

TOWN and AROUND



ISSUE 249 JULY 2026

PRICELESS!



Local News • Events • Great Outdoors • Features

First word



July is full of wonderful treats including the One Act Drama Festival and the Wild West Norfolk Festival, (both in Hunstanton), the King's Lynn Festival, the final two weekends of Festival Too in King's Lynn and in Congham, the World Snail Racing Championships. I think there's something for everyone to enjoy this month. For details of these and many more events, some of which are free, please turn to the what's on diary on the centre pages.

At Town and Around we like to celebrate the people and organisations that help others like Fallon and the other volunteers who help cancer patients (p4), Hunstanton Lions supported by Rainbow Park and Vegas Fish and Chips, who provide a wonderful day out for young people with additional needs (p8), and the 9-year old fundraiser for the RNLI (p6).

Printing these articles, plus all the other items we include, is possible because businesses advertise in these pages and the income from them pays for the print, and for that I thank them sincerely. I'd love to print more pages filled with news, and to achieve that we need more advertisers! If you have a business and you'd like to support your community magazine, please get in touch.

The items I couldn't include in this issue are on our website: townandaround.net so please do take a look.

Thank you for reading, and I hope you have a wonderful July.

Until next month,

Elaine

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Face-ing the future for people with cancer

Volunteers from a cancer support charity that helps women and men combat the visible and emotional side-effects of cancer treatment through free skincare, makeup, and grooming workshops, held an awareness and fundraising day at Westgate Hair Lounge in Hunstanton on 29th May.

"My main aim was to bring 'Look Good Feel Better' to the coast as I speak with many people in our area that have been through cancer treatment and they have not heard of us," says Fallon Atterbury, a volunteer for the charity at the Queen Elizabeth Hospital.

Fallon, along with other specialists from the beauty industry lead the Look Good Feel Better workshops each month for patients receiving cancer treatment or who have been through cancer treatment previously and are now in remission. They are held in safe supported spaces where people can connect with others in similar situations, gain practical advice and feel reassured and understood.

Participants receive a generous gift bag of donated skincare and makeup products from leading beauty brands, and they learn how to manage skin changes, hair loss and get tips on how to use the beauty products they receive.

"Cancer treatment can be an overwhelming for individuals, and the workshops aim to boost participants' self-esteem, confidence, and overall wellbeing during a challenging time.

"Even with ladies that aren't necessarily interested in beauty/skincare - my favourite part of the workshops is how the ladies all leave feeling a little more uplifted from meeting individuals going through or have been through similar treatments.

"During our day in Hunstanton we received generous donations from our local community and shop owners in Hunstanton, and every single pound has really made a difference; with the local support we have enabled more people to attend our workshops, making a difference to each person dealing with the impact of their cancer journey.

Maddie (Gemma's daughter) and Lisa (my sister-in-law) put their baking skills to good use and took time out of their busy schedules to help make the fundraising as successful as it was." Fallon added.



Volunteers at the MacMillan wellbeing centre in Kings Lynn include:

LGFB Volunteers

Amanda - Lead volunteer

(pictured above) Fallon, Laura, Rachel & Kerry.

Other volunteers that offer their support to the workshops include

Gill (pictured right) and Janet who are both MacMillan volunteers that really make LGFB as successful as it is in our area.



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9 year old boy raises thousands more for local RNLI

Dani Crawshaw



Nine year old Johnathon has been raising money for Hunstanton RNLI since he was 5, the total so far is more than 10 thousand pounds.

His latest effort has been a marathon walk, setting off at 5am from his home in Upwell, along with parents Kayleigh and Lee

Jarvis.

With the first 11 miles completed, he stopped at Wisbech Tesco to collect money - where he was joined by county councillor Tina Kiddel.

He went on to walk 11 miles around Wisbech and completed the final six miles in Hunstanton, ending at the RNLI station.

"Each leg of the journey, Johnathon was joined by friends and family," says mum Kayleigh.

"This makes all the difference to him. It keeps him chatting and makes the day more enjoyable.

"He was truly inspirational because the weather was hot, and even the adults were having to step out, but he just walked like it was the walk to school, not a marathon.

"All round it was a great community-spirited day helping a fantastic charity."

So far, Johnathon has raised

more than £2,500 with more sponsorships expected to come in.

Kate Craven, who's in charge of water safety at Hunstanton RNLI, says "He's just an incredible individual, we can't do what we do without people like him."

The 9 year old says he supports

the RNLI because, "If they didn't have any money they couldn't get training done - so how are they meant to go out and save people - it would be impossible."

He's been branded 'our hero' by Hunstanton RNLI - and what a well deserved title!



On a fundraiser in 2025, image RNLI/Chris Bishop

How 'berry' delicious!

Dani Crawshaw

The smell is intoxicating. There's nothing quite like it is there - freshly picked strawberries.

8 year old Marnie and her sister Millar, who's 5, are here with their grandmother to pick their own.

"Because it's a nice day today, and strawberries are my favourite fruit, they are really sweet," Marnie tells me.

We're given a row to pick, and as I follow the pair I'm taken back to my childhood. Warm summer days, the wonderful smell - and a lot of taste testing.

"Yum," says Marine as she eats a freshly picked one, "Millar, you have to taste them!"

"I think she's tasted quite a few already," laughs her grandmother.



By the giant strawberry shack, where there are mouthwatering ones ready to buy, I meet a mum who's stopped for few punnets.

"They're really good," she says as she tastes one, "I have a few strawberry fiends in my car, we just thought, lovely, beautiful, freshly picked strawberries - let's take them to the beach."

I ask Kevin, another customer, what he's going to do with his. "Stuff them down my neck!" He laughs, "I've bought the cream already."

The strawberry field, along the Dersingham Bypass, is open daily from 9-6 throughout the summer - and hopes to stay open until September.

As I pay for mine, Marnie and Millar are happily looking at the



amount they've picked.

"I'll probably finish them this afternoon," Marnie says.

Almost half of my punnet

didn't survive the journey home. A strawberry, that tastes like a strawberry, is quite honestly irresistible.

