

TOWN and AROUND



ISSUE 201 JULY 2022

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First word



Our cover this month shows Nelson's Shantymen performing on board William Searle's Wash Monster at Hunstanton over the Jubilee weekend. The Shantymen also played on the main stage to a ver appreciative audience.

July brings even more music events to the area - something for everyone and there are details in these pages.

Dick Melton reminds us that it's Sandringham Flower Show on 27th, an event that's been held since 1864 and for me is an

essential part of summer.

Open gardens and flower festivals are in full swing too so garden lovers are in for a treat this month.

Terry Parish entreats you to look skywards to see the Summer Triangle in the middle of the month. Prominent in the southern sky, star gazers have celebrated this sight for centuries. (p70)

Thank you to everyone who has completed our survey (centre pages of the June edition). You have until 12th July if you'd still like to respond and I'll be publishing the results in the August issue.

Thanks also to everyone who has contributed information and articles for this 201st edition and to Ian Burt for the cover photo.

Best wishes to you all, and until next month....

Elaine

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Town and Around is published by Elaine Bird and printed by
Mortons of Horncastle

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Page	297.00	247.50
DPS	570.00	475.00

All prices are per issue, exclusive of VAT. Phone for more details.

The copy date is 12th of the month preceding publication.

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Mental health in the automotive industry

Abigail Brown

It's common knowledge that we spend a large portion of our lives at work, and while this is generally considered to have a positive impact on our wellbeing, mental health concerns are on the rise.

A recent survey conducted by Ben - an organisation committed to supporting employees of the automotive industry - has shown "that mental health is one of the biggest issues affecting the wellbeing of the automotive industry workforce." 91% of employees in this sector have been affected by a health and wellbeing issue in the last year according to the same survey.

So, why are mental health concerns so prevalent in this industry?

The auto sector is burdened with some of the highest stress and time dependant tasks, which can have a detrimental effect on mental health if not managed carefully. Employees are often judged on productivity, efficiency and output. Not to mention that the work is often physically demanding. As a predominantly male field, employees working in this industry often have trouble opening up about their problems. Unfortunately, there is a stigma that asking for help with a mental health issue makes you weak, when in fact, it does the opposite.

Although individuals have a responsibility to look after themselves, there comes a time when employers need to step up and provide the necessary support, especially if the mental health issue has arisen due to a workplace-related problem. As discovered by The Automotive Industry Survey 2018, only 1 in 4 employees reported that they

received support to help understand or manage their mental health. In today's world, where the topic of mental health is no longer as taboo, this shouldn't be the case. The pressure and impact of mental health issues is severe and employers need to act. The role of a mechanic can't be changed - there's not a lot that can be done to relieve the pressure of deadlines or make the work less physical - but that's not to say there's no hope.

Garages such as ourselves that provide free, round the clock, professional help and advice for their employees are leading the way for other automotive businesses in the hope of improving the overall wellbeing of this sector's workforce. Our staff have access to a comprehensive Employee Assistance Programme through Health Assured, the number one workplace wellbeing provider for four years running. This programme provides our workers with 24/7 counselling and advice regarding any mental health matter via telephone, chat message, or however they wish to communicate. They can speak to mental health professionals about anything affecting them in their personal life or the workplace, whether that be financial difficulties, or relationship breakdowns.

We have a responsibility to our staff to support them in any way we can. We mean it when we say our door's always open.

Visit www.kbrownautoskingslynn.co.uk to learn more. Or call them in Hunstanton on 01485 533786, or King's Lynn on 01553 763763.

Service of commemoration to mark the liberation of the Falklands Islands

There were readings by pupils from Heacham Junior School

A public service of commemoration to mark 40 years since the end of the Falklands conflict was held in King's Lynn's Tower Gardens exactly 40 years since the end of the conflict, on Tuesday 14 June 2022.



The Mayor's Chaplain and Parish Priest of All Saints Church, Rev Canon Father Adrian Ling, led a service of commemoration that included readings by children from Heacham Primary School followed by the laying of wreaths by the Mayor and Royal British Legion.



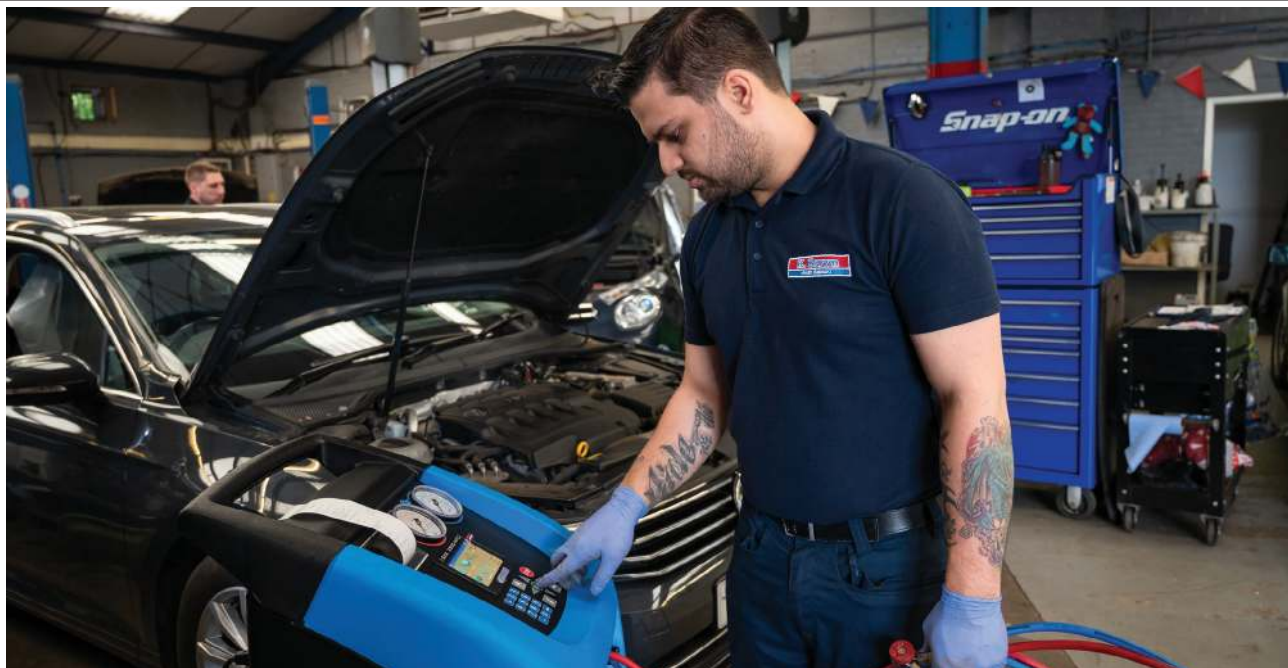
Mayor of King's Lynn & West Norfolk, Cllr Lesley Bambridge, said: "The Falklands War lasted 74 days and cost the lives of over 900 British and Argentinian servicemen. It is right to remember them on the 40th anniversary of the end of the conflict.

"30,000 sailors, marines, soldiers, airmen and merchant mariners served during the war, we have some that work for the borough council. We want to record our gratitude and appreciation to all those that served during the Falklands conflict in 1982."

"I'm grateful for the support given by the Royal British Legion, the borough council public open space team who have marked this milestone with a floral badge bed in Tower Gardens and our Civics team for organising it."

Photos: Ian Burt





Don't let your car's air conditioning lose its cool

*It's important to get your car's air conditioning serviced regularly, as **K Brown Auto Repairs** explains...*

Most people consider air conditioning a standard feature in their cars, and many only decide to service their system when it shows signs of not working. Few realise it's something that requires just as much care and attention as the rest of their vehicle, and that it needs regular maintenance to ensure it stays efficient.

"People should be servicing their air con every two years to keep it working effectively and prevent unnecessary costs due to damage," says Keith Brown who launched K Brown Auto Repairs with his wife Tamsin over 25 years ago. "Most of us have our boiler serviced every year because we want to avoid the consequences of it breaking, and it's a similar situation with air con. If you

don't service it and it stops working, it'll cost you money to repair leaks that could have easily been avoided."

If your air con isn't serviced regularly the rubber seals in the system can start to degrade, causing multiple leaks and leading to expensive repairs. Even if it appears to be working fine, there may be problems within the system you're unable to see.

"In some cases, the pump could be working overtime to keep the system going - similar to how anything on its last legs needs to work harder," says Keith. "This could increase your fuel consumption, and with the rising costs these days, that's best avoided."

Getting your system regularly serviced ensures that it's running safely and smoothly, which is beneficial for both you and your car. When you're using the air con, the cold air creates water in the heater box which collects over time. This can become an ideal

breeding ground for bacteria and, if you don't get the system serviced regularly enough, you may start to notice unpleasant odours emanating from the vents. This unclean air will not only result in discomfort, but it can also have an adverse effect on allergies and potentially damage your health.

The good news is that the knowledgeable and trustworthy team at K Brown Auto Repairs have always been committed to quality car maintenance, which is why they offer a reliable and affordable air conditioning service. You can even book in for an additional deodoriser treatment, which further cleans out your system, banishes any nasty smells, and leaves a fresher scent in its place. You can always count on K Brown Auto Repairs, and their professional and honest approach makes caring for your car a breeze.



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Hunstanton's new Mayor presents certificates in Jubilee competition



Hunstanton's Mayor Maureen Howard pictured by the business she worked for as a teenager.

Businesses in Hunstanton got into the Platinum Jubilee spirit with some magnificent patriotic displays for the Hunstanton Town Council Best Shop Window competition.

The judges, led by Cllr Howard Johnston, found it quite a challenge to choose a winner from the many entries that have brightened up the streets.

Presenting the framed certificates the town's newly elected Mayor, Cllr Maureen Howard said: "I was delighted that so many entered the competition, and their efforts, large and small, are there for all of us to see and enjoy."

"It was a tough call, but we were particularly impressed with the display at The Hospice Shop facing The Green. An enormous effort was put into filling the windows with mementos that reflect the happy mood of the many jubilees we have enjoyed."

Hospice Shop Manager Bobbie Dimblebee had collected all the items for the window display over the past few months and Caroline Dye had the task of creating the display. Caroline said: "I really enjoyed doing it and Bobbie had found some interesting items that make the display eye-catching."



From left Mayor Maureen Howard, Cllr Howard Johnston, Bobbie Dimblebee and Caroline Dye

The Hospice Charity Shop shares First Prize with the Rainbow Park Amusement Centre at the south end of the town, where the judges recognised that many hours must have been spent climbing tall ladders to festoon the funfair with flags and bunting.

As she presented John-Henry, Colleen and Layla Roper with their certificate the Mayor said: "It's lovely to be here again; when I was fourteen I worked for Rocky Thompson and also spent many happy hours learning to roller skate when Reggie Gale operated the rink."

Asked about the number of flags around the fairground, John-Henry said: "It took two or three days to get it all up and we have about two miles of bunting around the site, and whilst the bunting will come down again we are intending to keep the Union flags up."

Colleen Roper said: "Receiving this award is really special and we are absolutely delighted to be recognised in this way."



From left: Waving from the balcony John-Henry Roper, the Mayor, Colleen Roper, Layla Roper and Howard Johnston

Taking the opportunity to re-visit The Original Rocky Thompsons sweet shop, Mayor Howard was soon behind the counter with owner of the business Victoria Harrison. "This brings back very happy memories", she said.



A number of highly commended certificates were also presented to the following businesses:

- Boots the Chemists
- Co-Operative Funeral Services
- The Coffee Pot
- Nationwide Building Society
- Salvation Army
- Sense
- Town Barber
- Coal Shed Gallery

Mayor Howard added: "In truth, everyone who entered is a winner. The Queen's Platinum Jubilee is a time for us all to celebrate, and filling the town with flags, bunting and now these special window displays is a clear demonstration of the strong community spirit that exists in Hunstanton."



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Letters to the Editor

The Great Beach Litter Pick

On Sunday 10th July between 10am and Noon there will be an organised litter pick at Snettisham Beach, Heacham North and South Beaches, and Hunstanton Beach. Please come along and help.

Councillors will act as co-ordinators and should be found at: Snettisham beach car park, Borough Council beach car parks, North and South, at Heacham; South Promenade long stay car park at Hunstanton. Car parking charges will apply.

The intention is to clear litter and small plastic debris between North Beach Heacham and Snettisham Beach. And the same at Hunstanton Beach. So walking and carrying a rubbish sack will be necessary. Working in pairs or small groups will likely be useful.

20 litter collecting kits will be provided at each location. Numbers who will turn up are unknown so, if you have a litter picker, please bring it. Gloves are also very useful.

Sites to take collection bags to will be identified.

Further information and updates will be given via Borough Council social media pages on the 4th, 7th and 8th July.

Terry Parish on behalf of the Single Use Plastic Informal Working Group BCKLWN.

Response to Cllr Jamieson's article

The article by Cllr. Andrew Jamieson in June 2022 T&A contained two pieces of information which caught my attention.

The acquisition by NCC of £50m from the Bus Service

Improvement Plan is to be applauded. Integration of bus services with rail services, plus improvements to existing services, particularly between Kings Lynn, QE Hospital and Hunstanton must be good news.

Anyone with a modicum of common sense and a firm grip on reality will have realised that reinstatement/construction of the Kings Lynn to Hunstanton railway line is not likely to happen, certainly not in the immediate, or near, future. Improvements to road transport services and infrastructure will be the way forward. However, because of the rapidly rising costs of petrol and diesel fuel and also taking into account environmental issues, vehicles powered by electricity, or hydrogen, must be considered.

The second item which deserves comment is, however, more contentious.

Cllr. Jamieson, as Chairman of Norfolk Coastal Partnership, refers to two projects to 'convert existing arable land into new habitats for nature.' Why?

Food prices are rising on a weekly basis, largely due to limited availability and increased transport costs – we should be increasing the area of arable land in order to produce more food crops, thus becoming less dependent upon imports.

There seems to be a mania in this country, not just Norfolk, for converting good, crop producing land into wild life habitats and nature reserves just to satisfy the ego of the conservationist lobby.

I am sure that those families who have to use food banks, or decide whether to 'eat or heat', will welcome the news that more areas of arable land are to become homes for beavers and skylarks instead of growing potatoes and cabbages!

A balance must be struck between the needs of wildlife and the needs of people, and at this time it is, arguably, the needs of people that should take priority.

Please, no more talk of taking arable land out of production.

Roger W. Jackson

Nightingale Lodge care home celebrates Queen's Platinum Jubilee!

Our residents throughout Norfolk were bowled over by the amazing effort of staff to ensure the Platinum Jubilee celebrations were unforgettable! Nightingale Lodge Care Home

At Nightingale Lodge Care Home in Hunstanton, Norfolk our residents were treated to a VIP bank holiday courtesy of the amazing effort of Sandra Rowe (Registered Manager) and her amazing staff team.

Residents were wowed with a fully decorated care home displaying Union flags, bunting, and even dressed to the 9's with crowns, scarves and fun hats!

The kitchen team went above and beyond creating gorgeous sweet-treats for our residents to enjoy, tailored to their likes and tastes. Residents and their loved ones were treated to a traditional afternoon tea, as well as toasting the Queen and her health with a lovely drop of champagne!

We wanted to thank the amazing team at Nightingale Lodge for making the most of this wonderful occasion, and ensuring our residents had a truly unforgettable experience. Well done!





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

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

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

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

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

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

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

JAMES BATCHELOR
Principal



Equity Release made simple

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

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

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

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

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

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

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

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

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

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



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A page from the Sage

Hi there everybody this is the Boy Dick the Sage from Hunstanton writing again in the Town and Around for the month of July 2022.

Railways

A chap asked me if I can remember the Heacham to Wells branch railway line well yes I can. It was constructed in 1886 and was closed down in 1953 as some of the track at the Wells end got washed away. Goods trains used the line as far as Burnham Market and there were also stations at Sedgeford, Docking, Stanhoe, Burnham Market and Holkham. There were two lots of level crossings in Heacham one across the A149 just past Heacham Lavender and another across the Hunstanton Road near the church.

A lot of Royal Air Force personnel used this line to get to RAF Bircham they would get off the train at Docking then a RAF truck would pick them up and take them to Bircham. I was talking to a chap once who was a signal man at Snettisham and he was very pleased when he got transferred to Heacham as Heacham was a junction and he got a rise in his pay - but he had to bike further to work.

Just another bit about railways; the Hunstanton to King's Lynn railway was constructed in 1862. About six years after it was constructed the engineers were worried about it was very near the sea in places as it went on its way to King's Lynn, so they decided to build an earth bank from the Heacham/Hunstanton boundary most of the way to King's Lynn. The earth bank was constructed by many of the same men that constructed the railway line, as most of you know this bank is still there to this very day it has been modified in places like at Snettisham where concrete slabs were let into the bank on the sea side. In 1953 a stretch of railway line was broken up by the water but by the end of two weeks this stretch of line between Hunstanton and Heacham was mended and the trains were up and running again.

Weather

Well now, we had a good spring though the farmers were complaining about too much sun and not enough rain and we know farmers have had a rough time but when you go out and about you see a lot of farmers nowadays on quad bikes, but as the old saying goes you never see a farmer on a bike!

You always know when the warmer weather is getting here that's when the hovercraft and the lifeboats at Hunstanton and Wells get busy, especially when the holiday makers get stuck on Scolt Head or the sand banks. We now have many more each summer, people stroll out to them then when they turn back to go to the shore they wonder



Dick Melton
01485 535658

where the water has come from. Many of us are still waiting for RNLI lifeguards on West Norfolk beaches, we might get them one day.

Sandringham Flower Show

Seeing that the Sandringham Estate is only eight miles from Hunstanton and that the Town and Around can be got in the area I thought as this is the month of July and the flower show is always held on the last Wednesday of July I thought that I would write a bit about it. The first show was held in September 1864 two years after Queen Victoria had bought the 7,000 acre estate for her son, Albert Prince of Wales, and that first the show was held just for estate workers.

In 1866 the Sandringham Estate Cottage Horticultural Society was formed and took over the running of the show. There was an attendance of just over 3,000 for the first show which was not bad for a village as small as Sandringham. The show stayed quite small until after the Second World War then in the early fifties and sixties the show and the Estate were run on more commercial lines; in the fifties the grounds of Sandringham House were only open to the public on a Wednesday, one of the main attractions in those years were the kitchen gardens with all the different vegetables, flowers and fruit trees. Two ladies Mrs Magness and Mrs Senter would sit one another each side of the Norwich Gates selling post cards. On the grass opposite the War Memorial Dan Andrews from Dersingham would have his horse and cart selling fruit and vegetables, next to him, also from Dersingham, would be Ray Dilks with

his Walls ice cream trailer; these were the only commercial ventures allowed then after a few years the Visitor Centre was built the museum was established and the house was opened to the public.

In the 1970s a lot of demolition and construction took place on the house, to make it as it is today; until then there were 365 rooms one for every day of the year.

When I went to school we did not break up for the summer holidays until the Friday before the August bank holidays, and this bank holiday was always the first weekend in August in those days, so we would get a day off as St George's School was on the Sandringham estate and also we got a free pass for the show. There was a large marquee for the school childrens' exhibits, one for flowers and one for the estate workers to exhibit their vegetables, fruit and cakes. There was also always a fur and feather exhibition tent and of course the most popular tent was the beer tent this was run by Brooke and Brooke from the Kit-Kat at Hunstanton. There were very few trade stands in those days and no parade ring but there was always a marching band, I can remember the Dagenham Girl Pipers being there, a cricket match and a tug of war which was also a good attraction. A lot of the people came to see Elizabeth the queen mother who attended nearly every show from the end of world war two until just before her death.

In 1948 there were just six trade stands, one of these was James Lambert and Sons Ltd ironmongers of Snettisham, who were there for many years. In 1950 the Royal Norfolk Show was held in Anmer park it had been in Hunstanton park in 1938 and over the next 30 years from 1950 the Sandringham Flower Show just got much bigger with 18,000 attendees. At one time most of the people came by coach then in the afternoon the coaches would make for Hunstanton to get some food but now there are fewer coaches and many more cars. In 1972 there were nearly 100 coaches parked up in Hunstanton in late afternoon. Now there are over 50 trade and charity stalls plus food outlets and an arena that has something going on in it from 12 am till 6 pm; it is good to know that after a break the Sandringham flower show is on its way back again on the last Wednesday in July 2022.

This next bit about the Sandringham Flower Show I found in a write up in one of my many Sandringham books, it tells how much profit was made and where the money went. From one of the first shows around about 1866, the profit made was 29 pounds, 19 shillings and two pence. Monies went to West Norfolk and Lynn Hospital 10 pounds, the Lynn Museum five pounds, the RNLI 5 pounds, Norwich Institution for the Blind five pounds and blankets for the Estate pensioners four pounds nineteen shillings and two pence.

Blue Flag

I heard on the wireless that Hunstanton beach has been awarded a blue flag for 2022 I can understand how this is worked out; I was told once that the quality of the water is tested 3 to 4 times a year, at Hunstanton we

have 718 tides a year, each one is different so therefore each tide should be tested all the year round. Myself and many others think that this blue flag award is a waste of time and most of the people that come to Hunstanton have never heard of the blue flag award, as long as the sun shines in Sunny Hunny the people will come.

The cliffs

Mr John Maiden says Hunstanton's cliffs are the main attraction in the town; they are of course an attraction but the promenade is still the main attraction, one way to look at the cliffs is to walk along the beach from Hunstanton to Old Hunstanton. It is dangerous to walk along close to these cliffs as there are often falls of rock and stones. a few years back it was suggested that an extension of the promenade should be constructed from the end of the north promenade to the end of the cliffs at Old Town but the project was stood down as it would be much too costly.

I might just add if you do want to have a good look at the cliffs then go for a nice ride on Captain William Searle's sea-going amphibious craft which starts off from the promenade right near to the Sea Life Centre.

Maureen Howard

Well now, it is not very often that we get any good news in Hunstanton but this morning when my wife Joy read out the local paper to me I learned that our new town mayor is Maureen Howard who I am sure many people already know.

Maureen was born and bred in Hunstanton, and except for a few trips to America to visit Elvis Presley memorials, she has lived here all her life. She knows the town inside out and is a very friendly person, I wish you all the best Maureen and hope you have a good year as Town Mayor of Sunny Hunny, the best place in the world.

Jubilee crowds

On June 2nd the celebrations of 70 years of the reign of Her Majesty Queen Elizabeth II we had music and the lighting of the beacon. It was the largest crowd I had seen on the green since the days of the Radio One Roadshow, it was estimated that there were 2,500 on the green Thursday evening when the music was on.

Well, that's the lot for now, just keep on a troshin' all the best.

Dick Melton, Sunny Hunny

Platinum Jubilee Gala

John Harris

I wish to express my heartfelt appreciation and very grateful thanks to the many people who contributed to the success of the Platinum Jubilee Gala held in Hunstanton Town Hall on Saturday 4th June. Not only the artistes who so generously gave their services and the donors of the several raffle prizes, but also those who worked hard over several weeks by promoting the show and on the night helping in different ways. And, of course, those who attended – the audience was large and enthusiastic, and the Mayor, who had taken office only a few days previously, spoke about her chosen charity – the East Anglian Air Ambulance.

I am delighted to announce that the amazing sum of £800 was raised - £400 each for the Queen's Commonwealth Trust Fund and the Air Ambulance.

This wasn't my first Jubilee Gala, the first having taken place in 1977 in Loddon (my former home), and my 2012 event at the Corn Exchange in King's Lynn.

I now hope to stage another fund-raising Piano Party on my 80th birthday in December, when I hope many kind friends will be able to support my efforts again.

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Helping your children onto the property ladder

By Diane Raven, Chartered Legal Executive, Hayes + Storr

If you have savings, you may prefer to help your child now rather than pass on those assets through inheritance, but it is important to make sure you still have enough left for your own needs. These could change over time, for example when you retire or if you need long term care. Have you thought about:

- if you or your partner die or become seriously ill and need care;
- if you were to divorce;
- if your child divorces or remarries;
- if your child becomes unable to work or earn as much; or
- implications on any siblings or other dependants.

Having a written record will help with the administration of your estate and reduce the risk of misunderstanding or a dispute between family members.

Making a gift or a loan

Deciding at the outset whether your contribution is a gift or a loan is key.

For a gift of a lump sum: most mortgage lenders will require a 'gifted deposit letter' which confirms the relationship between you and the recipient and that you have no beneficial interest in the property.

For a loan: you should set out the terms for repayment and any interest payable.

Registering a charge at the land registry

The preparation of a legal charge and its registration at the Land Registry could be the most secure way to protect your interest, ultimately allowing you to force the sale of the property should the borrower fail to repay the loan.

While your child may have every intention of repaying at the time of the loan, circumstances can change, for example through relationship breakdown or premature death.

A declaration of trust

If your child is buying with a friend or partner, we can prepare a declaration of trust to take account of your contribution and ensure that you can influence the treatment of its value in the future.

Prenuptial or postnuptial agreement

If you are making a significant financial contribution, you may also want to protect it from a potential marriage break-up with a pre- or postnuptial agreement.

Personal guarantees

Instead of contributing a lump sum, you could help your child by becoming a parental guarantor or a joint borrower. In either case, you would potentially be liable for all the outstanding debt which could put your own home at risk.

Springboard mortgages

A springboard mortgage allows someone with a small deposit, typically five per cent, to

borrow if their parents place an equivalent proportion of the property's value in cash in a deposit account as security. The mortgage lender can access those savings to make up any missed payments.

Tax and other implications

If you have a beneficial interest in the property or intend to share in any uplift in its value, you should carefully consider your potential liability for capital gains tax.

A lump sum contribution should not create any immediate liability for inheritance tax. However, if you die within seven years, HMRC could class it as part of your estate.

Your contribution could also affect your eligibility for funding for long term care from your local authority, who could argue you have intentionally deprived yourself of your assets.

For further information, please contact Diane Raven on 01328 863231 or email diane.raven@hayes-storr.com.



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

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Ireland End to End

4 cyclists, 500 miles and 24,000 feet elevation

Phil Brown and son Ross Brown, Jim Hodgkinson and Rotarian Jonathan Holmes from Priory Rotary Club of King's Lynn, will cycle the west coast route of the island of Ireland between Sunday 3rd and Saturday 9th July 2022. The 7 day challenge covers 500 miles of cycling and 24,000 feet of climbing, close to the entire western coastline.

This will be a gruelling ride for the men who, whilst no strangers to a challenge, have planned a truly epic adventure.

Last year Town and Around met up with Phil and Jonathan when they were part of the team that completed the 250 mile round Norfolk ride in aid of Little Discoverers. On that occasion the elevation was 6000 feet.



Phil is on the toy bike at the front of this picture and Jonathan is standing back row far left.

