

TOWN and AROUND

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First word



Two hundred and four years ago John Keats wrote 'To Autumn', arguably his greatest poem and certainly the first line: 'Season of mists and mellow fruitfulness', is most often quoted this month.

In September there's a sense of anticipation as the new academic year begins and a new season challenges gardeners to start protecting their tender plants against the first frosts.

Meanwhile, there are still lots of events for us all to enjoy, and rather than in the centre pages, the

full events diary can be found on the Town and Around website: www.townandaround.net. This is because there was so much to squeeze in to the number of pages available this month.

With everything from lifeboats to Lightning jets, blooms to boxing and plumbing to politics, I think there is something for everyone in these pages and my thanks go to all our contributors.

Thanks also to all our advertisers, their advertising pays for these pages so please support them if you can.

I took the cover photo of the King and Queen at Sandringham as they arrived in their horse drawn carriage for their first post-Coronation Flower Show. The same show that Snettisham Gardening Club won Gold and Best in Show for their exhibit Bug-ingham Palace!

With all best wishes,

Elaine

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History on display in Heacham

The Heacham Heritage exhibition organised by the Heacham Heritage Community Project, that was started by Pat Diggins and Stella Langley, took place on Sunday 30 July and it focussed on life in the village with information about the families, businesses, buildings and flood works over the past 150 or so years.



Edd Hammond was manning the exhibits from the Parish Council and maps, photographs and the parish ledgers dating back to 1831 were on display and included a photo of the Heacham Declaration Plaque (located at the junction of Lynn Road and Hunstanton Road) that was unveiled by Moss Evans (late resident and Mayor of the Borough) and Michael Foot. The plaque commemorates a meeting held in St Mary's Church on the 5th November 1795 with 111 day labourers from Heacham, Snettisham and Sedgeford and 4 Heacham farmers. They all signed the declaration for a minimum wage proportionate to the price of wheat. This was a civilised and organised movement, a fledgling trade union, fighting against the real threat of starvation during the Napoleonic Wars and Enclosures acts.



Janice Curtis displayed her collection of vintage fashion and accessories that she's accumulated over the past 20 years. A former postie she posed beside the uniform she wore in the 1980s.

The large display boards told the stories of the Race, Frost, Hart and Owen families and amongst the seventy businesses that were listed to be operational in the village A E Wallis, Bradfields, Robinsons Norfolk Lavender and the Post Office were highlighted.

Images from the 1953 floods and the pre-sea defence works were displayed alongside the albums compiled by Mary Pishorn who took a photograph every day of the works the sea defences works in the 1990s.

The organisers received £300 to support the event from a small community grant. Cllr Terry Parish said: "I am glad that a contribution from my councillor fund helped material to be laminated and displayed in a more effective and sustainable way. Thank you to all the volunteers and, particularly, to Pat Diggins for making this event a success.



Exhibitors just before the event opened



From left Pat Diggins and Stella Langley



The first visitors arrive

"There was a diverse amount of material made available which obviously greatly interested visitors to the event. I was particularly taken by the information on the Heacham brick kiln in operation for over 100 years before its demise in the second decade of the 20th Century."

Stella Langley said: "A big thank you to everyone who helped to make Heacham Heritage Exhibition a great success, exhibitors, those who transported all the equipment, help in the kitchen, cake makers and to all who attended, what a fantastic turnout. It was lovely seeing visitors reminiscing and giving lots of information about our village."

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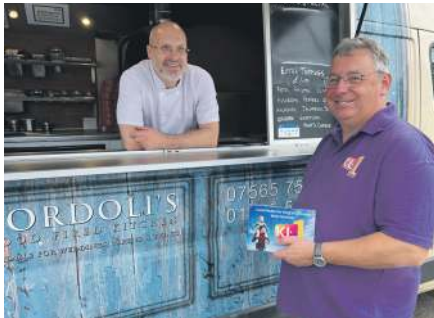
Hunstanton Fire Station Open Day

Hunstanton Fire Cadets took centre stage on Saturday 29th July at the Station's open day with a very believable demonstration of a prepared 'incident' that saw them tackling overheated gas bottles, evacuating casualties and extinguishing a spreading fire, with station chief Rigil Kent providing the commentary. The audience was clearly impressed judging by the applause.



From left: Dave Cleland, Richard Bird and KL1 Radio's Richard Dix

During the day KL1 Radio provided the PA services and background music while Bordoli's were kept very busy serving pizzas to hungry crew and visitors.



Dominic Owen - Bordoli's and Richard Dix - KL1 Radio

Also on site other emergency services were represented with the RNLI giving water safety advice and the Coastguard displaying their vehicles and explaining their role.



Local businesses supported the event with an amazing array of prizes for the raffle with all proceeds going to the Firefighters Charity.



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Hunstanton Lifeboat Station

The crew recently welcomed their much-loved hovercraft back to the station after she celebrated her 20th birthday with a refit.



Hunstanton Flyer officially came on service with the town's volunteer RNLI crew on 25 July, 2003.

Since then, she has been launched 248 times, saved 13 lives and assisted a further 150 people who found themselves in difficulty or in danger.

The station, on Sea Lane, is the only one in Norfolk to operate a hovercraft and one of just four around the UK coastline with similar craft.

The fast, agile assets can travel across both shallow water and areas of sand and mudflats inaccessible to conventional boats, making them ideal for operating in a tidal estuary such as The Wash.



Longer-serving volunteers at the station still remember the excitement of being selected to trial the revolutionary new vessel.

'It was brilliant,' said Vic Dade, now 62, who became one of the station's first pilots and hovercraft commanders.

'We had a full week of trials and we went everywhere, we went all over The Wash on it.

'It was a bit different to being on the boat until you got used to it but you could go up on the sandbars on it, you could get into King's Lynn when the tide was out.

'I was a pilot and commander, one of the first. I took to it quite easy. I went down to Poole to train for a week and the next thing we were operational.'

Lee Torrice, 52, now the station's Senior Hovercraft Commander, was also among the first to crew the vessel and another of the station's first pilots.

'It is different to fly, you're at the mercy of the wind and the contours of the land,' he said.

'It's a bit like driving your car on ice with all four wheels spinning.

'But we soon got the hang of it and once we did get the hang of it, there was nothing we couldn't do on it. We were away.'

Rigil Kent, 48, now the station's Lifeboat Operations Manager, was another of its first hovercraft pilots.

'It's very strange when you first fly it,' he said. 'On a boat, you've normally got to stay away from the sandbanks.

'On the hovercraft, you just go straight over them. It's proved its worth without a doubt.'

Leesa Espley, 52, joined the Hunstanton crew a few months after Hunstanton Flyer arrived at the station.

She soon went on to become the RNLI's first female hovercraft pilot.

'I just wanted to join the crew to start with,' she said. 'Then the opportunity came to train on the hovercraft.

'It was brilliant, it's totally different to the boat. You haven't got brakes and you're governed by the weather a lot. But it can go to places where the boat can't.'

Geoff Needham, 90, was one of the station's deputy launch authorities when the hovercraft arrived.

He was on board its first 'shout' while it was still on trial, when it diverted from training to assist a grounded narrowboat in The Wash.

'It goes to about 50pc of our shouts,' he said. 'Most of our shouts are to people cut off by the tide on the banks or the Wreck Sands.

'It's a valuable piece of kit, it's got an excellent record.'

Both the hovercraft and our fast inshore lifeboat Spirit of West Norfolk can be seen at the station most Sunday mornings when the crew turn in for training.

Sandcastle Competition

Old Hunstanton beach was packed for the RNLI sandcastle competition on 3rd August.

Organised by the Lifeboat Guild, this year over a hundred people took part and Judge Dereck Greening said: "It was lovely to see so many families on the beach and enjoying themselves."

See p54 for more Lifeboat news





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Providing for a child with disabilities in your will

By Yasmin Knock, Solicitor, Hayes + Storr

Providing for a child with disabilities must be carefully navigated to ensure that everyone's needs are met when you are no longer around.

Considerations when leaving money to a disabled child

If your child receives means-tested state benefits, leaving money to them outright in your will could affect these.

Your child may not cope with a sudden receipt of significant funds, or there may be concerns about others taking financial advantage of your child.

Dos and don'ts of financial provision

Often a trust arrangement is a suitable approach. Deciding who the trustees should be is of utmost importance. It is imperative to choose people you trust, who will make good financial decisions and manage funds accordingly, whilst ensuring it is in line with your child's needs and best interests.

A discretionary trust may be the most appropriate. A disabled person's trust is also common. All trusts have a unique key purpose and tax implications. They can preserve access to benefits. If you have more than one child, the child with disabilities may require more financial help than the others, and a trust

can ensure all your children ultimately benefit equally. Personalised advice is critical to ensure that you have opted for the most suitable trust.

Some believe it is easier to divert the inheritance to other family members who will then provide for the disabled child. However, circumstances may mean that they cannot act as agreed. For example, you leave your entire estate to your sister on the assumption that she will provide for your disabled child. Your sister could end up divorcing, becoming bankrupt, dying, or becoming mentally incapable. These would all redirect the inheritance away from your child.

Providing for disabled children in non-financial ways

A guardian should be appointed for any child under 18 to ensure that someone is available to care for them, should you pass away.

If your disabled child is over 18, you cannot appoint a guardian. However, you can leave guidance with your will as to who you would like to unofficially look after your child and any specific care provisions.

It is important to consider the possibility that in the future, you may no longer have capacity to continue providing for your child. In this instance, a lasting power of attorney



(LPA) can help. A carefully drafted LPA can allow for continued financial or other provisions for your disabled child, should you become unable to make such provisions yourself.

It could be appropriate for your disabled child to make a LPA, or an application to the Court of Protection can be made on their behalf.

How can we help?

For further information, please contact Yasmin Knock in the wills and probate team on 01328 863231 or email yasmin.knock@hayes-storr.com.

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RIISING INTEREST RATES DON'T JUST AFFECT THOSE WITH A MORTGAGE

By Kathryn Gigg Chartered Accountants, Hunstanton

There has been a great deal of discussion in the press recently concerning the rise in interest rates and the impact on those who are seeing their mortgage payments increasing. The position is actually far more complex than the headlines would suggest. The largest borrower is, of course, the government, so the rise in the underlying cost of borrowing money will feed through into government spending, reducing the options for tax cuts and pressurizing spending budgets. On the other hand, many borrowers on fixed rate mortgages may have seen no difference at all in their monthly mortgage payments and, for the time being, at least, may wonder why there is a problem. However, there is another side to the coin. In order to provide mortgages, banks and building societies need to hold money from depositors. There is clearly a linkage between mortgage rates and deposit interest, and although the lenders are generally much quicker to raise their mortgage rate than to raise the amount they pay out to their depositors, there is no doubt that just as some people are being squeezed by rising mortgage rates, others are seeing some comfort as their savings earn more every month. Given that savings rates have been around 1% for some years now, many might see their interest income at least doubling in 2023.

This, of course, has a tax consequence. Bank and building society interest is now paid out without any tax deduction, but it is still taxable. There are two special allowances which have, in the past, largely eliminated the liability. For those with total income of under £17,570 there is a "Starting Rate" band which can sometimes reduce the amount of investment income chargeable. The exact amount of the starting band will depend on the level of total income, so for example someone with wages of £15,570 would have a "starting band" of £2,000. The calculation is quite complicated and where earnings are variable because of perhaps part time or seasonal employment or volatile business income, the calculation will only be accurate after the end of the tax year.

The second and probably more widely relevant relief is the "Personal Savings Allowance" (PSA). This is available to basic and higher rate taxpayers but not to additional rate taxpayers and stands at £1,000 for a basic rate taxpayer (with total income up to £50,270) or £500 for those between £50,270 and £150,000. A 0% rate of Income Tax applies to savings covered by the PSA.

In recent years the availability of these reliefs coupled with low interest rates has meant that many investors have not needed to think about tax on their savings, but this will soon change. In addition to the interest position, there is a further development for those with share dividends. In the past there has been a special relief to set against these, originally £5,000pa, reduced to £2,000 in 2018. This has now been reduced to £1,000 for 2023/24 and will be £500 after April 2024. Again, many relatively small investors will find they have an unexpected liability.

For example, someone with pension income of £18,000, £60,000 on deposit and £2,000 dividends would have probably earned around £700 in 2022/23, well within the PSA and dividend allowance. The same deposit account, even on "instant access" will probably earn nearer £2,000 in 2023/24 and if the investor shops around it could be over £3,000. Also, £1,000 of the dividends will be taxable rising to £1,500 in 2024/25. Clearly there will now be a tax liability of about £5-600 and this will need to be reported and paid.

The compliance position is complicated. Current HMRC guidance is that you must advise HMRC if your untaxed income is over £10,000 or your dividend income, is over £2,000 but this doesn't seem to reflect the recent change in dividend allowance. It also suggests 'phoning them, which may prove problematic since much of the telephone support network is currently withdrawn.

At best, failure to take action and accurately report the untaxed income will lead to estimated tax codings and in due course an unexpected (and probably incorrectly calculated) tax liability.

For peace of mind and to ensure that the right amount of tax is paid at the right time professional advice should be taken sooner rather than later.

For advice regarding your duty to report your savings and dividend income please contact either of the partners Kate Gigg FCA or Nicola



Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written in July 2023

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King's Lynn Runners take part in Commemorative Somme Poppy Run

Gary Walker

A combined group from King's Lynn park run and members of the Globe Trotters running group, made the pilgrimage to the Somme area of France, to take part in what has become the annual Somme Poppy Run.

The run follows a route through what was, at the time, 'no man's land' separating the British Army from the Germans and which was the scene of so much death and destruction, through the long period of the battle, which started on the 1st July 1916 and was only expected to last a few days. In the end it was lasted until November, having suffered thousands of casualties but for very little ground.

The group, who meet each Saturday for parkrun in the Walks and Sunday mornings for the Globe Trotters, took little persuading to take part, although the nature of the terrain did take them a little by surprise. Far from being the flat French countryside that many expected, it is quite undulating and tackling the steeper slopes in the extremely hot summer conditions was not easy.

The thought of running up the hills was, however, tempered by the memory of the British soldiers, tackling the same slopes in very similar weather conditions, each of whom would have been loaded with over 60 lbs of equipment and who, all of the time, were being shot at.

The run finished at the magnificent Thiepval Memorial to the Missing, which contains the names of over 72,000 British and Commonwealth soldiers from the battle who have no known grave.

The group laid a wreath on behalf of King's Lynn parkrun, to commemorate those who died in the battle, several of whom were from the town. The group organiser, Gary Walker, said "it was fitting that we should commemorate those who fought and died for us on the Somme, in particular those from this area who answered the call to arms but who were never to return."

The run was also part of a fund-raising event for the Royal Air Force Benevolent Fund. Anyone wishing to donate can do so at the following link: www.justgiving.com/page/gary-walker-1688996729491

Unheralded Village Benefactor

Eric Langford

Snettisham is the home of a somewhat unique, and little known benefactor, that is actively involved in supporting the ongoing education and development of Snettisham young people between the ages of 11 years and 25 years old.

This is achieved through the awarding of annual financial grants.

The name of the benefactor is the Hall's Exhibition Foundation (HEF), which was established in 1915 as a charitable trust, (registered charity No. 325128). HEF takes its name from a Mr Hall, a 17th century Yeoman of Snettisham, who, on his death, left a bequest to assist the education of 20 poor boys of the village. With additional funding from his estate the Hall's Grammar School (1805 to 1913) was built. This was located in the north side of Snettisham, now known as Kenside and included the Carrstone quarry land. Hence a reason for the local road name, Grammar School Hill.

In 1915, following the closure of the Grammar School, HEF was established using the monies from the sale of the Grammar School and it's immediate surrounding lands.

Initially the school premises and land served as a base for WW1, German prisoners of war. From 1918 to around 1930 local farmers used the buildings and land for storage prior to its demolition for council housing development. The only remaining evidence of the Grammar Schools existence is the former school Sanatorium building that has been subsequently converted into a bungalow residence on Kenside.

The quarry land was retained by HEF and over the years has made a regular and significant contribution to HEF during its continued operation. Over the past years, the

prudent financial management of the HEF Governors on the invested capital and quarry income has enabled significant grants to be awarded, with some £85K being paid out to 92 applicants in 2022/23.

It is for the 10 Governors of HEF to manage the allocation of grants and to set the levels for the different age groups. The annual grants are not "means tested" and are applicable to all those following a state or private education route. Eligibility for a grant is dependant on the young person being within the age range and to having been a Snettisham resident for at least 12 months.

In addition to making individual grants, HEF can make one-off awards to specific groups / organisations that involve young people's education as part of their delivered service. Snettisham primary school has received awards of £52K to upgrade the learning accommodation in 2009, £9K for additional laptops for use by Year 6 during the Covid Pandemic period, the purchase of numerous musical instruments, and in 2016, £300 to underwrite the publishing of the "Gold from Norfolk" book, a Year 6 project research study on Snettisham treasure and connected local history.

HEF has a close liaison with Smithdon High School, awarding £20k in 2006 to help obtain a "specialist status" in Computing, and provides two, annual endowed Shield, awards for high achievement in Mathematics and Biology.

After 21 years loyal service, the HEF Administrator Chris Holt BEM, retired at the end of 2022 and the Governors of HEF would like to express their great thanks and appreciation for his dedication and support to HEF. Many parents, and past students who

have passed through the HEF grant process, will remember well the professionalism, help and care shown by Chris Holt in administering the HEF grant award and send their best wishes to Chris in enjoying his retirement.

It is good to announce and welcome Mrs Hilary Wheal, as the newly appointed HEF Administrator, 8 Railway Rd. Downham Market PE38 9EB, Tel.07816078942, email: hilaryj143@hotmail.com

All grant application forms can be downloaded and printed direct from the HEF website at www.hallsfoundation.co.uk or collected from Snettisham primary school for 11+ children.

Current 2023/24 Grant levels are set at:
11+ (Year 6 moving to Year 7) £350 per year;
16+ (Further Education / 6th Form) £500 per year; and,
18+ (Higher Education / University) £2500 per year.

In addition, HEF will consider special one-off grants, in support of specific school and/or student learning and development costs, associated with curriculum learning demands, (e.g. curriculum related trips)

Written applications should be made to the HEF Administrator

It is good to report that an Ofsted visit, last June '22, to our village school praised its good knowledge based and rich curriculum and a "fact based", school learning environment. This had been made all the better with the good access students had to valuable computer laptop learning. School management have informed HEF that the recent laptops, gifted to the school by HEF, were a major influence on the raised arithmetic standards attained by students and obviously "a feather in the cap for the HEF". EL29/7/23HEF

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King's Lynn parkrun Celebrate Love Parks Week in The Walks

Gary Walker

A group of 271 parkrunners gathered in The Walks on 29th July for not just their weekly parkrun but also to celebrate Love Parks Week, in arguably one of the nicest town centre parks in the country.