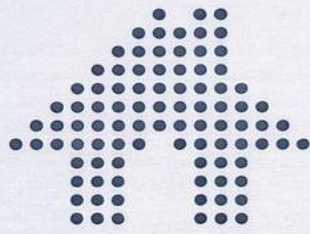



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Fun at the Fair

Dani Crawshaw



Teddy (right) with friend Eliza-Jade
Images Ian Burt

This time last year I wouldn't have thought this was possible," says Luke, who's here with his 10 year old son.

I met Eli at the event in 2025, when his dad says he was 'having a full blown meltdown'. But today he's happily on one of the rides with mum Kerry.

His dad is clearly emotional when I ask how wonderful is it to see, saying, "It's more than words could actually put together."



Eli with mum Kerry

For more than 20 years Hunstanton Lions Club, in collaboration with the Rainbow Park fairground, have been putting on the fun day - specifically for local children with additional needs.

Today more than 70 pupils are here from Churchill Park Academy in King's Lynn, along with their families, teachers and carers.

President of the club, Jane Scott, gets emotional as she says, "For me this is the

highlight of our year - every year.

"This is our one event that I absolutely love. Just to see the children, when they get off that bus, and their smiling faces."



Club volunteers with Mayor of Hunstanton

I chat to 11 year old Teddy before he goes on the carousel, "It's good, I like all of the rides, my most favourite one is the fun house." I ask if it's nice to be out with his mum, he smiles and says yes.

Mum Ellie adds, "It's always nice, it's something that they look forward to. And Teddy is just happy."

"And this year it's nice to see him interact with his friend, because normally he'll just stay with me. Seeing him progress as the years go on, it is amazing."

Assistant headteacher Jade Collinge Long tells me, "We're really lucky to be invited

every year, our children and parents adore it.

"It's not easy for some parents whose children have complex needs to come together, and I can't put into words how beneficial it is for the children."



"A little boy ran up to me all excited and said, 'we're here again!' The first year he came he really struggled, the second year he tried more things, and then this year he's like yes - we are here again."

Lunch is provided by Vegas Fish Bar, where I'm greeted by owner Joe - he's been busy since 8 prepping with his team.

He stops for a moment to say, "It's nice to give something back and I like to see the smile on their faces, that's the main thing."



9 year old Freddie with dad Del

As I leave the park I see a lot of happy faces - a testament to all those involved.

Assistant headteacher Jade says there can be tears when the children have to go, adding, "But it does end nicely with fish and chips."

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Death overseas: legal complexities and estate administration

By Miranda Marshall, Director, Hayes + Storr

Following on from my previous article on the immediate steps after a death abroad, I now consider the legal complexities and estate administration issues that can arise.

If the deceased owned property of any type abroad, this is likely to mean dealing with two or more legal systems.

You may need to obtain probate (or a grant of letters of administration) both in England and in the other countries where assets are located. In Common Law countries a 'reseal' of the grant of probate is possible, and this simplifies the process. Other countries with different legal systems (such as Civil Law jurisdictions) require a very different system to be followed.

Domicile can affect not only which laws govern the estate but also where inheritance tax (or its equivalent) is paid. 'Domicile' is the country with which one has the closest connection. Historic links are not easily severed.

If there is a Will, you must establish whether it covers their assets situated overseas, or whether there is a separate Will in the other country. It is possible to have more than one Will. Be wary of the risk of inconsistency or unintentional revocation.

Conflict of laws is a technical complexity. Each country has its own inheritance and succession rules. In England and Wales there

is 'testamentary freedom', so you can decide who gets what (subject to certain legal safeguards).

Many Civil Law countries have 'forced heirship' systems; where spouse, children and other relatives must receive a fixed share. Where the deceased was domiciled or owned property in a forced heirship jurisdiction (such as France, Italy or Spain) local law may override their English Will.

It becomes even more complicated where the deceased had dual-nationality or held property jointly with a foreign partner or relative. Careful analysis of the law to establish the position is required.

Under the EU Succession Regulations (known as 'Brussels IV'), you can elect for English law to apply to property owned in certain EU countries. Even post-Brexit, British nationals can make this election by their Wills. Making an election makes a big difference to how the estate is administered across jurisdictions.

Watch out for the liability to pay inheritance tax in more than one country. British inheritance tax is based on the domicile of the deceased, while other countries levy tax on the location of the assets. This can result in double taxation, where the same assets are taxed twice in different countries.

Britain has double-taxation treaties (DTT) with several countries, which allow relief or



credit for tax paid overseas, reducing the overall burden. The relief must be claimed and documentation provided to HMRC, so it is a burdensome process. Even where there is a DTT, there are still the differing tax rates, filing deadlines and valuation rules.

Dealing with an overseas estate is demanding. Delays are common. Exchange rate fluctuations are a complication. Some authorities insist on in-person verification or local legal representation. Notarised and apostilled documents are often required. Communication is challenging; there is the need to correspond with overseas lawyers, banks, consulates, often in another language and under another legal system.

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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GREAT BRITISH SUMMER (VAT) SAVINGS!..... ARE THEY WORTH IT?

By Mapus-Smith & Lemmon LLP incorporating Kathryn Gigg Chartered Accountants, Hunstanton

Back at the end of May, as part of its "Cost of Living Help" Campaign, the Government announced that the VAT rate for many tourism and hospitality supplies for children and families will be reduced, temporarily, from 20% to 5% for the period between 25 June to 1 September 2026 inclusive.

The temporary VAT rate reduction is to cover: (See Revenue & Customs Brief 5 (2026) for full details)

- Cafes & restaurants

If a meal (consumed on the premises) is "marketed, presented and priced" as intended for children, it will benefit from the 5% reduced rate. (N.B. There is no reduction for takeaway food)

- Theatre & cinema

Tickets for shows, theatres, concerts, cinemas and exhibitions will enjoy 5% VAT for children only, but the reduction will extend to family tickets, if the family includes at least one child.

- Attractions and soft play

Admission to amusement and adventure parks, museums, nature reserves, zoos, wildlife parks, soft play centres etc will be subject to 5% for both children and adults. (N.B. Admission to sporting events is specifically excluded from the "Summer Savings" reduction)

On the one hand, it has been estimated that the potential VAT saving for families during the 38-day period when the rates will be reduced to 5% will, on average, be less than £10 per household.