The Ireland End to End in numbers (and we are including links to the route for those who are interested) go like this:

- Day 1: Missin Head to Killarney 75 miles 4,887 feet climbing
- Day 2: Killarney to Spanish Point 70 miles 3,519 feet climbing
- Day 3: Spanish Point to Galway 72 miles 2,753 feet climbing
- Day 4: Galway to Castlebar 78 miles 3,015 feet climbing
- Day 5: Castlebar to Bundoran 75 miles 2,875 feet climbing
- Day 6: Bundoran to Letterkenny 73 miles 3,938 feet climbing
- Day 7: Letterkenny to Mallin Head 51 miles 2,666 feet of climbing

To give some context to this feat of climbing, Khartaphu is a mountain in the Himalayas at the head of the Kharta valley. At 7,213 m (23,665 ft) above sea level, it is the 102nd highest mountain in the world. The peak is located in Tibet Autonomous Region, China about 7 km (4.3 mi) northeast of Mount Everest.

They may not be the Magnificent Seven but T&A would call them the Fantastic Four.

If you would like to support this cause please use the link below:
<https://www.justgiving.com/fundraising/jonathan-holmes19>



GLEBE HOUSE SCHOOL

The Glebe House School Trust is looking for new Governors to join our existing board of trustees. The Trust is a charity based in North West Norfolk that works to increase opportunities and improve life chances for as many children as possible through the widest possible accessibility.

To achieve its vision, we will be:

Growing

- Lead our children, through modelled behaviours and a child-centred focus, to grow into responsible individuals and will teach our children to develop inquisitiveness and a love of learning;
- We will grow our GHS community with the right enablers and infrastructure;
- We will grow through engagement, partnership and collaboration.

Happy

We will protect and preserve the GHS culture and values to make sure that our children are nurtured to achieve their full potential in a fun and caring environment in which everyone is equal and all achievements are celebrated.

Safe

We will keep the whole school and nursery communities safe and will protect all children's right to a happy childhood in a supportive environment

Governing bodies are the key strategic decision-makers in every school. Along with the Head Teacher, a governing body's job is to set the aims and objectives around how the Trust will develop and improve. They set policies, formulate plans, agree targets to help achieve these objectives, and regularly review their strategic framework in light of that progress.

Due to the growth of the Trust, we are looking to increase the size of our board to improve the diversity and depth of skills. We are keen to explore applications from across sectors, but ideal candidates would be able to demonstrate some previous experience in one or more of the following areas:

- EYFS Education
- Primary Education
- Secondary Education
- Music and the Arts
- Safeguarding
- Property Management
- Marketing and Advertising
- Leadership
- Business and Finance

Ideal candidates will be able to demonstrate their capacity to work as part of a team whilst exercising independence of judgement. They will easily collaborate and work with colleagues as well as bring a strong personal commitment to improving the life chances of children and the aims of Glebe House School Trust.

The role of a Governor is voluntary and unpaid but very rewarding. It will require you to attend three full Governor's meetings per year and usually a further three subcommittee meetings. Governors need to be dedicated people who care about improving education, but they do not need prior board experience.

If you are at all curious about becoming a Governor of this outstanding Charitable Trust, please send an email to Nicholas Crane, Chair of Governors, so that he can arrange a meeting to discuss this further.

Nick.crane@glebehouseschool.co.uk

WHEN DOES A HOBBY BECOME A BUSINESS?

By Kathryn Gigg Chartered Accountants, Hunstanton

The question of overlap between a hobby and a business can be a puzzling one. The special case of farming and market gardening is dealt with at some length and has its own special legislation (see further below) but for other activities the position is less clear cut.

Case law has established that in order for a business to exist there should be some sort of business structure (making business decisions, dealing with customers etc) and there should be business activities such as buying goods for resale or providing services. HMRC manuals define "trade" as being "operations of a commercial kind by which the trader provides to customers for reward some kind of goods or services. The extension of the definition to 'ventures in the nature of trade' allows for the inclusion of isolated or speculative transactions".

Looking at this in practical terms it is fairly easy to see outlying examples which would fall either side of a line. Transactions which would not be deemed a trade might include:

- Household items which were purchased for personal use but sold when no longer required
- Disposals by an executor in the realisation of an estate
- One off transactions such as buying goods in bulk and sharing the cost with neighbours where there is no profit involved.

Conversely someone who regularly buys goods with the intention of selling them on (perhaps buying at auction or from a wholesaler and selling retail through small ads or at boot sales), will almost certainly be carrying out a trade. Similarly, where residential property is profitably bought and sold more often than would be normal the activity can be deemed a trade, even if the vendor lives in the properties concerned. The position will depend on circumstances, so a military family who are frequently reposted would probably not be trading, but a professional builder who works on each property before selling it on would be in a much less defensible position. There are several decided tax cases on the matter which look at various "badges of trade" including the number and frequency of transactions, the source of finance, any element of improvement between purchase and sale and the reason for the sale.

Even if a profitable trade is being carried on, small scale activities will not necessarily give rise to a tax charge. Where total turnover is less than £1000 such income is not taxable unless it derives from:

- a company you or someone connected to you owns or controls
- a partnership where you or someone connected to you are partners
- your employer or the employer of your spouse or civil partner

It will, however, still often be necessary to register for self-assessment and then claim the Trading Allowance within a tax return.

Finally, whilst HMRC are keen to tax profits, the legislation is also in place to prevent loss reliefs being claimed where no business exists. If the activity is not profitable and is not being carried out "with a view to profit" then loss relief will not be available to set against other income sources. As mentioned above, specific rules are in place for farmers and market gardeners which accept that farming profits can fluctuate from year to year for all manner of reasons outside the control of the taxpayer. Where such trades are carried on, loss relief is blocked after six consecutive years of losses unless it can be demonstrated that a competent farmer would not at the outset have expected to turn a profit within that period.

It is clear, therefore, that this issue can be quite problematic. Sometimes we see people who have been losing sleep over a simple matter such as selling household goods as part of a downsizing exercise or after a bereavement. In other cases what started as a hobby can slowly turn into a fully-fledged business, and it can be difficult establishing when the transition took place. In either case, a timely request for advice can save a great deal of worry.

Please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in May 2022



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

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YOUTH ACTION EVENTS DAY - SATURDAY 23rd JULY 2022

Back in March 2020 the COVID19 Pandemic took hold and the Country went into lockdown and many youth organisations had to temporarily close down thus preventing young children from experiencing the opportunity to gain valuable knowledge, fun and friendships that these organisations have to offer.

Now relate this to adults over the same period where many of us were members of some club/organisation which held regular meetings and these too closed down and as such we got use to not going and hence we fell into the trap of doing nothing

Children are no different from adults. So now is the time to re-introduce them to this valuable contribution to their childhood.

On Saturday 23rd July 2022 Heacham Youth & Community Trust Ltd are sponsoring an event to give a chance for boys and girls aged 4 – 18 a taster of what is on offer from different organisations based locally. The following groups taking part on the day are:-

Norseman Boxing Club, Heacham Judo Club, Heacham Scouts, Cubs, Beavers, Girl Guides, Brownies, Rainbows, Heacham Rangers, Hunstanton Army Cadets, Fire Cadets, Wildfowlers, St John's Ambulance, Heacham Minors FC, Messy Church, Wildlings, Pocahontas Players and Heacham Table Tennis Club.

Although being held in Heacham the event is open to all those in the local area. The event is free to partake and would hope that all children aged 4 – 18 from within the area will come along to enjoy what is available. Due to the nature of the event all children should be accompanied by a parent or guardian. On offer is a free hot dog/burger together with an entry into a free raffle (subject to entry terms) with a chance to win £100 (£50 cash & £50 to be donated to a charity of the winners choice).

Each of the organisations noted are run by volunteer adults, all of whom see the benefit to offer an opportunity to children to learn and to build and improve their character over their early years.

It should also be noted that although the event is aimed at children some of these organisations cater for adults as well, so please be free to enquire or maybe you can spare a few hours to become a volunteer helper yourself.

We look forward to meeting many people to what will be an enjoyable day.

Peter Sutton

Heacham Youth and Community Trust Ltd.

07867 572 189

HEACHAM YOUTH EVENTS DAY

Saturday 23rd July 2022

Heacham Football Club

2pm-5pm

Free to enter

Ages 4-18 (accompanied by an adult/guardian)

Adults are welcome too!

Logos include: WILDlings, Heacham Parish Church, Pocahontas Players, Norseman Boxing Club, Brownies, Rangers, H.T.J.C., Army Cadets, Heacham Minors Football Club, St John Ambulance, Guides, Rainbows, and Heacham & N.W. Norfolk Wildfowlers Association.

Sponsored by Heacham Youth and Community Trust Ltd

Smithdon & Brothecross District Girlguiding Platinum Jubilee Activity Day

Eve Eates

Although it was a week later than the actual Platinum Jubilee celebrations, Smithdon & Brothecross District Rainbows, Brownies and Guides had their activity day based on all things Royal. The girls all learned how the Union flag is created and made their own; crowns were designed and decorated; the Royal family tree graphically shown, and a Royal residence emoji quiz. We took tea with shortbread biscuits, delicately raising our little fingers as we sipped. No mugs for us, we had proper cups and saucers to drink from.

A really enjoyable day organised by our District Leaders. Our units have room to take more girls, and if your daughter would like to join and enjoy the activities that we offer, go to: www.girlguiding.org.uk and register your interest. You will then be contacted by one of our local Leaders.

Similarly, if you would like to help us provide the varied programme that we offer, please use the above website and volunteer with us.

Our District has groups meeting in Hunstanton, Heacham and Docking. We look forward to welcoming your daughter, and perhaps yourself!



DOCKING BROWNIES GAIN TOP AWARD

Mrs Catherine Leigh, North West Norfolk Division Commissioner

Matilda Clarkson and Jessica Wroth were presented with the prestigious Brownie Gold Award at a special visit to Fakenham's Cavies & Cake café last week.



The award is gained by completing all six Brownie Theme Awards plus a special Gold Challenge and is the highest award which can be gained at Brownies.

Matilda's achievements include Brownie Interest Badges in Baking and Collecting, with a fantastic, well-presented fossil and mineral display. For her Take Action theme Matilda made and sold Santa's

reindeer food in aid of Emma's Hedgehog Hotel and also gained her Influence Skills Builder Badge. For her special Gold Challenge she ran an exciting evening for the other Brownies on an aviation theme, making mouse rockets and she visited Heacham Guides for their Bonfire party to find out more about the group. "My favourite activities at Brownies were cooking and going on trips" said Matilda, "I liked it when we learnt how to make a fire, build a bridge and put up a tent. We got a bit wet trying to cross the river on our bridge! I also really enjoyed getting to cuddle the guinea pigs at Cavies and Cake".

Jessica joined Brownies just the week before the first Covid-19 lockdown started, even making her Brownie Promise via Zoom! Interest Badges kept Jessica busy during lockdowns including Jobs and My Rights. She completed her Camp Skills Builder at Hautbois Activity Centre with den building and orienteering fun. The Brownies enjoyed an evening of Easter wreath making which Jessica organised for her Gold Challenge. Jessica said "I really enjoyed running the group activity for my gold award and the trip to the Activity Centre last year. My favourite badges were Dancing and Performing". With several more months before she turns 10 and can move to Guides, Jessica is sure to gain many more Brownie badges.

Former leader, Lynsey Skeates, returned to present the awards, watched on by the gorgeous guinea pigs at Cavies & Cake. North West Norfolk Division Commissioner Catherine Leigh thanked Matilda and Jessica's proud parents for all their support.

Girlguiding is the leading charity for girls and young women in the UK, with over 500,000 members. There are spaces for more girls of all ages in Smithdon & Brothercross District (Docking, Hunstanton and Heacham area) and new adult volunteers are also welcome to join the fun. Register interest at www.girlguiding.org.uk and a local leader will be in touch.

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Jubilee 'Jamboree' at Sandringham

To complete their Platinum Jubilee Norfolk Challenge Awards, the 12th King's Lynn Squirrel and Beaver Scouts planned and prepared for a very special Jubilee Picnic on the front lawn at Sandringham House.



Meeting at 10am the youngsters set about making crowns, flags and red, white and blue place settings under the supervision of their leader Tracey Clarke.

Wearing their crowns and waving their flags, the children enjoyed exploring the gardens, listening to stories and playing parachute games before singing their own 'Happy Jubilee to you' on the steps outside the house!



Group Scout Leader Jamie Twell and Leader Tracey Clarke with some of the participants

It was a fabulous day for the thirty-seven children and fourteen adults who also saw eight-year-old Matthew Butler, who attends South Wootton Junior School, being presented with his Chief Scout's Bronze Award by Acting District Commissioner Kim Smith.



Matthew Butler and Acting District Commissioner Kim Smith

Tracey Clarke said: "We wanted to do something memorable for the Challenge Award and it couldn't have been better for the Squirrel and Beaver Scouts who thoroughly enjoyed their day.

Tracey Clarke said: "We wanted to do something memorable for the Challenge Award and it couldn't have been better for the Squirrel and Beaver Scouts who thoroughly enjoyed their day.



Leader Tracey Clarke with the Squirrels

"They are also working on their community challenge at Salters Sanctuary which was launched in April, and have already completed several litter picks.

"After liaising with the Gaywood Conservation Group the Squirrels are going to be raising their own funds to purchase an Oak tree to plant in a special place in the woods."



Summer dressing sorted at Allez Chic

Summer is here at last, and for effortless summer dressing that is feminine and stylish head to Allez Chic.

Proprietor Cheryl Daubney says: "Choosing a loose silhouette will keep you comfortable and cool through the long summer days as the temperature rises; this can be a dress that skims the hips or a kaftan that can be worn loose during the heat of the day and then be cinched-in with a belt for the evening."



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"Designed in this colourful tropical print, this comfy, throw-on midi dress has a flattering waist seam, is semi-fitted with a shapely silhouette and falls at the calf.

"If you haven't heard of cotton slub jersey before it is lightweight, has four-way stretch, and is incredibly soft – perfect for summer."

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The Club is open Monday-Saturday 10am-11pm and Sunday 11am-10.30pm.

Hot/Cold meals available Monday to Saturday. On Sunday there is a 2 course Sunday Roast Lunch at only £8.90 for Members and £9.90 for Guests.

This month's Coach trip is on 21st July to Yarmouth and the afternoon Hippodrome Show which is regarded as good as a London show. Members price £35.00, non-members £38.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 1.30 p.m.

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

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

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

www.hunstantonconservativeclub.co.uk



ANOTHER CHANGE OF COMMAND

John Maiden

My grandmother, Judith Ann Garner died in 1936 aged 71 years. She never met me because I did not arrive on the scene until 1938. One of my earliest memories was sitting on the grass next to my grandmother's grave in Hunstanton Cemetery, while my mother showed me how to make a daisy chain. Before setting off for our home at 79 Westgate, we hung this modest floral tribute on the headstone.

During the war we received American food parcels from my grandmother's eldest daughter, my Aunt Annie, who was a Roman Catholic nun. Looking back on the excitement I felt whenever one of these parcels arrived, I sometimes wonder if this was the beginning of my own special relationship with the USA!

When the families of USAF personnel based at RAF Sculthorpe came to live in our midst, in the early 1950's, the friendship blossomed. When the 1953 Floods claimed the lives of locals and Americans in equal measure, the bond became permanent.

Fast forward to one evening in 2010, when I answered the phone and found myself conversing with an RAF Flight Sgt by the name of Mark Service, the official historian of the USAF 67th Special Operations Squadron. It transpired that in 1953, when its most famous son was Reis Leming GM, it was known as the 67th Air Rescue Squadron. The reason for Mark's call was to find out if our town would like to be included in celebrations marking the 60th anniversary of the 67th, in November 2012. At the time I was a town councillor and a civic society committee member. As such I was well suited to helping with the task of co-ordinating the events that followed. These have included the granting of the Freedom of Hunstanton to the 67th in 2014 and the town's Twinning with the 67th in 2016.

allocated school was in Menomonie Wisconsin, but when my friend Edgar received 30 replies to my NONE, I persuaded him to give me the address of his school in Nazareth Pennsylvania! This was how I ended up writing to Robert Lindsay in Wisconsin and Connie Toth in Pennsylvania. In both cases contact was eventually lost, but not before Connie was on her second marriage!



A week before he relinquished command, Lt Col Williams paid his respects by leading a formation of 4 Commando II aircraft over our town on their way back from an exercise. While at 'ground level' the following day, a small group of volunteers from the 67th gave Hunstanton's south beach a thorough cleanup before the long weekend got underway.



Lt. Col Jared Williams and family leaving the squadron building
Photo: Andrew Murray

Every two years or so representatives of the Civic Society and Town Council have attended Change of Command ceremonies at RAF Mildenhall. The latest of these was on June 8th when Lt Col Jared M Williams handed over command to Lt Col Michael W Bien, in a ceremony at RAF Mildenhall, presided over by Col Edmund X Loughran, Commander of the 752d Special Operations Group. It is always sad when the friends you have made return to their homeland, but thanks to the internet it is easier to keep in touch these days than it was when the 67th began life at RAF Sculthorpe in 1952.

This calls to mind an initiative by Mr Lowery, my teacher at Hunstanton Primary School. He identified schools in each state throughout the USA in towns with similar populations to our own, and invited them to provide a pen friend for each of us. This was in the late 1940's, before our town came to be known as Little America! One by one, letters began arriving from our American counterparts. My



USAF 67th Special Operations Squadron engaged in operation beach clean - June 2

Hopefully, this group will form the nucleus of a larger party, which will enter a float in the Carnival at the end of June. This idea was certainly endorsed by the new Town Mayor, Maureen Howard, who remembers a time when hers was the only local family living in Lydgate House flats on Cliff Parade. All the other flats were occupied by Americans.

Maureen attended last week's Change of Command ceremony, in a party of 17 from Hunstanton including 4 former mayors and the elected officers and committee members of Hunstanton and District Civic Society. Another party, led by Ian Brown, Curator of RAF Sculthorpe Heritage Centre, was a reminder that the 67th was activated there in 1952 and under Ian's leadership the Heritage Centre is rapidly going from strength to strength. There was a very impressive attendance at a Special Open Day on June 5th, including Lt Col Jared Williams and Mark Service, to mark the arrival at Sculthorpe of the USAF 47th Bombardment Wing in 1952.

Round the bend with Dean Baker

Seven year itch or sorry it's late!

I blame Mrs B's tooth. It's been troublesome since her birthday and that was in December. This weekend it was extracted but that meant that when I should have been writing I've been running the house and reminding Mrs B to rinse her mouth with salt water and now this article is late late late

This month marks 7 years since my first article for the Town and Around. The 'littles' are no longer, they thump round the house, teddies that were constant companions lie stranded at the end of beds, loved fairies and grubby hippos consigned to cupboard corners for the rest of their days.

That first article was about carbon monoxide poisoning. Symptoms are often described as 'flu-like' and commonly include headache, dizziness, weakness and confusion. Large exposures can result in loss of



consciousness, heart attack and in a very few cases loss of life. The good news is this can be avoided by having your boiler serviced annually. So that's it, the same message ... have your boiler serviced now while its warm, then if it does need work then you won't need the heating on over the next few weeks anyway.

Since my last article the household energy situation has slightly improved with the

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promise of help and a £400 payment in the Autumn. For the month of July and most of August you should turn your heating off, if it's a chilly night have a hot water bottle. I suggest putting your hot water on for an hour in the evening for baths and washing-up. If you can keep your direct debit at its winter rate over

the summer it will be a 'buffer' should you need it.

Don't worry, we'll get through this.

Here's to the lazy, crazy days of summer and the next 7 years.

Take care.

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There is no Plan B

Jo Rust

When I wrote in the June edition of Town and Around I honestly believed that by now we would have heard an announcement notifying us which hospitals had made it onto the shortlist to be considered for funding for a new build. It's incredible that despite our MP assuring us that we would hear immediately after the local elections, we're now over the Jubilee Weekend and we're still no nearer than when we started this campaign over a year ago. I know the government has been busy trying to undertake damage limitation in respect of Partygate and the fines, I know the PM has just scraped through a vote of confidence and I know the situation in Ukraine is taking attention, but there is no justifiable excuse or reason for this continued delay.

Perhaps we've been "blaming" the wrong minister. Rather than looking to Sajid Javid to explain the delay we're hearing that it's the treasury who are causing the hold up. They're in a difficult position, because they made a manifesto promise of a national programme that comprised of 8 pre-existing schemes and 40 new hospitals, totalling 48 hospitals. In October 2020, the government named 32 hospitals which will form part of the 40 new hospitals and then it called for Expressions of Interest in the remaining 8. Yet to fund this ambitious much needed building programme they have allocated a mere £3.7 billion pounds. That's not going to cover the costs and in fact, risks major projects either being half done, or done on a much smaller, and therefore inadequate, scale.

Our hospital and services need to grow, not shrink. We have got a growing and an aging population. We also have essential failsafe



work which must take place at the hospital to make it fit to use. All this takes growth, growth which would have been needed even if our hospital estate was in perfect condition. If we can't deliver a much larger new build, then we risk an erosion of services. And if we don't get a new build, we will face closures of services. We're already facing a cost of living crisis, but imagine having to add to that the additional costs of travelling to and from either Norwich or Cambridge to get our treatment. For many people being sick plunges them into financial difficulty anyway as not everyone gets their pay fully covered when they're off. If you've got a major ailment and you only get £99.35 Statutory

Sick Pay a week you're going to struggle to pay your bills as it is. If you have to add on extra travel costs then it will make worse an already tough time. We also need to consider the potential for job losses if the QEH can't grow in the way we need it to. Recruitment is tough in the NHS anyway, but why would people want to work in a building that is supported by 1528 metal and wooden props to stop the roof from falling in. If we don't get funding for a new building the Chief Exec team have been clear, services will have to close. This means fewer staff needed and our local economy will suffer if there are job losses or if staff move away to gain employment at other hospitals.

On Friday 27th May we held a public meeting about the situation. We heard from four speakers – Cllr Alex Kemp, Dr Pallavi Devulapalli, Peter Smith and Gordon Taylor who all expressed concern at the situation and the continued delay. The audience were in shock about the severity of the problem and understood the need to continue with the campaign. If funding was awarded based on need then ours would be the first on the list, but sadly we know it doesn't work like that. Instead funding will be awarded based on votes. If a constituency that needs a new hospital is in a marginal seat then they are more likely to be awarded funding than a constituency that always votes for the Conservatives. We can only hope that the recent visit by Edward Agar, one of the Ministers for health, will help our case. Watch this space, but don't hold your breath!!

Independent Cllr - Jo Rust

Incinerator Campaign Update

County Councillor Alexandra Kemp

Landline: 01553 630329 Mobile: 07920 286636

Following the unanimous cross-party Motion on 10 May at County Hall, when Norfolk County Council expressed its In-Principle Opposition to the Wisbech Incinerator, I asked the Leader of the Council to write to MVV Energie and to the Government, to tell them that we oppose the incinerator. We have to follow this right through.

The Leader has now written to MVV, and to Greg Hands, the Minister of State, and to Kwasi Kwarteng, the Secretary of State. He included the full text of the Motion and wrote that, in passing the motion, Norfolk County Council has come into line with other Local Authorities in the immediate vicinity of the proposed site and share

the concerns of residents to the west of the County.

MVV's application for the incinerator was expected to be lodged with the Govt in early June, but this has now been postponed to late June.

In the international context with the war in Ukraine, it would make far more sense for MVV, the largest listed municipal energy network in Germany, to occupy itself with the creation of renewable energy in Germany to reduce reliance on Russian gas, instead of wasting its efforts trying to build an incinerator next to West Norfolk. We can only hope that common sense will prevail. But we must be prepared for the application to be made at any time.

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Hunstanton Eyecare blog

“Service with a smile”

We are a jolly bunch of people at Hunstanton Eyecare, and we hope you feel that a visit to us is at least a pleasant experience, and even better an enjoyable one. Automation has its uses, but there are some things that need to be face to face with a real live person.

A recent experience with a certain energy company, better not say who or I might get struck off, highlights this point. We moved house in February, all was fine until the Energy Company decided we must change our gas and electric meters to Smart ones. I received many emails instructing me to click the link to book an appointment, every time I did so a message appeared saying they were fully booked, try later! This happened about six times, so I gave up. Then a person actually phoned me, at last! and an appointment was booked for the end of April. The meters were changed, but he didn't have the home display gismo that everyone should have in order to monitor your energy consumption, someone would contact us about that, yeah sure they will. Our energy bill arrived and said we were £350 in credit! well these meters certainly do work even without the home display energy saving gismo. Then I noticed that we had not been charged for gas at all. The next part of the saga was trying to talk to the energy company. I did the up to date thing of logging on to our account and spent an hour “web-chatting” to someone who kept asking about meter serial numbers, readings that were impossible to obtain, and now it was getting dark, I needed a torch to see my meter on the outside wall, and its raining, aargh! In the end I said I'm calling it a day, or by now night, and they will have to make arrangements to come and fix the not so smart meters. A week went by and still no contact, so as I am modern and have the app on my mobile phone that takes photos, does banking, tells me where I am by Sat Nav, can google anything, oh yes I forgot, I only wanted it to make a phone call, I connect with the said energy company. After answering the robot, I am connected to a real live person, but not to talk to, a text conversation tells me that their team have been notified and they need some time to sort it out. Well, we are four weeks on and the situation has not been resolved. The gas must still be flowing as the central heating still works and I can cook the dinner on my gas hob, so I'm not going to worry. However, Mr B doesn't like the idea of getting a massive back-dated bill later on, so I guess I will have to try and contact them soon. As Mr B says, yes Annette is having a rant!

In the optical world we are very conscious of the service aspect of our work. When you come to us for a sight test you may be concerned or worried and that is perfectly understandable, it's your eyesight. Spectacles are essential for many of us and supplying quality products that suit your various needs is our business. Whether it's fixing a tiny screw or fitting a bespoke pair of spectacles, we have the same attitude, everyone should leave happy with their experience and very satisfied with the job we have done. In today's world of competition, we believe that you still value the personal service, ie. time in the sight test consulting room, at least 30 minutes, and time with a qualified Dispensing Optician to discuss your spectacle requirements. It's no good the Optometrist producing the most accurate prescription if it is made into spectacles inaccurately, into a poor fitting frame, or without thought for the patients' particular needs. Discussion in the dispensing process is essential. Collecting spectacles should also be done by trained staff to ensure physical and visual comfort.

So for personal service with a smile, come to Hunstanton Eyecare! We look forward to seeing you.

Annette



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Piles and Tribulations

Notes from a rural GP, Dr David Ince

So The Department of Health and Social Care's 'Helpful Soundbite of the Week' is apparently the NHS needs to be less like Blockbuster Video and more like Netflix. This was part of the complicated smoke screen that was being erected by our leaders the day after Boris Johnson had not done terribly well in his confidence test in the oak panelled room of the 1922 committee. I think the 1922 committee is the group of backbench MPs who are 'too cool' to get a job in government and try and hold the decision makers to account.

