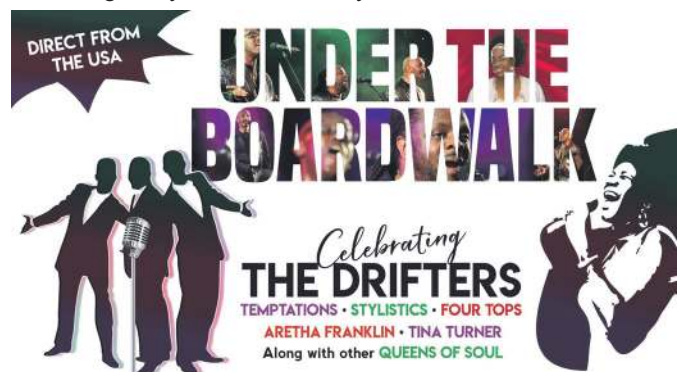
Sticking with the theme of Elvis and the golden era of Rock n Roll; Rave On - The Rise of Rock and Roll, will transport you back to the fabulous 50s and swinging 60s. The award-winning band The Bluejays feature in this performance, and not only do they offer their nostalgic vocals, but they also commandeer the stage with visuals that fantastically echo this great period of music. Described by the Yorkshire Times as “Immense... faultless... one fantastic band!”, make sure you get your tickets for this performance on Sunday the 11th of September, a show not to be missed!



From left: Claire and Jemma at the Education Awards

Also, during September, we have some leading Irish entertainment for you. Derek Ryan returns to Hunstanton on Friday the 16th, when he will bring the spirit of Irish country music to the stage. The Stars of Irish Country Show perform September 25th, featuring a variety of stars, Owen Mac, Shawn Cuddy, Stephen Smyth, and Curtis Magee. Both nights are set to get you on your feet!

In fact, throughout September we have a very extensive list of shows coming your way. Including rock, with the likes of Talon - The Best of Eagles 25th Anniversary Tour, Trigger The Stadium Rock Show, and the legendary Albert Lee in early October.



Continuing on we too have a celebration of Soul and Motown with Under The Boardwalk. Plus, all the mentioned above acts, and lots more! A full list can be found on the back ‘What’s On’ page.

That’s all from me! Thank you for reading this edition of Behind the Scenes and thank you for the support you have shown us over the past month. Thank you to all the performances we have housed at the Princess, and we eagerly anticipate what’s to come this September. We look forward to seeing you again soon, and until next time, break a leg!



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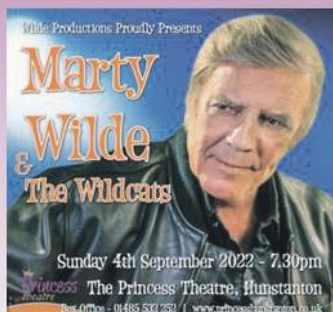
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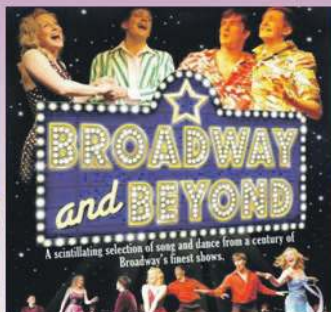
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Saturday 10th



Sunday 11th



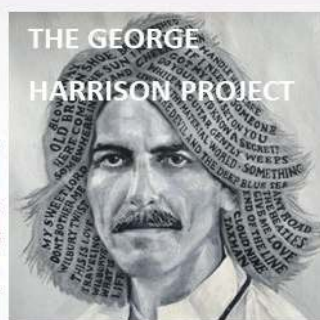
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Friday 16th



Saturday 17th



Sunday 18th



Thursday 22nd



Saturday 24th



Sunday 25th



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