On the other, the administrative, accounting and customer relation challenges for business will be considerable.

Although it is acknowledged that a qualifying business should have the opportunity to attract more trade over the Summer as a result of this targeted relief, it has potential to increase overheads at a time when they are already facing considerable cost pressures.

Business has only been given a relatively short period in which to prepare. Advertising and promotional materials, accounting systems and staff training "at the till" will all need updating; adding cost at every turn.

Businesses are therefore advised to take particular care when determining whether their supplies fall within the scope of the reduced rate. An incorrect categorisation could prove very costly.

Clarity will also be needed where a ticket that permits admission between 25 June and 1 September 2026 has been sold in advance. It appears that cashflow chaos has already been sparked as tens of thousands of customers see to get their money back to take advantage of new lower prices. Additional complications arise where a ticket sold this Summer allows repeat entry outside the set period.

Are such short-term complications worth it?

Once again it seems that measures of this kind simply highlights issues with the UK VAT regime and the need for its reform and simplifications in the long term.

If as a business affected by this measure you require advice regarding whether your supplies qualify for the reduced rate or assistance dealing with the necessary adjustments to your VAT accounting, please contact Nicola Tarry FCA at Mapus-Smith & Lemmon LLP, Hunstanton office on 01485 534800 or ntarrry@mapus.co.uk

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French Café a resounding success

Downham Market Festival has long featured a French café on it's opening weekend run by the Town's Twinning Club. However the Club felt they couldn't undertake this in 2026 so Downham Market Rotary stepped in to help out.



A dozen or so Rotarians, suitably garbed in berets, Breton shirts and some (of the male Rotarians) even sported moustaches to enhance the French 'feel' as waiters and waitresses. The café was situated in the Clock Room of the Town Hall with further tables outside on the Town Square. French flags and bunting decorated tables and any other available surface!



Opening at 10am the café attracted a lot of custom and the bonus being that after expenses a substantial amount was raised to support local good causes. Downham Market Rotary extends their thanks to everyone who supported their first venture into the French Café and Downham Market Town Council for the venue.

George Morton, the incoming President of Downham Market Rotary said "our thanks go

to Rotarian Chris Hitchens for organising the Café effort at relatively short notice. It was a lot of fun. Next year our Rotary in Downham will celebrate its 70th anniversary. If anybody feels they would like to have fun as well as helping to do worthwhile projects supporting those in need both locally and internationally, come and try us out. Email George on : georgedmr@btinternet.com

Ringstead route is bus-ting with happy passengers

Valerie Everitt

The pretty village of Ringstead now has a much awaited new bus service.

Having been without a bus for many years, there is a buzz of excitement in the village as it enables residents to travel to the Hunstanton Travel Hub and link up with other bus routes. Saving petrol, parking and the freedom of travel.



The new 33B route departs Ringstead 09.51hrs every 2 hours until 15.51 and returns from Hunstanton Travel Hub at 09.38 hrs every 2 hours until 15.38 Monday-Saturday.

This timetable is more than could be hoped for, provided by LYNX Buses and funded as part of Norfolk County Council Bus Grant allocation received from Central Government as an extension of route 33.

This circular bus route also helps visitors to come and explore Ringstead which offers The Gin trap Inn, Wards Nurseries, The General Store which includes a lovely cafe, St Andrews Church and beautiful country walks.

Having lived in Ringstead for 45 years I know how desperately this bus route is needed. Some residents have moved out of Ringstead, listing getting on a bus route as a factor in their decision. Indeed, when I was without a car for over 2 weeks I felt the same way as it was a nightmare to get anywhere without a car.

Now we all have that choice to use this fantastic bus with a feeling of connection.

What a great day for Ringstead when, on 1st June the first bus arrived with 3 passengers from Hunstanton enjoying the new route to Ringstead.

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Electing Those Who Govern

Edwin Salter

The long evolution of our present political system provides a fascinating history from absolute Kings through to the Civil War (Hunstanton's Sir Hamon Le Strange briefly defended King's Lynn), a Parliament, and eventually the hard-won rights to vote regardless of wealth and sex. A broad division between Whigs and Tories began in the late 18th century and found its 20th century equivalent in Labour and Conservative parties with a smaller Liberal intermediary.

With just two candidates in a constituency it is obvious that the larger vote succeeds – FPTP 'first past the post'. But now parties are more numerous, and the recent West Norfolk County outcome is remarkable, one party suddenly gaining 12 of 14 seats. Independent candidates with excellent records for improving our local life, environment and well-being were defeated. But how relevant is national political ideology at the local level?

The great general question is the way our inclinations are translated into election results given the problem of multiple candidates. The centre tends to be too divided, but a far-out party at least gains voters even more extreme. The old FPTP now seems very iffy: imagine a spectrum of votes 19% 20% 20% 20% 21% giving a victory to the 21% party strongly opposed by a majority.

Around the world there are very many different arrangements, and not all preserve our geographical constituencies each with its chosen representative. Well known is the basic notion of proportional

representation. The elected assembly mirrors the electorate: if x% of voters support a party then that receives x% of the seats. But if representatives are chosen by parties the leaders may prefer loyalty more than ability. Also the multiplicity of tiny parties could cause trouble (just a few Peers recently blocked assisted dying) perhaps avoidable by setting a minimum threshold number.

Other systems (variously called alternative/supplementary/transferable voting) use multiple votes (simply a Yes and a No vote sounds attractive but liable tactical blundering). Here is one example suited to our constituency system. With 5 candidates we could make 1st, 2nd, 3rd, 4th choices. Initially the candidate with least first choices is eliminated. At the next count those who voted for the failed candidate have their second choice considered. This process repeats until a winner with 50+% emerges. It favours a generally tolerable outcome and rightly recognises that all our decisions are made considering both like and loath motivations.

With a background of troubled governments here, and in a world of war and subversion deeply polarised by wealth and power, our electoral system must be carefully chosen. If you know of a country that seems relatively stable and happy, check it out. One last point – the determined and influential promote and vote for their own benefit while those troubled by difficulties too often miss out. But it is they who most need good caring government and should be encouraged to the privilege of voting – democracy.