The day after the vote, the cabinet met and, it is reported, rather than talking about naughty Boris, the Health Secretary decided to update the team on the scale of the challenge post-pandemic saying we had a Blockbuster healthcare system in the age of Netflix. I've tried quite hard to try and understand the analogy but it does seem to be rather non-sensical and was not followed up with any plan to reduce waiting or improve access but it was clarified that there would be no new funding beyond what had already been announced. I would like to remind the readership (and I know it is boring – I even bore myself often – but this is the only comeback I really have) of a few facts about what happens in the NHS.

Everyday in the NHS there are 1,000,000 GP appointments, 67,000 A&E attendances, 250,000 outpatient attendances, 100,000 999 calls, 30,000 hospital admissions and 60,000 111 calls.

Primary Care receives £9 billion out of an annual £190 billion NHS spend. I did read somewhere that we spend more than £9 billion a year on haircuts but I'm not sure how relevant or helpful this is.

In 1990 there were 300,000 hospital beds, it is now less than 120,000.

The NHS budget per person per annum is £3186 (18th in the world

for the 5th largest economy). £155 goes to General Practice.

There is a huge supply and demand problem. GPs want to see you face to face but, each week, at least 10% of the population also want to see us. There aren't enough of us! GP numbers are not going up despite the promises – simply look at your own practices to see how you probably have the same or less GPs in them than you did 10 years ago.

Despite Mr Javid's soundbite, the problem is a system on the brink of failure not hospital clinician or GP failure.

The health service is inadequately funded. Primary Care is inadequately funded. Most people can't afford Netflix. In the community, funding needs to go in directly to practices, community nursing, pharmacy, social and mental care not through non-sensical bureaucratic unachievable box ticking schemes or ridiculous reorganisations (think chairs, titanic etc). These schemes and re-organisations do little for patient care and do huge damage to staff retention, morale and succession.

Just a short rant this month.

I wish you good health.



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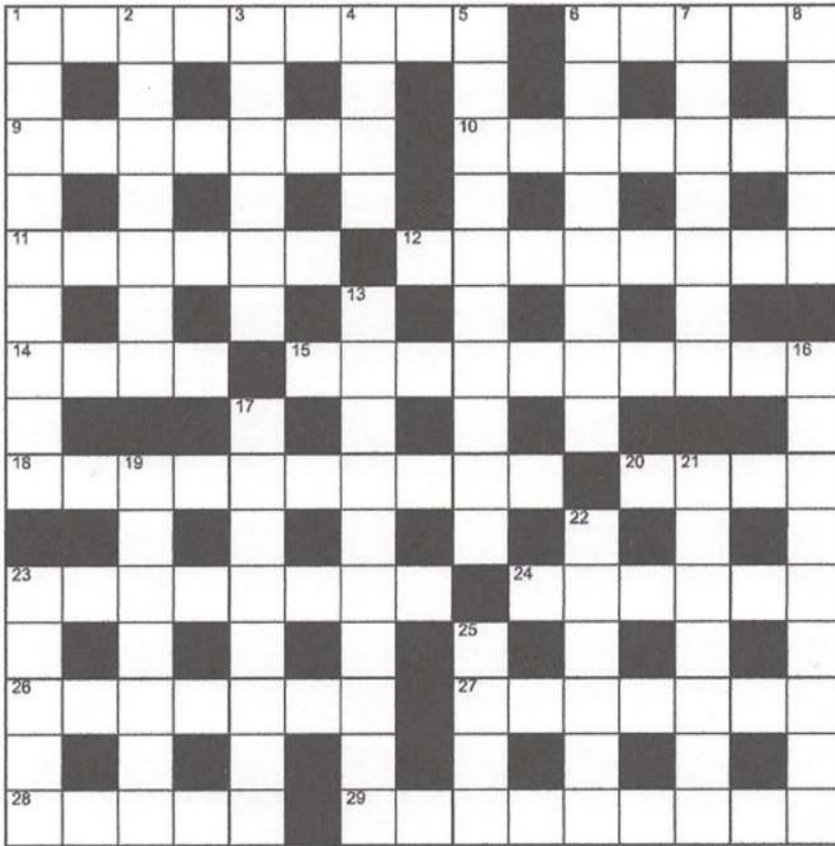
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David Elsey's Cryptic Crossword



Crossword solution on page 76

Crossword Clues Across

1. Ooh, a dead end (9)
6. Draw model, pronounced, showing character flaws (5)
9. Old boys having extended break certainly aren't squares (7)
10. Spin away and lose control (4,3)
11. Whatever it's called it's for wheel hub, to be collected after party (6)
12. Diamonds add final sparkle to costume for ball (8)
14. Run out after start of church recess (4)
15. Top man acquires key with his heartless knavery – that's the spirit! (4,6)
18. One might be needed to serve food at old golf club (10)
20. Old man is making a stand (4)
23. Brandy and soda knocked back by Calvin (not at home) (8)
24. Arrival is expected, carrying overnight bag (6)
26. Clergyman, second one to leave cathedral (7)
27. One ageing gracefully to begin with is controlled and co-ordinated (7)
28. Strip extremely clever teachers wear (5)
29. A pressing need to come out with Charlie in New Year (9)

Crossword Clues Down

1. Send out England cricketer to join other players (9)
2. Yell at me over nothing? That's harsh (7)
3. Use stick and ruler to get snake ... (6)
4. ... that's rubbish pal! (4)
5. It sends back an image if electron is out of place (10)
6. Will just about close around end of day (8)
7. Piano enthusiasts gather together in congregation (7)
8. Malaysian dish that took a year to introduce (5)
13. Make dull series on house conservation (4,6)
16. By all means take time to prepare dear – why say that is old-fashioned? (9)
17. Container wrapped in foil might be a good place to keep 15 (8)
19. Rest after takeaway? (7)
21. Place in France having no hotel, goes north (7)
22. Gaming club with good-for-nothing checking out (6)
23. Funny business compiler is up to with first clue (5)
25. Agreed German should oversee exercise? It's a joke! (4)

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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

Hunstanton Lifeboat Station

Geoff Needham, LPO

On Tuesday 17th May at 4.30pm the UK Coastguard requested launch of Hunstanton RNLI lifeboat to go to the aid of a Foil Surfer in trouble of Hunstanton, Hunstanton Lifeboat Spirit of West Norfolk launched on service and was quickly on scene that was a few hundred metres off shore. The teenager was having trouble getting ashore against the wind and tide. He was assisted back to the beach and the lifeboat returned to station.

On 14th June at 4.00pm UK Coastguard requested the launch of the Hunstanton RNLI lifeboat to go to the aid of four teenage girls cut off by the incoming tide at Thornham Harbour Marshes. Hunstanton Lifeboat, Spirit of West Norfolk, launched on service and proceeded to Thornham. On arrival they made their way down the channel with the incoming tide, until they reached the teenagers who had gone onto the marshes and had been cut off by the flooding tide. One of the girls had a sprained



ankle. They were taken aboard the Lifeboat and landed into the care of the local Coastguard Response Team at the harbour.

There was an early morning shout on 15th June when at

5.50am the UK Coastguard requested the launch of the Hunstanton RNLI Lifeboat to go to the aid of a lady and her dog in trouble at Brancaster. The lifeboat launched on service and

proceeded to the scene. On arrival they located the dog, a Springer Spaniel, swimming in the fast flowing channel with the incoming tide. The crew managed to get hold of the dog and lift it aboard the Lifeboat. It was completely exhausted. They approached the lady owner who was on the shore and took her on board the lifeboat. They then landed both into the care of the Local Coastguard response team, who were at the Harbour, as the road down to the beach was flooded due to the high tide

The crew launched on two other occasions to reports of persons cut off by tide at Scolthead, but were stood down before reaching them as others had assisted persons back to shore.

A recent post on Hunstanton Facebook page was an article about a wreck off Hunstanton on 4th January 1868. It reported: 'A large ship went down yesterday off Hunstanton, she proved to be the barque Panmure, 400 tons, Captain Hollingmouth, bound from Newcastle for Lisbon. On Thursday night, about 10 o'clock the Panmure struck the Woolpack Sand, about 5 miles off Hunstanton, and became a wreck. The crew burned lights all night, but received no assistance, though within 5 or 6 miles from the lifeboat station and coastguard station. After daylight the signals of distress were noticed, but the whole of the crew, 12 in total, had left her about 9 o'clock and landed at Thornham, with the assistance of some Thornham fishermen. The

barque entirely disappeared about 1 o'clock. She was laden with coals.

A picture of the launching of the lifeboat launching was included.'

This article prompted me to look through our records. According to our records Hunstanton boat did launch, on reaching the vessel, assistance was refused, this happened on several occasions, the master would refuse assistance hoping to float off himself, this must have been very disheartening to the Lifeboat crew, having rowed and sailed in severe weather for several hours, in what would be described as far from adequate gear, cold wet and exhausted, then having to return to station, some having to be assisted from the boat, and carried back to the boathouse on some occasions.

Further research in a lifeboat magazine, dated 1987, reported the Panmure was wrecked on the Burnham Flats, after getting off the Woolpack sands, and £37.10s was awarded to some men who rescued 12 crewmen, I will have to dig a bit more, but I would think the men were more likely to be from Brancaster than Thornham.

If anyone has any info into the early days of Hunstanton lifeboat between 1887-1931 (we have a lot but its always interesting looking back into the past), please let us know.

Volunteers are wanted to man the shop at the Boathouse, if you think you can help visit the station on a Sunday morning, for advice.

Respect the water campaign and advice to Holiday makers

Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips.

1. Check the Weather and tide times.
2. Read signs. Be aware of local hazards, ie; sandbanks. Channels Strong tidal currents.
3. Carry means of calling for help.
4. If you see someone in danger dial 999 or 112 and ask for the Coastguard who will page us.



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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

The Platinum Jubilee

Brancaster, along with most villages in North Norfolk, organised a series of events to commemorate Her Majesty's Platinum Jubilee. Brancaster Village Hall (BVS) was the focus for many of these events which began on 2nd June with the Town Crier, Richard Roberts, proclaiming the celebrations open. The Barrow Common beacon lighting took place at 9.15pm, preceded by a bagpiper.

BVH was host across all four days to an exhibition "The History of Women in Brancaster," organised by Val Carpenter. This featured the experiences of a wide range of women, involving both those raised in Brancaster and those who have moved to the village. There were revealing and informative glimpses of life in Brancaster over the last 100 years or so and of the important contribution women have made to village life and history.

On 3rd June St. Mary's Church Brancaster held a double keyboard concert featuring Simon Bower and Matthew Preston which was both well attended and received.



The Brancaster Village Show was held at BVH on 4th June and featured a number of competitions including scarecrow making, bake-off, flower arranging and crafts across different age categories. Tremendous enthusiasm and



creativity was shown in all classes, and prizes were awarded for the first three in each. Of particular interest were the imagination and skill shown by children in the "Create an animal out of a vegetable" category, with some amazing results. The pictures on this page show examples of two of the scarecrows entered for the competition.

Brancaster held a street party on Sunday 5th - on the village green in the marquee, because of the inclement weather. It was hugely successful!

Brancaster Staithe Village Hall also held a full programme of commemorative events.

John Wareham, Chair of Trustees of BVH, felt the events were a fitting tribute to the affection and esteem in which Her Majesty is held in the community. He thanked all the organisers, volunteers, staff and competition entrants for their hard work and creativity in making the celebrations an outstanding success.

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

HARRY TATE'S DIARY

(from the Brancaster Village Hall Archive)

When war was declared in 1939, local fisherman Wilfred William

Softly got on his bike and cycled to Wells to volunteer for duty aboard minesweeping trawlers. He was joined by a large number of other fishermen from North Norfolk.

Softly was sent to Lowestoft for training and eventually to join the Royal Navy Patrol Service (RNPS). The RNPS was to provide a vital role in the protection of Britain and in maintaining supply routes, but quickly became known as Harry Tate's Navy. Harry Tate was the stage name of a comedian who was associated with amateurism and incompetence: not very flattering, but probably used as RNPS was staffed mostly by amateurs and naval reservists, and used poorly armed requisitioned trawlers crewed by ex-fishermen.

The trawler fleet actually took on a very vital role, particularly in the early years of the war, when Royal Navy escorts and minesweepers were in short supply. In the absence of Royal Navy vessels, it had to assume the responsibilities of convoy escort, minesweeping and patrol duties. The fleet grew to over 400 trawlers, with 200 used for minesweeping off our coasts, and the rest for escort and patrolling.

The duties of the trawlers involved escorting the ships from the East Coast convoys to protecting those on the Gibraltar run, to the Red Sea and round the Cape of Good Hope. This was in addition to the minesweeping role in the North Sea and the English Channel.

Gradually the force became a more professional fighting unit, proficient in naval technology. However, the RNPS had one of the highest casualty rates in the navy, with over 600 vessels lost and 6000 men killed. In recognition of the sacrifices made, Churchill authorised a special badge, a local recipient of which was Wilfred Softly.

HMS CRESSY

Petty Officer Stoker Herbert William Harrell, aged thirty six, husband of Anna Maria of London Street, Brancaster, served on the armoured cruiser Cressy in 1914. The Cressy was in company of two other such vessels, Aboukir and Hogue. They had been tasked with patrolling the Broad Fourteens in the North Sea to protect the eastern end of the English Channel. The armoured cruiser class of warship was obsolete at this time; these three ships were worn out, and should not have been patrolling in such dangerous waters. They were travelling at 10 knots in line abreast without zigzagging when sighted by U-9, a German submarine commanded by Otto Weddigen: U-9 fired a torpedo which hit Aboukir. The captain thought the ship had hit a mine and requested the other two ships to close and transfer wounded men. As Hogue moved in she was hit by two torpedos and capsized in ten minutes. Cressy, having tried unsuccessfully to ram the submarine, which had surfaced unexpectedly, then continued to rescue the hundreds of sailors in the water. She too was hit by two torpedos and quickly sank. 62 officers and 1397 ratings were lost in total, although fishing trawlers nearby and other arriving warships managed to rescue 837 men. 560 of those lost came from the Cressy, among whom was Petty officer Stoker Harrell. His death is remembered on the Brancaster war memorial situated at the front of St. Mary's Church, Brancaster. Following this disaster, ultimately the responsibility of poor Admiralty decisions, instructions were issued that in future ships were not to stop and rescue survivors of torpedoed vessels.

For further information on either of these issues, there is a wealth of information available online.

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I get a few people comment when calling in to our office on my reports in T & A but only to say that they enjoy reading them and looking forward to the next one!

Last month's was different however! I had specific phone calls from friends and local people who called to say how they related to my story about teenagers and work, plus how true the transition and learning of life skills was with young people. Let's hope that this cohort of summer teenage workers gain knowledge, experience and a better attitude towards customers and people in general.

I have written about this a few times before, but it has to be said and I go back to my favourite subject for those who are reading my report for the first time, people create no end of problems – in any business! But particularly when having to follow instructions. Key instructions for arrival and departures for holidays. A few weeks ago, I had calls from a handful of different holiday guests asking where to pick up keys as they had not received their arrival and departure details and were arriving that day. Now, why leave it to the last minute to make these enquiries? You are going on holiday today. Arriving at your destination today. You booked it many weeks ago. You had confirmation as you paid for it. You also had receipts and emails and even letters by post. So why leave it to call whilst en route to Norfolk? Why email the night before? And why indeed do you turn up at our office asking for keys and not even knowing where you are going to when questioned. Are you not organised? These are the questions I have to ask.....most of them anyway.

Anyway, I went through all the checks to see if the correct paperwork was emailed or posted. Those boxes ticked and several more which co-ordinate our booking system and arrivals and departures. So, all done and checked and even previously checked by

two of us in the week. All paperwork tickety boo and we would assume that the arrivals know what they are doing.

I explained and asked in each case that they had had their final details and asked if they had actually read them? The answer in each case was 'yes' they had, and 'no' they had not. Another guest actually thought that the key code number for their property entrance was in the top right corner of her letter which was in fact the Booking Reference. She had not looked further down the page, to see map, detailed directions, key code and key box location, a picture of the property, all our details, arrival and departure times, and everything which is needed to assist in getting here and enjoying the holiday.....and to avoid situations which they have just created themselves. We ask the questions "How would they cope if they were going abroad?" Or even, "how do they manage their lives and families?"

In some cases, we even have to put a photo of our office on their map and info we send out, so guests can locate us for keys on arrival. I can go on as we have every scenario covered for holidaymakers. Sometimes, I think guests want you to go and collect and drop them at their holiday home so they don't have to worry about a thing.

I hold my hands up as I am sure we all can, for not seeing information, or reading stuff incorrectly too! So please when you book a trip, read and inwardly digest and prepare for your getaway – don't leave your brains at home. By the way, the majority of our guests are absolutely lovely!

Which brings me back to my teenage daughter from June's T & A and teenagers' weekend and summer jobs. Patience, understanding, tolerance, keeping calm and temper under control – all 'people' skill qualities to determine the nature of the beast.

Members of the Bridge for Heroes Charity Attend Royal Garden Party

On Wednesday 11th May members and guests, these including trustees, staff, volunteers and beneficiaries of The Bridge for Heroes' veterans' charity attended a Royal Garden Party at Buckingham Palace.

This was the first Garden Party held since the start of lockdown and was attended by the Prince Charles, the Duchess of Cornwall, Princess Anne and Prince Michael of Kent amongst others.

The weather was typically inclement although this did not detract from the sense of occasion or enjoyment from being in the wonderful gardens of Buckingham Place. Helen Taylor, the CEO from The Bridge for Heroes, said "it was a wonderful honour and a real privilege to be invited to the Royal Garden Party and it gave us the opportunity to thank the staff and volunteers for their commitment and support to the charity over the past 11-years since we opened our doors.

Of course, we would have loved to have invited everyone involved with the Charity to join us but the numbers attending were limited. Nevertheless, it was a wonderful day and not even the British weather could dampen our spirits!"

The photographs shows: Karl Perryman, Bev Perryman, Dr Frank Tigchelaar & Mike Taylor.



Jubilee in Snettisham

Crowds gathered in front of the church on Thursday evening for the beacon lighting.



Earlier in the afternoon Town Crier Dave Taylor, resplendent in his Crier's robes, made the proclamation in Snettisham's Market Square which was decorated with bunting and flags.



Nearby in Alma Road the Snettisham WI had knitted a post box topper with a Jubilee theme.



As people arrived in front of the church they passed the beacon in Stanton's Field as the live band was entertaining the crowd as

representatives from the Scouts, Guides and Brownies prepared to form the guard of honour.



The Queen's official representative when she's not in the County, Vice-Lieutenant Peter Wilson MBE was met by honour guard of Snettisham Scouts and Guides.



Cllr Stuart Dark MBE and Vice-Lieutenant Peter Wilson MBE

Following a welcoming address from Cllr Stuart Dark MBE, the Vice Lieutenant read a message from the Lord-Lieutenant for Norfolk Lady Dannatt MBE, before leading the countdown to the lighting of the spire.

The Bugle call 'Majesty' performed by Roland and the band sang the song for the Commonwealth 'A life lived with grace'. The National Anthem was sung by all.

As the crowd turned towards the field David Bocking checked his watch and then lit the beacon as three cheers for Her Majesty were given.



David Bocking





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THE BARKING BUGLE JUBILEE FUN DOG SHOW AT SNETTISHAM

It was totally woofastic to see so many humans and their furry four legged friends take part in a special royal themed fun dog show, with rosettes going up to 5th place, at the recreation ground in Snettisham on 4th June. Lots of doggies of all sizes and breeds entered the eight events with tremendous barks of enthusiasm. Fortunately the weather remained kind to us and the sun even put in an appearance towards the end of the afternoon.

For the record here is the list of winners:-



Prettiest Princess - Dolly Peanuts & Maddie
Most Handsome Prince - Barnaby & Alesha
Best Queen - Jennifer & Tony
Best King - Baloo & Lydia & Graham
Royal Wave - Evie & Lauren & Hayley



Royal Family - Nella, Bibi, Bella & Family
Court Jester - Reggie & Dad
Regal Robes - Alfie & Pat
Best In Show - Baloo & Lydia & Graham

Many thanks go to Coastal Vets and the Snettisham Events Committee for sponsoring the event.

As we keep saying here at the Barking Bugle though, it doesn't matter if you don't get a rosette because you all go home with the best dog in any case!

Woofs Ziggy Bear

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Artworks @The Town Hall

Artworks @The Town Hall in Hunstanton has made it into the Finals of the Muddy Stiletto's 'Best Art Space in Norfolk Awards 2022'.

Jackie Kitch, who runs Artworks @The Town Hall said: "It's fantastic news! "Someone nominated us and then we made it into the top 5 Art Spaces in Norfolk! The Coal Shed Gallery in Hunstanton is also in the top 5, so it's great news for Hunstanton!"

"We are up against 2 other Art Spaces in Norwich and another one in Great Yarmouth. Voting ends on the 15th June and the winner will be announced on the 21st June. I would like to thank everyone who voted for us. We may not win but to be recognised for all of the hard work that goes into Artworks is in itself a prize!"

"Our aim is to support local and Norfolk based Artists and skilled Craftspeople and Artworks is an outlet to make their work more accessible to the General Public."

Artworks is open on Fridays, Saturdays, Sundays and Mondays and longer during the school holidays.

Annual Art Exhibition - Binham

The event, now in its 24th year, is Binham Art Group's Annual Art Exhibition at the Binham Memorial Village Hall, on the weekend of 6th & 7th August from 10am to 5pm on both days.

Entry is free and over 120 paintings in a variety of media will be on display.

Refreshments will be served. Location: Binham Village Memorial Hall, Warham Road Binham, NR21 0DR

This is a recent work - 'Ackroyd & Blueski' with Ukraine in mind, sale proceeds going to British Red Cross Ukraine appeal.



Lacemakers donate to Tapping House

Mrs Lynn Hallifax

The Lavender Lacemakers would like to thank everyone who contributed towards our fundraising for Tapping House Hospice.

We had our Lace Day at the end of May which was very successful. There was a good atmosphere throughout the day, plenty of chat and laughter, tea and coffee flowed all day and there was cake in the afternoon. It was a good day.

We handed over our cheque for £1127.32 to a member of Tapping House.

It was good getting back together after the last two years.

We have booked the Community Centre again for next year, 20th May 2023. It's not just for lacemakers but for anyone who does a craft, knitting, cross-stitch or anything else – we look forward to seeing you.

NORTH NORFOLK WOODCARVERS

A friendly Club for beginners and the more experienced Carver, why not come along and have a look at the type of carving we do and see if you would like to join us.

No experience necessary and we have a selection of tools to get you started.

We meet at The Holy Trinity Church Hall Hempton (Fakenham) NR21 7LQ from 9.30am to 12.30pm on the 2nd and 4th Tuesdays of each month.

If you decide to join us after a couple of meetings the cost is £18 per quarter.

Call Kevyn on 07979855255 for more information.

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Dersingham Flower Festival

St Nicholas Church, Dersingham Thursday 21st - Sunday 24th July

Refreshments & Stalls
Thursday - Saturday
in & around the Church

21st - 24th
July

Church
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Sunday 12noon-5pm

From
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to the
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THE CHURCH OF ENGLAND
Diocese of Norwich

Celebrating 100 years of the BBC, this year's flower festival is entitled:

Bill & Ben to Cybermen

The church will be filled with over 40 colourful floral displays depicting Radio and Television programmes we have known and loved over the years.

As well as the flowers there will be tea, coffee and lovely homemade cakes and biscuits available each day.

Attractions include a variety of stalls, a raffle and Tombola.

Each day there will be a live performance by a local musician at lunchtime and the festival is rounded off with "Hymns and Pimms" at 7pm on Sunday evening, an opportunity to join in singing much loved and favourite hymns in a relaxed atmosphere.

You are invited to come along to enjoy the flowers, and perhaps your favourite programme will be included in the displays!

The Flower Festival opens on Thursday 21st July at 10am and will be open each day from 10am until 5pm, 12noon until 5pm 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 or
Anne Hyde - 07885 956321

Docking Festival of Books

Docking Church Saturday 30th - Sunday 31st July

Last year's Festival of Books in Docking was a huge affair. We had over 15,000 books in the church and were open for a full four days of browsing and buying. That was, in part, because 2020's Festival was cancelled due to Covid and we had a bumper stock of books – two years worth to offer to our visitors.

This year we are back to a normal two-day run, but we are hosting our event in July this year, because we have been having work done in the church to improve our facilities. By the time the Festival of Books comes around we will have had two toilets installed at the back of the church – hopefully this will make your visit that much more comfortable than before.

As I have said, the Festival will run for two days this year – Saturday 30th July and Sunday 31st July. We open each day at 10am and close at 4pm, and over those six hours people are welcome to come and browse through the thousands of titles that we'll have on display for you.

Docking Church isn't a small building and yet, each year we manage to cover the pews tops with a wide range of both fiction and non-

fiction books. The right side of the church is dedicated to fiction and we usually offer a wide selection of books in all genres from romance, crime and historical fiction to classics, plays and poems.

On the other pews we have a wide range of children's books (we have a very good selection of school reading books this year) and a wider range of non-fiction works, which cover the topics of sports, history, wildlife, gardening, cookery, DIY and practical works, religion and local interest too. I can honestly say that there is something here for everybody.

Should you find yourself flagging whilst looking through our wares then, don't worry – you can always take the weight off your feet as you tuck into a slice of cake or a bacon roll and take a sip from a nice cup of tea or coffee. There's a fantastic raffle too. Best of all it's free to get in and you can park your car either on the street around the church or in the playground of the school just across the road.

So, if you like books and reading, you know where to come. Docking's Eleventh Festival of Books – I'm sure you'll find it well worth a visit.

DOCKING'S 11th FESTIVAL OF BOOKS

AT DOCKING
CHURCH

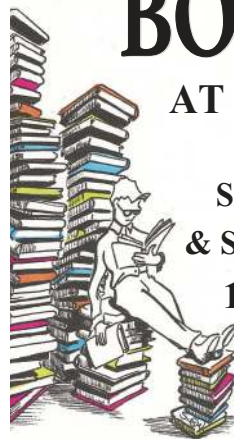
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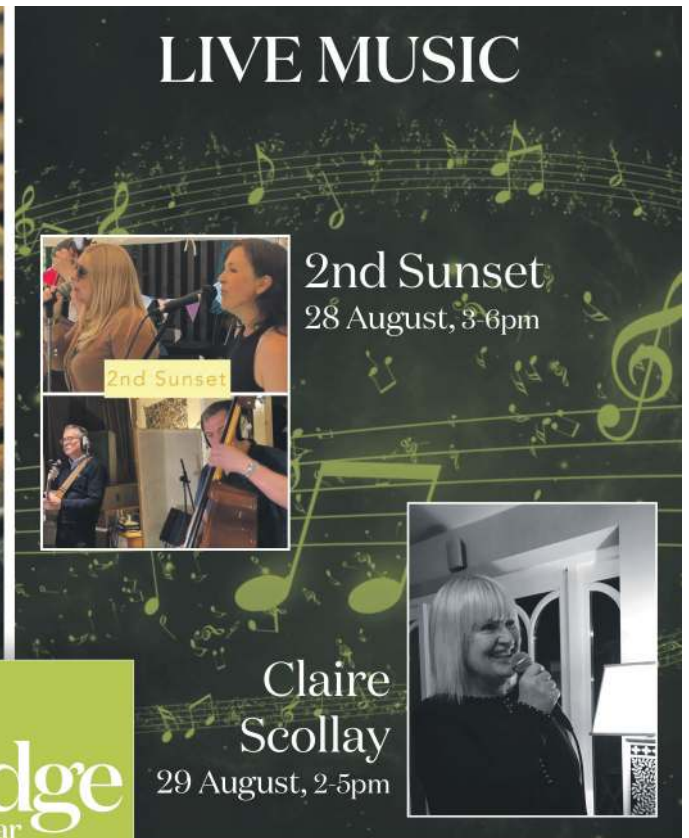


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Nature notes with Carrie Carey

Bees, moths and other pollinators

An unkempt ceanothus dominates the raised border at the back of my house. Its disorderly branches heavy with clusters of tiny flowers fill the view from the window, a veil of periwinkle blue. I popped it in the border to hide an unsightly shed, never dreaming that it would become a haven for visiting pollinators. Each spring as the blue buds emerge, hoverflies, bees and butterflies swarm the shrub filling it with a constant gentle hum that announces they are busy at work. They never seem to mind my presence and I love watching them dance from flower to flower gathering precious grains of pollen.