With the first parkrun starting in King's Lynn in The Walks September 2011, it seemed fitting that the runners should not only celebrate Love Parks Week but should also mark it with a big thank you to all the parks staff who keep the park and its adjacent gardens in such great condition for the benefit of the whole community.

The weekly parkrun always attracts visitors from wide and far, this week being no exception with number of visitors from as far away as Hampstead, Birmingham and Scotland, all of whom expressed their pleasure in joining the local runners in such a lovely park.

King's Lynn parkrun Event Director, who is also a Town Guide, went on to say "at 17

hectares the historic park is one of the largest town centre parks in the country and traces its origin back to 1753, when wealthy town merchant Charles Turner, paid to plant hedges and alternating chestnut and lime trees along an existing track leading from Greyfriars's precinct the Guanock Gate, this becoming the Broad Walk. His purpose was to allow him, his family and friends to promenade away from what was then a very crowded and smelly town!"

However, in those days the walk was only for the wealthy families of the town, with gates and gate keepers positioned at the entrance to ensure no undesirables were allowed in.

With the major expansion of the town in the late Georgian and early Victoria period, along a newly laid road, which was later named London Road, the benefit of having open spaces for general recreation was recognised with the area around the Broad Walk being extended, eventually continuing on as far as the newly opened Tennyson Road.

The Walks was also the scene of fighting during the English civil war, with the town's defences going through the centre of the present day park, the Red Mount Chapel being a gunpowder store positioned at the heart of an earthen bastion and with the existing path in front of the Chapel following the original defensive embankment.

Parkrun, which is free and managed entirely by volunteers drawn from within parkrun members takes place in The Walks each week



The Core Team members from left: Mick Ennis, Gary Walker, Hannah Fisher, Jon Plumb and Judith Berry

at 9 am and is open to all regardless of age or ability. Anyone interested in taking part should first register at <https://www.parkrun.org.uk/register/>

King's Lynn Town Guides have a special walk called a Walk in the Parks, which covers the history of the town's historic parks, further details being available at: <https://www.kingslynntownguides.co.uk/guided-walks>

Let's give a Giant HUG!

Rosemary Jewers



On the 16th September the Friends of St Andrew's Little Massingham were due to hold a Sew Day, unfortunately because of several issues we have had to postpone the event, but there will be more!!

We are pleased to announce we have decided to make it more inclusive and as well as quilters making patchworks, we are asking people who knit and crochet to take part, thereby making a different style of Hug! When crocheting and knitting we are asking that the hug makers ensure that there are no holes and they are the correct required size of hug. More about the sizes and how to contact us can be found on <https://fosalm.org/> website.

The first quilted tops have been made and they look wonderful! We are looking forward to seeing the next batch!

Tech Skills for Life - West Norfolk

- Do your kids need to do their homework, but you haven't got a laptop or the internet at home?
- Do you need to book appointments, buy things online and apply for jobs, but you've run out of credit and your phone screen is too fiddly?
- Have you got a smartphone, but think you might not be getting the best out of it?

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- Show you how to borrow a smartphone, tablet or laptop
- Give you a smartphone, laptop or tablet to keep
- Help you get free mobile data or a cheaper broadband tariffs
- Teach you new skills and suggest useful things like classes or social groups

Get your tech skills sorted, make your life easier, and get in touch today. Call 01485 536420, Monday to Friday from 9am to 5pm and speak to a Community Tech Coach, or leave a message, and we'll call you back. If you're online already, fill in our contact form: www.norfolk.gov.uk/TechSkillsForLife



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Magpie Centre Open Day is a huge success

Caroline Dudley



West Norfolk charity's Open Day, making a return post-Covid, netted welcome donations for two charities.

The Magpie Centre, home of West Norfolk Riding for the Disabled Association, at Wallington Hall, hosted an exciting day for the local community on Saturday July 29, which raised a total of £1890 for the Centre.

The day included a host of equestrian demonstrations, including an introduction to side saddle riding for Yard Manager Natalie Dade, an equine physiotherapy session, an Equine Assisted Learning Therapy lesson, and a sample lesson for a group of RDA riders, to showcase the Centre's work.

In addition, the event gave an opportunity for the Norfolk Writers' Exchange, a group of creative writers, to present donations of £350 each to the Magpie Centre, and to West Norfolk Deaf Association.

The Norfolk Writers' Exchange published an anthology of poems and short prose entitled 'Changing Tides' and, having covered publication costs, divided the profits between the two charities.

Said 'Changing Tides' editor, Tim Cashmore, "The Norfolk Writers' Exchange are thrilled that our creative endeavours have been able to raise funds for two worthy local charities, as well as supporting Biddles, a local printer, and giving enjoyment to the readers of our anthology."

There is no doubt that the donations were much appreciated.

Anna Pugh, Manager, West Norfolk Deaf Association, explained how their cash would be used: "We always need money for our Children and Family Services, including our Baby Sensory Group. Up to 90% of deaf children are born to hearing parents, and those families need support in managing their expectations and enabling their children to attain their full potential."



Standing, from left: Natalie Dade, Magpie Centre Yard Manager; Tim Cashmore, Editor of 'Changing Tides'; Lynnette Hyslop, Volunteer and Service User, West Norfolk Deaf Association, and Anna Pugh, Manager, West Norfolk Deaf Association.

The Magpie Centre cash has been earmarked for a project which helps Young Carers.

Said West Norfolk RDA Chairwoman Mrs Bee Ford: "This will enable us to run our hugely popular sessions for Young Carers this summer. We didn't manage to secure a grant this year, but with the generosity of people via JustGiving, and this donation from the Norfolk Writers' Exchange, we have been able to run the sessions."



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Borough Council of
King's Lynn &
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A FREE weekend of musical entertainment for all on The Green

Saturday 16 September, 12-6pm

BATTLE OF THE BANDS



Staged in collaboration with Radio West Norfolk, the Borough Council presents the West Norfolk Battle of the Bands. Come and watch the final eight bands and cheer them along as they battle it out for the coveted prize of a place on the stage at next year's Festival Too!

Sunday 17 September

CHILL OUT SUNDAY



Top bands perform on The Green for a free afternoon of upbeat entertainment. Come and sing and dance to your hearts content or just relax and listen to the sounds!

12.30pm
VEX

2.30pm
BEAR CLUB

4.30pm
THE CHEBBS

Hunstanton Events News

HUNSTANTON ROCKS!

Hunstanton will be rocking to some fantastic music over the weekend of 16th and 17th September. On Saturday 16th there will be a Battle of the Bands competition with 8 west Norfolk bands performing 20-minute sets onstage between 12.00 and 6.00pm. The bands have been chosen from a wider entry to perform in this Finals Day in front of a panel of judges who will choose a winner to perform onstage at next year's Festival Too! A marvellous prize for any band. The event is run in partnership with Radio West Norfolk. Simon Rowe will compare the day and there will be extensive play on Radio West Norfolk.

On Sunday 17th there are three top bands to entertain the public on Chill Out Sunday:

- 12.30 Vex
- 2.30 Bear Club
- 4.30 The Chebbs

All performances on both days will be on a large stage on the Green and both days are free of charge! So, bring your blankets, chairs and picnics and cheer along your favourite band, dance and sing to your hearts content or just sit back and enjoy the sounds!

Meanwhile, summer activities have continued with Pebble Painting, Punch and Judy and Adventure Gardeners. Nia has also continued. And of course, our Movie Madness weekend took place with open air cinema and children's indoor cinema. A Sunset Health Walk will take place (or will have taken place, depending on publication date this month) on 31st August at 6.30pm. Watch out for Rock Choirs from all over the area joining forces to sing on the Green on Saturday 2nd September at 2.00pm plus Hansel and Gretel and a murder mystery in October. All details on the Hunstanton events website:

www.west-norfolk.gov.uk/hunstantonevents
Roger Partridge, Events Coordinator
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Balancing the needs of our economy and the needs of our residents

Jo Rust

North West Norfolk has a significant coastal area and we know how reliant our economy is on tourism. Striking the right balance between the needs of our economy and the needs of our residents takes work and careful consideration.

The dreadful situation in Rhodes and wider areas in Greece, with the devastating wildfires, the loss of habitat, housing and the tragic loss of life provokes heartfelt sympathy for those permanent residents and, of course, holiday makers who have been caught up in such a terrifying situation. When covid struck those who were abroad when infections started and lockdowns took place experienced mayhem and confusion, many people have taken their time before making that decision to holiday abroad. Most of us must save for welcome breaks away, so to then go and be caught up in this disaster would be so scary.

Humans are responsible for the way in which our lives have contributed to this situation. We've burnt fossil fuels and destroyed nature which has led to the heating of the planet by 2C above pre-industrial levels. The conditions that wildfires thrive in are more prevalent than they were before. We all need to play a part in reducing greenhouse gas emissions and recycling is one small way. It's good to see that our popular holiday resort of Hunstanton has introduced recycling bins to try and cut down the number of cans and bottles that often find their way into our seas and to ensure that they are recycled which will help reduce our impact on the environment. I know that the portfolio holder, Sandra Squires, is passionate about the environment and coast and it's a credit to her and the Borough

Council for taking this action. I hope it's a success and we can replicate it elsewhere.

An annual holiday away from home is one of the things that make up the minimum socially acceptable living standards that the Joseph Rowntree Foundation say that we all should be able to access in order to meet material needs and participate in society. However, there is a growing gap between what people have and what they actually need for a decent standard of living. Our local MP claims that his government is taking the right action to bring down inflation and that families in need are being supported, but that's not what I'm being told by residents in my ward who are really struggling. Our benefits systems don't help either, with entrenched problems within the social security system meaning that those on out of work benefits have only 52% of what they need for a minimum standard of living. A couple with two children must earn £43,400 between them in order to reach this minimum standard but with mortgage payments and rents going up with no reciprocal rise for those who actually have savings, the money that people have to spend on things like a holiday, is dramatically reduced.

Those who rent are facing large rises and risk losing their home if the landlord decides to sell, or put the rent up to such an extent they can no longer afford it. It's no wonder that homelessness figures are on the up and the number of families in temporary accommodation at an all-time high. Figures announced this week showed that 104,510 households were in temporary accommodation at the end of March this year. This is the



highest number since records began in 1998. This shocking number showed that 9,520 more households were placed in temporary accommodation since last year, this is a jump of 10%. Sadly, children are caught up in this and there are approximately 131,370 children in temporary accommodation which is the highest figure on record. Even if this government's claim that they will build one million new homes by the next election comes to fruition, it's unlikely that many of these houses will be affordable for most people. So it's good to learn that the proposed Parkway development, named Florence Fields, will have a larger number of homes available for private rent than originally proposed and there will be affordable homes available for shared ownership or affordable rents. Steps like this will have a positive impact locally, we just need to see an improving national picture now.

Round the bend with Dean Baker

You never know till you try or the plumbing industry needs you!

After 8 years of writing this article I'm confident that this is the first time I've written on this subject. And I've never written on it before because it only represents 1% of the population. This month, I'm looking at 'Women Plumbers', that sounds wrong, women who are plumbers. Many trade industries, like plumbing, are still male dominated, but women and girls should not be put off. This is definitely an accessible career path.

So is plumbing a good job – definitely. You can be self employed or work an employer. I started working for the Gas Board where I did my apprenticeship. You can also become a plumber by completing a fast track plumbing course or working as a plumber's mate. Plumbers do need GCSE's but only to be accepted on to an NVQ Level 2 Diploma course. An apprenticeship usually takes between three and four years. However you get there - you will come away with an NVQ Diploma, at level 2, 3 or even 4. What's the most important thing about being a plumber? That you can improve people's lives, getting a customer's hot water back on makes their day and makes you feel great!

Back to female plumbers – 37% of people say they would feel safer



with a woman. In addition, a good number feel they'd get a fairer deal with a woman, be less likely to be patronised and get advice they could trust. There are lots of positives for women and girls who are interested in carving out a career in plumbing. A large demand, combined with a tiny supply of female plumbers, suggests a pretty big gap in the market – sounds like a 'win win' to me!

Until next month, take care. plombierdean@yahoo.com or Tel 07973 131 906.

Round the Bend



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This fast track bridge course is ideal if you want to learn and start playing quickly, are a complete beginner or for those who already know some basics.

Contact Laurent to book your place:

bridgehunstanton@gmail.com

The Reel Fling

Scottish Reels: A great way to take exercise enjoyably. Taster session on 13th September at the Yorke Trust, South Creak.

The Reel Fling group was formed over 30 years ago and is now firmly established at the Yorke Trust in South Creak. It meets twice a month (2nd Wednesday and 4th Friday). Each evening's programme is 4 or 5 dances – some of the old favourites and a new one or two.

The group includes dancers of all skill levels and all dances are walked through: you will not be 'thrown in at the deep end'. The emphasis is on having fun rather than obsession with precision.

The evenings start at 6.30 pm with a one course supper and coffee (£9) and dancing (£5) begins at 8pm. The programme usually finishes by 10pm

There are about 20 regular dancers. If you would like to come and give it a try there is a taster session on 13th September at which the dancing will be free.

For further details, please contact:

Lois Carrick on loiscarrick21@hotmail.co.uk or 07969831504

Henry Head on henryhead@henryhead.com or 07778751547



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Rail Ticket Offices Closure

Cllr Steve Everett



National Union of Rail, Maritime and Transport Workers (RMT)

Nobody using the ticket office at Kings Lynn.
People prefer people
#SaveTicketOffices

Photo credit: RMT. The queue to buy tickets at King's Lynn station

T&A readers may or may not be aware that the Government via the Department for Transport is trying to force through the closure of railway ticket offices across the whole of England.

The Department for Transport claims that by closing the ticket offices this will bring staff from behind a ticket office window into a more customer facing role. However, what they will not tell you is that once the ticket offices are allowed to be closed then there is no regulation that says that stations have to remain staffed. As such the railway companies will use this to make staff redundant and thus stations will become unstaffed ghost stations with the resulting anti-social behaviour that will increase.

West Norfolk has two ticket offices at Kings Lynn and Downham Market. Both are under threat of losing their ticket offices.

If we are to believe the rhetoric that is being pushed out by the Department for Transport these ticket offices only sell tickets.

These ticket offices are vital for many reasons, and they don't just sell tickets! Many users will have come from Hunstanton, Heacham and surrounding areas. These users want the ticket offices to remain open however as stated the Government wants the offices to close. These ticket offices navigate the complex ticketing system and save passengers money by selling cheaper tickets than are available on ticket machines, such as group tickets, family tickets, kids for a quid and local offers. Something which is vital in the current cost of living crisis.

As someone that worked for the industry for a number of years, I found the ticketing system complex with its myriad of different ticket options, time restrictions and what routes you can and cannot take. If someone in the industry found it complex what hope has a member of the public got using a ticket machines?

Ticket office staff don't just sell tickets! Other non-ticket selling activities include:

- Keeping the station clean;
- Preventing anti social behaviour;
- Opening customer toilets;
- Providing information to visitors to the Borough;
- Being an unofficial tourist information point;
- Being a point for passengers in distress or in crisis to get help;
- Assisting passengers who cannot use ticket machines, or struggle to use ticket machines;
- Booking and confirming passenger assistance for those passengers who need that extra bit of help;
- Providing ramps for mobility impaired

passengers;
to name just a few!

The closure of these Ticket Offices will place a barrier on some of the most vulnerable members of society who just want to speak to a human. Elderly, people with a plethora of various disabilities and people on low incomes are less likely to have access to the internet and are excluded by the push to online and electronic ticketing. Some passengers do not have a debit/cash card and it's not just chief Brexiteer Nigel Farage and his nemesis pro Europe Gina Miller who have been unbanked so cannot buy online. Most ticket machines do not accept cash due to vandalism/cost cutting so how are unbanked customers supposed to buy a ticket, or is it the Government's idea to further exclude these members of society?

The Department for Transport was embarrassingly forced into having to extend the consultation due to multiple legal threats from various organisations. This has given me the chance to seek the support of the Borough Council to these common-sense defying proposals to close rail ticket offices.

So serious are these proposals that I as a new Labour councillor will on 24 August be putting a motion to the Borough Council supporting Conservative controlled Norfolk County Council's opposition to these rail ticket office closures.

Please do join the campaign by responding to the consultation and writing to James Wild MP expressing your opposition to closing rail ticket offices.

The consultation details are listed at <https://www.greatnorthernrail.com/about-us/our-commitments/publicconsultation> and you can make comments against the ticket office closures via email at ticketoffice.GTR@transportfocus.org.uk or via the consultation form at <https://www.transportfocus.org.uk/ticket-officeconsultation/>

Copy date for the October issue of Town and Around is 12th September

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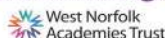


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Springwood Sixth Form: The First Choice Sixth Form Destination for West Norfolk

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 Linnaeus University in Sweden and Harvard in the USA.

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 Peru, New York and Thailand!



Open Evening

Join us at our open evening on the 12th 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, 6.15pm or 7.00pm. 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.

Wendy Warner's plant of the month - Crocuses

September is the time to purchase crocus bulbs for flowering next Spring. Although they are small flowers, on short stems, they can make a spectacular show when planted en masse and will flower year after year. I remember as a child being amazed by the displays of crocuses growing through the grass along the central reservation on Grapes Hill in Norwich and in Chapelfield Gardens. They can be naturalised like this, used in the front of borders, on rockeries or in pots and containers and combine well with other early flowering Spring bulbs. The funnel-shaped flowers come in various shades of yellow, lilac, purple and white as well as bicoloured or striped and flower from early February to into April. Most have thin green strappy leaves with a white stripe down the centre. They are a great early source of pollen and nectar for bees.

Spring-flowering crocus should be planted in autumn. They generally prefer a sunny, open position in well-drained soil, with additional compost added to very light soils and compost and grit to aid drainage on heavy clay. Being small corms, they are easy to plant at about three times their depth with the shoot facing upwards and about 5cm apart. As with most bulbs, allow the foliage to turn yellow and die back naturally before removing it. This will give the bulb the energy it needs to produce flowers for next

year. If growing them in grass, try not to mow until the foliage has died down. Crocuses should be left in the ground from year to year and will often bulk up.



Cream Beauty

Spring crocuses can be split into two groups – large flowering which flower in March to April at about 10cm tall with their petals tending to hold more of a funnel shape and species crocus flowering in February and March at about 8cm with their petals opening out full in sun to create a star shape. Many species crocus are also fragrant. “Cream Beauty” has soft cream flowers, “Prins Claus” is white with purple edge, “Ruby Giant” is deep violet blue and sieberi “Tricolor” is



Orange Monarch

purple and white with a yellow centre. A relatively new introduction is “Orange Monarch” – the first orange crocus and so named for the orange and black vein-like markings resembling the Monarch butterfly.