Sedgeford Craft Fayre

Jacqueline Sindle

Here I am writing once again to inform you of the next Sedgeford Artisan Craft Fayre, the second of three for 2026. This will take place at Sedgeford Village Hall on Sunday 9 August 2026 and will run from 10.00 a.m. until 3.00 p.m.

Those of you who have been before will know what talented crafts people attend. This time we have our regulars including Lorraine with her beautifully crafted jewellery, Joan selling her fabulous stain glass items, Jan with up-cycled denim together with Rita's cakes and bakes and Angela with Art from the Heart; handpainted items fired in her own oven and each one unique. You may have seen her items for sale elsewhere. There will also be textiles, resin jewellery, Tropic and so much more. As always, we have fabulous homemade refreshments on sale all day. This Fayre's raffle is in aid of Coastal Watch, Brancaster. They, like the RNLI, rely totally on the kind generosity of the public. One for the younger visitor, I have been told that Barney, the Coastal Watch Brancaster mascot will be in attendance so come along and meet him. I believe he has his own facebook page and I will be having a meeting with him shortly to find out more.

So, just to recap. Sedgeford Artisan Craft Fayre, 9 August 2026 from 10.00 a.m. - 3.00 p.m. at Sedgeford Village Hall, Jarvie Close, PE36 5NG. Free entry and free ample parking Great refreshments, raffle for Coastal Watch Brancaster and I look forward to meeting you all on the day.

Hunstanton Webcams Launches 2027 Charity Calendars to Support Local Lifesavers

Hunstanton Webcams has launched its 2027 charity calendars, with proceeds from every sale supporting local volunteer first responders who help save lives.

Following the success of its inaugural charity calendar last year, the much-anticipated new editions were unveiled at this year's Hunstanton Town Carnival, with two calendars showcasing the very best of the seaside town: a General Hunstanton Calendar and a dedicated Hunstanton Sunsets Calendar.

The calendars feature winning images from a public photography competition that attracted hundreds of entries from amateur photographers, all capturing the beauty, character and unique atmosphere of the popular coastal resort.

To ensure fairness, all photographs were judged anonymously, with the final selection based solely on photographic quality, creativity and visual impact. A panel of judges chose the winning images, which now appear in the two 2027 calendars.

Glen Piggott, owner of Hunstanton Webcams, said: "After the incredible response to last year's calendar, we weren't sure how we could top it. The number and quality of entries this year have been fantastic and show just how much people love Hunstanton.

"We're delighted to showcase these wonderful images while also raising money for a truly worthwhile local cause."

£2 from every calendar sold will be donated to Hunstanton and Heacham Community First Responders, a volunteer group trained by the East of England Ambulance Service NHS Trust. The team attends potentially life-threatening 999 emergencies, providing vital care in the crucial minutes before an ambulance crew arrives.

Ben Plunkett, Group Coordinator for Hunstanton and Heacham Community First Responders, said: "We're delighted to have been chosen as this year's calendar charity. Every pound raised helps us invest in essential equipment and training, enabling us to continue supporting people across our community when they need us most."

Both calendars are available in portrait and larger landscape formats and can be purchased online at <https://hunstanton.webcam/calendars> or from Witley Press, 26 Greevegate, Hunstanton.



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The Sheep War and the Fighting Bishop

Russell Lyon

Norfolk has long been a county of many magnificent churches. Far more than could be explained by the scanty rural population. There are well over 600 medieval churches in Norfolk, each one is individual in its own way. Why so many? The rich landowners who built them in this very religious Catholic society were frightened for their souls in the afterlife and saw the building of 'Houses of the Lord' as a way of guaranteeing their swift arrival in Heaven and avoiding the worse perils of Purgatory. Purgatory they had all been taught by Roman Catholic priests was a place of temporary purification for any sinner before they were permitted to enter Heaven. And who among us and then have not erred from time to time? Purgatory was described as a 'cleansing fire' or period of intense suffering and very unpleasant to be avoided or mitigated at all costs.



The money to build the churches was derived from wool which was a much prized and expensive commodity. Norfolk had a lot of sheep owned by wealthy landowners. Much of the wool was for home consumption but it was greatly prized in Europe and there was a large lucrative export market to the Continent.

The French led by Charles VI invaded Flanders in 1382 and the Count of Flanders, Louis II was under orders from the French king to start blocking English wool imports. It hurt

everybody especially English farmers, Flemish weavers and the English Royal treasury. Something had to be done.

The Catholic church was in turmoil due to two rival Popes: Urban VI in Rome and Clement VIII in Avignon supported by Charles. England supported Urban and the money was raised through the Catholic Church to lead an army to Flanders for a holy war. The Bishop of Norwich, Henry Despenser who was known as the Fighting Bishop was the man for the job.



He had been the chief man who helped with extreme brutality put down the Peasants Revolt in East Anglia and had military experience in Italy. Richard II as King was reluctant to find money for the war as he would have to go cap in hand to Parliament which was low in funds after fighting the French for forty years. But the necessary money was raised through church taxes and the sale of indulgences (a medieval way of getting out of or alleviating the worse of purgatory). The funds raised was to support Urban against Clement in this 'holy war' but really the underlying reason was to fight the French and protect the wool trade. Louis II of Flanders supported Clement so it was a perfect excuse. Religion, economics and politics all rolled into one. The war was about wool, power



Fighting Bishop Wood Carving in the Chancel at Minster.

and national interests.

Despenser sailed to France in 1383 with a small army of about 3,000 men under orders from the King to wait for more help before he left England. But Despenser was very arrogant and thought he had more than enough to win and he did initially. He captured Gravelines and Dunkirk and then got sucked into a siege of Ypres. He didn't have enough men or equipment to beat the defences and after about 6 weeks of trying the French king arrived and the English army had to beat an ignominious retreat back across the Channel without achieving anything.

The wool trade still suffered, the Pope Urban disowned the whole affair and there after church led expeditions were regarded with extreme suspicion and fell out of favour. When Despenser arrived back in England he found to his horror that he was impeached in Parliament for disobeying the King and not awaiting orders before attacking the French. He off course denied all charges but everything was proved against him. His properties were confiscated and he was ordered to repay all costs.