Orange-tailed Mining Bee

The relationship between insects and plants has been interlaced for thousands, perhaps millions of years. It's a fruitful partnership



Hummingbird Hawkmoth

with obvious mutual benefits: sugary sweet nectar is on offer to visiting insects who by default, become co-procreators. To assure success, some plants have evolved their shape, colour or scent to maximise potential pollination. The bowl-shaped flowers of buttercups and poppies create convenient landing pads for a wide variety of insects. This 'open door' policy ensures we see a multitude of these flowers in gardens and fields each year. Other flora has adapted unique strategies to aid pollination. At first glance, bee orchids really do resemble a bumble bee. These delicate and diminutive orchids produce pink sepals surrounding a brown and yellow velvety lobe. To further aid deception, the plant is hairy to the touch and emits a scent similar to female pheromones. No wonder passing male bees are attracted to this plant in the hopes of finding a mate. Conversely, flies are drawn to brown or purple blooms that smell of decaying flesh. Many of these plants have evolved to trap the insect within the flower to ensure it is covered with pollen before it leaves. Despite this rather unsavoury practice, flies are second only to bees in the pollination table and are particularly important for mango and avocado crops.

Although honeybees do get most of the credit, there are literally hundreds of insect species in the UK which contribute to plant pollination. It might be surprising to know that moths have recently come into their own as crucial players on team fertilisation. Unlike their counterparts, moths don't tend to limit themselves to a specific genus of flora and visit plants rarely pollinated by bees,

hoverflies and butterflies. This 'go anywhere' policy is instrumental in maintaining plant diversity. Another plus point for the understated moth is that it can distribute pollen in far greater volume than its butterfly cousins. As the moth settles on a flower to feed, its conspicuously hairy body rubs against the plant's reproductive organs. This mode of pollen pick-up and transfer allows the moth to transport large amounts of the sticky yellow stuff in just one journey.

Long maligned as an annoying pest that leaves holes in clothes, carpets and household furnishings, the humble moth is now also recognised as a vital environmental indicator. Both daytime and night time flying moths are sensitive to ecological change. Understanding how they are increasing, declining or shifting regions helps scientists predict the wider impact of weather, environment and pollution on wildlife globally. To support this evidence, we carry out regular moth surveys at Titchwell from Spring until Autumn. Alongside data captured by thousands of citizen scientists from gardens and balconies across the country, our moth count contributes to a better understanding of moths and the impact their population loss or gain has on other wildlife that predate on them. For a more detailed look at moths and how you can become a citizen scientist why not pop along to our free moth mornings every Wednesday from 10am onwards. Or if you would like to learn more about wildlife conservation and how the RSPB is using science at the forefront of our understanding, please go to www.rspb.org.uk.

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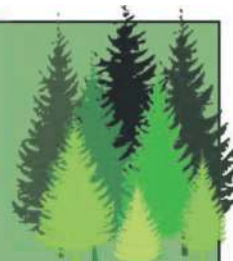
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Plant of the month: Strawberries

Wendy Warner

It's July and time for Wimbledon....and Strawberries!! One of the easiest fruit to grow with the likelihood of being able to harvest fruit within a few months of planting and they taste so much nicer when picked straight from the garden. There are numerous varieties and by choosing a selection, you can have fruit from June to September and this period can be lengthened by growing in the greenhouse. 'Honeoye' will fruit in early June, 'Elsanta' and 'Cambridge Favourite' are popular mid-season varieties and choose 'Florence' for late-season harvesting.

Ideally planting late summer / early autumn will mean you will get a greater yield the following year, but spring planting will still produce some fruit. They can be grown in traditional beds, in growbags, pots or hanging baskets. Plant in rich, fertile, free-draining soil in a sunny spot. Keep them moist and well-fed with a high potash feed throughout the growing season, but avoid watering in the evening as this will encourage slugs.

In the ground its best to mulch around the plants with straw to keep the fruit off the soil and prevent them from rotting. This will also keep the fruit clean and help suppress weeds. Strawberries grow very well in pots or containers too and the beauty of this is that you can have them out of sight at the bottom of the garden when dormant and bring them into the sunniest position, close at hand when they come into flower. Choose a good-quality fruit and vegetable compost or peat-free alternative and make sure your container has good drainage to avoid waterlogging. Traditional 'strawberry pots' with planting pockets at different heights in the sides can make a lovely show, but can be difficult for regulating watering and feeding. If your plants start to produce runners (a bunch of roots on a long shoot) remove these unless you want to propagate them, as the plant will send its energy to these rather than into producing more flowers and fruit.

You will need to protect your fruit from birds with netting. For smaller pots a wooden frame with net attached could work or for strawberries in the ground try a netted cloche. Whatever net you use, make sure it is either a rigid netting or it's pulled taut so that birds can't get caught in it as those berries can be so tempting! If you are using a very fine net (with holes smaller than bee size), don't put it up until the flowers have been pollinated.

As the strawberries ripen, pick them when they are completely red at the warmest time of day when they are at their sweetest and cut, rather than pull, them off the plant to avoid bruising the fruit, then just add cream, or pop them in your Pimms, with a sprig of mint!



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We might think we are nurturing our gardens, but of course it's our garden that is really nurturing us - Jenny Uglov

Plan to walk with a friend and note the plants that seem to be doing super well in your area. They are doing well for a reason, so choose something and go ahead and plant it!

Also remember that Open Gardens is still in full spring in our area, check www.opengardens.co.uk for gardens local to you. There are still plenty to come in late June, through July.

It has been a very dry, changeable Spring and early summer. As I write it is chilly and heavy rain. Lots for our gardens to contend with. Your plants could do with some help at the moment, as could the wildlife. Watering, feeding and deadheading are key to keep everything looking good this month.

* Watering:

Water the soil around the base of plants rather than their foliage. It is much better to saturate them when you can, rather than a small amount daily. Use water butt water if possible.

Raise lawn mower blades to reduce stress on grass during dry periods. Keep bird baths topped up too.

* Feeding:

Feed baskets, tubs and roses with a liquid

fertiliser, seaweed is my favourite. Remember, every time you water, nutrients are being leached from the soil. When plants are in their growth phase, they need as much help as possible. I think liquid seaweed is one of the very best all rounders.

* Fruit trees:

During June and early July, fruit trees naturally drop some of their fruit, it is good practice to thin a little more by hand, generally by mid July. This will increase your yield and allow new trees to have sufficient energy to create a sturdy framework too.

* Bugs & beasts:

Look out for lily beetles, aphids and powdery mildew. Ladybirds, hover flies and lacewings, as well as the birds will help to reduce some of the more voracious bugs. Beware slugs and snails too!

* Ladybirds

Why not encourage some bugs to be permanent residents in your garden. They are the best way of dealing with unwanted beasts and reduce our use of harsh chemicals too.

A small patch of nettles is a great way to entice ladybirds into your garden. Nettles attract the nettle aphid, very early in the year. This brings ladybirds into your garden before other aphids attack your ornamental plants, meaning the predators are present before the pests – useful in preventing huge infestations.

Lots of basic TLC needed for the garden this month. Ensure you also sit back and enjoy too. Don't forget to stop and smell the roses!

HUNSTANTON IN BLOOM

Christine, secretary for In Bloom

New for this Jubilee year are the beautiful crowns made by the Men's Shed, painted and decorated by volunteers and school children. Can you find 22 planted around the town? And if you haven't yet seen the raised bed at the top of the Green - it is worth a diversion!

We picked up some new volunteers at the In Bloom tea party which was well attended and much enjoyed.

This year was better than usual for the polyanthus until the dry April and May took its toll but now the summer bedding is looking bright and cheerful with members of the public delighted to see the Esplanade Gardens looking so colourful.

On July 21st we will be welcoming Philip Peacock and Natasha Pierson, the Anglia In Bloom judges so hopefully we can all help to smarten up areas of the town. Indeed everyone is welcome to deadhead and water because, as in so many areas, there is a shortage of gardeners and any extra help would be most welcome. They really are doing their best and being local men are keen to see the town look good.

Hopefully next year we will be back to full strength with the gardening team and volunteers so we can enter Britain in Bloom again.



Holme-next-the-Sea

9 Gardens Open

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3rd July 2022
11 am - 5.30 pm

£5.00
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Children free!

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SNETTISHAM GARDENING CLUB

Sadly we have to advise our proposed Open Gardens on 2nd July have had to be cancelled.

We will however putting an entry in the Garden Club exhibit competition at Sandringham Flower Show on Wednesday 27th July.

There will not be a meeting in the Memorial Hall in July but we will be back in August.

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

Town and Around's guide

Friday 1st

Music in Thorpe: All Saints Church, Burnham Thorpe 7.30pm Mithras Piano Trio playing Beethoven and Dvorak. Tickets £15.00

Friday 1st – Sunday 3rd

The Hunstanton One-Act Drama Festival at the Princess Theatre. A series of one-act plays including original scripts see page 76. Single session £7.50 or all 5 sessions for £20. Box Office 01485 532252.

Saturday 2nd

South Wootton, Samphire Quilters, South Wootton Village Hall, Church Lane, 9.00 - 4.00 p.m.

Music in Thorpe: All Saints Church, Burnham Thorpe 7.30pm Marmen String Quartet. Tickets £20

Sunday 3rd

Antiques and collectors fair at Old Hunstanton Village Hall. 9am to 3pm. Free parking & free entry. Cafe serving drinks and cakes.

9 Open Gardens in Holme-next-the-Sea. Free parking with a bus to help you get around to see all the gardens! Lunches & Teas are available 11am - 4:30pm in the Village Hall. Raffle, Books, Garden Plant Sale, Chutneys & Marmalade, Tombola, £5 covers all locations, children are free. Organised by the Help Holme Church Group in aid of St Mary's Church.

Hannah's Roses 'Drag your human by their lead' Dog Walk Hunstanton Lighthouse 1pm in aid of Children with Cancer. 01485 535095 monipooh@btinternet.com

Hunstanton Bandstand: Fakenham Town Band 2-4pm

Music in Thorpe: All Saints Church, Burnham Thorpe 2pm Tea and cakes followed by recital: Benedict Holland (violin) and Brenda Blewett (piano). Tickets £15

Monday 4th

Anmer Social Club Bingo Night - Club opens at 7.00p.m. "Eyes Down" at 7.30 p.m. £6.60 for a book of 10 cards & £1.75 for a "Flyer Card".

Fully licensed bar and Raffle. For further information email events@anmerclub.co.uk

Friday 8th

Docking Heritage Group talk. Speaker Gary Rossin - The Forgotten Fields of Norfolk - Two World Wars in the Air. 7pm at St Mary's Church, Docking

Friday 8th - Sunday 10th

Art 21 exhibition Dersingham Village Hall 10-5pm. Free admission.

Saturday 9th

South Wootton, Samphire Quilters, South Wootton Village Hall, Church Lane, 9.00 - 4.00 p.m

Prize Bingo at Wolferton social Club . doors 6.30pm eyes down 7.30pm

Saturday 9th – Sunday 10th

Hunstanton Bandstand & Green: Military Vehicle display

Monday 11th

The Arts Society Lecture at Sedgeford Village Hall 2pm. Alexandra Epps: 'Enriching lives through the Arts'

Tuesday 12th

Village Voice Live at Dersingham Village Centre, Manor Road, Dersingham. 'The Port of King's Lynn, Then and Now' an illustrated talk by well-known Lynn historian Dr Paul Richards. 7.30pm and tickets are available on the door, priced at £6. Entry includes refreshments and a raffle ticket.

Wednesday 13th

This year's brightest supermoon.

Friday 15th

Hunstanton Bandstand: Sephior's 90s Rock Band

Music in Thorpe: All Saints Church, Burnham Thorpe 7.30pm Aaron Akugbo (trumpet) accompanied by pianist Zeyneb Oszuca. Tickets £18

Saturday 16th

North Wootton. Village Market, North Wootton Village Hall 9.00 a.m. - 2.00 p.m.

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

Music in Thorpe: All Saints Church, Burnham Thorpe 7.30pm Galaxy Big Band. Tickets £18

Sunday 17th

North Wootton. Flea Market, North Wootton Village Hall 9.00 - 1.00 p.m.

RAF Bircham Newton Heritage Centre Open Day. PE31 6RH 10am-4pm Free entry.

HDFA Victorian Picnic on the Green, Hunstanton with Hunstanton Concert Band 12noon – 2pm, John Barker Trumpet 2.30-4.30pm. Dress to impress! BYO picnic.

Music in Thorpe: All Saints Church, Burnham Thorpe 3pm Ella McCready accompanied by Michael Clancy on guitar Tickets £18

Monday 18th

U3a Hunstanton, 2pm Community Hall, Avenue Road. Speaker: Steve Lovell 'The miracle of migration'

Thursday 21st-Sunday 24th

Dersingham Flower Festival 'Bill and Ben to Cybermen' St Nicholas Church Dersingham PE31 6LN. Over 40 displays. Refreshments and stalls. See page 34

Saturday 23rd

Youth Action Events Day – Heacham Football Club 2-5pm Free to enter. Ages 4-18 accompanied by an adult/guardian See page 16.

Saturday 23rd – Sunday 24th

Norton Hill Light Railway Weekend, Hunstanton & District Rotary Club. Entry £1 adults, children free. Steam train rides, traditional fete with refreshments. Live musical entertainment. Open 1-5pm. All proceeds to charity.

Sunday 24th

HDFA Buskers corner at the Crazy Golf Pavilion, Hunstanton. From midday onwards.

Hunstanton Bandstand: Waterbeach Brass Band 2-4pm

Tuesday 26th

Village Cinema at Dersingham Village Centre - The Last Bus (12) Starring Timothy Spall & Phyllis Logan. Doors open 7:00pm. The film starts at 7:30pm. Admission £6, under 16s £3.

Entry includes tea, coffee or squash. Licensed bar available.

Wednesday 27th

Sandringham Flower Show PE35 6EN. 200+ trade stands, display gardens, Royal marquees, gardeners' forum, talks and demonstrations, main arena, children's entertainment, Military Band. An event not to be missed. Tickets at: www.sandringhamflowershow.org.uk

Thursday 28th

North Wootton. Bingo, North Wootton Village Hall, 7.00 p.m.

Friday 29th

Anmer Social Club Quiz Night - 7.30 p.m. start Club opens 7.00 p.m. Entry £2 per person. For further information email: events@anmerclub.co.uk Fully licensed bar and Raffle

e to what's on this month

Friday 29th – Sunday 31st

Old Hunstanton Village Festival: Now in its 47th year, Old Hunstanton flower festival is an unmissable event in Norfolk's summer calendar. This year's theme is 'Let's Celebrate', so come along and see how the local floral artists have been inspired in their creativity this year.

Alongside the magnificent floral displays, scarecrows and open gardens there will be cakes, preserves, crafts, gifts, bric-a-brac, plants, books, clothes, raffle or see if your luck is in with a goon the tombola.

The newly refurbished village hall will serve food and drinks from 10am-5pm, with lunch served from 12noon-2.30pm on Saturday & Sunday, so bring along your friends and family, and enjoy a few hours together.

Saturday 30th

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

Saturday 30th-Sunday 31st

Docking's 11th Festival of Books 10-4pm.
Thousands of books on sale, refreshments and raffle. See page 34

Sunday 31st

RAF Bircham Newton Heritage Centre
Open Day. PE31 6RH 10am-4pm Free entry.

Hunstanton Bandstand: Rhiannon Rae 2-4pm

United Services Club Hunstanton entertainment in July

Saturdays - all start at 8.30pm

2nd Transition all eras

9th Kenny Lee and Hustler 60s onwards

16th KCR duo all eras

23rd DNA rock

30th Mike Shelby 60s

Friday 15th quiz night 8pm £4 pp including supper. £50 first prize

Cash prize bingo every Monday and

Thursday night eyes down 8pm

Poker night every Tuesday (friendly)

Thursday night (league) 7.30pm

Every Sunday karaoke with Mick 8pm

Carvery served every Sunday and

Wednesday lunch time phone 07901524778

Sunday Afternoon Tea Dances

Heacham Public Hall PE31 7HG 2-4pm

with music by David and Delvien. £5

Refreshments provided. Raffle £1 a strip.

Phone David: 07787 966000

OLD HUNSTANTON VILLAGE FESTIVAL
 CELEBRATING WITH FUN, FLOWERS, REFRESHMENTS, STALLS, SCARECROWS & OPEN GARDENS

Festival events timetable

Friday 29 July - Church Only
10am-5pm Flower festival, bric a brac, plants, stalls, raffle

Saturday 30 July - Church / Village Hall / Open Gardens
10am-5pm Flowers, stalls, food, open gardens, raffle
6-9pm (VH) Live music by '2nd Sunset' with Hog Roast
Adults £15, children under 12 years £7

Sunday 31 July - Church / Village Hall / Open Gardens
9-9.30am (CH) Church service
10-5pm Flowers, stalls, food, open gardens, raffle
3pm (VH) 'Barking Bugle' Dog Show
7-8pm (CH) 'Songs of Praise', Popular hymns with 'Hunstanton Concert Band' - all welcome to join in **Free entry**

Church - (CH) / Village Hall - (VH)

Wootton Crafters

We started a small group of people some three years ago, with one common interest, craft in all shapes and sizes!

Our group meet alternate Monday and Thursday and are open to new faces.

Our workshops are held in the Scouts and Guides Hall, Station Road, North Wootton PE30 3QH.

Sessions start at 10.30am for a couple of hours, tea, coffee and lots of cakes are included into the price of £3 per person. Why not pop along for coffee and a chat, or contact us on woottoncrafters@gmail.com for more information.

2nd/4th/14th/18th/28th July



'RUFF' CALLING ALL MY POOCH FRIENDS

DRAG YOUR HUMAN BY THEIR LEAD, FOR A WALK IN AID OF CHILDREN WITH CANCER

Sunday July 3rd at 1:00pm

Walking from the Lighthouse, via the prom, to the Fairground then back

All dogs to be registered at start (Entry fee of £5 per dog)
 Humans can also be sponsored please contact me below for sponsorship forms prior to the event. You will collect stamp/sticker at start, middle and end of walk to prove you have completed it.

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 Hannah 01485 535095 monipooch@btinternet.com

Burnham Market Craft Fair

Sat 20th August
10am - 5pm

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From the Ground up: In Praise of Farmers..

Hanneke Robson PE36 5LA t : 01485 525715

Before you blame me for the wet stuff falling persistently from our skies, I made up the rain dance thing last month. I can't dance in any fashion, but I did sort of jiggle with joy when, finally, on a calm sunny day, our farmer rolled up with his ginormous tractor to disc our land in preparation to sowing our chalkland meadow. The rain after such a long dry period had made conditions for sowing perfect.

But before I get to the good bit ...my little car and I ended up in a ditch the other day, at considerable expense. Unwilling to meet a tractor head on (not the same one, but just as big) I manoeuvred into a sandy lay-by. Equally disinclined to put his wheels onto the manicured verge opposite, the tractor stood still, its chopping blades inches from my nose. To avoid a guillotining, I edged forward, straight into a ditch. Now, to explain to my husband that this ditch and I had met before! Oops. Regardless of the fate that befell our wee car, I feel more than a twinge of sympathy for tractor-man.

For when were manicured verges ever part of our rural landscape? Huh? I had rejoiced at the 'No Mow May' idea. Our lawn had benefitted unintentionally from a No Mow April and after NMM its verdant growth assisted by a daily deluge of rain, reached meadow status with garden chairs just visible above swaying seedheads.

Yet, townification is changing our countryside forever. Suburbia is everywhere, with Wimbledon and Surbiton engulfing the farmland people have come to enjoy. So, isn't it more important now, than ever, to plant native species on our own patch? I believe so. I also sincerely hope that our 'Acre per Village Initiative' will kick off soon, now that we have at last begun with our own.

So, with grump over, we return to Peddars Meadow. I am here with my old school friend Paula, and James has arrived with his son Thomas to wield a rather large discing machine over our half acre. Within minutes any vegetation that had dared to grow was dispatched with masterly precision. (I am aware of my inconsistent views regarding our treatment of Peddars Meadow and letting stuff grow - but once interfered with, soil gives way to bully plants and it is hard to turn back the clock without interference.)

I was still worried that we had not cleared the land properly from the previous year. We should have forged ahead with the experts advice and made sure that plants not conducive to a chalkland meadow were totally eradicated. Would our tiny seed survive against rampant un-meadowy growth reappearing? We shall need patience: it takes between three and five years to create a meadow and we were only just at the beginning of our project.

After a satisfying lunch break James returned with a different contraption behind



James Young and me

his tractor and now the fun began. In spite of everything, our seed was going in today. But first, the calibrating. Oh gosh. I thought you just chucked the stuff into the carrier and drove about a bit. Wrong! Our 3.4 kilos of seed had to be mixed with the equivalent amount of wood pellets then carefully calibrated so the seed spreader could manage this tiny amount and spread it evenly. This involved mathematics that went straight over my head. But I remember 19 turns of a handle was important. Meanwhile my friend was given a tour of the tractor and sat high above my head surrounded by space age technology. (I envied her agility in ascending the step that came to my eyebrows!) We've come a long way from a man with a horse.

James was very patient with us and after a final check, sprinkle, sprinkle, the seed was sown. Now another jig for rain to bed it in, and we are sorted. Thank you James and son!



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The following are some of the seed we put down;. And, if its good enough for Charles down the road, then it's good enough for us... Agrimony, Betony, Knapweed, Rough Hawkbit, Birdsfoot Trefoil, Cowslip, Selfheal, Scabious, Yellow Rattle, Vetch, Wild Carrot, Musk Mallow, Quaking grass, Glaucous Sedge, Sheep's Fescue, Crested Dogtail, and many more.

Before I go, we had a lovely Open Garden day here in Ringstead and our gallery took part for the first time. We had wonderful art on show with additional works from the much acclaimed Sally Anne Fitter and Eddie Goodridge. Thank you to everyone who popped in.



One of our joyous artworks for Ringstead Open Gardens - Sally Anne Fitter

And, lastly, congratulations to Elaine and Richard Bird for this, their 200th Edition of T&A. Hugely well done to keep us locals so well informed. Thank you!

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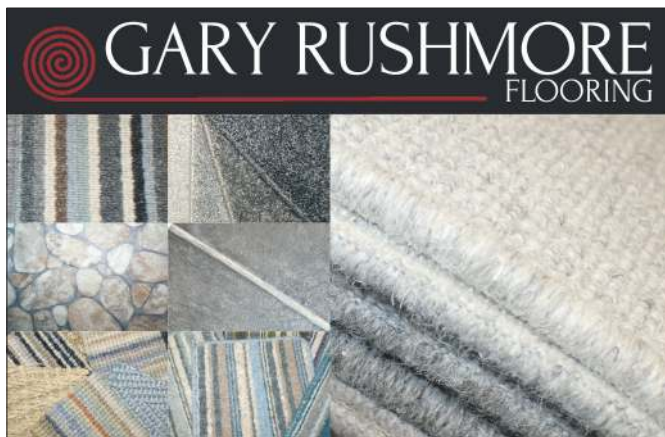
Thank you

A huge thank you to all that helped and supported the Plant and Gardenalia Sale at Berkeley House, Holme next the Sea on May 28/29th. Your contribution raised £784 for Help Holme Church Group and £500 for Pancreatic Cancer. A brilliant result.

Horticultural tribute to the people of Ukraine With apologies to Dame Vera Lynn

Bless them all , bless them all
The long the short and the tall
Bless all the ladies and their lovely mums
Bless all the fathers and their fighting sons
As they fight with their backs to the wall
Then back to the Kremlin they crawl
They get no devotion
No care or emotion
SO CHEER UP MY LADS
Bless them all.

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U3a Hunstanton

We will be meeting at 2.00 pm on Monday 18th July at the Community Hall, Avenue Road, Hunstanton when our speaker Steve Lovell will be explaining the Miracle of Migration.

Please go to the u3a Hunstanton site at u3asites.org.uk/hunstanton for further Information. or e mail publicity.u3ah@gmail.com

Rotary Club donates emergency toilet bags to the QEH

Hunstanton and District Rotary Club has provided hygiene essentials for emergency admissions.



Rotarian Adrian Evens said: "In pursuit of our aims to support local charities and good causes, we recently raised sufficient funds to provide 50 emergency toilet bags for the QE Hospital.

"These will provide much needed immediate basic washing and grooming facilities for patients admitted for treatment from the A&E department."

Members of the club hand-made the bags which were then filled with various toiletry items that were purchased from fundraising activities.

Kerry Robinson and her colleagues at the A&E department made the presentation possible and they are pictured above with Rotarians Mick Harpley the president, Mary Harpley, Jean Raven, Val Atterbury, Christine Vernon, and Roger Raven.

Adrian added that a special mention should be made for a dear friend and fellow Rotary member Julie Dillon: "She made a significant contribution to this donation, and is sadly no longer with us."

What is Rotary all about?