Try growing crocuses in decorative pots for early flowering indoors or in porches, they can then be transplanted into the garden after flowering for future years.



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Open Soon!**

Old Hunstanton Flower Festival

Floral displays, lunches, cakes and stalls, a hog roast with music, a dog show and church service were the elements of the 48th Flower Festival in the village.

The arrangers were coordinated by Gary Bocking, the theme of the Festival was 'Seasons', and St Mary's was filled with beautiful arrangements and wonderful scent.

Attracting over 2000 visitors over the weekend the festival was staged over two venues with stalls, games, shopping and refreshments at the village hall with a shuttle bus running to and from the church.

Visitors on the Saturday were also treated to a fly-past by the Red Arrows just after 2pm and on Sunday the Songs of Praise with Hunstanton Concert Band was a great success.



Flower Festival at St Nicholas Church Dersingham Thursday 7th - Sunday 10th September 2023

*The theme for this year's festival is -
"Thank you for the Music!"*

Our dedicated team of flower arrangers will be bringing their flair and imagination into the church to create floral displays depicting a wide variety of music from country to jazz, classical to music-from-the-shows, with some glam-rock thrown in for good measure!

And of course - there will be music, with live performances by local musicians in church each day and a "Teddy Bears Picnic" on Saturday afternoon.

The festival is rounded off with "Hymns and Pimms" at 6pm on Sunday evening, an opportunity to join in singing much loved and favourite hymns in a relaxed atmosphere.

Refreshments will be available in church during the festival and other attractions include a variety of stalls, a raffle and Tombola.

You are cordially invited to come along to enjoy the flowers, and perhaps your favourite song or piece of music will be included in the displays!

The Flower Festival opens on Thursday 7th September and will be open each day from 10am until 4pm, 12 noon until 4pm on Sunday.

Admission is free, with donations welcome. All proceeds will go towards the upkeep of the church.

If you would like more information please contact :

Yvonne Fuller - 07971 896653
Val Coleby - 07787 360809
Anne Hynde - 07885 956321

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September

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Sun 12noon - 4pm

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http://www.stnicholasdersingham.org.uk

Nature notes with Carrie Carey

Autumn Delights

A tint of umber and bronze on curling leaves. The breathe of Midas, a whisper of gold, on hedgerows. The touch of a chilly morning. Autumn arrives furtively, squeezing through the back door of summer's departure. As temperatures drop and mornings start with a light frost, sandals and T shirts are swapped for woolly socks and thick jumpers, iced frappes make way for spiced lattes. It's the time of year when a stroll through the woods is accompanied by the satisfying crunch of dried leaves under foot, bringing back memories of childhood fun. Sharp winds send the seeds of Sycamore trees spiralling through the air like a convoy of tiny helicopters and Horse Chestnuts are wrenched from scrawny stems. They fall to the ground narrowly missing my head.

It's hardly a debate that this summer has been a bit of a wash out and some of us may be feeling a little underwhelmed by the thought of Autumn crossing the threshold. But this is one of the UK's busiest times for avian arrivals and although we'll wave cheerio to many summer visitors, we can put out the welcome mat for other species heading to Britain for a winter break. Around 50 species of birds including Swallows, Martins and Cuckoos leave our shores each year heading to southern Europe or as far as sub-Saharan Africa. Others, such as Sandpipers break their long journey south from Scandinavian breeding grounds with a short sojourn at Titchwell Marsh, Snettisham and other wetland sites. They'll soon be joined by thousands of flycatchers and warblers which despite their small size, will cross vast oceans and land masses to spend winter in the forests of West Africa.

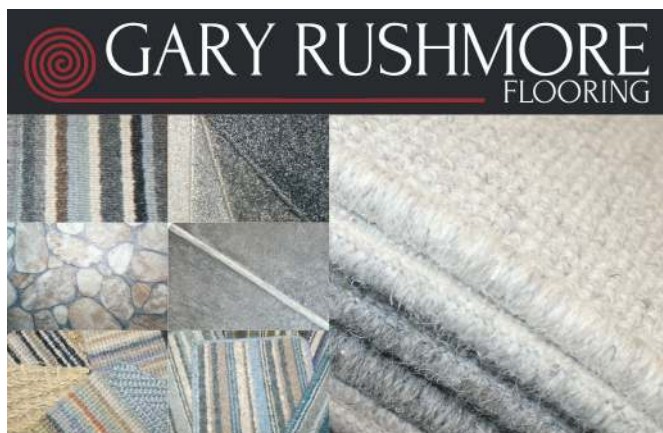
By October, UK wetlands and estuaries resound with the sound of noisy and rapacious geese. Brent Geese with their rasping purr were once infrequent visitors flying in from northern Siberia, they are now unimposing, almost tame. Arriving from the western Arctic region, Pink-footed Geese make Britain's coastline a regular winter retreat, however, they still remain wary of humans. Nothing quite signals the onset of



Redwing Phill Gwilliam

autumn as the sight of 'pinkies' flying overhead in their famous v-formations.

Flying further inland, Thrushes, Buntings and Waxwings head for hedgerows, orchards and even gardens. These winter globetrotters are here to feast on fruit, berries and seeds and I am particularly smitten by the tiny Redwing which migrates here at night in small flocks. Their arduous journey is often hindered by rough weather and storms across the North Sea, not all migrants make it. Even more remarkable and truly heroic is the annual pilgrimage of the UK's smallest bird, the Goldcrest. This minute bird breeds in coniferous forests across Scandinavia and each year thousands head south to join the resident UK population over winter. Being airborne and weighing only six grams, these tiny bundles of fuzz must cross their tiny wings and hope for a favourable easterly wind. Knowing that they will make the return journey next spring, I can't help wishing them the very best of luck. Whether birds are returning home to breeding grounds, flying in from colder climes, or simply passing through, autumn migration is an event met with great anticipation. And if you'd like to know more about this natural spectacle then do join us at Titchwell or Snettisham on one of our guided walks.



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Goldcrest: Lance Fisher

I must admit that I do love the summer and August always passes too quickly for me. I wish it would just lazily roll along allowing hazy days and warm nights to linger somewhat longer. But this year, August has not lived up to my expectations. So, I am eagerly waiting to see what September brings. There's no doubt that the nature's colour wheel is at its best in Autumn. Those striking golds, rusty oranges and copper tones certainly break up summer's ribbons of green. I'm also ready to swap the aroma of bug spray for pinecones and freshly picked apples. As the days get shorter, it's too dark and dank to cut the lawn after work so Autumn evenings provide the perfect excuse to curl up on the sofa with a good book. But perhaps, what I'm secretly looking forward to – is the clocks going back and that extra hour in bed!

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St Nicholas Church Gayton

Events for your diary

On Saturday 2nd September John Bennett & Gill Smith present a concert.

A Trip Down Memory Lane

An evening of Music & readings including works by A A Milne, Lewis Carroll and Hilary Ballooc.

The Concert commences at 7pm admission £5. Parking is available at the rear of the church off Back Street.

On Saturday 30th September from 9am

Antiques Road Show type Trip

Gayton Church will be hosting and Antiques Show type Road Trip when experts from Keys Auctioneers of Aylsham will attend with their experts to value items for a small donation. You can if you wish and are satisfied with the valuation leave your items with Keys for placement in an Antique Auction or just have them valued for your own interest. You should put a reserve on items left for auction.

There will also be stalls in the church anybody requiring a table for £5 should contact the Churchwarden we have tables but these are low (ex school) or you can bring your own.

Refreshments will be available the show will go on until the valuers have finished probably around 2pm.

So check the attic and come along free entry

There are two good bus routes to Gayton Lynx 48 & 49a stopping opposite the church. Further details from Churchwarden Mr S Watkinson on Kings Lynn 636629 or email stanwatkinson1@gmail.com

A recipe from the Prudent Pensioner

It's been many years since I made a Thai Green Curry but my guests were delighted when I decided to make one during their stay. I added Green Beans and roasted Sweet Potato wedges. I had enough ingredients left to make:

Sweet Potato, Green Bean & Coriander Soup. Makes approx. 800ml

Approx. 250g Sweet Potato
Approx. 150g Green Beans
1 medium size Onion or Shallot
1 Stick Celery.
10g. Fresh Coriander.
Chicken or vegetable stock cube.
A knob of butter
Salt and Pepper

Dissolve stock cube in 450ml hot water.
Peel Sweet Potato and cut into small pieces.
Wash Coriander and chop fairly finely.
Peel onion and slice thinly.
Clean celery and cut into small pieces.

In a medium size saucepan and over a low heat, soften butter then add Onion stir well and cook for a minute stirring constantly.

Carefully add sweet Potato, Beans, Celery, Coriander and stock to saucepan, bring to the boil, reduce heat, cover and leave simmering gently, stirring occasionally, for 15-20 minutes or until Sweet Potato and Beans are soft.

Strain off most of the liquid into a jug; leave this to one side while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.

Return pureed vegetables to saucepan, gently stir in stock, mix well, reheat, serve and enjoy.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Hunstanton indoor market and Robert & Christine home shopping. Copies are available to borrow from Heacham Library & Hinckley Library.

See lots more recipes on The Prudent Pensioner Facebook page

Email: pruden.pensioner@btinternet.com

INNER WHEEL CLUB OF HUNSTANTON & DISTRICT

Coral Campbell, President

After our success with our Soft Toy Tombola at Hunstanton Carnival in June we continued the theme at Norton Hill Light Railway's weekend in July.



As a Club we were delighted to be back at Norton as Inner Wheel has not had a stall there since before Covid. It is wonderful to see families enjoying themselves together. That is what Norton is all about – affordable family fun. The weather played a big part in our weekend this year. On the Saturday [22nd] it rained quite heavily, but with good British spirit, we carried on and it was great to welcome people who braved the weather to support the event. On Sunday we were blessed with sunshine and a good crowd of people came and created a very happy atmosphere.

It is a joy to see people young and old enjoying the event. It was heart-warming to see the children taking part in our Tombola and there were lots of happy faces when they won a toy, especially if it was the one they wanted!

IW is extremely grateful to our Rotarian friends who make it possible for us to attend such events. They supply and put up our tent – we could not do it without their help.

Our 2 Clubs, Rotary and Inner Wheel started their New Year on 1st July. I trust we will be able to continue working together for the good of our local community.

For Inner Wheel 1923/24 is a very special year. We will be celebrating 100 years of our organisation internationally and 90 years of our District – District 8. Lots of celebrations and special events are planned to mark these important milestones. You will be made aware of these as the year progresses.

Thank you to all for the local support we have had over the summer for our Toy Tombola. We have raised sufficient funds to purchase a Control The Bleed Kit for Hunstanton which was our aim.



The two Presidents for 23/24. Roger Raven and Coral Campbell

Royal British Legion: Snettisham

Established in May 1921, the Royal British Legion (RBL) initial aim was providing care and support for those who had suffered as a result of their war service during the Great War of 1914–1918. The RBL has been actively involved in helping the UK armed forces community ever since.

Initially membership was drawn solely from former armed forces personnel.

Times have changed and membership of RBL is now open to anyone who shares the RBL basic core values of providing care and support for the UK armed services. As a result RBL members are now drawn from all walks of life, many having no military background. The rich mix of members' skills and experience broadens the ability of RBL branches to better provide support for loneliness, isolation and companionship for their local community.

The RBL has approximately 2500 branches in the UK and overseas with some 60 in Norfolk and 5 in North West Norfolk. Snettisham RBL branch is based in the iconic and distinctive, corrugated sheet metal hall, built around 1924, in Church Road, Snettisham. The RBL Snettisham branch meetings are held on the second Wednesday of each month. RBL membership provides access to any RBL building and costs £18 per year. New members can opt for a particular branch attachment (ie Snettisham) and all members receive regular RBL newsletters and a range of purchase discount offers. Please contact Philip Smith, 07964511014, RBL, Snettisham branch for more details.

A feature of the Snettisham RBL branch is the success of the regular monthly SWAG (Snettisham Wednesday Activities Get-together) event, organised by RBL volunteers, to meet the companionship needs of those people suffering from aspects of loneliness and isolation in the village and surrounding community.

SWAG events are held at the RBL Hall in Church Road and have attracted some 30 plus, regular attendees and the very positive feedback has prompted the RBL branch members to unanimously agree to SWAG being continued on the fourth Wednesday of each month from September through to March 2024.

With attendees enjoying the social and chatty atmosphere, as well as the opportunities to play, or just watch card games, dominoes, cribbage, scrabble, shove halfpenny or floor games such as of Skittles and Hoopla, or to just sit with old, and new friends, enjoying a cuppa and a chat, the general view is everyone was happy. New additions include a Bagatelle board and Jenja, (wooden tumble tower) game as new experiences.

Very popular are the "part finished" jigsaw challenges for individuals / couples to complete as well as the "word search" puzzles.

Entry is free so please come along and enjoy biscuits and a "cuppa", as well as the opportunity for a nice social chat amongst good company and the possibility of making new friends and contacts.

The next RBL, SWAG event will take place between 2pm to 4pm on Wednesday 27th September at the Royal British Legion Hall, Church Road, Snettisham, and thereafter throughout the year to March 2024. Contact joint SWAG organisers Eric Langford, 01485 541515 or June Barrett, 01485 533011 for more details.



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Mudpies & Butterflies

with Louise Barby, Balanis

"It was a beautiful bright Autumn day, with air like cider and a sky so blue you could drown in it" – Diana Gabaldon

September is a great time to spend time in your garden. The air is still warm, we may even be lucky enough to have an Indian summer. Don't feel sad that summer is waning, get out there and enjoy the light, bright September days. Here are some fun and productive garden jobs you can do in your garden or community garden this September:

Plant Spring Bulbs: Prepare for a colourful spring by planting bulbs like tulips, daffodils, and crocus in September. The cooler weather helps them establish roots before winter.

Harvest Vegetables: Many vegetables are ready for harvest in September, including tomatoes, beans, peas, and courgettes. Enjoy the fruits of your labour!

Prune and Deadhead: trim back faded blooms and remove dead or diseased growth from your flowering plants. This promotes new growth and keeps your garden looking for as long as possible.

Divide Perennials: If your perennial plants have grown too large, consider dividing them to maintain their health and spread them around your garden. Fill as many gaps as possible, this will help with weeds next spring.

Prepare Compost: Start collecting fallen leaves and garden debris to create a rich compost that you can use to enrich your soil in the future. Pop in bags behind the shed, or a homemade leaf cage. The rotted down results will be so useful for sandy or clay soil alike.

Sow Winter Greens: Plant cold-hardy vegetables like kale, spinach, and winter lettuce to enjoy fresh greens during the colder months.

Clean Garden Tools: Give your garden tools some TLC by cleaning, sharpening, and oiling them. This helps extend their lifespan and ensures they're ready for use.

Collect Seeds: Save seeds from your favourite plants for next year's garden. Pop them in a paper bag in a cool dark place, labelled to sow for next spring.

Plant Container Displays: Create beautiful autumn container displays using seasonal plants like chrysanthemums, ornamental grasses, and pansies. These will look good all winter long.

Prepare for Frost: As the weather gets cooler, be prepared for frost. Have frost cloths or covers on hand to protect more delicate plants.

Trim Hedges and Shrubs: Give your hedges and shrubs a final trim before winter to keep them looking neat and tidy.

Clean Ponds and Water Features: If you have a pond or water feature, clean out debris and fallen leaves to prevent water quality issues.

Lawn Care: September is a good time to scarify, aerate, and top dress your lawn. This helps keep it healthy and prepares it for winter. Hard work will make your lawn more vibrant come the spring.

Plant Trees and Shrubs: Autumn is also a great time to plant trees and shrubs. The soil is still warm, which encourages root growth before the colder months.

Enjoy the Harvest: Take time to enjoy the fruits of your labour by hosting a garden harvest feast with friends and family. The glut of fruit from the trees or vegetable crops is the perfect excuse to have a get together while the days are still warm and long enough to enjoy.



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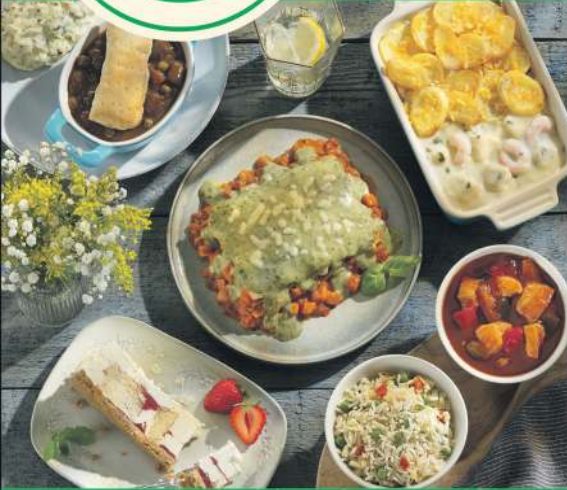
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SNETTISHAM GARDENING CLUB

We are very proud to say our Garden entry at the Sandringham Flower Show entitled Bug-ingham Palace Garden won Gold and Best in Show - many congratulations to the team who did a wonderful job and thanks to Wards Nurseries for lending us the centre-piece tree.

We will be welcoming Mr. Graham Watts from Dale Farm, Dereham which we have visited to our September meeting at 7.30pm on Wednesday 27th in the Memorial Hall, Old Church Road, and the subject is Dale Farm Developments and Tales of the Unexpected. You will be welcome to join us.



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


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Wild in Westminster and West Norfolk

It is nearly a year since Rishi Sunak became Prime Minister. Talking to constituents over the summer it has been interesting to get their reflections and also look at what has happened in that period on the economy, health, crime, and other issues as it has been busy.

Top of the list of the Prime Minister's priorities is the economy. The focus rightly remains getting inflation under control. This is essential to help ease financial pressures facing people – and of course businesses. The recent falls in the inflation rate shows the plan is working. However, there is much more to do through controlling borrowing, cutting energy bills, and getting more people into work to bring it down further.

Tackling inflation is key to achieving sustainable economic growth. As is attracting investment and getting Britain trading more. Joining the £11 trillion Trans Pacific trade partnership will create new opportunities. Japanese companies have committed to invest £18 billion in our economy, coming on the back of £14 billion from the US, while Jaguar Land Rover has just announced a £4 billion

gigafactory - all of which are signs of investor confidence in our economy.