The sheep war, disguised as a holy war to raise money from the church for the campaign had been very important because England produced wool, Flemish cities like Ghent turned the wool into cloth which sold across Europe. It was vital for both countries and it failed. If it had succeeded then perhaps Richard may have been able to keep his throne.

With failure Despenser was in big trouble with the King and Parliament but the Scots came to his rescue by invading the North of England and Richard called on Despenser to help defeat the Scottish army. This he did and Edinburgh was sacked before the English army retreated job done and Despenser was reinstated. He was back in favour. He repaid this by still backing Richard when a revolt and insurrection against his reign was threatened by Henry Bollinger. Somehow, he managed while still supporting the failing Richard to be pardoned by the new King Henry IV and was present at his coronation at Westminster Abbey. Henry IV (Bollinger) found it more useful to overlook his support for the deposed King Richard and kept him at the new court.

He died in his bed which was no mean feat for these tumultuous times and is buried before the high altar in Norwich Cathedral.

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EQUITY RELEASE MADE SIMPLE



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

When my business partner, Nigel Barrett and I first formed Barrett Batchelor Mortgage Services LLP, the aim was to not only be professional and efficient, but also to ensure that the service offered was personal and friendly. We firmly believed that this was required to make our company successful and is also what the people of Norfolk required. We were, and remain, determined to treat our clients with the respect they deserve and to ensure that they don't feel as if they are 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 well be the most important one of all. It's fair to say that Equity Release is not for everyone, and part of the process I guide people through is explaining other options that may be 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 that 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 maybe your private pension has not performed as you had hoped for, the question that could be asked is how you can 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, potential stamp duty on the new purchase etc), more and more people are looking at the option of staying in their current property, and raising funds via Equity Release to enable them to do so.

One thing I am very keen to do is to 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 that the amount you borrow will never exceed the debt on your property.

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

- raising funds to boost their income in retirement
- clearing an outstanding mortgage on their property
- property improvements
- assisting family members financially
- funding a new or existing hobby, such as caravanning

There are of course numerous other reasons you may be looking to raise money, and the importance of fully discussing such matters with a fully Qualified Equity Release Adviser cannot be stressed enough.

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

If you are fast approaching retirement (Equity Release is available to over 55's only), or indeed you have already reached this milestone in your life and would like to explore the options available to you, I'm here to offer a helping and guiding hand. To understand 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 would prefer me to do so.



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Wendy Warner's plant of the month - Gaura

A gardener's favourite for long-lasting summer colour and for creating movement in the border, Gaura is often described as looking like butterflies fluttering above the border. This elegant perennial has star-shaped blooms in white or shades of pink which open gradually along slender stems which, depending on the variety, can grow from 30cm to 150cm in height. Many varieties will flower from late Spring through to Autumn.

Gaura lindheimeri is one of those plants that doesn't tend to have a common name, so is just known as Gaura, but to confuse everyone, a few years ago it became classified as Oenothera rather than Gaura. Therefore, if you are looking for the plants, they may now be labelled as Oenothera (not to be mistaken for another member of the Oenothera family – evening primrose!)

Gauras prefer a well-drained soil, in a sunny position and once established are remarkably drought tolerant. They don't require much in the way of feeding and will prefer poor soil to a rich, heavily fertilised one. Saying that, they do perform well in my clay soil, especially in recent summers when the ground has become baked, although they can suffer in wet winters if drainage isn't adequate and may rot off.

Being relatively low maintenance, a light trim during midsummer will encourage more

flowers. Leaving old flower stems on the plant over the winter will help protect the crown from winter wet or late frosts. These can then be removed as new shoots emerge in late spring.

They work well in cottage garden style planting schemes combining with roses, salvias, hydrangeas and lavender, where these plants can create some support for the gauras. Their delicate flowers will soften the planting between these bushier plants.

Gauras are particularly suited to prairie style planting where plants are positioned in drifts to create movement. They work well alongside ornamental grasses, Verbena bonariensis, scabious, salvias and eryngiums.

Their flowers attract bees, butterflies and other beneficial pollinators so work well in wildlife gardens.

Smaller, more compact, varieties also lend themselves to be grown in pots or containers for a sunny patio either on their own or used as a centrepiece in larger containers with bedding plants around.

There are a great number of varieties of Gaura, probably the best known being 'Whirling Butterflies' which produces masses of pure white flowers on stems approximately 90cm tall. A taller pure white is 'The Bride' which will reach 125cm. Gaura 'Siskiyou Pink' has dark red leaves and medium height

pink flowers. Both 'Rosy Jane' and 'Gauriella Bi-color' have white petals edged with bright pink. The Gaudi series in rose, white or red are all more compact flowering at about 30cm tall with a spread of 35-40cm, making them ideal for pots.

If you don't already have one, treat yourself to a Gaura this summer to create some elegant and graceful movement to your garden.



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Dani Crawshaw



The King came and he was over the moon," says Tom Chadburn, the assistant sawmill manager, who's showing me the trees and plants now for sale.

"The King himself loves his gardens - trees are his passion, especially some of the dogwood we are selling - he loves them.

"He's very hands on, it's wonderful, and it's very nice for him to come and see this, because it means a lot to us. He is the King at the end of the day, and it's a huge honour to have him here."

Sandringham Sawmill processes British-grown timber from the estate's sustainably

managed woodlands, and since 1988 it's been open to the public.

But this is no longer just a sawmill, it's branching out - literally - and now stocks a whole range of trees, plants, and garden furniture.

"It has very much been a sawmill up till now, which is great, but we need to diversify a bit.

"Obviously we have already been selling stuff for gardens - sleepers, fence posts, fence panels - but we've started to go down the route of selling trees, from birch to willow, all the way to small acer trees, and plants as well."

"We've got a huge range of roses, because the Royal Family love the roses.



"But we have everything from lavender to hydrangeas. We're also stocking pots, mainly large decorative pots, we've got some really



Tom Chadburn on one of the benches

huge beautiful greek pots."

"We have teak furniture, and some exclusive Royal Sandringham Estate benches, engraved with the new logo and crest.