John Crofts

Many people may have heard of Rotary but not be aware of very much about the organisation. It is an international organisation of over 100 years standing that seeks to spread peace and goodwill throughout the world as well as helping our community, but I thought I would put down some of the things that your local Rotary club, Hunstanton District have been involved in recently to give a taste of what we do as well as a number of social events:

- We did a beach clean along with a number of visiting Rotarians.
- We purchased and presented new polo shirts to the RNLI volunteers
- We have been working with a charity called medical supplies Ukraine to gather medical supplies ranging from paracetamol to crutches and have been immensely grateful to various people and groups in the area for their many donations. Kind volunteers have then driven these to Poland and handed them over to the Ukrainian Embassy in Szczecin. We continue to collect such items and I would be glad to hear of any offers of medicines etc via the email address at the foot of this article.
- Club members have been supporting Tapping House Hospice as stewards at the Tulip Fields near Hillington. An event which raised over £93,000 for their invaluable work.
- Made, filled and donated bags of essentials for emergency patients at the QEH.
- Donated 'dementia friendly' clocks to the hospital
- Supported Rotarian friends at their Swimathon in King's Lynn
- We recently organised and paid for a meal for 28 older people at the L'Estrange Hotel, including transport to and from the meal where necessary and musical entertainment.
- We have supported local schools in various ways: through a young writer competition; supporting year six children at an event in Kings Lynn called Crucial Crew which introduced them to keeping safe in a range of environments from fire and first aid to being on the internet; giving funds to ensure all year nine pupils at Smithdon High School

are trained in basic first aid; conducting mock interviews for Year 10 pupils at Smithdon and we will shortly give dictionaries to all year five and six pupils in eight local primary schools.

I hope this will give you an idea of the sort of things that we have been doing recently and hopefully whet your appetite to work with us in the future. We look forward to meeting people as we form part of the organisation of the new Hunstanton Carnival on Sunday, the 26th of June and, thanks to Michael Schumann, we revive our very popular weekend at Norton Hill in Snettisham, when Michael makes his garden and his one and a half kilometre miniature railway open to children of all ages, along with sideshows and refreshments. This will be on the afternoons of 23rd and 24th of July.

We also do events for our own members apart from weekly meetings; the next one being trip hosted by another club on the Nene Valley Railway and around the sheds and signal box.

I would be very pleased to hear from anyone who might be interested in working with Rotary, while we will be glad to have new members, we are also looking at other ways to involve a wide range of people if you would like a further conversation please do contact me on johnpcrofts@gmail.com and myself or another Rotarian would be glad to explain further.

If anyone uses stamps for personal or business mailings, I can reduce your postage costs. Please contact Ray Butcher on 01485 533406.

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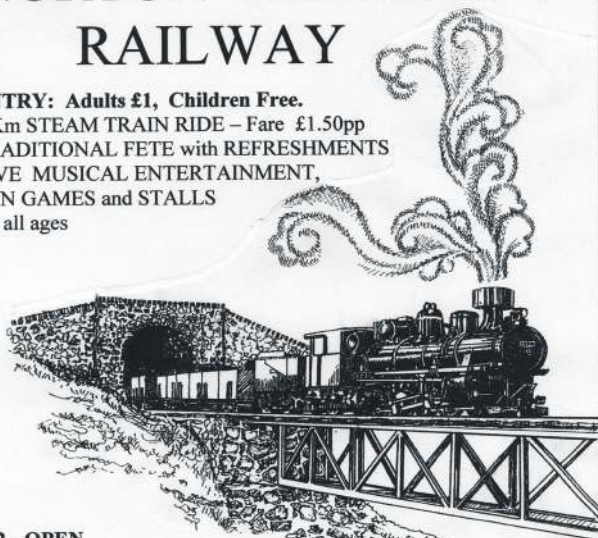
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Hunstanton & District Inner Wheel

Sue Trewin, Club Correspondent

It has been a great few days celebrating our Queen's 70th year on the throne. My regret was that I could not beg, borrow or steal one of the corgis on wheels which may sound trivial considering the variety available.

Second place comes tea with Paddington and the Queen of course. The concert was good in parts like the curates egg. For those who do not know the origin of that remark, it originated with a Punch cartoon published on November 9 1895 which was entitled 'True Humility'. It shows the curate Mr Jones, straining to finish his boiled egg while rather nervously having breakfast with the Bishop and his wife. The Bishop says 'I am afraid you've got a bad egg Mr Jones. The curate anxiously replies "Oh no, my Lord, I assure you, parts of it are excellent."

We had our AGM this month suitably attired in red, white and blue. Thank you to Rosemary Bowett and Susan Bradshaw for being such excellent joint Presidents and welcome back to Coral Campbell who is our new President. We are in very good hands.

Did a bit of a survey to see how members spent the Jubilee weekend. Here are some sample replies.

"I spent it visiting my soul mate in hospital and eventually brought him home"

"I spent it in bed with a bad cold"

"Went to hear Katherine Jenkins concert"

"I spent some of it volunteering at the hospital"

"I spent some of it training my new puppy"

A group of members attended an Inner Wheel rally at Ely. What a fantastic city, and if you have time, do go and see the magnificent ancient tree table in the cathedral.

There is nothing like giving oneself a treat so off we went to Congham Hall for afternoon tea. A very civilised event resulting in a huge sugar rush!

Photos accompanying this piece show the handover of the chain to our new President Coral Campbell, and a photo of members following our AGM. We are beginning to plan events and outings for the next few months so watch this space.



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Borough Council News for Heacham, Sedgeford and Fring

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

By the time you read this, the referendum on both the Heacham and Hunstanton Neighbourhood Plans will have been done and dusted. I hope both village and town voted yes. The consequences of a no vote could be dire.

Scarecrows

Turning to something I know was good, I have to congratulate Heacham Parish Church, St Mary's, for their Jubilee event – flowers, scarecrows, activities for children and the food! All wonderful. I am sure the Sedgeford beacon lighting and celebration was good too but I missed out as I went to see the Heacham Beacon lit. Cllr Dark and I enjoyed our visits to Heacham Infant and Heacham Junior Schools to give out the BCKLWN Jubilee coins. Both schools impressed us both – pupils, teachers and the learning ambience within their buildings. Good stuff!

There were many inventive scarecrows around the village too. I thank businesses for stepping up to the challenge and greatly admired the contributions from Wallis's and Studio@55, both in the High St.

Tourism

The Borough Council is having a think about tourism, considering whether there can too much of it. Last month an application for more caravans in Heacham was allowed. I opposed it as did the Parish Council. An argument was made that there is a need for more caravans/lodges. No there isn't, there is a desire by many to purchase such almost permanent homes in this locale but there is no need.

House building is restricted by planning regulation, installing lodges for 'tourism' gets around some of those rules. The Neighbourhood Plan, if it has been accepted, will close some, not all, of the loopholes and make it hard for new houses to become second or holiday homes. The latter problem is growing with large numbers of so called 'essential' houses being nothing of the sort. Whitby has just voted to prevent all new builds being second homes or holiday lets

Any new houses built in this Ward should be truly affordable or rentable and restricted to current residents and their families first. It remains to be seen what will come out of their reserved matters application for 135 houses off Cheney Hill. Another large-scale application has just emerged on the Hunstanton border with Heacham; 160 dwellings altogether including 100 'housing with care' units. I would hope that should these be favoured by Hunstanton Town Council that conditions can be made to benefit local people.

Staffing

The Borough Council is, at last, looking to increase its planning officer numbers and to reorganise its structure. Planning enforcement will get a boost. At the time of writing there has been a press release about their intentions but it has yet to go through panels and Cabinet. I am glad it is most likely to happen and will keep an eye on the outcomes. What you will most likely not see, in any fresh announcements, is that constant lobbying and complaints from the opposition have played no small part in these changes. My group has been a consistent irritant about planning matters.

Environment

I am well aware that the 'illegal' campsite is still operating at South Beach. Legal services pulled the court injunction but the matter is not yet resolved.

Another BC improvement is in the matter of environmental matters. A double page spread appeared in the Lynn News on 10th June promoting the BCKLWN Climate Change Expo on the 21st. It gave the timeline of initiatives it has undertaken since September 2021.

That start date was when the Council declared a Climate Emergency. However, pressure to declare a climate emergency and take actions to reduce the carbon footprint of the Council began in 2019. The Council rejected all proposals, motions, and requests for them to do something. All the pressure, of course, came from the opposition.

The sea change in Tory opinion came just before and with COP26, the UN Climate Change Conference held in Glasgow in October 2021. Boris and the government had to demonstrate what the UK was doing to reduce carbon, so declarations had to be made.

Anyway, better late than never and the opposition will continue to hold the Council to account to ensure promises are kept and things improve. One aspect will be tree planting, currently behind in numbers with, unfortunately, many deaths. Another will be making the new Environment Policy actually do something and the biodiversity working group meaningful. Actions always speak louder than words.

I hope you all do your bit to make us greener so that wild life trust reserves and places like Wild Ken Hill don't become 'zoos' in the midst of a desert. Flowers, long grasses, hedgerows, trees, ponds, are all needed everywhere

Toilets

The refurbished toilets at South Beach Heacham opened in time for the Jubilee weekend. I have grown grey pushing for this work to be done and have a greater need for them now than I did years ago. They are clean and smart. There is a defibrillator and a fast electric charge point for a car. Don't mix them up. The shower has gone but a footwash tap remains. Any problems let me know.

Prescriptions

The letter I got from Boots on the 17th May explained the problems Boots were experiencing with staffing and emphasised they were working hard to overcome problems. Have things got better? I have had one, extensive, complaint about waiting times. since then.

Old Dairy Site

The old dairy site Heacham. I had a meeting on site with a BC officer but, to date, I have had no feedback. If the land has to go, I would like affordable flats for Heacham people on it though I don't know if that will become feasible. At the moment, there is little appetite for some building



works due to spiralling costs. It seems this malaise may extend to sites already owned by the Borough.

I have visits planned to two potential, smallish, development sites in the Ward. The ongoing one on Hunstanton Road is not moving as at 14th June.

Towns Fund

Nearly forgot. That Towns Fund for Kings Lynn. There is now a revised programme which will cost £37million overall (25 from bid). £12million goes to the Guildhall and £12million to the Multi User Community Hub. So, we now know how much the MUCH should cost but no-one appears clear, yet, about what it is. A central feature will be a modern library. The fate of the magnificent Carnegie library building is not known but assurances have been given that it won't be sold off. (All this depends on the government giving the £25M).

Keep well.

STOP PRESS!

As we go to press the news has just been released that Heacham and Hunstanton Neighbourhood Plans have passed their referendums.

So are now in place. A planning application in Heacham, if passed on Tuesday, will benefit as the dwelling will have to be a primary residence, ie not a second or holiday home. This was recognised by officers in anticipation of the result.

Terry Parish



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Wild in Westminster and West Norfolk

The Platinum Jubilee celebrations were fantastic and Norfolk certainly marked this remarkable occasion in style. With Her Majesty The Queen's great affection for Norfolk, and particularly Sandringham, this was an opportunity to show our immense gratitude for her dedicated service to our country.

The variety of events was certainly impressive. From special sailing races at Snettisham Beach sailing club, to beacons at Sandringham and beyond, family fun days, the largest parade of cadets in Lynn, Festival 3, and street parties across West Norfolk, it was an opportunity for communities to mark this unprecedented jubilee. Among the pomp and colour, I particularly enjoyed Brancaster's Town Crier reading, or rather shouting, a tribute that signalled the start of celebrations. I was born in 1977 and dubbed "Jubilee Jim" and it was a special moment when my mum found the Silver Jubilee coin given to me at the time – and school children in North West Norfolk will have their own coin to mark this moment thanks to the borough council.

As so often, the Queen put it best at the conclusion of the extended bank holiday when she expressed the hope that this renewed sense of togetherness will be felt for years to come.



Before and after those celebrations, I was continuing to campaign for QEH to be selected as one of the new hospital schemes the government has committed to. Having had the then Health Secretary come to the hospital, I was pleased to welcome the health minister leading the new hospitals programme to QEH before the bank holiday. He accepted my invitation to see for himself the 1500 timber and steel roof supports. Patients and staff made clear their views about what it was like to lay in a bed under the props and the

challenges they create for providing better patient care.

Of course, anyone visiting the hospital will see that there is investment going into the hospital now. The minister saw the impressive new West Norfolk Eye Centre (which along with the new Endoscopy Unit would be incorporated into the new hospital design). This facility will enable an extra 2,000 appointments a year.

These improvements are welcome and they will make a difference to patients and staff. However, ultimately, we need a new hospital. The point I made to the Health Secretary in Parliament was that to continue the significant improvements in care that have taken the Trust out of special measures there needs to be new facilities. So, I urged him to make the decision and back QEH's bid. This is not about having shiny new buildings for their own sake - it's about better health outcomes in a hospital fit for the future.

James Wild MP
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E: james.wild.mp@parliament.uk
www.jameswild.org.uk

Hunstanton & District Civic Society

HERITAGE CENTRE

The Heritage Centre continues to be open Wednesdays, Fridays, Saturdays and Sundays and Bank Holidays from 2.00pm to 4.00pm.

OUTINGS

On Thursday, 10th June, a group of members and friends of the Society met at Sheringham Station for a trip on the railway to Holt and back whilst at the same time gorging ourselves on a cream tea. We were blessed with a lovely day and all enjoyed the outing. Thanks to John Bridger for arranging this.



TRADITIONAL CRAFTS Lacemaking at the Heritage Centre

On the Platinum Jubilee Saturday, 4th June we once again hosted the Lavender Lacemakers for this second visit in what we hope might become a series of traditional craft demonstrations. Visitors to the Heritage Centre were able to see Lynn Hallifax at work and even to try their hand at making lace.

If you are a member of a traditional craft



Members of the 67th Special Operations Squadron at the Heritage Centre

group and would like to showcase your work at the Heritage Centre, please contact Amanda (tel. 01485 534007; email: amandabosworth@me.com)

Platinum Jubilee Weekend

As part of the Platinum Jubilee Weekend, we welcomed a group from the 67th Special Operations Squadron on Thursday, 2nd June, firstly to join in a beach clean with a few of our members then they came up to the Heritage Centre where John Maiden and Tony Armstrong gave them mini talks about Hunstanton, the floods story and WW1 visit by the Lovat Scouts, before going back down to the Green to help the Hunstanton & District Festival of Arts to steward the musical events of the afternoon.

On Friday, 3rd June, a group of 8 Hunstanton residents, mainly members of this

Society travelled down to Mildenhall to take part in the formal naming of the 'Hunstanton' Briefing Room in the main offices of the 67th SOS. Because our group were all unveiling the name, we did not take a photo but we did the following Wednesday and caught a number of us in the doorway of the room with the name nicely displayed above. Here are some of us with Lt. Col. Jared M Williams, the departing Squadron Commander who also took part in the Hunstanton fly-past on Tuesday.

Change of Command

Then on Wednesday, 8th June about 16 members of the Society as well as our new Mayor, Cllr. Maureen Howard and a number of other Town Councillors, again travelled the road to Mildenhall for the Change of Command ceremony of the 67th SOS. This

very special day for the Squadron saw the change in command take place in one of the aircraft hangers with the impressive backdrop of a Hercules C130J aircraft. Command has now been transferred to Lt. Col. Michael W Bien.



Lynn Hallifax of the Lavender Lacemakers very kindly made a lace version of the 67th Special Operations Squadron patch for us to give to the departing Commander of the Squadron.



KING'S LYNN TO HUNSTANTON RAILWAY

The Society held an open evening on Thursday, 19th May for those interested in the potential economic, environmental and social benefits of rail travel, focussing in particular on the King's Lynn to Hunstanton line that sadly closed in 1969. Attended by about 40 Invited guests, Hunstanton resident and well-known writer in railway publications, Howard Johnston spoke eloquently about the history of the original closure and what possibilities there might be for the track to be laid and a line reopened in some form or other. Most of those attending stayed behind for refreshments and a chat.



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Seldom without incident

Ted Cox

I read the David Jones article (June 22 issue page 45) with great interest. There were so many similarities in his upbringing as there was in mine that maybe I should recount them. However, I thought I would give you a brief story at the start of my RAF career; I was 15 years old and had decided to join in 1951 as an apprentice and took the King's shilling.

We had only been in the Apprentices for a week when we were due for 'Air Experience'. We duly arrived at the airfield and were given a quick run through on what would happen, and what to do. It was to be in alphabetical order so Coleman, Cornelius, Cox and Crowhurst were our group (not many people knew this Coleman, he didn't last a month, didn't like it, so his dad bought him out. I remember his dad driving him around in his Ford Eight for a couple of days and then, having paid his £30, they were gone).

It was our turn next, the Anson taxied in, the previous lot decamped, and in we got with engines still running. It taxied out again and took off. I already had some Air Experience with the ATC Harvards at Little Rissington, and Ansons at Chivenor (summer camp), So I let Crowhurst who had never flown before, occupy the co-pilot's seats. I was expecting a bit of hedgehopping and I was not to be disappointed!

I was next in the Wops position (1154-1155), with Cornelius and Coleman behind me (GEEII -REBECCA, I think). We hadn't been gone long when we suffered severe vibrations. The transmitter shook like mad so I put my hands on it to stop it and just as quickly as it started it stopped. I noticed the starboard prop swinging idly in the breeze and thought, so he's stopped an engine, nothing unusual about that. We were low and out of the starboard window I saw a couple standing outside their bungalow looking up at us. We were quite close so I grinned and waved cheerfully back.

We got lower, a lot lower in fact, and when I looked out of the port window, the port wing tip was knocking over stooks of corn. This is a bit dangerous thinks I, oblivious of any danger until now. So I strained up in my seat straps to look through the front windscreen between the two pilot seats. Just as I did I saw us go through a hedge. If I thought that the previous vibration had been severe it was nothing to what followed. I shut my eyes and hung on to the transmitter which looked like coming adrift, or rather felt like coming adrift. We were strapped in but that was some bumpy ride.

When we came to a halt, over the intercom came "abandon aircraft", the first and only words the pilot had spoken to us, probably just as well. I twisted the harness catch and gave it a blow, as previously shown before the flight, it came undone and I got out of the seat and hastened towards the rear door only to be jerked severely back to where I came from, almost breaking my neck in the process. My helmet was still on. I had forgotten to take it off or undo the intercom socket. I think I suffered more bruising from that than the crash landing. I got to the rear door, Cornelius was pulling on the door handle and Coleman yanking on the emergency handle, but nothing was budging. They both looked up at me so I found some purchase from behind and kicked with both feet whilst they operated the handle. On the second kick the door flew open. The reason it hadn't opened was because we were below ground level and soil was up against it.

I was first out, being in the centre of the doorway, and took off at high speed. As I ran I had worked out that as soon as I heard a bang then I would dive flat. It was a recently ploughed field and I was running at right angles to the aeroplane, there was a hedge to my right and I could have gone through it, but blind panic was the order of the day and "run, run, run until you hear the bang" was the only thought! My thoughts and fears were interrupted by the sight of an airman coming through the hedge in front of me. I ran towards him, "Are you alright?" he asked. "Yes", I replied, gasping for breath, "but I don't know about the others". Still gasping and turning to point, there in the distance leaning against the airframe like little ants so far away, were

the rest of them watching my antics.

We walked back towards them, me feeling shamefaced and embarrassed, not daring to look up and catch anyone's eye, just looking down, thinking what a state my new working blue and newly bulled shoes were in. Fortunately, nobody said a word to me and soon my youthful enthusiasm returned. I walked round the aircraft and noted how the top of the airframe had moved forward compared to the bottom. I got to the engines and chatting quite nervously started to pull some branches out of the engine nacelles. "Stop that", our pilot Sgt Taplin, snapped at me "it has to be left for a court of enquiry, whatever that was to be! I was suitably chastised and walked towards the tail. In the meantime, we could hear the crash truck siren going up and down the other side of the hedge, there was no way through. It would be approximately 40 minutes before anyone else would get to us.

Meanwhile, a civilian was walking in our trail of destruction towards the aircraft. He said that he was a farmer chain harrowing his field and he had a little puppy with him. He said he heard a noise, looked up, and through the hedge coming towards him was the aeroplane. He grabbed the puppy, pulled his coat over his head and dived off the tractor. The aircraft took his chain harrow off and smashed it into a ball, his tractor carried on and ended up in the hedge.

I carried on chatting to him for some time. The airman had left but not before telling me that on the other side of the hedge was a B29 dispersal (or was it a B17, I can't really remember) and we were lucky we hadn't gone one hedge further. It was RAF Coningsby and that was the wailing crash truck we could hear.

The cavalry eventually arrived after about 45 minutes, in the shape of two RAF bods who walked up from the trail of destruction. They spoke briefly to the pilot and then told us to follow them back to their vehicle which they had left a distance away, as the closest they could get to us.

We walked back down the trail, looking at all the debris and damage. Their vehicle was parked on an embankment of a drainage dyke. We scrambled through the dyke and up to the vehicle. We had not walked the full length of the damage. It did not occur to me at the time how lucky we had been to jump the dyke, this was to come out later.

We were driven to RAF Coningsby medical centre, where we sat on the floor in a corridor. A man in a full-length white coat (presumably the MO) asked if we were alright, no bumps or bruises? I had several, but no way was I going to admit it, especially as the others said no. From there we went to the airmen's mess for lunch. Sgt Taplin joined us and we all ate together. During the meal along came the Orderly Sgt, "Any complaints?" He was a Sgt pilot also and knew our pilot, "Hello Bill", (I think that was his name), "what are you doing here". To which the casual reply was, "Oh, I just dropped in for the day".

After lunch they took us to the control tower, sat us once again in a corridor on the floor and announced that the other Anson was coming to pick us up. That did it for me, my legs turned to jelly, I started to shake and there was no way I was going to fly back. I was suffering from delayed shock. I didn't know it then but years later, after a tight situation, I was going to suffer it again. Several times in fact. So now I know what will happen a couple of hours after the event. Fate took a hand and the other Anson went sick, so it saved me from disobeying a direct order. When they told us the other Anson had developed a fault you can imagine what that did to my delayed shock. They arranged transport and drove us back, thank goodness. By the time we arrived back at the billet I was back to normal.

We were greeted by ribald comments and a bit of laughter, however, Mick Cooper had been in the co-pilots seat of the other Anson and related to me his birds-eye view of what happened. Apparently the two pilots were in communication with each other and the second Anson was guiding us down. First of all there were some overhead power cables to avoid, which I think we did, but there are some conflicting

accounts, then there was the irrigation dyke, or ditch. If we got the nose in that, then disaster. However, we apparently still had enough ground speed to jump the ditch. A masterful piece of airmanship by both pilots, thank God.

Crowhurst (Reg, I think), had the best view from the right hand seat and should have been the one to tell the tale. Not a lot was said by those involved at the time, but Crowhurst did say that after one hedge we went through there was a flock of sheep in the field and they parted like the Red Sea. I believe we did get some of them (came out at the Enquiry).

It would be two years before we flew again and I will admit to being a tad nervous on our first sortie. But operating GEEII, radar, giving the pilot instructions, like "left a bit, right a bit, back a bit", soon rekindled my love of flying. Also, the pilots were expecting the "back a bit", I am sure.

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With parish events now restarting, our parish BBQ will be held at OLSE, Hunstanton on Saturday 20th August, all are welcome to come along and enjoy a pleasant social gathering. Tickets will be available soon, see the weekly bulletins or website for more details.

We also have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm. and

there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE. We have refreshments after Mass every Sunday at OLSE, Hunstanton and the first Sunday of each month after Mass and after Mass on Wednesdays at St Cecilia's, Dersingham. There is also a fair-trade stall in the meeting room at St Cecilia's on the first Sundays of the month.

The Pope's prayer intention for July: Elderly; We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility

Our parish has been supporting the appeal for items for Ukraine, with both churches acting as collection points. There is a list of items required in the porches of both churches.

A few members of the parish have been getting together, originally to discuss the Synodal consultation, but have carried on with the meetings to discuss ways to enliven the life of the parish following the drop in attendance due to the pandemic of the last couple of years. The

dates of the meetings will be published on the website and in the weekly church bulletins and anyone interested in contributing in any way is more than welcome to take part.

St Danuta is guiding a regular parish study/discussion group at the Convent every Tuesday, 4.00-5.00pm, looking in more depth at the readings for the following Sundays. Anyone who is interested is welcome to come along to any of the meetings and take part.

The Sisters at St Theresa's Convent, Sandringham Road, are now offering daily Mass at 12 noon. Please confirm with them if you intend to be present. Contact 01485 532837.

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

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

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

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

Website: www.hunstantoncatholicparish.org Email: hunstantonparish@rcdea.org.uk (please note that this is a new email address, please add it to your address list)

The Parish telephone number is 01485 534675.

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

Christian Science

JULY – High summer, warmth and joy which we all love. It feels so good, and a limitless Good, God, is what Christian Scientists round the globe have celebrated in their Annual Meeting held in June in Boston, USA in person and on zoom. "Love your neighbour as yourself" was part of the theme, together with equality for all. As each one of us loves our family, our friends, country, and our universe, we're building bridges of goodness and expanding our inner joy. Feel the good and enjoy your summer!

Our services are held on Sundays at 11am at 10 Queen's Drive, Hunstanton, PE36 6EZ, and on the first Wednesday of the month at 12 o'clock. Services last approximately an hour and comprise readings from the King James Bible and Science & Health with Key to the Scriptures by Mary Baker Eddy.

Magazines on Christian Science are free from a rack outside the church building. Follow us on Facebook to see up-to-date information about our church and its activities and services.

Information on Christian Science and our worldwide church can be found at www.christianscience.com. Services are also available online at www.spirituality4.me, along with other online events, talks, etc. and our online shop where you will find books, including the Bible, the writings of Mary Baker Eddy, and many other inspirational resources.



Life is not a Rehearsal

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

I make no claims to know anything about am-dram nor do I really wish to! My only experience was being pushed into a local Christmas presentation while on a training course in South London. I had three lines to learn amounting to less than 20 words, but was unable to produce them in any rehearsal – and we had a few! Eventually I wrote them in large print inside the newspaper I was supposed to be reading on stage. And even then, they sounded like they were being read!

But I do know this. We don't get any rehearsals for living. You occasionally hear people say they wished they'd had a trial run . . . for parenthood . . . for marriage . . . etc, but that is not how God planned life should be. Life is not a dress rehearsal for a second chance. You might think you can mess around this time and God'll forgive you. True, as long as your repentance is sincere, but you cannot just rely on God to wipe your slate clean and allow you to have a go in some final eliminator for heaven.

You see, in the Bible, His word, he has given teaching about how we should live, how to treat each other, and about money, love, child discipline, and much more. There are even lists of the types of people who won't make it into heaven – liars, sexually immoral, unbelievers, those who practice magic arts – are among them. You can look them up in the last two chapters of the last book of the Bible, Revelation. If you still have the little New Testament you were given at school, you'll find them in there. You will also find ways to

ask God's forgiveness when you do get it wrong.

It is God's heart that we all go to join with him in heaven when this life has passed for us. He's not sitting on some cloud floating round the earth, looking for people who are getting it wrong and hurling thunderbolts at them. God's heart is shown to us at the cross where he gave his son to pay the penalty for our sins so that we could be accepted and loved, and become a part of his family.


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Hunstanton & the Saxon Shore

As the summer is now properly here it is a great joy to be able to conduct weddings in our Benefice. On the whole people come to a celebration looking their very best and hoping for a joyous occasion. Weddings are full of hope and anticipation for the future of the newly married couple. If you, a family member or friend is getting married this summer I do hope that it is a glorious day and one that you can look back on with a smile.

If you are planning your wedding, why not come and talk to us about getting married in one of our eight beautiful churches. There are many ways in which we can make your day a special one.