On healthcare, the biggest news in North West Norfolk was the announcement that QEH will have a new hospital by 2030. Last month, I was delighted to join the QEH Chairman and Chief Executive in welcoming Lord Markham the Health Minister leading the new hospitals programme to Lynn. As Lord Markham said 2030 is a hard stop and is helpful in driving progress. Some questions covered that day are ones I get asked regularly.

What's the Hospital 2.0 concept? Under the programme new hospitals will be built around standardised groups of 16 single occupancy ensuite rooms. Single rooms will help infection control, reduce length of stay, while offering excellent clinical and digital observation and protecting patient privacy. However, the team recognised the importance of communal space for patients which will be part of the design.

How big will the hospital be? The new hospitals team and QEH's experts explained work on Hospital 2.0 and care pathways is ongoing, taking account of latest data including population growth. Following that work there

will be a design brief setting the requirements for the size of the new hospital. One of the benefits of the design is the flexibility to add capacity.

Will it last? QEH and other new hospitals will be built using Modern Methods of Construction. This involves the offsite manufacture of major building components – as was used for the new Endoscopy Unit. This method is built to last – RAAC is a costly lesson in building hospitals with a short lifespan.

On crime, the government has met the pledge for an extra 20,000 police officers – including 269 in Norfolk. When I joined the local inspector on patrol in Hunstanton we talked about some of the challenges including anti-social behaviour facing the local force as well as the comparatively low crime rate in Norfolk.

As Parliament returns, there will be renewed focus on the growing the economy, halving inflation, cutting NHS waiting lists, tackling illegal migration remains.

Contact your MP www.jameswild.org.uk
james.wild.mp@parliament.uk

BRANCASTER VILLAGE HALL ARCHIVE: THE BOCKING FAMILY

Following on from the previous article describing Lorna Bocking's recollections of Brancaster School in the 1940s, this will concentrate on the experience there of her son, Gary Bocking, in the 1970s, along with the time that his wife, Sarah, spent as the Headteacher of the school.

GARY BOCKING'S MEMORIES OF BRANCASTER SCHOOL IN THE 1970s

I remember Christmas at the school, which was very special. The meals were still produced on site by very dedicated cooks, so dedicated that they put sixpences from their own pockets in the Christmas pudding. I still have these coins which are very precious to me, and I hope that some of my fellow pupils have kept theirs. Other members of the village would come into school to help us prepare the decorations. One year we made snowflakes, using hot wires and polystyrene; we hung them on the Christmas tree which was always planted in a dustbin – it seemed huge when you were just six.

My mother used to take me to the school each day, just as parents do now, but did not go in. This left some time for play before the school day began formally. There was a lot of emphasis on nature and the natural world, with a nature table that followed the seasons. The teacher would also do sand paintings on the windows along the same themes. The Headteacher was always addressed as “Sir” or “Mr Townsend” by the pupils. Not everything was just about paper learning. The Headteacher had lots of interesting stories, and we would often make or do something practical that was related to the topic being studied. We frequently made balsa wood models, using batteries or cables to make them work. Assemblies were held at the end of the day, and Grace was always said before lunch. (The same Grace is said today).

When the Rector visited the school, all the pupils were on their best behaviour. He often came with the other school governors, who would talk to the children and staff. Church services were an important part of the school year, with the whole school singing the hymns; I felt pleased to be asked to sing the solo part. One of the teachers played the piano and taught music, giving me every encouragement to sing well and to learn the words of hymns and carols at home. I remember one year being one of the three Wise Men, marching down to the church singing “We Three Kings”.

There was no uniform at the school, and in the rough and tumble of playtimes, I would often tear my trousers at the knee, which then had

to be patched. The teachers were very versatile, and used to do country dancing and a whole range of crafts. These were usually undertaken in the end room which was full of materials, paints, paper and machines; it was also the room where you could be sent to sit quietly if you were naughty at playtime. I remember that one of the teachers made some replicas of the medals found at the Roman fort at Branodunum, which was being surveyed in the 1970s by the National Trust.

There was also a gardening club: where the ship can be seen today painted on the wall is where we used to grow things. I helped to plant the Vhinka plant which was still there until a few years ago, when alterations were undertaken and it had to be moved: It is still going strong today. I was very good at gardening – the teacher used to call me “Percy Thrower” – and she put this in a book she wrote, a copy of which she gave me. I feel very lucky to have attended Brancaster School.

HEADTEACHER AT BRANCASTER SCHOOL

Sarah became the Headteacher of Brancaster School in 2011, having previously been the acting Headteacher 12 months earlier. She – like all headteachers of small rural schools – faced a number of unique challenges, including small pupil numbers, a restricted budget and the lack of a pre-school. As an actively teaching Headteacher, Sarah had to take on a variety of roles, such as those in Special Education Needs and Technology, for which there was little training. Moreover, there was only a limited number of adults to cover all the areas that make a school successful.

On the positive side, however, there are significant advantages to being a small rural school; it creates a flexible environment that is good both for the community and individuals. Mixed aged classes help to improve skills and carve out social cohesion, while a close-knit staff group responds with inventiveness in the face of budgetary constraints. Being very close to the community means that the school is reactive to its needs.

A school is one of the focal points of any village, along with the church, shop and village inn. Given the closure of schools in nearby Burnham Deepdale, Thornham and Sedgford, it is important that every effort is made to support our school, so that it may continue to contribute to the life of the wider community.

A longer report from Geoff Wingrove with photos can be found at www.townandaround.net (news section).

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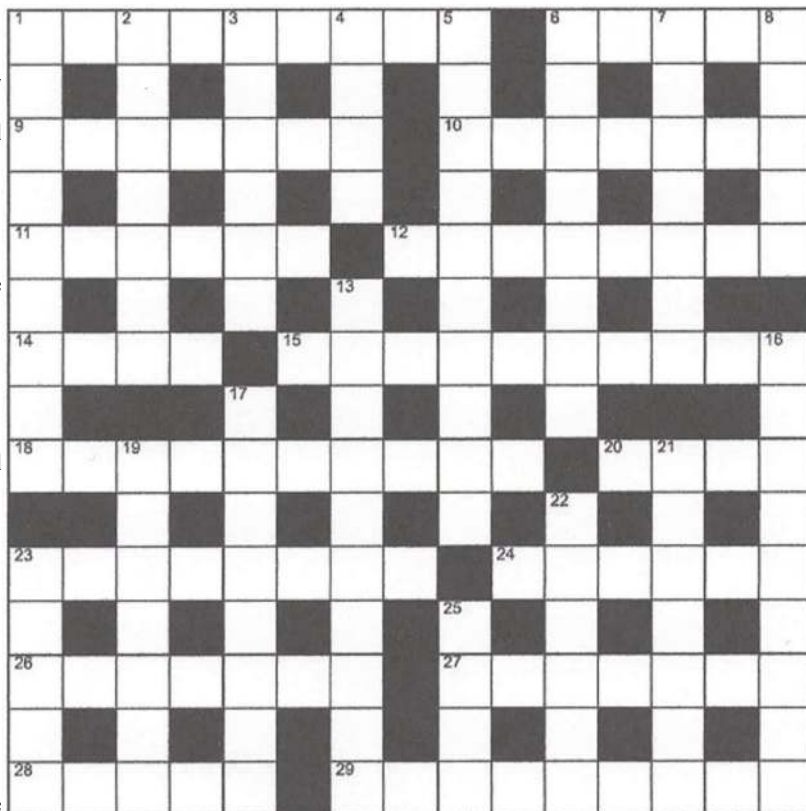
David Elsey's cryptic crossword

Across

1. Draft love letter, which is ruined (9)
6. Transfer agreement between clubs (5)
9. Statesman and writer casually withdraws when granny comes over (7)
10. They might charge about and go up and down around lake ... (7)
11. ... watch for someone indicating right (6)
12. United rule, right? That's a joke! (3-5)
14. Be emphatic, leave is out this month! (4)
15. Old man shows a lot of bottle (10)
18. Male intent on amendment that keeps things in line (10)
20. To cause trouble all around is just irrational (4)
23. Identify barking dog in sea (8)
24. Hawaiian dress is too low we hear (6)
26. Top musicians stream broadcast to India (7)
27. Put down weapon (7)
28. Worries and worries about article getting overlooked (5)
29. Food ration I preferred to a fruit as starter (9)

Down

1. Attach belt to suit (9)
2. Order newcomers to refrain from bad habits? (7)
3. Rather cool title (6)
4. Get naked in Mediterranean hot spot (4)
5. Support operative works around the clock (6,4)
6. Very bad food, containing lead, served up (8)
7. Pass over unit (second platoon) to officer (7)
8. One left out of really funny film (5)
13. Leave agent to go back to embassy (10)
16. Fellow unravelled when grappling with cryptic clue that is extremely difficult (9)
17. Constant ringing can ... can upset me (8)
19. Bar for swingers? (7)
21. I take five with German when setting up drums (7)
22. Scientific centres uncle is disposed to take me to (6)
23. Women entitled to check votes reject first three (5)
25. Small bed with this amount of earth? (4)



Solution on page 19

Hunstanton Croquet Club

Caroline Harper

I sit down to write this at the beginning of August to make sure that I meet the deadlines for printing for September issues, so it is quite sobering to think that, by the time this is read, we shall be planning for our end of season presentation lunch and our AGM. The off season seems to pass so slowly whilst the playing season flies by!

The weather so far this year, has been somewhat capricious, but, thankfully we haven't (yet) suffered the searing heat being endured in Europe, and, unlike last season, we have not had to cancel a club afternoon because it was too hot! Attendance at club afternoons has been consistently good with second colours nearly always being needed and our hardy members playing on through showers.

Once again, might I remind readers that there is always a demand for pre-loved mallets. Do let us know if you have one that you would like to advertise for sale to our new members.

Some sad news. I am very sorry to report that we lost a dear member last month. William (Bill) Wood-Davies passed away. We shall all miss him and send our condolences to Noelene and family.

Pictured top right are the competitors and winners of the Green Shutters doubles competition.

Lucy Closs, Gren Perry, Gary Lewis, Ellie Lewis, David Boxell, Gwenda Mackenzie, and Janet Kendal. The winners were Gary and Gwenda (Gwenda won for the third consecutive year!)

The picture boom right is of the competitors in the annual Doubles invitation event. Winners David Thirtle-Watts and Marion Pile.



Crafts and Hobbies club for those with and without disabilities

Maggie Ponder

The West Norfolk Phobbies club, based in Dersingham, began in 1986. The aim was to enable people across the area to enjoy crafts and hobbies without having to travel to King's Lynn, where a Phobbies club had already been established. Now the King's Lynn club has closed so the tables have turned and people travel in the opposite direction to join us. We have members from King's Lynn to Hunstanton and beyond.

Having a disability can be very isolating. A club like Phobbies provides an opportunity to meet others where everyone is accepted. Many people even without any disability can become socially isolated for all sorts of reasons. Helping at a club like this can change their lives. A few years ago, a widow and a widower who both joined as helpers became friends and they are now happily married!

There are lunch clubs and other opportunities to meet, but most don't provide the satisfaction of learning a skill and of creating something either useful or attractive. Managing to knit a garment or paint a picture can be very rewarding. Taking home something you have made yourself even if you have limited ability can boost your self-esteem. Helping others less able is also hugely rewarding and sometimes seeing others who are more disabled than oneself can put one's own troubles into perspective.

We meet every Thursday between 10 am and 2 pm with members enjoying several different craft-based hobbies. We have painters of all abilities, knitters, crocheters, rug makers and a variety of paper-based crafts. We used to have woodworkers and glass engravers and we would willingly accommodate any craft providing we could get the skilled helpers. Although the craftwork is important the company of others and a chance to talk, and laugh, is equally valuable

and in some cases even more so.

We currently have 19 regular attendees, 10 men and 9 women. There is a blurred line between those who have a disability and those who don't. Although some have greater needs, others have milder problems and can help others. We are actively looking to recruit more members especially those who are able enough to help others.

We meet at Dersingham Social club every Thursday from 10 am to 2 pm. We bring packed lunches. The weekly subscription is £2 and covers the cost of tea or coffee. If you are interested, please contact Maggie on 07967 799816.

More photos at www.townandaround.net





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Hunstanton Eyecare blog

I feel like I have had a month off in September, as our resident Optometrist, Francis, volunteered to contribute his story. I'm always interested to find out how folks end up in the job they do, was it out of choice? or like myself, desperation as I had to do something! None of Francis' family were involved in Optics, it was his biology teacher that suggested the optics world might be a subject that would interest him, I'll let Francis do the talking for a change!



What do you know?

Sometimes as an eye care practitioner, I do get quizzical looks when conducting an eye examination. The process of qualifying, and retaining qualification, has changed quite considerably since I qualified in 1993. This article is to give a brief rundown on how we get to knowing what we know.

Firstly- School. To gain entry to university, we need to have a decent set of "O" levels, and now GCSEs. With lots of hard work (remember I went through my entire schooling as an undiagnosed dyslexic and dyspraxic), I achieved high passes in 9 subjects. "A" levels were a whole different ball game, and eventually I got enough from my 3 subjects to get to university. Bit of a struggle, but we got there. University - This is where things got hairy. I worked long and hard with little academic success. Practicals were much better than written, but again I had to work hard, and yes, you may be surprised by this, we studied contact lenses, as well as associated contact-lens induced eye issues! Post University -We had to do PQE's (Pre Qualifying Exams) totalling 10 in all. All 10 had to be passed, and there were 3 attempts to pass. Got it on the 3rd go! So, January 1994 I became M.B.C.O.- now it's M.C.Optom. And my studies were finally finished.....

CET/CPD - Not so fast my friend!! Thanks to Dr Shipman, Continuing Education and Training (CET) came into being, now CPD (Continuing Professional Development). Over a 3 year cycle, we have to get 36 points, over 8 core subjects, either via online lectures and papers, or Peer to Peer facing lectures, discussion forums etc. As registered eye care practitioners (ECPs), we are constantly studying/reading to improve our all-round knowledge. My dispensing colleagues also have to attain 36 points in a 3-year cycle too. Let's not talk about contact lens opticians and IP (Independent Prescribing) Optometrists. So, what do we know? Well, if you have made it this far- WE KNOW ALOT. I hope this informs you that there's a whole lot more than "which is better 1 or 2?". It's ongoing.

Francis B.Sc., P.G. Dip., M.C.Optom.

Which means, Bachelor of Science degree, Post Graduate Diploma in Cataract and Refractive surgery. Member of the College of Optometrists. Who's a clever boy then!

Annette

News From The Woottons

Richard Coates

It's 'good news, bad news' for those North Wootton residents who went to the village hall to listen to the Agent for the Applicant who was making the unusual planning application for an agricultural barn. It wasn't actually a proper planning application because, technically, it was an application to the Borough Council to find out if prior approval would be required for this building work. In certain circumstances, it's possible to avoid the normal planning process and that's what this application sort to achieve. I think all the local people there were against having this barn being built there but we had to wait for the planning officials to consider the application and, in due course, the decision was issued that the circumstances didn't allow the Applicant to avoid making a normal planning application. So: 'Good News'. But there's 'Bad News' because I was told that the Applicant intended to do just what is required - make a normal planning application. And this time the Highway Authority has helpfully told the Applicant where it won't object to it having the access - nearer to where many of the objectors live! The Applicant also knows that by moving the location for the barn itself in the same direction, there'll be no objections about the barn being built on an area of medieval iron-working and also the remains of the route of the 19th century North Wootton Mineral Railway.

I always report all planning applications in my weekly email to those Wootton residents who have asked for it but I've promised to keep a special watch out for this particular application. I've said I'll email those residents who have asked me to, just as soon as I spot it appearing so that we can exchange ideas on how to deal with the matter.

From planning that affects just a few residents to planning that affects many Wootton residents directly or indirectly and, indeed, other readers outside of the Woottons who drive into King's Lynn from the north or the east. The Planning Committee met to consider the request for an access and haul road off Grimston Road - that's the road into King's Lynn just below Knights Hill roundabout. It's to build an extra roundabout for the 600 home estate that's already got outline planning permission. Here the Applicant hadn't thought the proposal through as well as it might as there were objections on behalf of the parish councils affected and a spokesman for them spoke by audio link to the meeting as well as the Chairman of North Wootton parish council and myself as both an objector and a ward councillor. It seemed that almost every planning committee member had their own thoughts about the application and the way it impacted on Grimston Road. The result was that the Committee decided to defer consideration of the application so that the conditions put forward by the parish councils could be tested.

The new Borough Council has renewed the Councillor Community Grants Scheme that was started two years ago. This means that each of the Borough's 55 councillors gets £1,000 each to hand out to local organisations in their ward. The idea is that local councillors know their ward and know what's needed to make a difference. However, when I looked at what the three Wootton councillors had spent their £1,000 on last year, I discovered that £1,250 went on a street party for the (approx 100) Castle Rising households, £1,000 for some new kick boards for Wootton Park Recreation Association along with £300 to repaint the pavilion, whilst North Wootton village hall had £300 for outside storage and £75 for refreshments for those planting trees and South Wootton in Bloom had the remaining £75 for stakes and ties for 10 trees. Frankly, this year, I'd like my £1,000 to benefit a wider range of local interests so, if you're a member of some local Wootton club or organisation and could do with a little financial help for a project, please contact me - I'd like to be generous. Oh, if you're from Castle Rising, sorry, I think you've had your share!

Wootton people weren't shy in declaring who they wanted as a county councillor. Following the death of well known Nick Daubney who had a 1,160 Conservative majority over his nearest rival at the County elections two years ago, this time the Liberal/Democrat challenger came from nowhere last time to win by a majority of 130, turning the Freebridge County division yellow from blue.



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Purfleet Pantry

County Councillor Alexandra Kemp

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From left Karen Mason and Alexandra Kemp

Here is Purfleet Pantry Manager, Karen Mason, at the Connecting Communities Event in South Lynn on 12 August. Purfleet Pantry opened at the Southgates in the middle of May and has now celebrated its first three months of offering affordable food to the public, and clocked up 350 members. Purfleet Pantry is a social supermarket that offers everyday groceries and essentials at affordable prices. Free fruit and vegetables are often available, furniture and toiletries. You pay £3 to join for the year. Membership is open to all residents in West Norfolk, with priority to residents in South Lynn. Do consider joining, or, if you can, donating supplies. With the cost of mortgages, rents, energy bills and supermarket prices still soaring, in the cost of living crisis, Purfleet Pantry fills an urgent need for the wellbeing and health of the whole community. It is about the community helping the community.

Purfleet Pantry is funded by Nourishing Norfolk, an initiative set up last year supported by Norfolk County Council, with the ambition for 15 affordable food hubs across Norfolk. I drew the County Council's attention to the fact that there were no affordable food hubs on the list for West Norfolk, despite our areas of high deprivation. I also spoke to the Borough Council, about the practicalities of setting up a local hub. West Norfolk's first affordable food hub is in South Lynn, and the next is shortly to open in North Lynn.