"The King had a sit down and he really liked it, was a big fan of it. He had a lot to do with the design of the new logo, so loved to see it on a bench."

Tom tells me It's an exciting time for the sawmill - and he's glad to be part of it.

"It's great that people can come here with ideas to do their garden up with fencing, but will now really be able to complete it here, with the plants and trees.

"Even though we're a sawmill, being tied to the Sandringham Estate and the Royal Family, it is an honour."

79 year old triathlete says he's 'having fun'

Dani Crawshaw



Before I meet John, I ask him to bring along a few of his medals. Having done 13 triathlons - there's quite a choice - but he opts for one with a red lanyard and a trophy from the same race too.

"Sheringham 2023, so this was the first one I did, strangely enough on that day I won my age group, I'd never done it before and it was like ta-da! Look at this, look at me! And then you get a bit addicted - then you wait for the next one to come up."

I first met John as he crossed the finishing line in May's Sunny Hunny Tri, and even though out of breath, he was kind enough to stop and chat. "My knees are like jelly - but I'm still here," he said.

Days afterwards I found out he is 79 years

old, which intrigued me. I'm in my 40's and even the thought of doing a triathlon is daunting, so I asked to meet again to get some advice.

I had been expecting to hear he'd been competing, in some form, throughout his life, but this all began when he was 76.

"I'm part of a team of cyclists in Watton, one day we had this young lady join us and she decided to do a triathlon, but the thing about it was she couldn't swim - and she taught herself to swim and I thought what excuse do I have?

"I can do the bike stuff, the swimming - well I had to get in the pool and try and improve things - but the running, I still can't run, the first triathlon I walked it.

"Someone gave me this couch to 5k, it was so difficult, but now I can jog doing the 5k park runs and I can get around them."

He tells me there are 4 more races he hopes to complete this year, "It's been really good to do these triathlons, to get these things together, to get focused, you realise you've got to practise.

"If you're planning on getting old you've got to train for it, or else you know how you're going to end up - if you don't use it, you lose it.

"So I've done 13 so far, I've got another in a few weeks, I still can't really run - I'm just having fun, doing what I want to do. That's

the key bit, having fun, if you're not doing that, nothing's going to work."

I ask what advice he'd give to those (like me) apprehensive about competing in one. "I've been plagued by fear, and I'm quite aware of it," he says, "And I came across this book and the answer to your question is in the title - 'Feel The Fear And Do It Anyway'.

"If you want to do something that's extraordinary to you - just do it. We can achieve almost anything. My goal is I'd like to do a 5k in 30 minutes, got to shave off 15 minutes!"

As we say goodbye John says perhaps he'll see me at one of the races later in the year, this time as a competitor.

Maybe John, just maybe.





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Barking Bugle News

Bearly Speaking: Strikes, Scares and Summer Snoozes

For once, the Barking Bugle has had rather more real-life drama than editorial imagination to work with this month, and we find ourselves reporting under slightly unusual circumstances. First up: industrial action.

We would like to formally confirm that we, Miss Zsa Zsa and Ziggy Bear, did in fact go on strike. The reason? Our pawrents went on a bear-viewing holiday. Yes. A bear-viewing holiday.

Now, I don't like to make things about me (except when it is absolutely appropriate), but I am Ziggy Bear. It is literally in the name. One might reasonably assume that if any bear-related activities were to take place, I would be consulted, included, or at the very least offered snacks during the planning phase. Sadly, none of these things occurred. Instead, we were left behind while they went off to observe other bears in the wild leaving the resident bear at home. Strike action was unavoidable.

After lengthy negotiations involving treats, tummy rubs, and several cheese-based concessions, we have agreed to return to work.

Speaking of drama, Miss Zsa Zsa has been keeping everyone on their paws lately. As many of you know, she has a poorly heart, and we've had a few rather scary moments over the past week. Fortunately, our local vets have been absolutely wonderful. They saw her quickly, looked after her brilliantly, and helped get her back to supervising the household from her favourite sofa. Miss Zsa Zsa would also like to thank everyone who has enquired after her.

Of course, last month also brought us the first heatwave of the year. As always, social media was filled with reminders about keeping dogs safe in hot weather. To be fair, there are always new dog owners learning the ropes, so the annual reminders are there for everyone's benefit.

As professional dogs, however, we can confirm that when



temperatures soar, we are perfectly content swapping walks for shady gardens, cool floors and the occasional frozen treat. We spent the warm spell exactly as nature intended: stretched out dramatically across the house and refusing to move!

The garden wildlife seemed equally sensible. Birds sought shelter, squirrels slowed down, and even the neighbourhood cats appeared to be conserving energy for cooler evenings.

As summer continues, we hope everyone — two-legged and four-legged alike — enjoys the sunshine safely. Remember to drink plenty of water, seek out a shady spot, and never underestimate the restorative power of an afternoon snooze.

Until next month, stay cool, stay happy, and if your humans suddenly announce they're going to look at bears, make sure they understand there may already be one living in the house.

Woofs and wags,
Miss Zsa Zsa & Ziggy Bear

Paw-fect classmate!



Images Ian Burt

"She is so soft, and I like reading stories to her," says Year 2 pupil Lukas. "She makes me feel happy, excited, and calm."

Shih Tzu Dolly has become a popular, weekly visitor at Heacham Infant School, where, accompanied by owner Dawn Swift, she spends time with pupils across all age groups.

"Dawn and Dolly visit our school regularly, usually on Monday mornings, and they are a very welcome addition to our school community," says Assistant Headteacher

Claire Dack.

"The children thoroughly enjoy spending time with Dolly, as she brings a real sense of calm and comfort."

"During her visits, she spends time with different classes from Nursery through to Year 2. The children are able to stroke her, ask questions about her, and read stories to her,



which they thoroughly enjoy."

Dolly's also a familiar face at Heacham Junior.

"Dawn Swift, who has vast experience working in schools, first approached the Junior School in 2024 to volunteer Dolly's services, recognising how beneficial therapy dogs can be for children," continues Mrs Dack.

"Following this success, we later invited Dolly to also visit the Infant School, where she has now been visiting for several months."