For many of us each year has its sadder times too. A loved one gone too soon, a tragic end to a beautiful life or the pain of seeing a special person in a pain as they near the end. We will all lose people we care for at some point and that is part of our life but one that is often more difficult to cope with emotionally. Saying goodbye to a loved one is tough and we all need people around us who we can talk to and 'be real' with in those moments.

Are you struggling with grief and need a friendly ear? We are here to listen and help you. Why not come along to one of our 'Making Space' coffee and cake mornings in Hunstanton or Ringstead? We are here to help.

Another wonderful celebration in the church is when Children, or adults, are baptised (often called christening). This event is a great time of happiness in both the church and with family and friends. We love to welcome children and adults for baptism and if you are thinking about that in your family then do get in touch.

In our Benefice of Hunstanton and Saxon Shore we are blessed with two full time paid clergy, Rev Kirsty Allan and myself as well as Rev James Monro who is self-supporting. We also have a number of retired clergy who work with us and help this benefice to function well. We are grateful for all who serve God in this place and we want to be here for all who need us.

Over the past few weeks we have been looking, with our Bishop Jane Steen, at how we could work within our churches in a way that gives each of the licensed clergy more time to concentrate on specific churches and communities. Myself, Kirsty and James will have Primary Pastoral Responsibility for specific areas. This will not stop anyone contacting any of us if you need us.

We are given an example of prayer in Matthews Gospel chapter 6 v 9 where we have the Lord's prayer.

God bless
Mavis Jones
Snettisham Salvation Army
Contact no. for Snettisham Salvation Army
07436425118

Salvation Army

I read an article the other day about a mother who had just cooked the dinner. Her teenage children were up stairs but instead of going to the bottom of the stairs and calling up to her children she texted them on their mobile phones to tell them their meal was ready.

How communication has changed. It wasn't so many years ago that it was rare for people to have a land line in their homes and now nearly everyone has a mobile which they carry around with them and so can use at any time. I am sure there are many of you who can remember having to go out to the red telephone box to make a call.

Even further back communication was by letter. Can you remember the last time you sent or received a hand written letter in the post. It used to be exciting to receive a letter and hear all the news from friends and family. Perhaps you still receive letters but they are usually typed.

It made me think further back into history when the only communication for ordinary people was by word of mouth. It is so good to talk with others. We can see the excitement and joy on their face when they are telling good news but also sorrow when the news is sad. When you walk into our coffee morning on a 2nd or 4th Thursday in the month there isn't silence, there is the noise of chatter, people greeting each other.

There is one friend that will always listen to our joys and our sorrows. Jesus is our friend and he cares about us. We can bring all our cares and worries to him but we also need to be still and quiet to listen to him speaking us.

Kirsty will concentrate on Deepdale, Brancaster, Thornham and Holme. James will concentrate on Titchwell and I will concentrate on Old Hunstanton, Ringstead and Hunstanton. This is not to say that you won't see each of us in different places. We are hoping that we can spend less time travelling and more time concentrating on the pastoral needs of those in the Benefice and sharing the love of Jesus along our coast.

Please remember that we are here for you in the happy and the sad times, the times when you want to share your joys and the times when you need a shoulder to cry on. All our churches are open daily for quiet private prayer and we would be delighted to see you at any of the services or activities. The clergy are also just a phone call away. If you are considering one of our churches for your wedding or baptism then do get in touch, we'd love to hear from you.

With prayers for a peaceful summer where the joys outnumber the sadnesses,

Rachael

Rev Rachael Dines
01485 535936 or 07763211901
revd.rachael.dines@hotmail.com
PS: Keep your eyes open for all of the events across the Benefice this summer!

Methodist Church

'Is the new fashionable' Chitsva chirimurutsoka

Chitsva chirimurutsoka is a Shona African proverb. A poor translation would be 'The new shoe is the one being worn'. Or 'the new is fashionable.' It is an African proverb that warns people who prefer to dump the old ways easily in preference of the newer models.

The context and origin of this proverb is not clear. However, the proverb depicts a scenario where in the advent of new European trade, people would throw away their old sandals once they got new shoes. Not only were sandals thrown away, but values systems, spirituality, and cultural systems that used to hold societies together. Africans did not originally wear shoes, but as time evolved, Sandals made from animal hides were used to protect people from the adverse environment and enable them to work effectively, especially for those who went out hunting. With the coming of European trade in the 18th century, new and modern shoes became available in the market. The new shoes were nicer and trendier, but more expensive yet less durable. People would opt to have the trendy fashionable at the expense of the old and

traditional, less attractive. In hard times, they would go back to their older cheaper, less fashionable, and more durable sandals. Hence the proverb 'the new is fashionable' Chitsva chirimurutsoka. All the way until then, they would have used their sandals. The only problem about this new is, is it sustainable?

The proverb has spiritual and cultural connotations as well.

Recently I have been pondering on the challenges the world we are living in is facing, the Covid, the War and Climate crisis and wondered if the new and indeed fashionable is sustainable? Enlightenment in the 18th and 19th centuries and advancement of technology in the past century, especially Internet has significantly improved our lives. We are gifted with new tools to solve many problems of our life. The science, the technology, the philosophy, and intellectual tools have revolutionized our ways of knowing and mastering our world. However, with new ways, materialism and individualism has also gotten hold of our societies. The greed and accumulation tendencies are on the rise, and with this comes conflict. Our consumption tendencies have increased, with the advent of the new, there is a neglect of the older. The new is not only obsessive, it is also compulsive, and aggressive, but never satisfied, yet the world is just one. We need tools that help us make sense of ourselves and our world, the past as well as the present as well as the future. Tools that connect us with each other, the creation and the spirit. We need peace. Jesus said 'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.' (John 14:27)

Café at the Well opens in Ingoldisthorpe

A queue formed at the Well Café as the tantalising smell of fresh coffee wafted in the air on 10th June. With barista Jane at the controls of the shiny new Conti machine customers were soon enjoying conversation while the washing up team of Rev Mark and Rev Dave ensured a steady supply of crockery.



A church initiative, the Well's opening hours are perfect for the Ingoldisthorpe school run - 08:30 to 11:30 every Monday, Wednesday and Friday.



Rev Mark said: "Parents are welcome to park here then walk up to school with the children, alleviating the parking challenges there, then pop in for a coffee afterwards.

"Also locals in Ingoldisthorpe and surrounding villages will have a new place to go and meet friends at, along with opportunities to make new friends.

"Many of us like to get out and go for walks, the Café at the Well is



Little people are welcome and there are changing facilities and high chairs available



Rev Adrian with his wife Anthea

well positioned for walkers to call in for a much needed refreshment break and a toilet stop!

"The café will soon have Wi-fi installed too so people working from home will have somewhere to get out of the house and still be assured of a stable internet connection if they'd like to meet people and work from the café."

Liz Holland and Gill Gressieux, who attend St Nicholas' Dersingham, were there to support the opening and both are planning to attend Sunday at the Well which will be on the 4th Sunday of the month at 4pm. This is different in approach to conventional church, that of a relaxed, informal café church, which may particularly appeal to people looking for a more accessible place to explore more about the Christian faith and who Jesus is.

"We hope people will enjoy both the lovely drinks and meeting people at the Café at the Well" Rev Mark added.

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Overwhelming support for new Oasis in Hunstanton

A report will be going to the borough council's cabinet on Friday 24 June* proposing that a detailed plan for a new leisure centre in Hunstanton should be developed and submitted to the Government for funds.

A survey asking people what they thought of the Oasis has shown there would be strong local support for a proposal to redevelop it.

Cllr Stuart Dark MBE, leader of the borough council, said: "I want to thank the 1,040 people who took part in our survey to find out what they thought of the Oasis. We appreciate you taking the time to help us.

"The results are clear: the current leisure centre is important to local people but there is a strong appetite for a new centre with better facilities that would increase year-round use and create an important health and wellbeing asset.

"This gives me a lot of confidence that there is local support for the idea.

"Officers considered a range of possible funding bids but this has been recommended as the preferred option and, having heard what local people have said, I am really looking forward to discussing it with colleagues."

The report proposes a replacement for the Oasis leisure centre as the borough's preferred option for an application for Levelling Up funding

of up to £20million.

It notes that the current, ageing, facility will require significant maintenance investment in the short-medium term, while a new, more energy efficient, building would have lower running costs. It identifies a range of benefits from a new facility, including enhanced employment opportunities, an increase in participation and the knock-on benefit to reducing isolation.

The report also notes the high level of engagement for the project indicated by the recent survey, with nearly two-thirds of respondents wanting to be kept informed of progress. It identified a significant number of potential new users, as the condition and range of current facilities were significant factors in why people do not use it now.

Several options for Levelling Up applications were considered, with the recommended option being to make the Oasis the preferred scheme. The cabinet will be asked to approve a budget of £100,000 to work up detailed proposals.

In T&A's report of 27th May (and our web statistics recorded that just over 13,000 people read it) we explained that as a thank you for taking part in the survey, there was a chance for respondents to enter a prize draw and win £100 in shopping vouchers. We can now announce that the winner of the shopping vouchers was Thomas Wallace of Hunstanton.

Brancaster School news

We have done all of our tests now and Mrs Bocking is really proud of us. But we are still working hard. Thank you to The Robert Smith Trust for helping with our intervention which made a HUGE difference.

We learnt all about The Queen and the Jubilee before half term and we all got medals to remember it.



Some of us joined in the Jubilee and won prizes in the competitions. Our topic this term is Superheroes and we think the Queen is a superhero because... She has a nice house and she's nice to people. She protects us by sitting on the throne. She's the most important person in the church. She is in charge of loads of countries and works hard to keep them friends. She has a lovely heart and everything she does is for the people. She can make good things happen. She has been Queen for 70 years and is still working so she must have superhero powers.

The children also decided "when she goes

to bed she takes her crown off because if she sleeps on her stomach it might fall off - and it would hurt!"

We are going on a picnic at School Farm next week - again thanks to The Smith Trust. We will do a nature walk on the way to finish our I Spy books.

By Thrift Class

Before we broke up for half term we went to see Paper and Tin. This was an opera and was brought to us by English Touring Opera. They had really big voices and we got to join in some bits too. It was like a sequel to the Hans Christian Andersen sort of the Steadfast Tin Soldier. It was about believing in yourself and breaking out of your comfort zone.

Years 3 & 4 have been taught by some people from the Purcell School of Music. They are soon going to perform with other schools at Brancaster Staithe hall.

We've also been to Wild Ken Hill. We looked for minibeasts and used a classification key to work out what they were. We also helped build a fire, had hot apple juice, popped some corn and toasted marshmallows!

In our science we've been looking at life-cycles. We got some caterpillars and watched them make their chrysalises. My Johnson took them home over half term where they emerged at lovely Painted Lady butterflies. We released them when we came back to school. It was sad, but good to see them fly away.

By Samphire Class

Sports Day is on 30th June. We are going to Sandringham on 6th July. School finishes on 22nd July and we have our anniversary in the morning and our leavers assembly in the afternoon. Everyone is welcome





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Hunstanton Primary School

We are always busy at Hunstanton Primary School, the week leading up to the Queen's Platinum Jubilee however, was especially busy. Week commencing 23rd May, we had a visit from the US Air Force based at Mildenhall. They told us all about their work at the base and even brought in Night Goggles that cost £30,000 each! We all had a go at putting them on. We would like to thank the squadron for coming into school and giving us such aspirations for the future.

Every class in the school had been practicing a dance routine from the decades of the Platinum Jubilee Years and really enjoyed performing on Friday 27th May in front of our parents and carers. All of our pupils were amazing, they did so well and we were massively proud of each and every one of them.

We had a Platinum Jubilee Street Party together as a school before the performances. We also planted a tree in celebration of Her Majesty Queen Elizabeth II, as part of her Queens Canopy Project. Thanks to Margaret and Keith Cook from Collingwood Road for providing us with the young oak tree they grew from an acorn and also thanks to Mrs L Wood and Mr D Toy for digging the hole! We look forward to seeing it flourish.

We are proud to report that a member of our staff is representing Great Britain in the Tang Soo Do World Championship's 2022 in Greensboro, North Carolina, USA in June. We wish Sophia Stanton

the best luck in the world!!

We have lots of exciting visits planned for our last half of the summer term, Year 3 are going to explore Stories of King's Lynn and The Lynn Museum and Year 1 and EFFT are going to visit The Lavender Fields Animal Farm. Some of our Year 5 pupils will be completing their Biddability Level 1 the national cycle ability training at school to help them become better and more confident cyclists. Our pupils who have not been able to take part in this year's training will be offered it again in Year 6.

The PTA are always busy organizing events and we are excited to be able to invite parents and carers back into school as we have been unable to for the past two years. Our first will be a Film Night which is a really popular event enjoyed by all our pupils and also our annual school discos at the end of term.

Out Year 5 and Year 6 pupils are busy rehearsing for their school play – this year it is Treasure Island the Musical. Again, this will be the first time in two years that our pupils have been able to perform in front of their parents and carers.

Sports Days and Area Sports Events are also upcoming as well as welcoming our new September EFFT pupils into school on transition days during June and July.

Whew, this isn't even the whole list of events, just some of them!

Smithdon performers are top of the class

Young performers brought a taste of the West End to West Norfolk with their performances of a specially adapted version of the hit musical Matilda.

The show, Matilda Jr, is based on Tim Minchin's adaptation of Roald Dahl's tale of a young girl with a lively imagination who uses her gifts to overcome a world of oppressive adults, and proved a popular hit with the family and friends who came to see the performances at Smithdon High School in Hunstanton.

"Matilda has just been released through the company who we get our rights from for shows and as soon as it came up we knew that it was the one we wanted to do," said Andrea Miller, Smithdon's head of music.

The West End show is musically and theatrically complex, with some dark themes, so adaptations have been made for the schools version.

"These shows are shorter so they remove some of the plot and stick with the main story line, as well as sometimes taking out less age-appropriate content, but the production comes with things like backing tracks and choreography videos, which really help with staging," she explained.

Last year the pandemic meant the school could not stage a production, so when Matilda was announced, there was a big surge in interest.

"We really wanted to add an extra element to the show so we tried to incorporate a lot more choreography which really elevated the performance," Ms Miller explained.

"We ended up with 22 pupils from Years 7 to 11 involved, five backstage crews, three on the technical side and about eight on front of house, across the two performances. Drama



teachers Vicky Proctor and Kayleigh Brown were the director and choreographer, and I was director of music. Laura Ruskin, one of our art teachers, made some great props, so it looked as well as sounded great."

Smithdon is part of the West Norfolk Academies Trust, which runs 11 schools across the borough, and places great emphasis on the importance of teaching the arts.

"Even in lockdown we tried to continue doing virtual concerts and now things are opening up again, we're so excited to welcome people back for performances," said Ms Miller.

"We regularly have concerts, recitals and showcases and we have some sort of music, drama or dance club on almost every day of the school week."

After so long being denied the chance to gather for performances, the show got a predictably warm reception.

"Many people said it was the best show we've done yet and they were thrilled to be able to be in the school, watching their children perform. There were a lot of thank yous to be said afterwards, because it doesn't happen without the dedication of all the staff and pupils who took part."

No sooner has one show finished than planning for the next one starts, with the end of the year pencilled in for the performances.

"Let's just say we hope that it's a Bullseye and that you will consider yourself part of the audience," said Ms Miller.

Image - Ian Burt

Vacancies for a part-time Teaching Assistant and SEN Teaching Assistant Hunstanton Primary

Hunstanton Primary School has a vacancy available for a part-time Teaching Assistant position available on a permanent contract.

The position will be paid at Scale D Point 5 (£10.581/hour) 10.40 hours per week (2 days).

The Teaching Assistant will need to be a flexible member of staff who is willing to work with different classes and year groups.

The school has a second vacancy for a SEN Teaching Assistant Position Available on a Fixed Term Contract initially until 31st December 2022 but likely to be extended for at least one year.

The position will be paid at Scale D From: £10.1851 to £10.3887 per hour 26.6 hours per week.

The SEN Teaching Assistant will supervise and provide particular support for pupils, including those with special needs, ensuring their safety and access to learning activities

The Teaching Assistant will need to be a flexible member of staff who is willing to work across the primary age range. The candidate will receive training in safeguarding, behavior management and medical needs.

Teaching Assistants at Hunstanton Primary School work term time plus 1 week (Inset Days)

Both posts come under the requirements of the Childcare (Disqualification) 2009 regulations. The successful applicants will be required to complete a declaration form to establish whether they are disqualified under these regulations.

The school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. This includes obtaining references and all employees are required to undertake a full DBMS check. We are an equal opportunities employer.

Closing date for applications: Please submit your applications as soon as possible. The advert will close once successful candidates have been found.

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A recipe from the Prudent Pensioner

Carrot and Apricot Cake
Makes 10 generous slices

75g/2½ oz. Dried Apricots cut in halves

170g/6 oz. S.R. Flour

45g/1½ oz. butter softened

140g/5oz soft brown sugar

2 large eggs

115g/4oz Carrots peeled and grated

1 Dessertspoon Apricot Jam

1 teaspoon Vanilla extract (optional)

Line a 2lb loaf tin. Set oven at 375f/180c

Put butter, carrots, sugar and apricots into a large mixing bowl and mix well. Add eggs

and vanilla essence (if using) and mix well.

Add flour into mixture and fold in. Add

apricot jam and mix in. Put mixture in to loaf

tin and cook for approx. 50mins or until done when tested.

I think it improves flavour if left for 24 hours before eating or freezing

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

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Ingoldisthorpe schoolchildren discover the 'Journey of Water' with Simon Reeve

The TV presenter and WWF ambassador Simon Reeve joined children for an educational walk teaching them the importance of saving water at home in a new initiative from dishwasher brand Finish and WWF, the world's leading independent conservation organisation.

The campaign is raising awareness of where our water comes from, how it links to freshwater environments, such as wetlands, rivers, and streams and why they need protecting.

The walk event brought these topics to life and allowed the schoolchildren to experience freshwater up close and learn from a variety of experts. East Anglia is one of the UK's most water stressed regions and Finish and WWF are working to replenish East Anglian freshwater and raise awareness about the issue.

"It has been brilliant attending the 'Journey of Water' walk with Ingoldisthorpe Primary School" commented Simon Reeve. "It is important that children know where the water in their taps comes from and that is a lifeline for so many ecosystems. Few realise that freshwater in East Anglia is under strain which is why it is vital we are mindful of the amount of water used at home to help protect these precious environments."

areas water abstraction can damage ecosystems. The Environment Agency also predicts that the UK could face serious water shortages in the next 25 years as a result of climate change and growing demand, unless action is taken. The walk marks the start of the Finish and WWF Partnership's 'Journey of Water' campaign.



Credit: Ian Burt



Credit: Ian Burt

The walk event took place at a constructed wetland managed by the Norfolk River Trust, WWF's local delivery partner in Ingoldisthorpe, Norfolk. It was specially designed to take the children through the 'journey of water', bringing to life key stages of the water cycle and how freshwater travels from its source to the taps in our homes.



Credit: Amy Heycock

"The effects of climate change and growing demand for water are putting freshwater sources in East Anglia under strain" commented Conor Linstead, Freshwater Specialist, WWF-UK. "The 'Journey of Water' walk aimed to educate young people about the vital importance of UK freshwater and how they can help conserve it. Beyond this, Finish and WWF are replenishing 500 million litres of freshwater in East Anglia through innovative projects such as constructed wetlands that improve water quality and allow species such as dragonflies and trout to thrive."

"We are putting our purpose in action through the Journey of Water campaign and our support for the WWF-led replenishment work in East Anglia which is helping to protect UK water sources" commented Steph Lilley, Sales Director UK & Ireland, Finish. "As a leader in dishwashing solutions, we are on a mission to help raise awareness of the importance of saving water at home. For instance, few people are aware that by not pre-rinsing dishes before loading a dishwasher you can save on average 1,000L of water a year or that using a dishwasher instead of handwashing people can save 6,800L of water a year."

"The walk was a fantastic way to show first-hand the freshwater environments that exists in the region and the wildlife it supports" commented Jonah Tosney, Operations Director, Norfolk River Trust. "We often find through our educational programmes that many children know more about the Amazon river than they do about the River Bure or the Norfolk Broads which are on their doorstep. We believe it is important that young people understand the natural origins of their water so they can protect it for generations to come."



Credit: Ian Burt

The activities included exploring a constructed wetland and local river while spotting wildlife that live in these habitats. The 'journey' ended with a session about how water arrives in our homes, how water might be wasted at home and the simple steps that can be taken to save water, such as turning off taps, having shorter showers and skipping the pre-rinse if using a dishwasher.

East Anglia is the driest region in the UK and considered by the Environment Agency to be 'seriously water stressed'. This means that there is no additional water available to meet demand and in some

The Bridge for Heroes takes Part in Ride London Cycling Sportive

Two beneficiaries of The Bridge for Heroes Armed Forces Charity, joined 20,000 other bike riders to take part in the Ride London Sportive which took place on the 29th May.

The riders started the 61-mile course on Victoria Embankment and finished the event on the iconic Tower Bridge, having gone via Epping Forest and South Essex.

Mark Howard, a wheelchair user, completed the course in just under 6-hours on a hand-cycle provided by the Bridge for Heroes. He was supported throughout by Karl Perryman riding a Cube Road Bike.

Mark said afterwards "this is one of the toughest sportives I've ever participated in and I found it much more of a challenge than going over Snaefell on the Isle of Man."

The course climbed a total of 639 metres over the 61 miles with all but one of the hills being small inclines over a long distance, this being a particular challenge for hand-cyclists. At the end, Mark commented "despite it being tough going, I thoroughly enjoyed the day. It was a

wonderful experience being with so many other riders, the memories of which will last a life-time"



Photograph: Karl Perryman centre rear with Mark Howard in his hand cycle beside him.

Armchair sports trivia

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Question: Who is the youngest ever winner of a singles title at Wimbledon?

Closing date: 15th July 2022

Answers to: editor@townandaround.net

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

Jennie Foster from North Wootton won last month's sports trivia question about the colour of Leicester Tigers' first ever shirt - the correct answer was Black.

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Hunstanton Croquet Club

Caroline Harper

Whilst the whole world was celebrating the Platinum Jubilee, HCC put up flags and bunting to welcome AC players from all over the country to play in a 3 day tournament.

On Friday and Saturday the weather was kind, the lawns were running well and the standard of play was high. Everyone had seen Sunday's forecast and prepared for a soggy day. Play got underway only 10 minutes later than usual and the morning was not too miserable. In the afternoon clothes were thoroughly dampened but not spirits. The eventual winner was John Henderson - presented with the salver by Janet Kendal, HCC chair.

Many thanks to the whole behind the scenes team for making such events possible.



Tour de Scotty

Bereaved children's military charity, Scotty's Little Soldiers, have announced the return of their annual cycling challenge, Tour de Scotty, which will take place over the course of July.

The charity, based in King's Lynn, is challenging supporters to ride either 250 or 500 miles (or more) over the month, all the while raising vital funds for children and young people who have experienced the death of a parent who served in the British Armed Forces. Supporters can take to the road or cycle indoors on an exercise bike.

Discussing this year's Tour de Scotty, Nikki Scott, the charity's founder, said: "The Tour de Scotty is one of my favourite events and I can't wait to see everyone getting involved again this year. We'd love to see as many people taking part and raising money for bereaved military children and young people as possible, which is why you can choose to cycle indoors or outdoors and complete either 250 or 500 miles. Or even more, if you really want to push yourself!"

"Dealing with the death of a parent at such a young age is incredibly difficult for lots of our members, and every penny raised really does make a difference. It means we can continue to ensure our members have access to the support they need and always know that there are people who understand what they're going through and want to help."

Register to take part in Tour de Scotty 2022 at <https://givp.nl/e/lw1ni7J6>



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Sporting corner with Tim Keogh

A traditional remedy to today's modern world of stresses and ailments on your doorstep

Bridget Rooth set up MindSteadyGo out of her yoga experiences in the Far East. Yoga focuses on exercise, breathing and meditation to maximise your wellbeing, offering physical and mental health benefits for people of all ages - even starting out with the simplest of yoga manoeuvres on a daily basis, such as the 'downward dog', can reap immediate dividends. Whilst Yoga is believed to have originated in ancient India, with disciplines aimed to control and still the mind, there are now a wide variety of schools of yoga practiced worldwide. It's no surprise then that it's popularity is increasing, particularly as a stress relief and relaxation technique in today's modern hectic world.



MindSteadyGo taps into the benefits of yoga, particularly the breathing techniques. Whilst Bridget initially pitched training to the corporate market, where it is estimated over 60% of employees work behind a computer, in 2020 she launched weekend wellbeing retreats, which she simplifies as Finding Space Retreats. Bridget runs the retreats from her house in Heacham, idyllically set on the coast and, after lockdown lifted, now hosts 10 weekend retreats a year.

More recently, Bridget has launched weekly evening yoga classes in Heacham village and will be offering full-and half-day Breath & Yoga workshops, aimed solely at local communities, starting from the Autumn.

Town & Around met up with Bridget to hear her story.

Where were you born?

Aldershot – in a military hospital as my father was in the Royal Engineers. He left the army when I was five and I spent my childhood following his career around the world. I lived in the D.R.C (then Zaire), Poland and the States and was educated at boarding schools near Brussels and in Surrey. I definitely caught the travel bug as a child and then spent the next 30 years living overseas myself.

I understand you spent nearly half of your career in Asia, particularly China. How did this come about?

Having learnt French as a child in the D.R.C and Belgium, I naturally gravitated towards studies in French and, after three ski seasons in the French Alps and a year backpacking in Australia, I settled in France where my three children were born. From there, my partner had an opportunity to work in China, so the five of us moved to Beijing. We arrived five years before the Beijing Olympics. The city was being remodelled for the big event, so it was alive and buzzing and a fabulous period to be living in China. I stayed for twelve years, setting up my own translating and English editing business.

Presumably this is where you discovered yoga?

Yes, although prior to Beijing I was a total outdoors girl. I lived in the French countryside and ran, swam in the sea, cycled and sailed. Then I moved to a polluted city, with bumpy pavements with no culture of outdoor running. I was forced to switch to training in a gym. There, a colleague bullied me into trying a yoga class – I was convinced it would be too slow and boring for me!

So you caught the yoga bug?

To my amazement, I loved yoga, from the first few minutes of that class! I went on to train across Asia in India, Indonesia and, finally, in Thailand, where I completed my yoga teacher training.

Where did you move to after China?

When my last child left home, and I'd worked 12 years in China, I decided I was ready for a complete culture change. I spent two years living in Colombia and Argentina running my English editing business online from there. Eventually, Asia drew me back again, and I spent a couple of years in South East Asia.

Where did your interest in the breathing work come from?