Purfleet Pantry can be contacted on pantry@purfleettrust.org.uk 01553 603810 www.purfleettrust.org.uk/purfleet-pantry and Facebook.

HEACHAM GROUP PRACTICE: PATIENTS' PARTICIPATION GROUP

There is a statutory requirement for all GP practices in England to have a patient participation group (PPG) established from the local patient population.

The Heacham Group practice has such a body in place known as the HGP:PPG and which is managed by a committee of some 14 registered patients.

The role of the HGP:PPG is to enhance communications between the practice staff and the patient population served by the GP practice. A further role is to look at the services the GP practice offers, patient experiences and how improvements can be made for the benefit of practice staff and the patients living in the Heacham, Snettisham, Ringstead, Fring and Sedgeford communities.

Notice is given that the HGP:PPG will be holding an Annual General Meeting at the Snettisham Memorial Hall, Old Church Road, Snettisham, on Tuesday 3rd October 2023, commencing at 7pm and to which all registered patients of the Heacham Group Practice population are invited.

The agenda for the AGM will be published in due course.

Meanwhile, Patients are invited to submit any, "non-patient specific", general comments / criticism / good suggestions they may have, headed for the attention of the PPG committee, at heacham.surgeryppg@nhs.net. Where possible, these will be reviewed and responded to at the above meeting as part of the AGM agenda.

Heacham Boxing Gym opens its doors for just £1

Tim Keogh

Geezers Boxing is sponsoring Heacham Norseman Boxing Gym so they can provide boxing sessions for just £1.

Leon Bolmeier, who runs the boxing gear supplier, Geezers Boxing, is delighted to support the local club close to his heart. He said, "Thanks mainly to our head coach, Justin 'Baz' Barrett, we already have nearly 100 members, with 30 regular attending boxers, so I felt we should offer the superb facilities out to a wider audience locally, making boxing accessible to everyone". The now world-renowned brand, whose offices are based next to the gym, have sponsored Dave Haye, Callum Johnson and John Thaxton in the past.

The club are already thankful to the support of existing sponsors, The Round Table, Redgate Bakery, A McGinn Groundwork's and The Lions, but the extra injection will allow the gym to reduce rates to just £1 a session.

It is exciting times for the gym at present, as Dersingham based boxer, Nathan Lee, looks to kickstart his career in the coming months. The 24-year-old has some mouth-watering bouts lined up. The promising middle weight boxer certainly comes from good stock as his father, Peter Lee - who owns the Lotus House Chinese restaurant in Dersingham - was a highly rated martial arts expert in China.

Then there is 15-year-old, Toby Kerr, who is improving week by week and looking forward to the Amateur season starting in September.

Whatever your age, Boxing is a great way to get fit, build confidence and meet new people, with Heacham Gym providing the facilities in a safe environment with professional coaching. The gym has also recruited the services of another coach, Richard Smith, who has trained Amateur boxers from his Attleborough base, but has now relocated to the area. As the gym is starting to outgrow itself since it's humble beginning over 15 years ago, the long-term plan is to significantly expand and improve the facilities on offer further by relocating to larger premises in Hunstanton. The gym is not-for-profit, being run purely by volunteers, and adopts an anti-bullying and anti-drugs policy.

With the youngest member a mere 6 years old, this really is an opportunity for people of all ages to try something new or re-ignite a dormant passion. Sessions take place from 6pm on Wednesdays (beginners and juniors) and Fridays (advanced). Feel free to just turn up or you can contact Baz on 07989 390868.



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BARKING BUGLE NEWS

THE OLD HUNSTANTON FLOWER FESTIVAL DOG SHOW, Sunday 30th July



This is definitely one of our favourite events of the year as the humans there are always so friendly and applaud everyone who wins a rosette. Pawsome! There were probably more woof woofs present than in any of the previous shows and we were fortunate that the weather remained dry for us.

We had seven classes in total with rosettes to fifth place including a Best in Show and Reserve Best in Show for the first time. As usual my mum had a very difficult job deciding the placements. She told me that all the doggies were gorgeous. It was great to see that every single one of them won at least something on the day - I hope they all received extra treats when they got back home because they thoroughly deserved them!

For the record the results are as follows:-

Prettiest Girl - Freya with Simon
Most Handsome Boy - Clyde with Shelly/Olly
Most Appealing Eyes - Archie with Merry
Waggiest Tail - Winnie with Jackie
Best Rescue (small) - Bella with Claire
Best Rescue (large) - Marvi with Mike
Dog The Judge Would Like To Take Home - Kylo with Karen/Megan
Dog with No Rosettes - Lottie with Kim
Reserve Best in Show - Winnie with Jackie
Best in Show - Clyde with Shelly/Olly (Pictured above)

Thank you so much to Anchorage Barns Vets for sponsoring the show. We would also like to thank everyone who took part but as we always say here at the Barking Bugle, you go home with the best doggy whatever the result of the classes.

Woofs Miss Zsa Zsa x

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Strategic Infrastructure in West Norfolk Protest in West Winch for a Crossing and Bypass

Cllr Alexandra Kemp

Families, retired and disabled West Winch residents from the two new developments at the Winch on the A10, held a peaceful protest on 10 August, favour of a crossing at the Winch and the West Winch bypass, to show the Council how important making the A10 safer is to them. Hopkins' imminent Planning Application this October, to build 300 homes opposite the Winch, will increase the congestion on the A10 for all of West Winch, West Norfolk, and freight transport. But it will particularly blight the lives of the Winch residents. They cannot cross the road safely to the bus stop now. Children getting off the school bus, take their life in their hands, crossing the A10, home. Hopkins' proposed roundabout opposite the Winch, as the sole exit for 300 homes, will increase conflicts of traffic with pedestrians. This would be against the National Policy Planning Framework and isn't sustainable. There is no funding yet for the bypass and the Borough Council says the worst case scenario is that all 1,110 homes come without the Bypass being built at all.

Critical to the success of the development and integration into the rest of the settlement a traffic-calmed village road with the HGV's taken out, and this can only come with the bypass there at the outset.

I have asked Highways to request that Hopkins pay for a crossing. Developers have a duty under the National Policy Planning Framework to prioritise pedestrians not only on the development, but on neighbouring areas affected by the development. I have also asked that Hopkins shouldn't be allowed to start the development until the bypass funding is guaranteed. I am bringing a Motion to the Borough Council on 24 August.

But the Borough Council currently thinks that Hopkins could start building 300 houses in 2026, with the first occupied mid 2027. The Council thinks the Winch roundabout should start in December 2025 but counts on the bypass being built out in 2026-7. But the Council is ignoring the fact is no bypass funding yet on the table and only the



first of 3 application stages has been met. Stage 1 took 2 years to get through the Department for Transport! This is why we must have assurances that the funding is in place before the building starts. The Council Planners have said that it is possible all 1100 Hopkins could even be built WITH NO BYPASS.

Highways have now said that Hopkins won't have to put in a link road from the Winch through to the A47, as it isn't "economically viable" for them to do so. So all the traffic from the new homes will come out onto the A10.

Creating sustainable neighbourhoods and increasing sustainability for existing settlements should be a priority for planners and placemakers.

Getting It Right in West Norfolk

Strategic Infrastructure in West Norfolk Motion proposed by Alexandra Kemp and seconded by Simon Nash:

'This (Borough) Council believes in the right infrastructure, in the right place, at the right time. More than 13,000 new homes will come forward in the Local Plan, 4,000 in West Winch, West Norfolk's largest ever development.

So this Council affirms its responsibility and intent, to do its utmost to influence and achieve timely delivery of the right strategic infrastructure underpinning new development, including doctors and dentists surgeries, sufficient hospital beds in the new QEH rebuild, necessary roads and cycle paths, energy efficient homes and Biodiversity Net Gain.

The Council will write to the Highways Authority to request a strategic highway assessment of the impact of new development on the circulation of traffic around King's Lynn and West Norfolk, including the A10 and the A149.'



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Norfolk based band booking to raise £26,000 for Marie Curie UK

A band from Norfolk are set to headline The Princess Theatre in Hunstanton this year as part of an ongoing campaign to raise £26,000 for Marie Curie UK. Tiger Sky are based in Hunstanton/Kings Lynn and have just released their debut single 'Walking On Raindrops'. The single has been turning heads and the band have really made their mark, having been played on Radio all over the UK and it has now been picked up by Amazing Radio USA!



The group, featuring Damian Carruthers, Adam Brucass and Alexander Tor Stangeland, have been busy in the studio this year and will be releasing a single to celebrate Marie Curie UK's 75th birthday! The single will feature Snettisham School Choir and will launch alongside a just giving campaign to raise funds for the charity. Guitarist Damian Carruthers said: "We are looking to run a campaign that will bring the whole community together, we are looking for individuals to get involved and organise fundraising events of their own, we can really put our area on the map here and do something incredible for charity whilst making new friend and having fun!"

One local business has already got involved, Istanbul Barbers in Hunstanton gave up their time and did free haircuts for a day, the event raised £258 for the campaign and there are many more events in the pipeline.

If anyone would like to get involved, please email damiancarruthers80@gmail.com.

Tiger Sky will headline The Princess Theatre on 18th October this year. To purchase tickets, please call the box office on 01485 532252.

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The in-between season September

The weather in September can be rather like four seasons in one day. Dressing for daytime temperatures between 17 and 26 degrees, and early morning and late evenings that can be distinctly chilly, call for layering.

This is the time to add a cardigan or jacket over your summer dress or a light sweater with cropped trousers. Look for soft-feel fabrics, lightweight layers and longer hemlines.

"It's not quite time to pack away your summer outfits and in fact we still have some gorgeous items from our spring and summer collections, perfect for September, that you can pick up at a bargain price in our sale", said Allez Chic's Cheryl Daubney.

The autumn collections are starting to land in store and Pomodoro have some super soft ponte jersey dresses that are so easy to wear they are bound to become an autumn staple.

Some of their dresses and tops have more than a nod to this year's catwalk trend for graphic wording with vibrant colours and teamed with a woolblend coat you have the perfect autumn ensemble to lift your spirits.

"Come and see us in Castle Rising, we can help you select something that's perfect for your colouring and body shape – you'll want to wear it time and time again!" Cheryl added.

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

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by the book

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Book review

**Birds and their gift of music, by Michael Green
Adrian Eden**

When I first received my copy of this book from the author, I was not sure who it would appeal to most. The music lover with an interest in birds and birdsong, or the nature enthusiast or birder, with a love of music, especially relating to birds and birdsong – and the answer is, I believe, both.

It is the type of book to have on your shelves, both as a reference work, to dip into when wanting to find out more about a certain composer who has used birdsong to enhance their music, or has paid tribute to a specific bird – as in Ralph Vaughan Williams's *The Lark Ascending*, or to sit with the book, as I have now done, and learn about periods of music, the composers within that period, and the music that has been inspired by our feathered friends!

Also, this is not merely a book for the classical music aficionado, as Folk, Jazz and contemporary Popular music composers are also featured.

The musicians and composers are not only categorised into their musical periods, but also by country, and I found the biographical information fascinating.

At the back of the book there are a series of appendices showing listing by birds, or my personal favourites, appendix 2, Birds in Electronic Music, and appendix 5, Poets and the written word!

This book is also enhanced by some superb illustrations by the artist Mark Glaister.

Michael Green has certainly researched this book well – and as a North Norfolk local, and known here for his talks on music and birds, I was more than happy to review this book.

So, bird enthusiast or music lover – this is a reference book to read again and again, and certainly worth its cover price of £15.99.

Copies of *Birds and their Gift of Music* can be found at by the book, Hunstanton, and at one or two other select locations in North Norfolk.

Sporting Corner with Tim Keogh

Aye Laddie, that's your career over!

Ian Smith is a former Scottish international rugby player and well travelled army dentist who now lives in Snettisham. He has already written one book, *A Full Back Slower Than Your Average Prop*, and is looking to release another next year. He has been giving Town and Around's Tim Keogh insights into his fascinating life.



Not the words you want to hear when you are nineteen years old and are desperate to play for Scotland whilst still in your first year as a Dental Student. Not only that, but you have already lost a year because of a knee injury, and a lot of your peer group are already starting make it.

It is 1964, and I am playing for my School Former Pupil's 3rd XV down in the Borders of Scotland. I have been kicked in the left arm, and it is almost definitely broken, as the pain was indescribable. I had broken a leg ten years earlier, and it's a pain you don't easily forget.

What happened next would never happen today. The elderly local doctor was a former pupil of my school, and I am ushered into his sitting room, bearing in mind this is a Saturday afternoon!

He is sitting in an armchair in front of a roaring fire, smoking a pipe, with a whisky on the table, and listening to the light entertainment on the radio (no Radio 1 or Radio 2 in those days).

No appointment required, no calling 111, no mobile phone, the man running the team had simply rang the doctor's telephone number, who picked up and, presumably, had just told him to bring the injured player round to the house.

In actual point of fact, that wasn't the first time for me, because the year before I had my head cut open playing rugby, and it was stitched by our own doctor at 7 o'clock on a Saturday evening in his front room!

I digress, the doctor put his pipe down, ran his fingers over my arm and uttered the fateful words, "Aye Laddie, that's your rugby career over. As a dentist you can't go breaking your arm, and you've almost certainly broken one of the bones in your forearm perhaps both, so get yourself off to the Edinburgh Royal Infirmary, and they'll sort you out."

At that point I remembered my rugby playing family dentist who was forever cancelling appointments because of injury. I can tell you this was a tear-jerking moment to be told my rugby career was over before it had hardly begun.

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QUESTION: Which country won Olympic gold the last time the 15 a side version of Rugby Union was held in the Summer Olympics?
ANSWERS TO: editor@townandaround.net or by post to:

The Editor, Town and Around,
18 Tapping Close, Snettisham PE31 7FF
CLOSING DATE: 15th September 2023.

This month from a huge number of correct answers from amongst other places: Fakenham, Brancaster Staithe, Hunstanton, Heacham, Snettisham, Dersingham, Terrington St Clement, Marshland St James, North Creake, The Woottons, King's Lynn, Littleport, Ely and incredibly Sunderland, Mike Leeding from Hunstanton was the lucky winner of August's competition correctly identifying Gordon Strachan as the only player born before 1960 to have scored a hat trick in the Premier League since its launch in 1992.

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There were no automatic cars in those days, so I had to drive myself to Edinburgh, changing gear with my right hand!

I ended up sitting on a long bench of injured Saturday sportsmen in Casualty, whilst the x-rays were being developed. Some were sent to the plaster room, but to my excitement I wasn't and was told I could play again in two weeks.

The arm was still very sore when I made my debut for Edinburgh University 1st XV, and all went well until it got trapped between two players running in different directions. Ten pints of beer didn't make the pain go away so that night I was back at the Royal Infirmary Casualty Department. When the arm was x-rayed, the House Officer said I had fractured my arm through callus, so when had I broken it before!

It turned out there were two of us called Smith on that bench two weeks or so before, and the x-rays had got mixed up. It is funny now, but the other Smith had nothing wrong with him, and had been walking around with his arm in plaster. I had continued to play, but that was my rugby over for a whole year!

Colour and Razzmatazz Adorns Heacham Carnival

Tim Keogh

Heacham Carnival Parade took place on Sunday, 6th August. The historical parade, which is believed to date back to the early 1900's, weaved through the village to the delight of onlookers, arriving at the Sports Field where a fete with various entertainments, stalls, craft stands and a bar added to the jovial atmosphere. A BMX stunt riding team provided some jaw dropping manoeuvres whilst the RNLI were also in attendance.

The parade was accompanied by the excellent eight piece horn and percussion group, The East Angles Brass Band, whilst there were street collections along the way for Heacham Minors FC.



Lavender Queen was Ella McGinn along with Lavender King Charlie Buckingham. Attendants were Tommy Graham, Blessing Guy, Ava Searle and Liahna Graham. Heacham Manor sponsored a number of prizes for the floats and Norfolk Lavender provided goody bags.

Mark Pishorn, who oversaw the event, was delighted with the turn out despite the overcast conditions, saying, "really pleased with the turn out in the end, despite the challenging weather conditions. Thanks to all the wonderful volunteers, without whom we simply could not hold the event. We managed to keep the entry free which I am pleased about and watching the kids enjoy themselves makes the day special".

More photos at: www.townandaround.net



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Summer is winding down and I have had a good one. My piece *Beginning – Ending – Beginning* for Wighton 23 Cycle did get finished on time – but just barely.

It was important to do the cement work as close to setting up as possible, so that the embedded plants were as fresh as possible. Set up was Sunday 2 July with the private view on Wednesday and the exhibition opening on Thursday. Cement takes 24 hours to cure so I had my work cut out for me.



Some of the plants foraged at All Saints Church, Wighton on 29 June 2023

On Thursday 29 June, I foraged in the churchyard and conservation area of All Saint's Church in Wighton. The foliage had changed considerably since my April visit. The grass was high, wild flowers abounded and

the cow parsley on its way out. Still, there was plenty to choose from. When I got back to the studio it occurred to me that I now had to sort and document everything. I ended up with 36 different plants to put on my eleven elements. Next was planning what would go where. I had a lot of fun spending the rest of the evening doing that.

Friday and Saturday were very long days in the studio! The working time for the cement was longer than I expected so I was able to go into more detail. The three smallest elements would have to finish curing on site.



The set up went smoothly and I was pleased with the site and the placement. The feedback was; that it was indeed magical. Over the month there was a good amount of decay in the piece. It is now on a field in Norfolk decaying further until its next appearance at the Artspace on the Prom in Cromer (<https://cromer-artspace.uk>).

I can't exactly remember how I heard about the Cromer Artspace but when I did, I just had to go see it. I love Cromer with its wild, wind swept sea, so there was no holding me back. Although I've been to Cromer countless times, I was surprised at discovering this gorgeous Art Deco building fused into the cliff at the end of Cromer's West Prom.

The space is both beautiful and



Beginning – Ending – Beginning on 2 July 2023

unique. Facing north, it meets the ideal prerequisites for an artist's studio. The sun reflecting off the sea gives a rare light to the work exhibited within. Looking out from inside is the pure wide sea.

Artists can apply to exhibit in the space. I did and my exhibition will run from 14 to 25 September from 11 - 4. It is called *Black and White: From the Ethereal to the Concrete*.

Ether (shown at Cley 21) is an installation consisting of eleven large scale seemingly floating objects which are viewed from below. Made of white tissue paper and acrylic medium they become translucent 'skins' reminiscent of alabaster or ice.