"Many of the children enjoy sitting with Dolly to chat, read stories, and share their thoughts and feelings – something they might find difficult to do in other circumstances," adds Mrs Dack.

"Her visits provide comfort, enjoyment, and reassurance for many children, while also helping to develop confidence, communication, and reading skills."

The Assistant Headteacher says Dolly 'has become a very special part of the school community' and that the children always look forward to seeing her.

How paw-sitively brilliant!



Snettisham Gardening Club

RHS affiliated club

In July we do not have a meeting in the hall - we have our Open Show on Saturday 11 July so there is still time to get an entry form from either our meetings or Stockley's Chemist. Entries should be submitted by Wednesday 8th July.

We will be having an exhibit in the Garden Recycling section at the first RHS show being held at Sandringham from 22nd July. Jackie Scott is leading the team for this and will be seeking contributions of plants. We will also have a stall at our upcoming Village Fayre on Saturday 8th August so hopefully our members will have contributed the excellent plants they usually do for sale. Monthly meetings in the Memorial Hall, Old Church Road begin at 7.30 pm.

As always visitors and guests are welcome to join us at our meetings at a cost of £2.00 for the first visit and £10.00 for full membership which also gives discount at Ward's Nurseries and Moulam & Horn.

For further information please call Gail on 07899933840 or Addie on 01485 544754

Downham Market and District Horticultural Society

Affiliated to: Royal Horticultural Society
Carolyn Hayes

West Acre gardens

Twenty of us enjoyed our first garden visit of the year in May, to the beautiful walled garden and nursery of West Acre, a few miles outside Swaffham. Mandy, the Head Gardener, led another very enjoyable walk. So many plants and shrubs were in flower, so whichever way we looked there was colour and interest, not just with the huge variety of plants but also so much dramatic and unusual foliage. The Apple Café was a most welcome end to our visit. We will be back, perhaps a little earlier in the year next time, to enjoy the magnificent spectacle of the huge magnolia tree in flower. The photograph shows some of our group, with a stunning bearded Iris in the foreground.



The Medlar – our forgotten fruit

Also in May we had a fascinating talk by Jane Stewart, medlar expert extraordinaire. Jane is trying, quite successfully, to revive its popularity, so more of us can appreciate its qualities. Jane has written an authoritative book on the Medlar, entitled Medlars – growing and cooking, which she brought along to our meeting, together with jars (to taste and to buy) of her delicious medlar jelly and medlar chutney. If you would like to taste these for yourself, just head down to the wonderful Norfolk Cheese Company and Delicatessen in Downham Market's High Street.

Our annual Summer Show

This year's Summer Show is this coming Saturday 4 July in Downham Market Town Hall. We hope some readers will have entered – in which case we look forward to seeing you there with your exhibits bright and early! Otherwise do just come along from 11am onwards and admire all the exhibits, and perhaps get inspired for next year. We will have a loaded plant stall, with plants grown by our members, an excellent raffle supported by many of our local businesses, and refreshments. Prize giving is at 3pm.

Further details

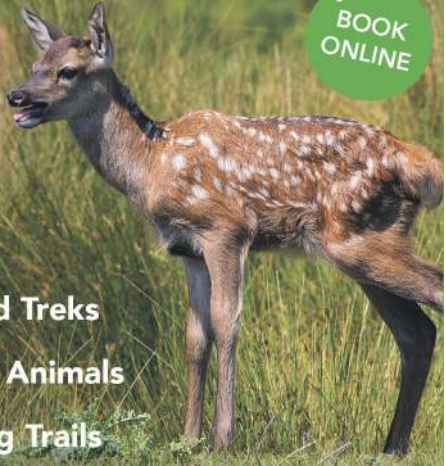
If you'd like further details or if you'd like to come along to see what we're all about (with no obligation to join), please contact our membership secretary, Judith, on 01366 501466 or email: jt.mazur@tiscali.co.uk. At only £10 per year, it is a real bargain!



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Norfolk teenagers from a tiny 83-seat theatre are heading to one of the UK's biggest stages

Liz Brewer

Westacre Theatre is a small, 83-seat theatre and registered charity tucked into the Norfolk countryside. This spring, our young performers took part in NT Connections, the National Theatre's flagship initiative for young people and staged their production of *Fishville*, by Afsaneh Gray to great local acclaim.

Last month they then went on to perform again at The Garage in Norwich.



We then received the extraordinary news: they've been selected to perform *Fishville* in June, at The Lowry in Manchester - a 440-seat venue that hosts some of the biggest names in British theatre. This year's Connections Festival is inviting eight youth theatre groups from across the nation to bring their interpretation of new plays, specially commissioned for young people, to champion the talent of young people across the UK and celebrates the power of youth theatre. For the past three months, over 5,000 young people from more than 250 companies and schools UK wide have performed at home venues and on one of 33 professional stages across the country.

For our tiny theatre and the young people in it, this is a genuinely life-changing moment.

What makes this story more than just good news: Many of these young people have almost no access to performing arts at school. We serve a scattered, rural community - including home-educated children and students from local schools where arts provision is limited or disappearing off the Curriculum. For them, Westacre Theatre is often their only creative community.

To have been selected from a strong national cohort, going from an 83-seat theatre in Norfolk to a stage in MediaCityUK - is testament to what happens when young people are given a chance and the support to fly.

As Sadie Grist, Theatre Director of Westacre, says: "We could not be prouder of the dedication and enthusiasm our young people have for theatre and for this particular project. It's their achievement, and it's not special because they are young, it's not special because we are a tiny rural theatre, it's special because this group of young people, their director and the team around them, made it so.

It's what theatre does best, it's what we strive for as a venue, and this lovely chunk of national recognition has given is all a huge boost in what extraordinarily tricky times for the Arts in The UK."

Becky Owen-Fisher, who directed *Fishville* adds, "National Theatre Connections is a fantastic opportunity for casts of young performers to tackle brand new plays by professional playwrights. It's been a joy and an honour to direct Westacre Theatre Company this year. The whole cast has risen to the challenge and I'm so proud that they have

now been given the chance to showcase this incredible play on a national stage. It's phenomenally well-deserved and will be an experience they'll remember for a very long time."