After I completed my yoga teacher training in Thailand, I wanted to explore breath work more. I thought the biggest challenge I could set my lungs and mind would be freediving, so I trained as a free diver on some islands around Bali. That led to online breath certifications, workshops and a discovery that I had been breathing 'incorrectly' for many years! Once I had retrained my breathing and eliminated neck problems that had been troubling me for decades, I decided it was time to share everything I had learnt through yoga and breathwork.

Is that where MindSteadyGo came from?

Yes. I wish I had had the skills I have now when I was running my business in China. It was often quite stressful – not only living in such a metropolis – but generally running a business and raising a family.

MindSteadyGo's main mission is to teach people how to 'breathe better & stress less'. We work with the mind, body and breath to help people carve out moments in their busy lives to find calm and clarity. All the tools are simple to learn and whether people train with me in person during one of my retreats or via the online breath workshops I run for organisations, I find the participants are amazed at how fast they can help themselves manage their stress.

How did you end up in Norfolk?

Ah, Norfolk. It's the one place in my nomadic life that I have always returned to. My mother is from Norfolk and my parents used to bring us kids back to Norfolk every Easter when my father took his annual leave. We had a cottage in Old Hunstanton in the early days and then my parents retired to Heacham.

I would visit Heacham every summer with my children, from both France and China, so it is a place that is very special to me.

How do you find living in Heacham after so many years abroad?

I love it! After China, I travelled for four years across 15 countries, running my business online and learning so much about myself. But what I missed more than anything was community – being a part of one and valuing my place in one.

Now, my focus is on developing my local offerings in Heacham – whether through weekly yoga classes or breathing workshops, as well as working with organisations in Norfolk who want to help their teams manage the workload and stresses of modern day life.

Learning to tap into the intelligence of the body – through mind, body and breathwork – is a skill that everyone can practise to thrive in their work and home lives.

For more information, visit www.mindsteadygo.com. Email bridget@mindsteadygo.com to discuss the various courses and sessions available.



Sporting corner with Tim Keogh

Match Report and cricket update - Thornham CC v Castle Rising CC (Saturday 4th June, 2022)

Thornham Cricket Club have taken life in the top flight of the Norfolk Cricket League like a duck to water. On Saturday, 4th June, they welcomed visitors and local rivals, Castle Rising, to their picturesque ground in Thornham, hoping to maintain their excellent start to the season.



Thornham Cricket Club. Back row (from left) Steve Bishop, Andy Arnold, Ben Harris (C), Kevin Williamson, Jim Clarke & Benji Richardson. Front row (from left) Matt Friend, Jacob Hewson, Alf Burgess, Adam Rose & Nat Linsell.

On an overcast and windy day, Thornham Captain, Ben Harris, won the toss and invited Rising to bat first on a lively looking wicket. Rising's openers started confidently despite Thornham's opening bowling attack of Benji Richardson and Adam Rose extracting movement and bounce from the wicket. However, the bowling partnership's persistence eventually paid off with the breakthrough coming after 26 runs. This brought the dangerous Ajoy John to the wicket. However, two runs later, with some quick thinking by Jacob Hewson, John was back in the pavilion, run out for 1. Rising then managed to consolidate their innings with some steady batting and frustrated the home team attack with stalwart, Matt Taylor, ending on 88 and captain, Jahy Chima, making 38. With the middle order chipping in with steady runs, the visitors ended on a respectable 202 for 5 in their allotted 45 overs. Notable bowling performances were from openers Richardson and Rose, whilst the experienced Jim Clarke and new signing Steve Bishop added to the haul.



Castle Rising Cricket Club. Back row (from left) Sivarupan Selvanayagam, Pushpendra Singh, Ajoy John, Matt Taylor, Ram Aswani & Paul Bridges. Front row (from left) Jahy Chima, Martin McNeil, Paul Hudson, Leon Gino & Jerone Jose

Thornham then set about chasing the total down after tea, requiring a run rate of just over four an over. The opening pairing of Alf Burgess and Nathaniel Linsell started well, taking the attack to Rising's experienced attack. Eventually, Burgess fell to the young talent of Leon Gino for a fine 58 in a partnership of 98 on what was becoming an increasingly tricky batting surface, with plenty to keep the Rising bowling attack interested. This brought new signing, Bishop, to the crease. Unfortunately, he didn't trouble the scorers as he was cruelly dispatched first ball on his debut. This left Gino with a hat trick opportunity, a feather every bowler wants in their career cap - three wickets in three balls. However, it wasn't to be today as Andy Arnold successfully negotiated Gino's glory ball attempt. The in form Linsell and Arnold advanced the game to 167 at a steady run rate and, after Arnold fell for 28, club captain, Kevin Williamson, came to the crease to confidently see the job out. Thornham eventually surpassed the required total on 43 overs with Linsell finishing a fine innings on 68 not out and Williamson, with his signature aggressive stroke play, finishing on 17. Another solid team performance by Thornham which saw them top the league with this win. Castle Rising may have a relegation battle on their hands as they occupy one of the demotion spots, although their experienced squad should be enough to see them to safety. The early signs are encouraging for a newly promoted Thornham team, with great contributions throughout the team and, in particular, the new signings adding strength and depth to the squad. For the fans, cricket was the real winner here, being played in the right spirit by both teams. The win capped a great few days of celebrations in Thornham, following the Village Hall Jubilee party and the lighting of the beacon on the same weekend.

Thornham CC have big aspirations, recently announcing that designs produced by Strata Architecture for a new pavilion and community facility have received the necessary Planning Authority approval. The club, together with its partners and grant aiding, are now preparing to raise the necessary funds to commence Phase 1 of the project which will help secure the future of cricket in the village for future generations.



Elsewhere on the local cricket scene, teams have had a varying level of success in the season to date. Sandringham CC sit proudly at the top of Division Three of the Norfolk Cricket Alliance League (although their 2nd XI are not fairing quite as well, presently bottom of Thornham's division). Similarly, Bircham are 3rd in the same division whilst Snettisham are 7th.

In the popular West Norfolk Over 40's veterans league, Castle Rising lead the way, closely followed by Bircham and Thornham.

Sporting corner with Tim Keogh

Stephanie is President of Thornham Cricket Club, which appears to be a lifetime position, despite volunteering to stand down several times! In reality, she is a great patron for the club and really enjoys being involved with TCC. Quick to accentuate the incredible friendliness and welcoming nature of the club - the kettle is always on at the pavilion, Stephanie is delighted to help in anyway she can (although she has drawn the line at playing). She has been integral in fund raising to help provide equipment and facilities for the club and players - such as the £250 from Cricket Force to help set up for the season to the Sport England grants which have now provided the club with seven wickets and a two lane net facility. Whilst Stephanie is keen to give a big shout out to Ron Williamson, who is always behind TCC and fundamental to the Club's success, anyone who knows Stephanie will be the first to admit that she has been pivotal in fund raising and promoting the club, without which the club would not exist.

Age: 58 and 11/12th!

Star sign: Cancer

Where born: Stockton-on-Tees

Where do you live: Thornham

Occupation: Retired

Family: Husband and three lively children

Cats or dogs: Two official cats, plus a variety of strays...

Which team do you support: Arsenal FC & Surrey CC

Sporting/Any icon: Freddie Ljungberg

Previous Sports played: I used to row semi-seriously, I now run a lot and also do a lot of long distance walking. Currently training for a Half (emphasis on the half!) Marathon des Sable in September in Fuerteventura - 120KM in three days, carrying all your food and water and camping out.

Funniest sporting/hobby experience: It will come from the above event!

Worst injury: None - I have been extremely lucky

Favourite meal/cuisine: All food, although particularly fresh shellfish, especially sourced here on the coast. I mainly have to stop myself eating everything!

Favourite drink: Hard choice between an ice cold pint of lager on a warm evening or a large glass of white wine

Favourite holiday destination: It used to be Thornham! But since I live here now, I'd have to say anywhere with a mountain I can climb. I miss hills.



Three items for a dessert island: Corkscrew, lots of bottles of white wine and a copy of Pride & Prejudice by Jane Austen

Favourite band: Bruce Springsteen - according to Spotify I am in the top 0.1% of listeners to Bruce!

Pet hate: Don't really have any, although this morning I stepped on half a mouse that the cats had kindly left for me at the bottom of the stairs. Didn't like that!

Worst habit: Volunteering for everything

Any superstitions: None - just get on with it!

Any hidden talents: Hmmmm, I think I am mainly an open book. Although I do do tapestry from time to time, not sure that is a talent...

Biggest achievement in life: Everything!

Message to younger self: Don't ever stop

Like to live forever: No!



King's Lynn On-Call Fire Service show off their fitness by taking part in parkrun

King's Lynn parkrun had a large team of surprise visitors on Saturday 11th June from the local On-Call Fire Service, who had decided to take part in parkrun, in their fire service kit as part of their current recruiting campaign.

The team, led by Dean Taylor, the King's Lynn On-Call Watch Manager, arrived in their fire tender and support vehicle, on what was quite a warm morning and were soon kitted up for the run although not in the usual tee shirt and shorts like the other runners, having chosen to do the 5km run in full fire service kit and equipment, including some running in breathing apparatus.

Being an on-call firefighter is like having a part-time job - you commit to certain hours and are paid for what you do.

Firefighters on the 'on-call' system provide cover whenever required in response to fire and emergency calls, using the same appliances and equipment as fulltime firefighters. This role offers flexible working hours and could suit people with childcare responsibilities.

To become an on-call firefighter you just have to live or work within five minutes of the fire station during the hours which you declare to be available. On-call firefighters can provide part cover (days, nights, weekends) or full cover (approximately 24/7).

King's Lynn parkrun Event Director, Gary Walker said "it was great to have the team out running with us today and they deserve all the credit for running the 5km course in The Walks in their day-to-day fire service kit on such a warm morning."

Anyone interested in finding out more about the 'On-Call' Fire Service can find all the details at the following link: <https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/recruitment/becoming-an-on-call-firefighter>

King's Lynn parkrun is a free, timed 5k run which is open to all regardless of ability and takes place in The Walks each Saturday at 9 am. <https://www.parkrun.org.uk/kingslynn/>



The Jubilee Meadow

Following a suggestion from Stephen Greef at the Annual Parish Meeting, the Trustees of Thornham United Charities have decided to rename West Bottom Field as "The Jubilee Meadow".



We think this is an appropriate gesture, which will quickly allow future generations to date the beginning of what we hope will be a long term project, to establish an accessible and sustainable area for all residents and visitors to enjoy.

Thanks, Steve, for the suggestion!

Trio on course for Cambridge

Three students at Springwood High have secured offers to study at Cambridge University.

Jake Parish, Simona Pilmane and Zara Bek excelled in a tough application process and fought off competition to gain an offer from Cambridge.

For all of the students, it will be the first time in their families that anyone has gone to Cambridge.

The students said the support offered by Springwood High, which is part of West Norfolk Academies Trust - such as mock interviews - had helped in their achievement.

Simona Pilmane, 17, from King's Lynn, said she was initially confused when she got the email confirming the offer of a place to study engineering.

"I was convinced I wouldn't get a place and then I just got the email as I was sitting in my maths lesson," she said. "I think I passed it round to a few people next to me just to re-read it to make sure I really have a place and I was not just misreading it."

Zara, 18, who lives in King's Lynn with her mum and younger sister, has received an offer to study classics at Cambridge.

She became interested in Latin as an extra-curricular activity when she was at primary school and decided to pursue the opportunity to study it full-time.

"Nobody else in my family has been to Cambridge and I think they were more



worried than I was on decision day," she said. "They encouraged me to apply and they said go for it."

Jake, 18, also from King's Lynn, who has won a place to study law, said his mum, dad and two sisters were "over the moon" that he had been offered a place at Cambridge.

"It was always somewhere I knew was academically excellent and when I was researching universities, it was a plan for about a year or so before the application," he said.

"A year before I applied, a former commercial lawyer came into school to talk to me and a couple of other prospective law students and go through mock interviews - so that was really helpful. The school has had multiple workshops about the admissions process, so they have been great."



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Sporting corner with Tim Keogh

Hunny's Heroes triumph in stunning table tennis final

Heacham Table Tennis League reached its final week with the top two teams going head to head in an exciting title decider.



League Winners -

Tom Yarrow, Alfie Yarrow, Rob Yarrow with Malcom Diggins

However, it was Hunny's Heroes who managed to keep their nerve, leapfrogging Graham's Allstars to claim the title and cap a fine season that started way back in October. After a relatively sedate start in the league, the family team of Rob Yarrow, Tom Yarrow and Alfie Yarrow slowly began to show their metal as the season progressed. It was no coincidence their fine run coincided with the ever improving performances of youngster Alfie Yarrow.

The season was completed by a number of tournaments. The first, an Open event, was won by Paul Waterman who defeated Mike Forth in the final. Not to be outdone, Mike Forth managed to win the Handicap Open, putting an end to Bob Richardson's remarkable run to the final. Tony Trayford won the Handicap Open Plate competition, overcoming a spirited challenge from Eileen Needham.



Handicap Open winner and runner up - Mike Forth (left) and Bob Richardson

The final event of the season, the popular hard bat tournament, which meant players had to use traditional bats in seeded pairings. This proved a great leveller, but it was David Bourne and Barry Lemel who acclimatised best and managed to weave a path to the final where they took the title in a five set humdinger of a match.



Hard bat tournament winners - Barry Lemel (left) David Bourne with Malcolm Diggins



Open winner and runner up - Mike Forth (left) and Paul Waterman



Special Award -

Alan Jones (left) with Malcolm Diggins

Malcolm Diggins, who initially set the league up, received a warm reception as he stood up to present the trophies at the awards ceremony. The biggest cheer of the evening, however, was saved for Alan Jones, who recently featured in Town & Around's In the Spotlight feature, as he was awarded The Special Trophy. Rob Yarrow also thanked the club for helping Alfie's progress as, without their help, he would not be where he is. Alfie is presently in the top 200 for his age group in the country. Having only recently been selected for the County, 2023 looks set to be a big year for him.



Over 30 players participated throughout the season proving just how popular this league is. Whilst the league will break for the Summer, practice sessions will begin again in September, with the 2022/23 league due to commence in October. All new players, young, old, experienced or inexperienced are invited down. For more information please contact Jim Race at jimrace@jayars.co.uk or Stephen Jackson at sejacko@gmail.com .



LynnGo Language Centre

www.LynnGo.co.uk

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leesonmichelle1@gmail.com

01485 779643/07958 445243



Docking Heritage Group

July 8th 7pm at St Mary's Church, Docking.

Gary Rossin - The Forgotten Fields of Norfolk - Two World Wars in the Air.

Gary's talk will examine many of the lesser known airfield sites and the archaeological footprints which remain, along with the stories of the personnel who lived, trained, fought and died in the county during both conflicts.

Heacham and Hunstanton at Night

Terry Parish

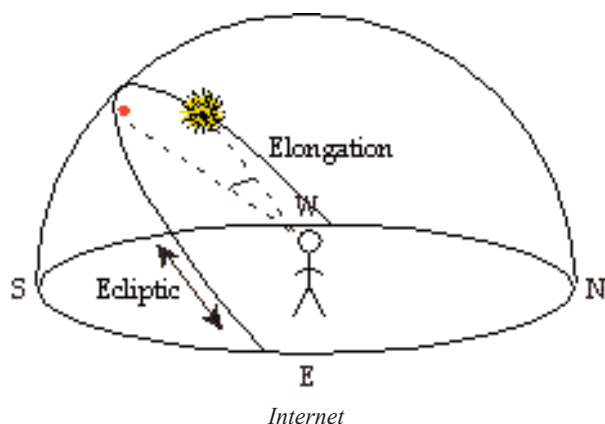
July. The Jacks are away for a while, the longest day has come and gone and the nights are drawing in.

On the 4th, the Earth is at aphelion, its furthest distance from the Sun, on its, slightly, elliptical orbit. Perihelion, Earth's closest approach, was on January 4th. The difference is 3 million miles, not enough to influence the climate. However, Earth is traveling a little slower at aphelion than it is at perihelion so the northern hemisphere summer is about 3 days longer than its winter.

The planets are beginning to reappear in our heavens nicely strung out like beads on a string. You will still have to stay up late or get up early but it will be comparatively warm.

All the planets barring Mercury are on show though a telescope will be needed for Neptune and, at least, good, stable, binoculars for Uranus. That still leaves you with Saturn, Jupiter, Mars and Venus to spot with the naked eye. The order I have written them in, is the order in which they appear as the night advances.

Several things to take note of: The Earth rotates, about its axis, towards the East and that's why the Sun sets in the west and rises in the east.



The passage of the Sun follows an arc in the sky named the ecliptic. The midpoint of this arc is highest at midsummer, June, and lowest at midwinter, December.

Due to their formation from a belt of matter around the infant Sun, the planets lie in the plane of the ecliptic.

Consequently, to observe the planets you follow the line of the ecliptic. Which planet pops up first depends on the position of the Earth in its orbit around the Sun. This also decides whether they are visible in the evening or in the early morning. At some point they are also there in the day too but, generally, cannot be seen against the bright sky. (Several years ago, I did observe Jupiter in the afternoon).

There is an observational difference between the outer planets, Mars, Jupiter, Saturn and Neptune, and the inner planets, Mercury and Venus. The latter two move faster in their orbits than we do so overtake the Earth. Consequently, Mercury and Venus become morning or evening planets several times a year. However, we overtake the outer planets so, effectively, they are easy evening objects in autumn and winter, early morning objects in spring and summer. Mars is a bit of a pig in the middle as it is not that far away and can, due to its elongated orbit, be pretty close in some years.

So, the planets follow an arc across the sky which begins around the SE and sets around the SW. The centre being due South.

The lower the horizon is between SE and SW, then the more time you have to observe and the better chance you have to see several planets at once. If you have a narrow horizon then you will have to wait as each planet passes through your line of sight (as the Earth turns remember!).

Good seeing (clarity), a dark sky, and an unimpeded horizon, lets you see right down to the ground. These conditions are unlikely all to be met. Consequently, the times for observation I give are generally

later than when planets actually rise and they are already on their journey along the arc. This also means they will be higher and, hopefully, clear of any buildings or trees.

Observing times and positions will also change during a month. This month, planets will rise earlier as the month progresses and also into darkening skies. Consequently, at the same time of night, they will be a little higher in the sky at the end of the month than they are at the beginning. Higher means less atmospheric murk to look through, so better observations.

Anyway, I hope that is at least as clear as Heacham Honey.



Jupiter. North Norfolk Astronomy Society some years ago.

In the middle of the month: 11.30pm; Saturn will be just over the SE horizon. At midnight, Jupiter appears in the E. Ice giant Neptune will be between these two gas giants but closer to Jupiter and a telescope will be needed to see it.

At 1.30am, Saturn will be SSE, Jupiter ESE and Mars ENE. Uranus will be below Mars and a little further E. Good, steady, binocular might reveal it.

At 2.30am; Mars is E; Jupiter roughly SE; Saturn closer to the S.

At 3.30am, the planets are generally getting higher in the sky. Uranus is due E and Venus joins low in the NE

At 4.30am the sky is lightening, Venus is ENE, Mars high in the SE, and Jupiter high in the SSE. Saturn is still just visible in the SSW.

At the beginning of the month everything moves forward about an hour but the sky is lighter and viewing will cease to be possible earlier in the morning. At the end of the month, it is a tad darker and things happen a little earlier. Jupiter rises in E at 11.30pm and Saturn will be visible too due SE.

Note, Mercury is not visible at all as it lies too close to the Sun.

You may be asking, 'How do I find the planets amongst, hopefully, some visible stars?' First, look in the directions indicated above from the horizon to about a quarter of the way up the sky – depends on time. The planets don't twinkle and look different to stars.

Jupiter will be bright at magnitude -2.8; it will look white. A telescope will reveal reddish bands. A telescope, birding 'scope, or large binoculars will reveal the Galilean moons – up to 4 sparks of light close to the planet.

Saturn is a lot fainter at magnitude +0.5/ It is yellowish. A telescope will reveal its rings.

Mars is a little brighter than Saturn and has a magnitude of +0.3. It will be a red dot. Steady binoculars will make it easy and, once you know where to look, your naked eyes should see it.

Neptune through a telescope is an ethereal greeny blue. Uranus viewed by 'scope or good binoculars a blueish dot.

Venus cannot be missed as it will be shining bright at magnitude -3.9. it will be presenting a gibbous phase to us (like the Moon when it

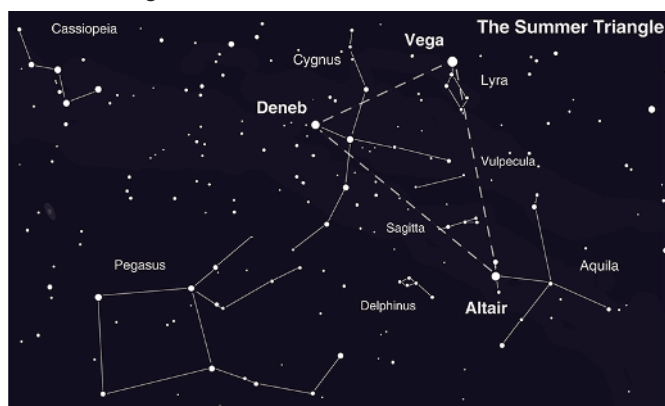
is past $\frac{3}{4}$ but not Full) so there is plenty of 'surface' reflecting sunlight towards us. This is actually the top of Venus's very dense carbon dioxide and sulphuric acid atmosphere. It has a high albedo – it reflects light well.

Spotting the planets on special days: 15th, Saturn is immediately above the Moon; 19th, Jupiter is close to the Moon; 21st and 22nd, Mars is close to the Moon; 26th and 27th, see the crescent Moon with Venus.

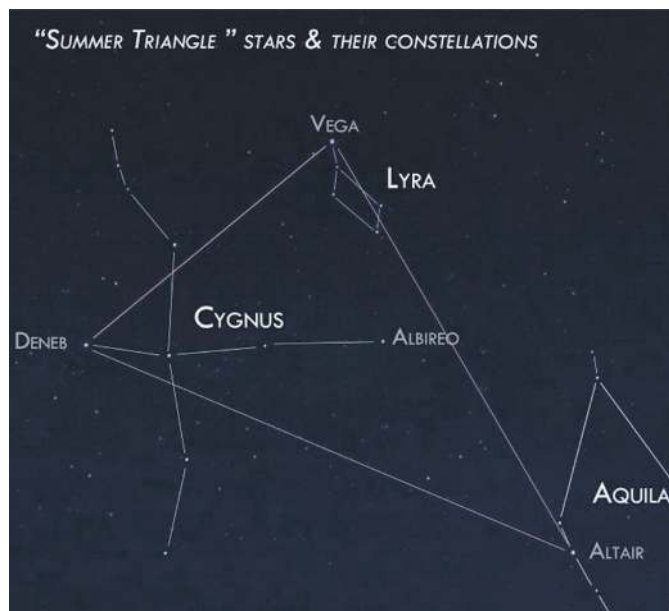
And why is the Moon often in the same region of the sky where you find the planets? Because the plane of the Moon's orbit around the Earth is closely aligned with the plane of the ecliptic. That is why we get eclipses of the Sun. The Moon, from time to time, is between us and the Sun.

On the 13th is this year's brightest Supermoon. The Moon will be 357,418km away compared to the average distance of 384,400km. The furthest the Moon can be away is 405,500km.

It is hard to discern many stars during summer nights but there are a few which will stand out from around 11pm. Look SE and raise your eyes from the horizon. The first bright star you come to is Altair. Carry on up to almost overhead and Vega will be brilliant. To the left of Vega, further east, there is Deneb. These three stars form the asterism of the Summer Triangle.



Deneb is the tail of Cygnus, The Swan which looks like a cross. The head of The Swan, bottom of the cross, is Albireo, my favourite double star. It is midway between Altair and Vega and a tad to the left.



Albireo is a yellow giant star with a, smaller, blue-white star associated with it. There is a debate as to whether the two stars are linked gravitationally or just appear close visually. Measurements by

the Gaia telescope suggest a link, other observations disagree. Whatever the case, a small telescope reveals a very lovely sight.

Space exploration is going an apace with multiple missions on Mars; BepiColumbo on track to orbit Mercury in 2025; Juno still at Jupiter; two solar probes; New Horizons still active far, far, beyond Pluto; Voyagers 1 and 2, launched in 1977, both in interstellar space, and multiple missions to asteroids and comets.



The UK has not developed space launch capabilities since the 1960's and early 70's. Blue Streak formed the first stage of a satellite launch system, the second stage being French and the third German. The UK pulled out of the project and the Ariane was born, the French dominated launcher for the European Space Agency, ESA. The UK did build the Black Arrow rocket and launched a satellite, Prospero, from Woomera in Australia in 1971. Its last signals were recovered in 2004 and it is still in orbit.



The Prospero satellite. Internet

This year, 2022, should see satellites launched from UK spaceports. They will either be vertical launches from the ground or horizontal launches, dropped from a plane. The UK is a world leader in satellite development and satellites are becoming much smaller. There is also a demand for polar orbiting satellites which are best launched from northern latitudes. The first vertical launch will be from SaxaVord spaceport in the Shetlands. A launch, using a UK designed and manufactured rocket, will follow from Space Hub Sutherland.

Enjoy the planets and, if you miss them this month, they will be there in August too. Look out for tour holidays to UK spaceports to watch launches. Spaceport Heacham might appeal to me – caravans in space?

On the turf with Charles Joyce

As you go through life there are people who have a massive impact on you. Some good and some not so good. When I was a child if any illness was going around it came my way. By the time I was nine I had pneumonia and double pneumonia too many times for one person. This meant I missed a lot of school, but thanks to penicillin I was able to return to school and progress, even if a bit behind my peers. During my forced absence I learnt to read the racing pages of the Daily Mirror. I picked out the horse I wanted to put sixpence or a shilling each/way on. More often than not the horse was ridden by Lester Piggott. Although not deliberate on my behalf I learnt to read the names of the horses some with quite complicated names and became proficient in maths by working out how much I won. When you are working out an each/way yankee you become super-efficient at understanding fractions. It was not the usual way of learning but it got me through the eleven plus with flying colours!



It was a time when the BBC excelled in its sports coverage with racing on a Saturday and from time to time during the week especially Royal Ascot and the Derby which was then run on a Wednesday. All in black and white of course, but you could spot your horse if you tried hard enough. Any horse ridden by Lester was easily spotted by him standing tall in the saddle and his rear end pointing almost to the sky in comparison to all the other jockeys. One man I know who lives in South Lynn spent some time on holiday in the 1980s with Lester in the well-known holiday camp at Bowthorpe in Norwich. The board and lodgings came free of course. Lester was

notorious for being careful with his pennies. But according to the man in South Lynn the games and entertainment were far from what is expected from holidaymakers today. Lester had his OBE revoked which according to the Financial Times the late Sir Peter O'Sullivan tried to persuade Her Majesty not to do. Herself a racing fan and the first reigning monarch to own the winner of the Ascot Gold Cup according to the late great commentator gave the response. "But he was rather naughty, you know. He was not only rather naughty, but he was very stupid." Some have drawn comparisons with the treatment of Lester Piggott and Sir Geoffrey Boycott OBE who was convicted of punching his then girlfriend several times by a French court and sentenced to three months jail which he didn't serve. He was still awarded a knighthood in Theresa May's resignation list. (The Yorkshire and England opening batsman denied the offence.)