At Cromer Art Space these objects will hover above the ground allowing visitors to walk through and around the them. *Beginning – Ending – Beginning*

will emerge from the ground to form a dialogue with both Ether and the visitors. Interactive sound will be incorporated to enhance the installation.

The exhibition will be enhanced by other works fitting the theme.

Following my working holiday by the sea in Cromer, I will return to my much loved studio by the sea at Heacham. It will be back to work and back to school. Classes in clay modelling, making sculpture with an armature, soapstone carving and lino cutting will resume.

If you would like to join a class please contact me:

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Light refreshments will be served immediately following the service. It would be great to fill the church to celebrate this special occasion in the life of the parish.

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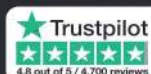
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Borough Council news

Heacham, Sedgeford and Fring

The Ward is connected by the river Heacham running through it. A small stream really but it is important as it is a chalk stream with all the environmental implications of that. It is also important to the aesthetic environment of Fring and Sedgeford, the large fish pond in Heacham, the Saltings nature reserve and South Beach. It is our little river and needs taking care of.

The river rises in Fring from chalk aquifers and is added to by springs in Sedgeford. The River between Fring and Sedgeford has been vanishing in the summer for years and is now doing so in the winter. Drought has contributed but additional extraction by Anglian Water is the main cause. The fact that most is abstracted from boreholes during the dry summer visitor season does not help.

I have raised the matter of water use reduction at a planning level. This is contained in principle with the Borough's Local Plan but nothing has ever been done about it. It can be as little as fitting water saving technology in homes to a better solution of grey, rainwater, use – flushing toilets with stored rainwater. It comes at a cost to a developer but it is something that will need doing in the near future. The population is not going to reduce anytime soon and visitor numbers continue to increase.

At the end of the river, South Beach, there is still a problem with sea water quality. At a meeting with Anglian were in June I was told that additional funding had been secured for additional testing including DNA testing. This will be used in the forthcoming months. Testing of the River Heacham will also proceed. Little progress had been made in determining if sewage disposal at beach front properties met modern standards. I asked for this work to be done. Deterioration in se water quality all along the West Norfolk coast and beyond appears to be the current position and the solution remains unclear.

Turning to planning matters, building and heritage conservation issues seem perverse. Changes to a building in Sedgeford got approval despite what appears to be unsuitable cladding and the objections of the Parish Council whilst a fibre communications hub proposed on the car park at St Marys in

Heacham was contested by an officer which resulted in the application being withdrawn. This despite it having the backing of the Parish Council, the support of the Church and being the result of positive negotiations with the cable company. I will ask about both.

The camp site at South Beach was the topic of a news story taking up a full page of the EDP. It makes interesting reading and I recommend that you search for it. I cannot comment further as a court case is imminent.

Also, in the legal pipeline are appeals and a traffic commissioners' decision about vehicular access onto Fenway. The residents at the end of it are getting badly affected by many large vehicles passing their properties and the road surface at the entrance is just potholes next to large holes. If this situation persisted at any other point in the village there would be a public outcry. I will await the various legal decisions, continue to monitor the situation and, in the meantime have written to Anglian water whose use of Fenway is not challenged but has become, seemingly, more intensive.

Lidl has a planning application in for a larger car park as their current one 'fills up with caravans'. Can't say I've noticed as I have never been to Lidl. What I have seen and reported is the failure of Lidl's to replace dead trees which were part of their conditioned landscaping. I do not wish to see that part of the approach to Heacham degenerate into a large area of asphalt. There is a new planning rule about biodiversity net gain and anything built needs to improve the environment, not ruin it.

Terry Parish

Borough Councillor for Heacham Ward which includes Heacham, Sedgeford and Fring.

THE BOROUGH

Contrary to the fairy tales told by some, the Independent Partnership is working well. Leading the Council has been a challenge to me and my Cabinet, why wouldn't it be? We are new to the job. However, we are meeting the challenge through dealing with the problems we have found and beginning the process of

writing a new four-year corporate plan.

Several issues have raised their heads: The Night Shelter, a small but prominent provider of accommodation for the homeless. I hope that it will soon have a sustainable future but that will depend as much on that body as anyone else.

The Parkway development in Kings Lynn; I have signed it off with the caveat that, as it evolves, more properties are rented and all properties are designated for local people.

The revision of the Local Plan which many would like to see ditched; I was minded to do just that but circumstances are such that it would more likely cause more harm to all of West Norfolk than persisting with it. Further changes to the Local Plan will be worked up in parallel with current revisions so that they can be considered as soon as possible, likely the end of next year.

West Winch is a keystone of the current Local Plan and I have regular emails about the proposed relief road for the several thousand houses due to be built over the next decade or so. The ramifications of it will be further considered in August with a possible planning application for the Hopkins site in September.

The budget exercises minds too. The 'funded budget and financial plan for the next three years (left to the new administration)' as quoted in the press, leads to significant future problems if they are not addressed now. We are doing that.

I have been meeting many people and groups, around the Borough, new to me. The furthest south, so far, has been Downham Market where I met the Town Council leader. I will meet the rest of that council in the autumn. I also met organisers of the Swan Youth Project in Downham Market. If anyone wants to see an excellent exemplar of a 'community action group' (my words) then this project is it.

The furthest north I have visited is Holme Next the Sea who hosted a session of 'The Saxon Shore', Parish Council representatives from Old Hunstanton to Titchwell. An informative meeting which, if invited, I will try and attend again.

Terry Parish.

Leader of BCKLWN

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On the turf with Charles Joyce

It is now very clear that T&A has at least one avid reader in Fethard Co Tipperary in Ireland. We warned Aidan O'Brien that his Coventry Stakes winner River Tiber was facing a huge challenge to overcome the trends of history if he ran in the Phoenix Stakes at the Curragh in mid August. As short in the betting as 6/4 earlier in the week prior to the race River Tiber did not hold his ground and was a non-runner. The race was won by Westmeath trainer Adrian Murray with Bucanero Fuerte who finished 3rd behind River Tiber at Royal Ascot. The winner caused ITV pundit Megan Nicholls to dance a jig, mostly because her other half Kevin Stott rode the winner. Aidan O'Brien's son Donnacha's filly Porta Fortuna ran a very credible 2nd after getting bumped around when the starting gates opened. Unquestionable who represented Aidan O'Brien had a nightmare of a race after hitting his head on the stall when they opened and then lost a shoe during the race. It would be a good idea to ignore the colt's running in this race as next time he could be a very different proposition, and don't rule him out of his next race based on this run.

As an example of what can happen when a horse runs too far below expectations the John and Thady Gosden trained filly Inspiral finished 5th of 5 to Paddington in the Sussex Stakes at Goodwood when she was bumped at the start, then was keen, over racing before being eased with a furlong still to run. After being questioned by the stewards as to the filly's poor performance the trainer explained the filly was not suited by the going and would be better on a quicker surface. A veterinary inspection found nothing amiss with the filly. 11 days later in the presence of Yves Saint Martin the racing legend who rode Relko to win the 1963 Epsom Derby and a hero of jockey Frankie Dettori Inspiral won the Prix Jacques le Marois a Group 1 at the Deauville annual festival at the very rewarding price of 9/1. The reason to forgive her the poor run at Goodwood was she ran pulling the jockey's arms out of their sockets which is what happens when a horse runs keen. This tires the horse as the jockey is pulling against the horse. This usually leaves the horse with less energy near the finish. However, at 9/1 Inspiral was definitely worth a second chance on ground quicker than the bog that was Goodwood this year.

The other side of the Emerald Isle point to point trainer Harley Dunne has highlighted the so far unaccounted for effect of having horses near rapeseed oil crops. Earlier this year the county Wexford trainer moved his horses away from his stable until the end of May when the rapeseed flowering season had finished. He did so because previously his horses had unexplainably run poorly in their races. The surprising thing was not all the horses ran below par while others simply had lost all energy when the race heated up in the closing stages. Sometimes stewards would ask why and get a more or less shrug of the shoulders as an explanation. Usually, horses that run badly are scoped. This involves the insertion of a flexible endoscope with a camera attached, through one nostril of a horse to the back of its throat. This allows a vet to examine the structure and function of the back of the throat while the horse is breathing and swallowing. The vet can evaluate the respiratory tract and can often diagnose breathing problems which can explain poor performance such as Harley Dunne's horses were experiencing. Other scoping measures can detect gastric ulcers in horses, but they usually come to light when a horse is reluctant to eat and loses weight or even when saddling and grooming. Trainer Harley Dunne is not the only one with similar problems. It does seem possible that rapeseed oil can cause or trigger hay fever symptoms.

In 1994, the National Library of Medicine which is part of the US federal government's National Institutes of Health and is the largest medical library in the world. The report's results showed that there were small but significant excesses of cough, wheeze and headaches in the spring in rapeseed oil areas with smokers seemingly worse affected. Spore counts were also higher in areas where rapeseed oil was present than where it wasn't. It does seem a bit of an imagination stretch to believe a horse suffers from hay fever, but if not, what can be the cause of the poor runs of some horses that live or are trained near rapeseed oil fields. For humans who suffer from hay fever it is often said a bit of honey will help. There's no recommendation from the NHS, but some people swear by locally sourced honey as a way to alleviate the symptoms. In the USA the National Library of Medicine has reports dated 2013 on the effect of honey on allergic rhinitis which

concluded that honey improves the overall and individual symptoms of allergic rhinitis, and it could serve as a complementary therapy for allergic rhinitis.

Another result of the 1994 research was rapeseed oil plants gave off terpenes which are hydrocarbons produced by plants to aid defence and protection from disease and predators. Some terpenes can assist a plant in self-healing. These were detected close to fields. Among the best-known terpenes are those found in cannabis with some having a calming effect while others energise, and some induce sleep as others stimulate imagination. One terpene is Terpinolene which according to legend has antioxidant effects. Along with being found in apples Terpinolene is most recognised as enhancing the euphoric effects of cannabis with claims it can improve a person's mood and heighten senses.

Another terpene found in cannabis is Borneol which has long been used in Chinese medicine to treat a variety of ailments. In addition, it's a strong insect repellent. Found in other plants such as mint and mugwort Borneol is said to aid digestion, circulation, relaxation, stress and anxiety.

The main active ingredient in cannabis that gets someone high is tetrahydrocannabinol. Which is the primary psychoactive cannabinoid in the plant. There are synthetic versions of tetrahydrocannabinol approved in the USA for chemotherapy induced nausea and vomiting. Another is approved for HIV/AIDS anorexia and appetite stimulation. Research is ongoing in other medical issues including sleep apnoea.

The Multiple Sclerosis Society reported in 2014 that 1 in 5 of sufferers had used cannabis to help ease symptoms associated with muscle spasms or stiffness and pain. (Medicinal cannabis became legal in the UK under prescription in 2018 but with a very strict usage and prescription criteria with only a handful of doctors allowed to prescribe).

Back to the racing as we enter September there are some top level races to look forward to. Among them will be trials weekend at Paris Longchamp, champions weekend in Ireland, the Sprint Cup at Haydock and the St Leger meeting at Doncaster.

The first of these is the Sprint Cup where Shaquille if he turns up will be the likely favourite and winner. His only defeat came in his 2nd race when finishing behind Newmarket 2,000 Guineas winner, Chaldean over 7 furlongs. That may have been a bit too far and he was keen in the early part of the race. In his last 2 races he has done everything wrong, reared up at the start, slowly away, keen, but still he won both of them which were Group 1s. It does look as though he is a monster who will be very hard to beat.

The Irish St Leger allows horses older than 3 year olds to run. A son of Galileo has won 6 of the last 8 renewals. It's a race that often goes to a horse at the front of the market with 21 winners since 1997 coming from the front 3 in the market, but the race does have its share of upsets such as when Order of St George lost at the prohibitive odds of 1/7. All the winners had been off the track 21 days or more with 25 of them off the track less than 52 days. Horses that ran at the Curragh, York, Goodwood or Leopardstown last time have won 22 times since 1997. 21 had run 3-5 times in the UK or Ireland during the current season with 25 winners finishing in the front 3 the last time they ran. Since 2007, Aidan O'Brien has won the race 6 times.

The Doncaster St Leger is restricted to 3-year-old colts and fillies. Likely favourite is unbeaten Gregory who won the Queen's Vase at Royal Ascot. Trained by John and Thady Gosden who have won the race 4 times since 2007, along with winning in 1996. Gregory will stay the distance and is a worthy favourite. The one I like is Aidan O'Brien's Adelaide River who has finished 2nd in 2 Group 1s this year, being runner up to Auguste Rodin in the Irish Derby and runner up again to Feed The Flame in the Grand Prix De Paris on Bastille Day at Paris Longchamp. Aidan O'Brien has won the race 6 times since 2001. If the ground was to come up soft or worse, then another John and Thady Gosden runner would be worth serious consideration. Arrest ran away with the Chester Vase in May and was beaten only a head by Dubai Mile in the Group 1 Grand Criterium De Saint Cloud in October on ground described as heavy with Adelaide River 6 lengths back in 3rd. If the ground does come up soft or worse Aidan O'Brien's filly Savethelastdance will be another serious contender. She won the Cheshire Oaks by 22 lengths on poor ground conditions going away

towards the end. She was beaten by Soul Sister in the Epsom Oaks on faster ground before winning the Irish Oaks back on softer conditions underfoot. 6 winners since 1997 had their last run at Goodwood where the Gordon Stakes has proven to be the key race. It was won this year by the King's Desert Hero beating Godolphin's Chesspiece. Using 3 different trainers Godolphin have won the race 7 times since 1995 and Sheikh Mohammed has owned the winner another 3 times since 1985. It's a race they target. Along with Chesspiece they have Castle Way who won another key race the Bahrain Trophy at Newmarket's July Festival meeting. But the race to keep the closest eye on is the Great Voltigeur at York where 11 winners since 1997 had their last run, although the winner at York did not always win the St Leger. This year's Great Voltigeur has most of the main contenders for the Doncaster race entered up, and there could be a radical change in the betting after that race.

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

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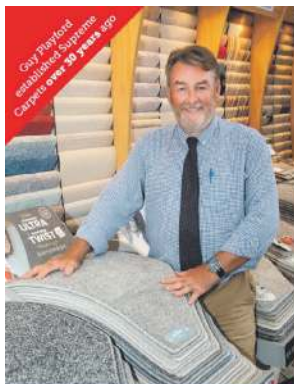
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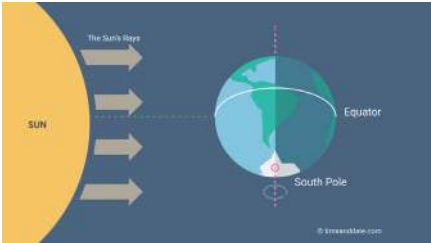


The Dark Skies of West Norfolk

Terry Parish

September, the autumn equinox, rocks from space and schools starts again. Meteorological autumn starts on September 1st

At 6.50 am on the 23rd, night and day are once again of equal length. After then, as my mother used to say, the nights draw in, they get longer until the 21st December. This is part of the pattern of existence which the world has followed for thousands of years. Over millennia the actual 'dates might change a little but the pattern does not.



Night = Day on the 23rd. Internet

I saw some rocks from space last night, 12th August, when the Perseids meteor shower peaked. It was very cloudy but patches of it were thin and I saw flickers of light above them. Many ghostly trails first towards the SE but high up and then in the NE. I counted over 60 in less than 30 minutes so there would have been quite a spectacular show in a clear sky. I did see 2, perhaps 3, short, bright streaks and then, looking west over Heacham and right across The Plough, a long, bright, line of light, a brilliant meteor track. Clouds then moved in again so, nowhere near a good year's sightings but better than some. Seeing a Perseid every year is a goal I have and its free.

Observations on any dark, clear, night can be rewarded with a meteorite not associated with a shower and you might be the only one who sees it so, like Jiminy Cricket and Perry Como, make a wish. The number of these sporadic meteors is highest in September. There are also two minor showers, the Alpha Aurigids on the 1st, the Southern Taurids on the 10th. So, possibly plenty of chances for a wish.

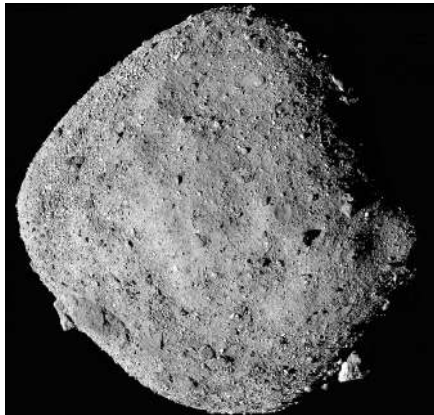


Osiris Rex. Can you spot my name? Internet

On the 24th there are more rocks from space only these will arrive by parcel delivered by Osiris -Rex the spacecraft that went to asteroid Benu and pinched a bit of it. The mission was

launched in September 2016 - look through your back copies and find my article about it. It arrived in orbit at Benu in December 2018 and, two years later, landed and scooped some rocks up.

Benu was formed at the birth of the solar system and is carbonaceous, a material from which organic materials can form. I recently watched an old Sci-Fi film when rocks were returned from space, they grew and ate everyone. Look out for news stories from the Utah desert where the sample is due to land by parachute. (My name is on Osiris Rex; I hope the rocks don't have my address too).



Asteroid Benu. Approximate diameter 490m. Soft Collection of rubble, made of carbon rich minerals. Left over from the start of the Solar System. Potentially hazardous as it may follow the sample returned to Earth one day. Internet

Planets follow a pattern too, rising and setting as the year proceeds and always following that path called the ecliptic which appears as an arc across our sky from the SE horizon to the SW horizon. It is the path the Sun takes across the sky so the ecliptic is lower in our sky in the winter, higher in the summer.

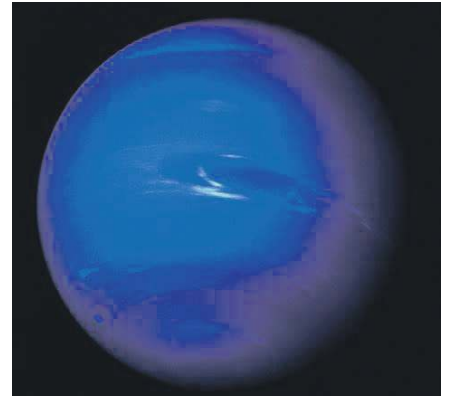
Saturn and Jupiter are back in our night sky. The ringed world shines with a magnitude of 0.5 so easily visible but faint whilst Jove is a brilliant -2.7.

Saturn rises first and you should catch it early in the month in the ESE from 8pm. It will get higher as the night and month progresses. Look SSE from about the 12th. It is easy to spot Saturn once you have found it. A yellowish dot which doesn't look like a star. Phone apps will let you find it even if you are sat in the house but eyes, even mine, will seek it out with a bit of patience. Once found, turn steady binoculars on it, a brighter bigger, yellowish spot will be seen. A small telescope will show the rings.

Jupiter appears in the ENE from 10pm at the beginning of the month. It shows earlier as the month progresses and follows Saturn which is ESE in the middle of the month. Jupiter is low but bright and you won't have trouble finding the gas giant. Good, steady binoculars will show some of the four Galilean moons. See earlier articles about those or just Google them.

Those with mounted telescopes can make

this a Neptune finding month. The most distant planet is in opposition on the 19th which means it is directly opposite the Sun and the closest to us it will be this year. A bright, greenish blue, orb in the sky then? Not quite, its distance (4324 million km) means it will 'shine' with a magnitude of 7.8, much much fainter than the faintest star you can see unaided. Looks nice in a telescope though.



Neptune. A Voyager 2 image from 1989. Fourth largest planet. Discovered in 1846 using mathematical predictions of its orbit provided by Le Verrier. Internet

Neptune trails some distance behind Saturn but is about at the same elevation. Its ice giant peer, Uranus, is in the sky trailing Jupiter and quite close to the gas giant. However, it is long past its opposition and is a faint magnitude 5.7 which makes viewing possible in good binoculars.

If the sky is clear on the 4th look east at 11pm and Jupiter will be the bright object just to the right of the Moon. Uranus, binoculars needed, will be just to the left of the Moon. Jupiter and Uranus will be similarly close on the 5th whilst the Moon will now be immediately below the Pleiades star cluster and not far above the Hyades cluster. Both groups of stars worth examining through steady binoculars.

If the 27th is clear then stay up late because Saturn will be immediately above the Moon after midnight in the SW.

If you get up and out early then Venus will make a fine sight before dawn, say 5am. On the 11th and 12th see it as companion to a crescent Moon. On the 18th the Morning Star is at its brightest, and has a glorious magnitude of -4.5. Mercury is just rising at about the same time but will be too low and soon lost in the brightening sky.

I hesitate to talk about observations of stars and other objects as clouds seem to blight most nights. As changing weather patterns brought on by the impact of global warming seem set to stay, these may be the last years when this country enjoys a few decent clear nights. And they have to be dark too, without the Moon in the way. So, make the most of what we get. Look out for stars coming out earlier in the evening and familiar constellations being overhead. I will point out some features in the forthcoming dark months.

Pic top right: A too typical sky. Internet



Curious?

Union Church is hosting an Alpha Course beginning 12th September at 6.00 pm. Absolutely free of charge! Open to anybody and everybody. With or without a faith.

15 sessions over 11 weeks covering everything from who Jesus is to how to pray and, in between, everything about God and life's big questions!

Each session starts with a light meal, a short video and then an opportunity to chat about it, ask questions and share experiences in a friendly and informal group. There is no pressure to continue to attend if you decide it's not for you so why not give Alpha a try? You may be surprised by who you meet.

If you would like to know more or would like to invite a friend please visit Union Church website for more details.

www.unionchurchhunstanton.org.uk

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What's happening at 42F?

Mike Lister



If you are reading this then it must be September. That means if you have teenagers that think they would like to join the King's Lynn Squadron of the RAF Air Cadets then Wednesday 13th this month is their last chance during 2023.

Wed:13th Sept
7:00pm – 8:30pm

Are you 12 years old and in Year 8 at school or older? Are you ready for a new adventure?

If you're a fan of aviation, action and adventure or have a love for sports, music or making new friends then come and see what the Air Cadets can do for you! If you're interested then book a place at our next open evening:

Email: 42@rafac.mod.gov.uk

In the few weeks since the last days of June our young members have had the opportunities to be involved with, or take part in, many activities that include assisting at the Sandringham Horse Driving Trials, participating in our Wing Drill Competition (where we gained 2nd place), and First Aid training towards gaining their nationally recognised certificates. Also Route Planning, which was later put to good use on an evening exercise on Roydon Common.

Of course, as was depicted in the local papers, they were also at the Sandringham Flower Show where they organised the car parking on the disabled person's car park. One member of the squadron was assigned the raising of the Royal Standard on the arrival of Their

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Majesties, whilst others checked in the guests invited into the Royal Warrant Holders hospitality tent.

Tasks complete, they then formed an Honour Guard for the King and Queen when both His Majesty King Charles and Queen Camilla shook hands and spoke with all the cadets in the line. This was an experience that they will always remember.

After over twenty years of taking photographs of our cadets meeting members of the Royal Family I also found myself being introduced to the King and Queen by our Squadron Commanding Officer, Flight Lieutenant Pauline Petch RAFAC.

July also saw some of our last intake, who joined in May, being formally enrolled into the Air Training Corps in front of proud parents by the Rev Kyla Sorensen rector at St Faiths Church Gaywood.

Sporting Corner with Tim Keogh

Local Golf Clubs Host Prestigious Tournaments

Heacham Manor and Hunstanton Golf Clubs both hosted leading events recently. The South East Golf Union Senior Men's County Championship was held at Heacham Manor, whilst Hunstanton welcomed the cream of Europe's U16 boys in the McGregor Trophy.

The South East Golf Union Senior Men's County Championships took place in Heacham on 19th and 20th July.

Eleven counties were represented hoping to qualify for the national finals at Suffolk's Thorpeness Golf Club in October. Each team consisted of 6 players with the best five gross scores per day counting. The two days scores were added together and the lowest overall team score won.

Norfolk was well represented and, despite an erratic first day, they performed admirably on day two, posting the second best team score. However, it was only enough to secure - albeit very creditable - joint 4th place overall. Peter Johns, Norfolk County Secretary, was delighted with the team's performance, saying, "with a bit more luck on the first day we would have been in the mix to win it". The winners were Surrey with an excellent 9 over par across the two days, thwarting the challenges of Kent (13 over par) and Sussex (15 over par). Surrey player, Simon Crocker, equalled the course record, posting a 67 on day one in Surrey's path to victory. Other County's represented were Middlesex, Suffolk, Bedfordshire, Hampshire, Berks/Bucks/Oxon, Essex and Hertfordshire.

Union President, Jim Pocknell, was impressed with their hosts, saying "they were the most hospitable club to have held the tournament". Thanking all the staff and players, he also presented an England Golf plaque to owner, Paul Searle, in recognition of Heacham Manor hosting the event. Paul Searle said, "Fourteen years ago this was a sugar beet field so, to be able to host this prestigious event, shows just how far we have come. It has been a privilege". The professional manner in which Heacham Manor managed the tournament should ensure more Championship golf events will be coming to the local course in the near future.



The Norfolk team: Iain Yule (King's Lynn GC) Alistair Pykett (Hunstanton GC) Simon Butts (Hunstanton GC) Mark Butt (King's Lynn GC) John Tavener (Sheringham GC) - Manager Iain Reid (Eaton GC) - Captain Stephen Long (Eaton GC)



The South East Golf Union Senior Men's County Championship. Credit: HM Golf Club

Hunstanton Golf Club hosted the McGregor Trophy golf tournament on 19th and 20th July. Over 140 youngsters participated, playing four rounds across two days.

The McGregor Trophy is one of the largest tournaments of its kind in the U16 boys category. Youngsters, some as young as 12, travel from across Europe aiming to lift the coveted trophy.

For some there will be another chance next year, but those who are now too old will move onto the Junior European Open.



Kris Kim sinking his putt on the 18th on the final day

The tournament is an excellent steppingstone for those that perform well in their quest to make the PGA Tour. PGA Tour player, Ross Fisher, is a previous winner of the McGregor Trophy.

After day one and two 18-hole rounds, the field was cut to 40, with Ben Bolton leading the way on -6. Irish Youngster, Gordon Sillett, from Ballykisteon, looked a strong challenger. However, despite an excellent final round, a poor third round proved his downfall. Kris Kim, seven shots behind Bolton after day one, appeared the most revitalised on day two. The fifteen-year-old Walton Heath GC player posted an incredible 12 under par. This proved too much for Bolton who ended up finishing third. Cameron Mukherjee then managed an amazing eagle on the 18th hole to take Kim to a play off. However, it was Kim who held his nerve and took the title on a second hole play-

off. Kim said afterwards, "it means everything, it's my last time playing this event, so very special to have won it". Look out for Kim in the future.



Kris Kim

Hunstanton Golf Club also held their Club Championships over the weekend of 29/30 July. Chris White won the men's event, whilst Harriet Allsebrook secured the Ladies title.



Chris and Harriet

100% Start for Dersingham Rovers and Ingoldisthorpe FC

Tim Keogh

Dersingham Rovers have started life in Division Two of the Anglian Combination like ducks to water. Wins against Attleborough Town (4-1) and Martham (6-1), which included a Sam Peck hat trick, have ensured they remain unbeaten.

Ingoldisthorpe FC were also promoted to the Anglian Combination League last season. They have already stamped their authority in Division Five with a convincing 6-2 win away to Dussindale & Helledon Rovers.

Heacham FC were unlucky to lose their opening Thurlow Nunn Premier Division fixture against Woodbridge Town (0-1), although they rallied to defeat local rivals Fakenham Town (2-1) in their second game. Debuting in the FA Cup against higher league opposition, Gorleston Town, was an experience and not an unexpected loss (1-4). However, three league defeats on the trot - Kirkley & Pakefield (1-2), Dereham Town (1-5) and early pace setters Thetford Town (0-1) - have meant Dave Griggs and his charges are already dealing with

Premier Division Table

POS		P	W	D	L	GD	PTS
1	Thetford Town	5	5	0	0	10	15
2	Downham Town	4	3	1	0	6	10
3	Lakenheath	3	3	0	0	10	9
4	Dereham Town	4	3	0	1	6	9
5	Harleston Town	4	3	0	1	2	9
6	Sheringham	5	3	0	2	-4	9
7	Woodbridge Town	3	2	1	0	4	7
8	Mildenhall Town	2	2	0	0	7	6
9	Newmarket Town	2	2	0	0	6	6
10	Mulbarton Wanderers	4	2	0	2	1	6
11	Kirkley & Pakefield	3	1	1	1	0	4
12	Ely City	4	1	1	2	-2	4
13	Fakenham Town	2	1	0	1	3	3
14	Norwich United	5	1	0	4	-4	3
15	Hadleigh United	5	1	0	4	-6	3
16	Heacham	5	1	0	4	-6	3
17	Long Melford	4	1	0	3	-8	3
18	Soham Town Rangers	5	1	0	4	-11	3
19	Walsham Le Willows	4	0	0	4	-7	0
20	Brantham Athletic	3	0	0	3	-7	0

a tough introduction at this level. The good news is they are not being outplayed. They will certainly be relishing an FA Vase match at home to Kirkley and Pakefield (Saturday, 26th August) - Heacham will have felt aggrieved from the league defeat, after a woeful refereeing performance and will be, in polite terms, looking to put the record straight here.

Docking FC and all the local reserve teams have yet to start their seasons.

Music in the Burnhams

September is a bumper month as we move back into Burnham Overy Village Hall. Starting the month on Saturday September 9th, we welcome back The Victoria String Quartet with Leon Bosch on double bass. This time the hugely gifted pianist Irina Andirevsky joins them in an interesting programme. The Schubert Adagio and Rondo Concertante really displays the skills of the pianist and was written just before Schubert's famous Trout Quintet. The programme also includes Borodin's quartet in d, Puccini's Crisantemi (he did write chamber music as well as operas!) and finishes with the Grand Sextet by Glinka. Glinka wrote this work while studying opera in Italy and it is full of melodic content and joie de vivre. A fitting end to what promises to be a sparkling evening. The recital is at 7.30pm. Tickets are £25 each.

Another favourite musician of Music in the Burnhams is Peter Hewitt. Who can fail to remember his wonderful performance of the Beethoven Piano concerto no 1 back in May. Peter comes this time with his Petrus Trio of violin cello and piano to play Mendelssohn and Tchaikovsky. The recital which is on Friday September 22nd is at 7.30pm. Tickets are £20 each.

The 2023 season concludes on Friday September 29th at 7.30pm with a more relaxed selection of music from the velvet voice of Julian Godlee (bass) accompanied by Brenda Blewett (piano). Julian will sing a selection of songs by Copland, some American spirituals and songs from American musicals in the first half of the recital. The second half consists of a great variety of art songs from Flanders and Swann, Britten, John Ireland and Finzi. Tickets are £20 each.

Do book in advance on www.musicintheburnhams.com or ring 07989 177079. To enjoy more great music.

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In the spotlight



Since the charity launched its first lifeboat in 1824, the RNLI has saved more than 144,000 lives at sea. In 2024 the charity will be celebrating their bicentenary year.

There are 238 Lifeboat Stations around the UK. Hunstanton's current station opened in 1979, where Spirit of West Norfolk and her predecessors have helped save 140 lives and render assistance to more than 600 people who found themselves in difficulty or in danger.

In 2003, she was joined by the hovercraft Hunstanton Flyer, which has since then been launched 248 times, saved 13 lives and assisted a further 150 people.

The crew train constantly to meet the challenges they face ranging from people cut off by the tide, to assisting vessels in difficulty and those aboard them or searching for missing persons.

They are supported by volunteers including launch crew, shore crew and tractor drivers, along with the station's visits team, shore safety team and members of the Hunstanton Lifeboat Guild who run the station's souvenir shop and organise fund raising events for the RNLI.

This month's In The Spotlight is dedicated to station officers Kate Craven and her colleague based at RNLI Wells, Mandy Humphreys.

Kate was recently presented with a special Mayor's Achievement Award for her incredible efforts since she set up Stormforce - a kids' club that runs through the Summer teaching them about sea safety.

Name: Kate Craven (Lifeboat Visits Officer), Mandy Humphreys (Water Safety Officer)

Age: Kate 46, Mandy 53

Star Sign: Kate - Cancer. Mandy - Gemini.

Occupation: Kate - Regional Sales Manager. Mandy - Retired Executive Company Director

Family: Kate - Husband, Andrew and three sons, Charlie (9), George (6) and Henry (4). Mandy - Husband Steve and dog Jessie

A Cats or dogs person: Kate - Dog, we lost our dog in May, middle son was "sad for a minute then wanted a cat" so I guess we are both! Mandy - Definitely a dog person, I start to panic when I think cats are going to try and get round your neck, I'm envisaging them sinking their claws in due a dodgy film I watched as a child.

Sports Team Support: Kate - Lionesses, Mandy - Team GB, I love athletics

Biggest Break: Kate - Landing my job at Cadbury in 1999. Mandy - becoming Technical and Operations Director at Molecular Products Ltd in 2000

Worst injury: Kate - Torn Cruciate Ligament whilst skiing plus a broken thumb and a torn ligament in my other thumb....also whilst skiing! Mandy - Broken heart when I lost my first husband

Funniest memory: Kate - My cousin doing the cheetah challenge at Colchester Zoo, never seen a human stay on his feet whilst running horizontal! it was hilarious! Mandy - I don't know about funniest, it's certainly one of my fondest - watching my grandma feverishly tearing the wrapping paper off her xmas presents and just chucking it over her shoulder out the way, so she could get to the next one!

Hero: Kate - My Husband, my dad and the Princess Of Wales (and Mandy from Wells Lifeboat Station!). Mandy - my dad

Hobbies/interests: Kate - Time with my boys. Mandy - Sailing my beloved Stiffkey Cockle Grace Brown, sea swimming year-round in Wells, lots and lots of dog walking with my husband and general keeping fit.

Best memory: Kate - Meeting the Princess of Wales at Wards Nursery in Ringstead. My son, George, was 4 months at the time, Princess Charlotte stroked his arm, I've not washed his arm since! Mandy - Sitting in the greenhouse with my grandad in the midst of all his tomato plants,



nothing else mattered, it was our little safe haven. Whenever I smell tomato plants it takes me straight back there.

Favourite international meal/cuisine: Kate - Pasanda at Northgate Curry House! Mandy - Italian

Favourite drink: Kate - Large red wine....Malbec or a heavily iced G&T for those long summer evenings. Mandy - Prosecco of course! Don't you know Wells is now a Prosecco ghetto!

Favourite holiday destination: Kate - Newly discovered camping! Kids love it and it does help when you're friend is the biggest camping pro ever! Mandy - Antarctica

Three items for a desert island: Kate - I should say fishing net, swiss army knife, box of matches but really.... a guitar (to have time to learn) bottle or two of Malbec, my boys.....and that would also mean a football, a rugby ball and their bikes! Mandy - A box of tea bags (I have mine so weak I can reuse them, so a box would last me ages!), kettle and a tea pot.

Favourite band/singer: Kate - Bastille. Ed Sheeran. Rock Choir! We had them in church at our wedding. It was incredible! Mandy - Duran Duran, Madonna and Adele.

Pet hate: Kate - Noisy eaters! Mandy - Lack of punctuality.

Biggest achievement in life: My boys, oh and completing my Duke OF Edinburgh Gold 45 mile hike.....with blisters! Still haunts me to this day! Mandy - Getting a PhD at one end and becoming fully substantive ILB crew at the other.

Best advice ever given: Kate - Be you. Mandy - Age is just a number.

What would you change in the world: Kate - Couldn't think on this one, so asked son George and he said if you were from another country, he'd like everyone to be able to speak the same language and for rainbows to be more colourful! Mandy - More widespread equality for women.

Like to live forever: Kate - Nah, just as long as my Gran did, til about the age of 97, a fantastic innings! Mandy - No! I feel youngish then I would like to be dead.

HUNSTANTON RNLI GIFT SHOP

Jacqueline Merralls

Whilst many people are aware of the Hunstanton Lifeboat Station, there is a little gem located just to the side of the Boat House in the form of the RNLI Shop.

The Shop is open in season 7 days a week from 10am - 4pm (weather permitting). It is manned by a team of volunteers.

Opening hours change to a Saturday and Sunday only from the end of October.

The shop has many items to choose from and something for all age groups. Favourites include RNLI soft toy bears, diaries and calendars, baseball caps and beanies, jute shopping bags, pin badges, mugs, and tea towels. Many people buy the RNLI Christmas cards every year.

Please do pop into the Shop and have a browse. Our volunteers will be pleased to see you.'

More photos at www.townandaround.net



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7th Special lunch 12.30pm (pre booked)

9th Special dinner 7.00pm (pre booked) 18th Coffee brandy from 10.00am only £2

21st Coach trip to Yarmouth and races. (pre booked)

30th Music Night with Waterloo ABBA tribute There will be a selection of Burgers.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

Thursdays: Games evening from 7pm. includes, Darts, Table Tennis, Dominoes, Cards, Scrabble etc.