Rumours in the national press suggested that Special Branch and even MI5 were in some way involved in Centaur, codename for the investigations into Lester's finances. If there is any truth in those rumours, what were the priorities of the authorities? At a time the Provisional IRA were carrying out a campaign that seemed not to stop short of ethnic cleansing in Fermanagh and Tyrone. There was the alleged corruption in the Metropolitan Police which Channel 4 Dispatches reported on in June this year. And when Jimmy Saville was still allowed to go free keeping his OBE and knighthood until his death in 2012. This even after the Sex Pistol's Johnny Rotten's 1978 outburst which was banned by the BBC where he said.. "I want to kill Jimmy Savile – he's a hypocrite. I bet he's into all kinds of seediness that we all know about but aren't allowed to talk about. I know some rumours," Yet no questions appear to have been asked why was Lester Piggott such a high priority.

I never saw Sir Gordon Richards, nor Fred Archer ride. Although I was at college with the Tinman's great granddaughter. Not the physique to be a jockey, try to imagine Hilary Scott of Lady A as a

seventeen year old - watch the Need You Now video. Or maybe the Mother Confessor in Legend of the Seeker. She was a young woman who made you feel comfortable in your own skin when in her presence. At the time she lived in North Norfolk with her parents.

Lester Piggott was the greatest jockey of the post war era becoming the 'Housewife's Favourite'; he rode his first winner in a race at the age of just twelve. He rode nine Epsom Derby winners which is a record that is unlikely to be ever matched and numerous winners across the world. Many of the horses he rode were trained by the finest trainers in the history of the turf, Noel Murless, Sir Henry Cecil and the greatest of them all Vincent O'Brien, and for owners who had wealth beyond avarice.

Again the T & A annual subscription proved its worth when in the June edition it contained the words: "I don't see Tuesday from Ballydoyle getting beat." The filly duly obliged on her birthday when she beat favourite Emily Upjohn. After the race several pundits made excuses for the favourite but the birthday girl won the Oaks from the coffin box stall one. A very generous starting price of 13/2 from an early price of 9/1. When on the night before the final declarations were made she was 15/0 (14/1) on the betting exchanges I started to believe she would not even make the start, but faint heart and all that I was tempted and went in. Certainly pleased to see her there on the following day, but not happy with the draw. Still all's well that ends well and she made Aidan O'Brien the trainer with the most British classic winners in history at forty one. A daughter of Galileo it is a sad fact Tuesday will be one of the last of his progeny to win following his death last year. But on the bright side there is still next year and he has many sons who sire winners. The very next day one of his sons, Nathaniel, sired the Derby winner when Desert Crown took the blue riband. The unlucky story in the race was third home, Westover, who is another son of Galileo's son. This time it is the unbeaten Frankel.

I was watching Nigel Farage recently on GBNews. He seems

to have another bee in his bonnet. This time it's the price of diesel at the pumps. The chief brexiteer argued that the wholesale price of diesel was cheaper per litre than petrol, but was ten pence more expensive at the pumps than petrol. He interviewed several people but was still not able to find an answer. That is until the penny dropped and he looked at the price of crude oil which although there have been some violent movements it is reasonably stable over an extended period of time. Keep in mind crude oil was over \$120 a barrel (a barrel of oil is 42 gallons or 159 litres) as far back as June 2008 (petrol £1.18 a litre - AA fuel price report) when it then fell off a cliff. In early June Nigel Farage came up with his own answer. It is that George Osborne and then Boris Johnston in following a green agenda have destroyed the country's energy security. Rather than refining petrol and diesel in the UK successive Governments have outsourced the work to other countries. How this reduces carbon emissions is not clear, but it will help the UK meet its own targets which seems a bit of a waste of time if there is no overall reduction. Presently there are six major refineries in the UK. Some with what have been described as "threadbare finances" by the Guardian along with the identity of some backers the industry could be in further jeopardy. In October last year the paper claimed records in Companies House show that not all is well with some of the refineries. With the running down of UK refining other countries have stepped in to supply the UK market. One major supplier has been Vladimir Putin's Russia. Sky News reported on 27 April this year according to Greenpeace that since the start of the war in Ukraine Russia had sent \$220 million of oil imports to the UK mostly consisting of diesel it amounted to around 1.9 million barrels. Greenpeace claimed Russia supplies 18% of diesel used in the UK. If the British Government actually goes ahead and bans all oil imports from Russia in January 2023 it does raise the matter of how the void will be filled.

Onto July. Derby winner Desert Crown is expected to turn

up for the King George VI and Queen Elizabeth Stakes at Ascot. After his Epsom Derby win he was cut to as short as 2/1 to win the Arc de Triomphe on the first Sunday in October. That kind of price about any horse over four months out from the race is an invite to burn money. Nothing is certain, but however spectacularly he wins at Ascot in July (assuming he does win which is far from a given) I suspect he will still be around the 2/1 standing in the starting stalls come October. So looking elsewhere Glorious Goodwood covers the end of July and the first days of August. In the past eleven years if you bet on every runner Mark Johnston (now training with son Charlie) had run at the Sussex downs carnival you would have lost slightly over ten pounds at one pound stakes. Not bad with a few winning years. Although the last four years have seen very poor returns. So maybe we'll pass this year and look to Galway. A few years ago there was a very simple system bet on runners in maiden races when once raced and trained by Dermot Weld. When the race was over you were expected to stand in an orderly queue to collect the winnings. It was said that Irish bookmakers Paddy Power wanted to change the name of the racing festival from Galway Races to the Dermot Weld Retirement Fund Races. That was in the days when life was simple. Times have moved on and while the master of Rosewall still has a few winners especially his maiden two year olds over seven furlongs when they have had at least one run, and these are still well worth a second look, his place as Galway supremo has been surpassed by Willie Mullins. Going back ten years

and sticking to his hurdlers and flat race (not bumpers) runners most years you will have come out on top. It's the Closutton maestro so anything that has a starting price of 20/1 or more has to be viewed with a good heap of scepticism, as does those that do not have a first three position in one of their last three runs. A few will not have previously run under rules in either the UK or Ireland. These can be added. Stick to those with a clean wind, so no tongue ties, and Willie does not over test his horses which means no going up over five grades from their last run. Those that fit the criteria and won last time they ran are always worth a special look. It's possible to weed out a few more losers but that can be a case of over back fitting. Three and four year old colts and fillies are not so good but the numbers are small. Looking at the jockeys, son Patrick is the one to usually be with.

The ban on players from Russia and Belarus has caused tennis authorities to downgrade Wimbledon to an exhibition event with no ranking points awarded to players. Iga Swiatek is on the list to play. Since the beginning of lockdown she has been nothing short of sensational, and at time of writing is unbeaten in thirty four matches since the middle of February. She has almost double the ranking points of the second in the world rankings, Anett Kontaveit from Estonia. I've had an interest in Danish player Ons Jabeur at 33/1. She is ranked at four.

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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Art 21

Art 21 is a small but very enthusiastic group of artists who meet every week to paint together in Dersingham.

Once a year they like to exhibit their work to the public, and this year their exhibition will be at Brancaster Village Hall, on the A149 Coast Road through the village, from Friday the 8th to Sunday the 10th of July.

The subjects, styles and mediums of the art work on show, is very varied, including watercolours, oils, acrylics, pastels and silks, depicting coast and countryside and the flora and fauna of the area. From miniatures to large canvases, something to appeal to everyone.

Members will be on duty to offer a warm welcome to visitors from 10.00 til 5.00 every day, and of course admission is free.

Do drop in over the weekend, and enjoy meeting the artists, and chatting about their work.

For further details Email: arttwentyone@yahoo.com



Julian - Quiet read



Jean Steeds



Keith Powell Autumn along the river



Carole

News from The Woottons

Richard Coates

If anyone might doubt the popularity of The Woottons, they should look no further than the recent planning applications of the big property developers who have successfully made planning applications to build more than 1,000 houses in South Wootton in the next few years. These will lead to the biggest expansion that's ever been seen of these previously two small villages.

Perhaps the most advanced of these is the site at Knights Hill where work has already started with the top soil that can be seen from Grimston Road having been scraped off from one field. This is not for building work as such, but to facilitate an archeological dig of part of the site which is necessary before any building work starts. Once that is complete we'll know if there had been any ancient settlement at the site and any detailed digging and/or preservation can be made. If there has been none there, the builders can move in. There's something like 450 houses to be built at this site and, whilst they are not all within South Wootton because the site is so big, they all get access in South Wootton at Grimston Road. So, in time, they'll be the cars from another 450 houses fighting for space on Grimston Road each day.

But that's not the only new building site that's got planning permission. There's another that's even bigger! There's land between Edward Benefer Way and Nursery Lane with permission for 650 houses, along with a commercial area and a separate planning permission for a doctors' surgery -



so almost like another new village! Perhaps someone had better start thinking up an appropriate name for this area! It doesn't matter whether these cars come out on to Nursery Lane or Edward Benefer Way, I reckon most of them are going to finish up heading into town and joining the cars from the Knights Hill development.

It's all part of the government's requirement that councils give planning permissions for more houses. Even having given permission for more than 1,000 in The Woottons, the Borough Council still hasn't reached its government target but The Woottons must surely have fulfilled its contribution to the target with these permissions and the Borough must look elsewhere if it wants more houses built.

But it's not all doom and gloom. These new houses will be built, sold and occupied in phases and so the population increase will be gradual rather than sudden. Another good

thing is that there will doubtless be some low cost starter homes for young people to buy. And for those of us who already have a property in The Woottons (both South and North), wherever new houses are built it nearly always pushes up the value of existing houses as the new build estates attract people into the area and then they see what good value the existing houses are. So, although there's a danger that all the new building will destroy the very essence of village life that attracts people to The Woottons in the first place, at least there may be a financial tradeoff for the long term residents. And I want to finish this month's column with a call to arms! Let's keep an interest in our villages. Both of them are worth preserving. Both of them have a distinctive and different feel to them. Village residents can attend the appropriate parish council meetings and become involved in village life. Let the existing councillors know that you are keen to be involved and, when the next parish council elections take place in May 2023, let's see a real election take place and some new ideas coming forward!

Diary Dates - There's lots of things happening in The Woottons in July with the dates listed in Town and Around's guide to what's on this month. If you know of anything else happening in The Woottons that's not listed let Richard Coates know about it by emailing him at richardcoates@inbox.com. He sends out an updated weekly listing and you can get a copy if you email him and ask him.

THE ART COLLECTOR'S PASSION

Lesley Nadel

Starting at great art can stimulate the brain to the levels of when we fall in love. We buy art for many reasons, an obvious one being we like to decorate our homes. But the purchase is not just for decorative reasons – we are investing in a visual story, essentially a part of the artist's life and experience that inspired the creation of the work. We will buy art that reflects our own heritage from artists that may have similar backgrounds to our own. When we collect a limited edition of a well-known artist, we may be claiming a right to some of the artist's history.

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

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

".... the true collector's only home is his own museum." (Orhan Pamuk.) Great collectors can be very secretive about their



THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS

Next lecture: Monday 11th July 2022 at 2pm in Sedgeford Village Hall

Peggy Guggenheim **Lecturer: Alexandra Epps**

The 'poor little rich girl' who changed the face of twentieth century art. Not only was Peggy Guggenheim ahead of her time but she was the woman who helped define it. She discovered and nurtured a new generation of artists producing a new kind of art. Through collecting not only art but the artists themselves, her life was as radical as her collection.

Alexandra has a BA from Saint Martin's School of Art and an MA from the London College of Printing. Alexandra's background is in design, running her own design consultancy for many years. She is an official Guide and Lecturer at Tate Modern, Tate Britain and the Guildhall Art Gallery and a lecturer at the Pallant House Gallery. She is a qualified Guide to the City of London, offering lectures and walks about many aspects of the arts for societies, corporations and private individuals. She is also a member of the City of London Guide Lecturers Association and co-author of the book *Lord Mayor's Portraits 1983-2014* (2015).



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artworks, but many have a desire to share, like Francois Pinault, the French billionaire, who is quoted saying "the desire to possess – born at the moment I first came into contact with art – has been transformed into a profound need to share." Museums have been major beneficiaries of some of the world's prestigious art collections and some of the most modest. Many collections in American museums have been gifts from private donors. Recently, contemporary artworks have been bought in such large quantities by the super-rich that new private museums are being built. Rather than just leave their extensive collections in storage they are choosing to share them with the public in these new 'ego-spheres'.

Future generations are often the perfect beneficiaries of all the time and hard work the

collector has spent in building the collection and their financial rewards may be substantial. They may go on to develop their own collection and become even more famous than the originator. One of the most successful, well known and intriguing was Penny Guggenheim, who along with Uncle Solomon founded The Guggenheim Museum in New York and changed the face of 20th century art. Ahead of her time she discovered and nurtured a new generation of artists producing a new kind of art.

The Arts Society North West Norfolk will be hosting a lecture by Alexandra Epps on the 'poor little rich girl' Peggy Guggenheim on Monday 11th July 2022 at 2pm in Sedgeford Village Hall. New members are welcome to join our Society and details are on our website www.artsocietynwnorfolk.org.uk.

Music in Thorpe

July brings a wonderful selection of music to The Nelson Church

On Friday, July 1st at 7.30pm there is an opportunity to hear the very gifted Mithras Piano Trio playing Beethoven and Dvorak. Tickets are £15.00

Saturday, July 2nd at 7.30pm brings the much acclaimed Marmen String Quartet to Thorpe who will delight with Haydn, Mozart and Beethoven. Tickets are £20.00

Enjoy tea and cakes from 2pm on **Sunday, July 3rd** before Benedict Holland (violin) and Brenda Blewett (piano) return to Thorpe for a recital of Debussy, Schubert and Grieg at 3pm Tickets £15.00

Moving towards the end of the month, we move at a different pace with the hugely talented trumpet player Aaron Akugbo accompanied by pianist Zeyneb Oszuca on **Friday, July 15th** at 7.30pm. The programme includes work by Telemann, Poulenc and Gershwin. Tickets are £18.00

On Saturday, July 16th at 7.30pm come with your dancing shoes to enjoy music by Glen Miller, jazz, pop, ballads and more with the fabulous Galaxy Big Band. Tickets are £18.00

The July concerts conclude with a return visit by the brilliant Ella McCready on **Sunday 17th** singing her very varied programme of pop, jazz, Motown and more. Ella will be accompanied by Michael Clancy on guitar. 3pm. Tickets are £18.00

What more could you want to enjoy a music packed July!

Children from the local primary schools benefit too for Music in Thorpe insists they have their own recitals by some of the famous musicians above. What a treat for young ears.

Tickets are now available for all concerts and detailed information on www.musicinthorpe.com or call 07989 177079.

THE HUNSTANTON ONE-ACT DRAMA FESTIVAL 2022

Drama on the Coast!

When the curtain closed on the 2019 Hunstanton One-Act Drama Festival, plans began immediately for the 2020 competition. Unfortunately, Covid 19 had other ideas and everything had to stay on hold until this July. The 1st, 2nd and 3rd to be precise when the town welcomes back its famous amateur drama contest.

Festival Director, Stephen Hayter returns for his 3rd year at the helm and a few changes to the Festival committee line-up ensures that the show goes on and never becomes stale.

"All our competing groups from 2019 and before have had a terrible time during the lockdown," says Stephen. "Unable to put on plays, they have struggled for revenue to finance such things as competition."

Stephen adds: "We have been doubly blessed this year. The HDFA have allowed us our full grant of £1,500 and Mr Brian Hallard of the Princess Theatre has waived all charges for the use of the venue. This means not only can we offer free entry for theatre groups but we can also offer free advertising in our programme to those who have supported us in the past. Everyone needs a hand right now and we are simply taking Mr Hallard's breath-taking generosity and passing it on."



Stephen Hayter (right) & Brian Hallard

The result of this has delivered one of most exciting line-ups of productions the town has ever seen. Not only does the list of entrants include some of the finest group in the area but the number of original scripts being performed is unprecedented. The names include The Boston Playgoers, ManNac Productions, the Wisbech Players and the

Sutton Bridge Players as well as accomplished youth groups from Ratzcool and Hunstanton regulars, Smithdon High School.

Treasurer, Anna Hayter says: "We decided our audiences also deserve some extra help this year and so we have also put aside a little money to subsidise the ticket prices. A single afternoon or evening session is just £7.50 (£2.50 for the Sunday night Gala Awards Ceremony) and a season ticket for all 5 sessions for only £20. Where else could you possibly see such quality amateur entertainment for less?"

The Hunstanton One Act Drama Festival opens on Friday 1st July at 7.30 with all performances taking place at the Princess Theatre. Tickets are available now from the Princess Box Office on 01485 532252 or go to www.princesshunstanton.co.uk.

THE HUNSTANTON ONE-ACT DRAMA FESTIVAL 2022



1ST, 2ND, & 3RD JULY

10 plays... 3 days...

Come on down to the Princess Theatre for a feast of amateur entertainment from local theatre groups as they present a series of One-Act plays over the three days. Each session will consist of one, two or three short plays with an interval between.

Performances:
 Friday 1st July 7.30pm (including Opening Ceremony),
 Saturday 2nd July 2.30pm & 7.30pm and Sunday 3rd July 2.30pm

Tickets £7.50 per session or £20* weekend season ticket

*Season tickets include entry to the Gala Award Ceremony at the theatre on Sunday 3rd July at 7pm.



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CROSSWORD SOLUTION

Across: 1. Backwater, 6. Typos, 9. Oblongs, 10. Flip out, 11. Doofer, 12. Delivery, 14. Apse, 15. Malt whisky, 18. Tablespoon, 20. Dais, 23. Calvados, 24. Valise, 26. Minster, 27. Aligned, 28. Clear, 29. Emergency

Down: 1. Broadcast, 2. Callous, 3. Wander, 4. Tosh, 5. Reflection, 6. Twilight, 7. Plovers, 8. Satay, 13. Damp course, 16. Yesterday, 17. Decanter, 19. Balance, 21. Avignon, 22. Casing, 23. Comic, 25. Jape

Copy date for the August edition is 12th July
 Please don't be late!
editor@townandaround.net
 or post to the address on page 2.



MUCH ADO ABOUT MURDER

Thornham Village Hall (Outdoors)

Weds 31st Aug, 7:30pm

Tickets - Witley Newsagents, High St, Hunstanton, PE36 5AF
More Info - www.festival3.com

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www.heartbreakproductions.co.uk

HDFA
Hunstanton & District Festival of Arts

Borough Council of King's Lynn & West Norfolk

 **HEARTBREAK productions**

Much Ado About Murder!

Thornham Village Hall (outdoor)

Don your detective cap and join Heartbreak Productions for some super silly outdoor theatre this summer. Our original murder mystery will set five suspects under the spotlight, and we will depend on the audience to find answers. Who was lurking in the corridor carrying a candlestick? When did the third gunshot go off – before or after the very silly song? And probably most importantly, why didn't you pack a larger picnic?

Answers to these and other equally important questions will only be uncovered as we make Much Ado About Murder (an original murder mystery by Heartbreak Productions), performed - as are all our shows - out of doors, so check the weather, dress appropriately, and bring a picnic!

Tickets: £12.50pp, £7.50 child (under 16) or £30 family* ticket (2 adults, 2 children) and can be bought from Witley Newsagents, High Street, Hunstanton. Gates open 6.30pm, performance starts at 7.30pm. Find out more about this and other events from the HDFA at www.festival3.com

Strictly Arts: update from the HDFA

Verity Jowett

Following the success of our Live Music Festival at the beginning of June, we kick off the month of July with the return of the unique One-Act Drama Festival which will be staged at the Princess Theatre from 1st-3rd July 2022 (see facing page).

July is a busy month for our Craft Fairs with not one but two events for July, both held as usual at Hunstanton's Town Hall. For a wide range of hand-made goods from jewellery to textiles and ceramics, why not pop in for a browse and you never know what you might find! Entry is free and refreshments will be available. Craft Fairs are on Saturday 16th & Saturday 30th July, 10am - 4pm.

Also in July, we welcome back the return of our Victorian Picnic afternoon on Sunday 17th July on Hunstanton Green. Dress to impress, bring a picnic and settle down to enjoy some relaxing music from the Hunstanton Town Concert Band and guest trumpeter. Games and fun to be had from midday onwards.

Finally, we invite musicians, soloists and new bands to perform in public, possibly for the very first time, at the Crazy Golf Pavilion on Sunday 24th July for our first Buskers Corner of the year. No big crowds, no fanfare and no pressure - just a relaxed afternoon of music for everyone. If you know someone who's playing, please come along to support them from midday onwards.

Find out more about Buskers Corner and all our other events at www.festival3.com or on our Facebook page Festival 3 by the Sea.

Hunstanton Rocks at the HDFA Jubilee Live Music Festival

With sunshine all the way, the crowds flocked to the green to enjoy some wonderful sounds from solo artists and bands from midday onwards, before witnessing the lighting of Hunstanton's beacon, part of a nationwide ceremony to mark Her Majesty's Platinum Jubilee on 2nd June.

All credit for the success of the event must surely go to Music Director Ian Wells, who has worked tirelessly since the beginning of the year putting together an unparalleled line-up of music, as well as hosting and performing on the day. All that was needed to make the day a success was the good weather and this year, it all went to plan!

Ian told us: "According some reports, with some 2000 plus on the green at one point, the HDFA Live Music Festival was the largest gathering of an audience for a music event since the Radio 1 roadshow came to Hunstanton!"



He added: "Damien from RANE (one of our live bands) said this was the 'gig of the year' and thanked me and the team that had made it run so smoothly. To my amazement, we were able to keep to schedule throughout the day, allowing the choir to have their slot in time for the beacon lighting. A great day for everyone."

HDFA would like to add their own thanks to Ian for such a brilliant event, to the helpers on the day, to Hunstanton Town Council for generously sponsoring the Festival stage and to all those who came and enjoyed the music. Here's to next year!

Behind the Scenes ...

Welcome back to the fourth entry of Behind the Scenes. In this edition we will talk about what has been happening within the walls of the Princess over the past month or so, and take a first look at what's to come during the month of July – keep reading to learn more!

yourself some tickets, season tickets are available for the whole festival. Celebrate new talent and diverse drama in the form of one act plays!

Psychology of Serial Killers arrives July 7th. With the rise of the documentary style series on streaming services such as Netflix,



Towards mid-May, our stage shook with laughter as Jimmy Cricket and Leah Bell, alongside their supporting cast, presented A Right Royal Knees Up! I was working in the box office during the performance, and it was safe to say that all who attended left with smiles from ear-to-ear, including Jimmy! We were able to get a few photos, including one with the team members of the Princess. A splendid afternoon enjoyed by all!

The Real Thing filled our auditorium with a nearly sold-out show. One of our guests even requested a special shout out from The Real Thing, as 'You to Me Are Everything' was their wedding song, and they had seen the act to celebrate their anniversary, how sweet!

Jubilee celebrations echoed throughout the sunset wine bar over the first weekend in June. Customers enjoyed refreshing beverages and good conversation on our terrace, alongside a possible portion of Fishers Fish & Chips....

Throughout June and the summer months Fishers will be serving their yummy menu to customers out on our terrace. So, grab a glass of something cold from our bar, enjoy the stunning sea view, and wait while your food order is processed by the friendly Fishers of Hunstanton team!

Moving on to what's to come, as I spoke about in the previous edition, we have the One Act Drama Festival commencing the first weekend of July. Here's your reminder to grab

this act studies the psychology and forensics behind some of psychology's most troubling topics. A unique viewer experience, not for the faint hearted.

Continuing throughout the month, a variety of musical acts step foot into our theatre. Tribute acts such as Adele – The Journey So Far, The Music of Lionel Richie, The Freddie & Queen Experience, The Carpenters



Jemma

Songbook, and The Rod Stewart Songbook all bring uncanny vocals from the artists that they celebrate.

For all sport fans, Aggers commences his innings as he pitches his cricket knowledge to the audience, exploring his own career and personal anecdotes, paired with film footage, audio clips, and many laughs!

Expanding upon what is to come – let's talk about the future... as you may know, we have already got some fantastic shows lined up for the year of 2023. One of which is the return of Shone Productions' Circus Spectacular! Shone Productions will also be here with the cast of Cinderella for our Christmas panto. Get your tickets early as we have already taken bookings!

Looking for something a bit spooky in 2023? Then The Haunting of Blaine Manor awaits your call ... This play is set in what is said to be the most haunted building in England! Described as the new The Woman in Black... this is a must see thriller for all of those that are brave enough (did I mention our auditorium is reputed to be haunted too ...?)

For a full list of acts over the month of July, please see the back page, and remember, all our performances can be viewed on our website.

But for now, that's going to be all from me! Thank you again to our acts; past, present, and future, and thank you for your continued support towards your local theatre! I look forward to speaking with you again soon, but until then - break a leg!



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Fri 1st - Sun 3rd



Thursday 7th



Saturday 9th



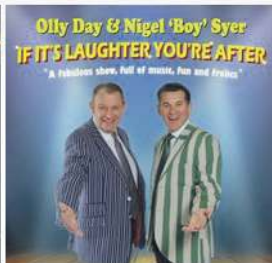
Sunday 10th



Friday 15th



Saturday 16th



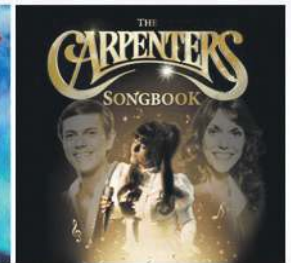
Thursday 21st



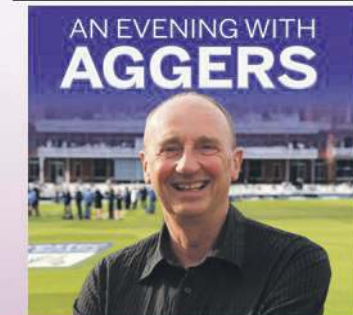
Friday 22nd



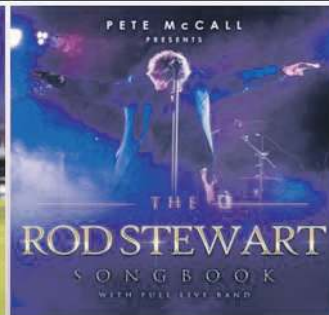
Saturday 23rd



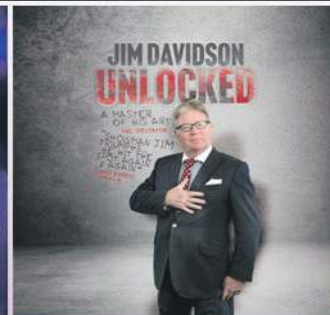
Sunday 24th



Thursday 28th



Friday 29th



Saturday 30th



Sunday 31st

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