Fridays : Lunchtime Raffle drawn at 1pm. Cash Bingo start at 7.30pm.

Saturdays : 'Open the Box' draw at 1pm

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Back to the Future for David Jones

John Maiden

For those of us old enough to remember the Cold War, it is impossible to witness President Putin's unprovoked invasion of Ukraine, without being extremely grateful to the Ukrainian people and their President for refusing to give in to his outrageous demands. The fact that Putin has yet to be removed from office - by the Russian people themselves - only goes to show the importance of free speech - if democracy is to have any chance of prevailing in Russia.

Meanwhile, comparisons between the Cold War and support for the people of Ukraine, must have prompted "Aeroplane" monthly magazine to devote the July 2023 edition to the Cold War.

Several pages, including the centrefold, feature the English Electric F1 fighter and one of its pilots, Squadron Leader David Jones, now of Hunstanton, but whilst serving in the RAF during the 1960's, David was stationed at several well-known aerodromes in this country and in North America. The Lightning was a twin-engine, swept-wing, single-seat, supersonic fighter, developed to bring the RAF into the supersonic age. The Lightning was able to fly at twice the speed of sound, and was an incredible leap forward in performance and technology. In fact, it had such a 'power to weight ratio' that it could stand on its tail and exceed the speed of sound in a vertical climb.

These facts are derived from an article written for "Aeroplane" by Denis J Calvert, based on a comprehensive interview with David Jones covering his experience as a Lightning pilot. Prior to this David had flown Hawker Hunters with No 74 Squadron at RAF Coltishall. Also based there was the 'Air Fighting Development Squadron' (AFDS). In December 1959 it was announced that No 74 Squadron was to be the RAF's first frontline Lightning unit. Before Christmas 1959 the first Lightnings arrived at Coltishall for the AFDS, whose task it was to convert No 74 Hunter pilots to fly the Lightning F1.

According to his log book, David's first Lightning flight was on September 23 1960, when he flew for just under an hour, taking off



and climbing to 36,000 feet, the standard operating height for a Lightning. On his second trip, the next day, he increased his speed to Mach 1.6, so that when he landed he became a member of the exclusive 1,000 mph club!

David recalls that the enormous shove in the back experienced on take-off was something new, but not too startling. The thing that amazes me is the speed at which a Lightning pilot's mind must have worked in order to cope with the speed of the aeroplane. This must be especially true when it comes to formation flying, which is well illustrated in the article. When I think about it, this probably explains why David always seems to have time to spare and, unlike me, is always on time! He will be asked to check a draft of this column, which has been a pleasure to write, but really difficult when it came to deciding which of his many achievements to include...

Snettisham Excelsior win the Eddie Hipkin Bowls Trophy

Tim Keogh

Snettisham Excelsior Bowls Club overcame a valiant attempt by Searles Bowls Club to win the Eddie Hipkin Trophy.

Searles actually led in two of the three ends in the early stages, but the strength in depth of Snettisham's key players ultimately proved pivotal. After 63 ends, Searles won the trebles, and tied the singles, but a crucial win on the final end in the doubles by the finest of margins swung the match in Snettisham's favour. The final was held at neutral Heacham Bowls Club on the evening of Monday, 14th August.



Snettisham players from left: Ryan English, Keith Tasker, Trevor Britton, Alan Stokes, Eddie Taylor and Trevor English

Town and Around will be doing a round up of all the winners and losers from the local bowls scene this season in our October edition.

Art 21



Art 21 is an enthusiastic group of local artists who have been meeting together in Dersingham since the Millennium, (hence the name), and each year they look forward to exhibiting their talented work.

The 2023 Exhibition is being held at a new venue for them, which is Norfolk Creative Arts, situated at Grimston in the Old School Hall, next to the church. PE321BG.

The Exhibition is from Wednesday 13th to Friday 15th September. Open daily from 10.00 – 5.00 Entry Free - Parking at the rear.

There are delicious refreshments available, and two of the artists will be on duty to give visitors a warm welcome, and have a chat or answer questions.

The artwork on display is very varied and interesting, both in subject medium and size, and there are also cards available to purchase.

For further information email arttwentyone@yahoo.com



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PREMIER WARTIME ACT

The articles below have been edited due to lack of space in this issue. The full articles with some lovely photographs can be viewed in the news section at www.townandaround.net

News From Brancaster School

We are now on our summer holidays but I collected comments from the children before Term finished! The last three weeks of term were one non-stop whirl of events and I think everyone did amazingly well to keep up with what was happening when!

We had sports day at last after all the rain. We nearly didn't because there was a bit of rain but it stopped before it was too late. We were in three teams and the green team won. It was really fun and we all worked really hard. Thank you Keeley Anne for running it and thank you PFA for drinks and ice lollies.

Thrift Class had our trip to the beach. It was a lovely day and we made sandcastles and turned each other into sand mermaids and were allowed into the shallow bit of sea that was like a pool. And we had ice creams. Xavier dropped his before he had eaten any but the nice man gave him another one.

We performed an opera, The Magic Flute. Everyone thought it might be too hard for us but the teachers said we could – and we did. Mrs Talbot and Mr Johnson were really good teachers. Monica came (Mrs Bocking's Mum) and she knows all about opera and she was really impressed. We want to do another one now.

We also had a trip to Ken Hill which is like Forest School. There were so many activities to do and we made dens and toasted marshmallows and played games. We learnt about skulls and did some bug hunting.

Finally we had leavers assembly when we got prizes and certificates and said goodbye to Oliver and everyone else who was leaving – including Mrs O and Mrs Preston.

All the photos are on our blog: <https://www.stmaryfed.org.uk/class-page-thrift> so do have a look. Thank you to people who gave money to help us do these things.

School starts for the children on Wednesday 6th September (staff are back on 4th). Half Term is 20th – 29th October and term finishes for Christmas on 20th December.

Heacham pupil creates a buzz in spelling contest

A pupil from Heacham Junior School showed off his English skills when he came top in a spelling competition, beating entrants from five other schools.

The West Norfolk Academies Trust Primaries Spelling Bee included children in Years 3, 4, 5 and 6 at the Trust's six Key Stage 2 primary schools, who competed across three rounds – the first held in class, the second in school, and the final across the Trust.

Daniel Tansley, who is in Year 5 at Heacham Junior School, won first place, after the nail-biting final round exhausted the list of learnt words and went to extra 'unseen' words, where Daniel successfully spelled 'adolescent' to take the title.

Other schools taking part in the inaugural event, which was introduced following the success of a version for WNAT's four high schools, included Snettisham Primary, Clenchwarton Primary, Walpole Cross Keys Primary, West Lynn Primary and Gaywood Primary.

"The Spelling Bee is going into its fourth year in secondary schools in the Trust, but this was the first ever primary one," said Heacham's Deputy Headteacher, Emma Hunt.

"All children from Key Stage 2 took part in the Spelling Bee, which had three rounds – Round One was a class round, Round Two a school round, and Round Three was the Trust Round. The top three children from each round went through to the next."

Amanda Wright, English Lead at Smithdon High School, another WNAT member, read out the words at the Spelling Bee, which was held at Heacham Junior School, in front of an audience of Year 4 Heacham pupils and parents from all six schools.

WNAT Trustee Kevin Baldwin was on hand to give out the prizes, awarding Daniel an Amazon Kindle Fire, while all the finalists – three from each participating school – received a bar of chocolate and a certificate.

Glebe House School & Nursery

We were only in school for the first week of July, before our long summer break started. Despite that, we still managed to cram in quite a lot before we headed off for the summer and we're excited to share those last few days of term with you now!

Beach Trips

It's the time of year when we can make the most of our fabulous coastal location. As is tradition, on the last Monday of the summer term, Pre Prep enjoyed their fun morning at Old Hunstanton beach. The children love the opportunity to mix with one another as they collect and explore shells and stones, work together to build the most creative sandcastle and enjoy a morning snack by the sea. Just a few days earlier, Divisions V and VI also took advantage of the fine weather with a visit to Old Hunstanton Beach to undertake a series of Geography based challenges. The classes used their learning from the year to recreate connecting features of Human and Physical Geography, and there was some super collaboration between the children as well as much excitement to see some unexpected live attractions in the form of jellyfish and a passing seal.

Public Speaking Competition

The final of the Prep Public Speaking Competition took place during the penultimate week of term. The audience was treated to a lovely variety of performances, including a poem about meatballs, moving speeches about loved ones, influential people and places special to the children. The older pupils presented very persuasive speeches on the important issues of deforestation, homelessness, cruelty to animals, the dangers of unregulated artificial intelligence and the health risks of vaping. The audience appreciated the passion of the children for their chosen topics and every performance was exceptional.

The final was filled with giggles, moments that made you really think and even the chance to shed a little tear. It truly was a fabulous morning. A huge well done to all the finalists and, of course, to everyone who took part.

Children's Summer Ball

To conclude the Parents' Committee calendar for the children was the Annual Children's Summer Ball. This year it was held at Sedgeford Village Hall and the theme was Aloha! The children, from Reception to Division VIII, had a great time celebrating the end of a busy year. There was music from E.S. Entertainments who kept them dancing, face painting from Leah's Little Faces who adding that extra something special to their already wonderful party outfits, and ice creams from Solar Scoops to give the children a delicious treat to end their special night.

Summer Fun Camp

And finally, since school finished, we enjoyed hosting our Summer Fun Camp at school. Several children enjoyed a week of crafting, cooking, forest school, playing a variety of sports as well as visiting local attractions. Once our friends at other local schools had also finished for their summer break, we were delighted to open our doors to many more local children who have joined in with the Big Fun Club, Cricket Club and Football Club. It's great to see our facilities being used throughout the summer holiday as we work in partnership with Alive Oasis in Hunstanton and host a variety of summer activity clubs Monday - Friday.

Come and see us!

We hope you have enjoyed catching up with our latest news! If you would like to find out more about life at Glebe House School & Nursery, please don't hesitate to contact us. Why not enquire about our upcoming Open House? We would love to hear from you!

Did you know we offer wraparound care from 7.30am to 6pm? And that we offer school transport from a variety of pickups? We have a few final places remaining across the school for September 2023, so please do contact Tamzine Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk.



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My last report.....moving on.....but business as usual!

Sandra Hohol, Norfolk Holiday Homes 01485 534267

Many of you will know all about Norfolk Holiday Homes from its presence in Hunstanton for over 60 years and my monthly reports. Initially it was owned by a local accountants', and then local Estate Agents, Cruso and Wilkin where I joined them in November 1980 fresh from college studying secretarial courses. I should have gone to Art School at Great Yarmouth but that's another story. Cruso's manager Richard Bird then took over with me still running the department in 1989. Julie Rushmer joined me in 2004 when I was pregnant with my daughter, and we bought the business in 2015. Our intentions were never to allow a large company to take over as this would lose the personal service which was so important. Julie retired as Director a few years ago which left me in charge again— a full circle. Julie's and my staff over the last eight years have been amazing. We would have been lost without out their level headedness, knowledge, ideas, calmness and other attributes which have helped in the office - too numerous to mention. They have learned the business with all it's ups and downs and variety of people. They have also endured the wrath of unhappy guests when something has gone wrong! Over the years, we have accommodated their family lives and troubles when they overlap work. I know only too well about hospital appointments, looking after elderly parents, relations and children, myself so time off to deal with all these is a godsend, especially in an emergency. We would not have it any other way. Milestones and memories with the children and family should not be missed. And doctors' and hospital appointments are very precious too! Time for all this is vital. And now it is time for me to take time off myself, permanently and make memories in my latter years.

Covid took its toll and turned peoples lives around. We all lost people we love and it makes you think about the future so with this all behind me now, I have been thinking about my life and future and wanting to do things before it is too late.

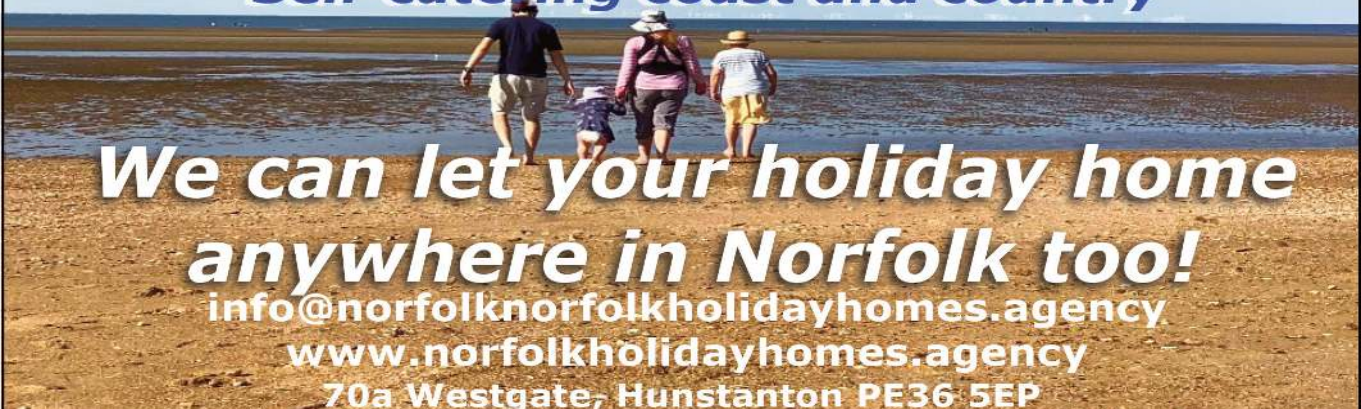
I have been doing my job for almost 44 years, being the whole of my working life. I have seen hundreds of properties, met many people and experienced many situations with holiday homes, their guests and owners. I have also made many friends. I have learned a lot and my people skills have improved vastly over the years and have certainly been put to the test many a time! (Now I have time to write a book... maybe!)

My husband suffered a severe stroke over six years ago, leaving him disabled and now after a long and hard think about our future before my real retirement, I realised that I cannot leave him at home for another 6 years. So, I will pass over Norfolk Holiday Homes to a very capable family run business on 1 November which also operates their own holiday letting company in Norfolk, on the same basis and ethics of Norfolk Holiday Homes – independent, personal service, local, friendly. Exactly the same as my own business. I am very confident that Norfolk Holiday Homes will be in excellent hands so can enjoy being at home looking after husband and going on a few holidays ourselves. Both our children have their own lives now away from home so now seems the ideal time.

This has been one of the hardest decisions I have ever had to make! At last, I can have a holiday when I want and days out at the drop of a hat without having to fit in with work, stress about it or even cancel it!

Norfolk Holiday Homes name will also remain and the business will stay where it is although there will be a few cosmetic office changes in time. Claire has now left and Julie and Chloe remain with the new owners and their team to carry on the business. My best wishes to Claire in her future ventures, and to Julie and Chloe under the new umbrella. Business as usual!

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Behind the scenes

Welcome back to the latest edition of Behind the Scenes! Can you believe that we are already in September? I suppose time flies whilst you're having fun, and fun we are having! In this month's edition we will start by taking a quick look at previous events, and then talk about what to expect at the theatre this September!

Towards the end of July, we had A Vision of Elvis on stage, performing to a full house. A truly brilliant act tributing 'the king of Rock n' Roll'. After July's performance, one of our lovely volunteers Susie got a great photo with Rob Kingsley. It's safe to say we are looking forward to Rob's return of his show at our theatre next year, tickets are already on sale for 2024!



Susie and Rob Kingsley – A Vision of Elvis

Throughout August we also had The Jersey Beats perform. An evening to celebrate Frankie Valli and the Four Seasons, paired with compere Leye D Johns, which made for great entertainment. Over on their Facebook page, The Jersey Beats enthusiastically noted "Princess Theatre Hunstanton you were simply fantastic tonight! Wow what a show!!!", and alongside this were many wonderful comments from guests expressing what joy the evening brought them.

Linking back to the era of Elvis with Rock and Roll in the 50s and 60s, kicking off September we have Rave On - The Ultimate 50s & 60s Experience. This group comprises of many talented musicians, and the show captures both decades, with performance, costume, and staging. Expect tributes to artistes such as Elvis Presley, Buddy Holly, The Beatles, Lulu, The Beach Boys and many more, all to take you back to one of the most impactful times in music.

Later in September we have Marti Pellow, with The Lost Chapter. This show evokes conversation, with an intimate evening of both



discussion and music. To continue with the theme of connection between Marti and the audience, he will also be hosting a Meet and Greet before the show – limited tickets available. A few days later, on the 22nd, we will be joined by the beloved Irish singer-songwriter - Gilbert O'Sullivan. We look forward to both evenings of immense talent, so get your tickets now!

Keep an eye on our Sunset Wine Bar terrace, as during the past few months on selected dates we have had SOUL at SUNSET with ZOLA! September will be the last month of the summer that Zola will be performing his soul DJ set. Check our website for dates and join the Sunset Wine Bar for an evening of great music, paired with a cold refreshment, and some of the best sunset views in town.

To close the month, on Friday the 29th of September the theatre will hold its annual Macmillan Coffee Morning. Expect fun activities and tasty food, as the community comes together in support, organised by Jenny and fellow theatre volunteers.

That finalises this month's edition, thank you for reading, and for your continued support towards the Princess. Please see the back what's on page for a full list of what's to come this month. We look forward to seeing you again soon, but until next time, break a leg!



Rave On - The Ultimate 50s & 60s Experience

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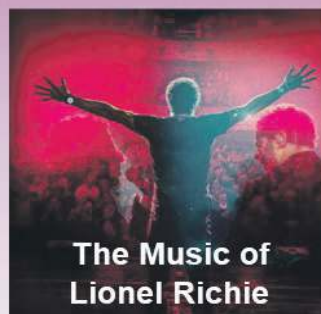
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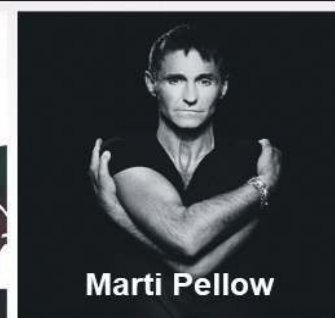
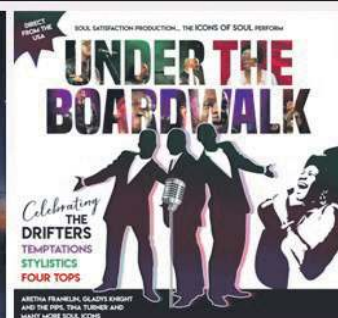
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Sunday 3rd

Tuesday 5th

Sunday 10th



Wednesday 13th

Saturday 16th

Sunday 17th

Wednesday 20th



Friday 22nd

Saturday 23rd

Sunday 24th

Friday 29th

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