Kirsten Adam, Head of Participation at the National Theatre, said "We are really pleased to have Westacre Theatre performing *Fishville* at this year's annual Connections Festival. Each year, it is an honour to watch thousands of young people from across the UK develop the confidence to express themselves authentically through our Connections and New Views programmes and build meaningful communities together. We cannot wait to celebrate this year's extraordinary energy and creative visions in Salford through our partnership with Lowry."

This is also a timely story. Westacre Theatre is a charity, and like so many small arts organisations, we rely on public support and visibility to keep our doors open. Our summer season is now on sale, our new Theatre Tent is here - and every ticket, every story told about us, helps make sure moments like this one keep happening for the next generation of young performers.

Check out our fabulous Summer Season: westacretheatre.com - Norfolk's best outdoor Theatre.

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19 JULY BOW JANGLES
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26 JULY DIXIE MIX
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6 - 29 AUG SENSE AND SENSIBILITY
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Wild in Westminster and West Norfolk

A few weeks ago, I was at the Holme Dunes nature reserve with the Norfolk Wildlife Trust to mark the charity's centenary year and to discuss a range of nature and environmental issues, including biodiversity net gain and clean power. At a time when some organisations are struggling with membership, CEO Eliot Lyne explained there are a record 40,000 members of NWT today enjoying and supporting our wonderful nature.

This is a spot I like to take friends to and while enjoying the beautiful natural environment explain the remarkable discovery of 4,000-year-old Seahenge at Holme beach nearly three decades ago. While you need to go to the Lynn Museum to see some of the original timbers, the find is marked on the coastal path.

One of the topics we covered in my meeting were proposals for a Wash barrage. NWT along with the RSPB, Wild Ken Hill, and other groups are opposed to the plans due to the significant impact on internationally important habitats and wildlife.

I share their deep concerns and have set out my firm opposition based on the plans made public to date. I have also called on the developers to bring forward an independent

environmental assessment and share more information with the public.

Despite frequent rumours that a Development Consent Order application is likely to be submitted shortly, none of the strict pre-application consultation that is required by the government for a nationally significant infrastructure project before doing so has taken place yet.



A key area where I will continue to work together with NWT is around protecting our precious chalk streams, among the rarest

habitats in the world and a key feature of the county's natural environment. It was disappointing that the government rejected attempts to amend planning legislation to enhance their protection but with more bills coming forward in the new Parliamentary session there will be more opportunities in the future to revisit this.

Along the coast this month, the cut in VAT from 20 per cent to 5 per cent will be in place. This applies to admission to nature reserves, amusement parks and other attractions, as well as children's meals and family tickets for cinemas, theatres, and exhibitions. While help for our leisure and hospitality sector is welcome, the short time period brings compliance and other costs for businesses.

Far better than short term support, would be to get rid of business rates for such businesses as Conservatives have committed to and reduce the burden of regulatory and other costs which make it harder for firms to succeed and employ people.

Let's hope the warm weather continues with so many events from the one act drama festival, to Wild West Fest country music, to open air cinema, the new Hunstanton gin and beer festival, and free family fun days there lots for everyone to enjoy!

Farmers need our support

Terry Jermy MP

As MP for South West Norfolk, Co-Chair of the All-Party Parliamentary Group for Farming and Member of the Environment, Food and Rural Affairs Select Committee, it is fair to say that I am concerned about the future of farming and the numerous challenges facing the industry.

Having lobbied the Government to provide targeted support to farmers who are facing pricing shocks as a result of the conflict in the Middle East, I was pleased with the Chancellor's recent £400 million support package.

Included in the package was the announcement that the Government will be cutting the duty rate on red diesel by over a third per litre from 10.18p to 6.48p - the lowest rate in over 20 years - to support farmers who are facing substantially increased costs on fertiliser and fuel due to the war in Iran.

This lower rate will take effect from June 15th and remain in place until December, supporting the agricultural sector in the fuel intensive harvest period through to the end of the year.

This will help to keep the cost of doing business down at a difficult time when red diesel prices are around 50% more than their pre-crisis levels.

I was also pleased with the Department for Environment, Food and Rural Affairs (DEFRA) confirming the launch date of 30th June for the Government's newly refreshed Sustainable Farming Incentive (SFI) scheme.

Following the pause of the scheme last year, I worked with West Norfolk farmers to collate their thoughts and feedback on the scheme's previous iteration, and the ways this support could be better targeted and implemented. I fed their views back to DEFRA Ministers and other Government officials to help ensure the new SFI would better support farmers.

Recently, I also met with Angela Eagle, Minister of State for Farming in DEFRA to discuss precision breeding and the UK-EU Sanitary and Phytosanitary (SPS) Agreement.

The SPS Agreement is the proposed framework which will form a new strategic partnership with the EU on the trade and movement of

plants, plant products, animals, animal products, feed and food. It is designed to make trade faster and cheaper, smooth supply changes, and help improve the number of exports from the UK following the implications of Brexit, by allowing for the vast majority of the above movements to be undertaken without certificates or controls.

I have spoken with many West Norfolk farmers in addition to researchers and scientists from the University of East Anglia and across the region about the proposed framework, particularly in relation to precision breeding where the UK is the global leader.



The SPS Agreement is currently being negotiated, and I was pleased to meet with the Minister to share the feedback of West Norfolk to help inform the proposed policy measures and negotiations.

If you are a West Norfolk farmer and would like to meet, or share your thoughts or ideas to help inform Government policy, please do email me: terry.jermy.mp@parliament.uk

Over the summer, I will be embarking on my second constituency listening tour, where I will be visiting 31 of our South West Norfolk villages to meet with residents. Should you wish to arrange a time to meet, please do get in touch via my email above.



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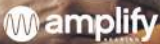
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Let's work together

Jo Rust

Sadly it feels as if many places are experiencing a rise in division and a lack of community cohesion at the moment. When times are tough it's inevitable that people look for who to blame. It often strikes me that we don't always identify the right target though. We've had years of austerity since the 2008 worldwide financial crash that lefts governments across the globe implementing fiscal policies which would negatively impact on the poorest in society. Even though those who were the hardest hit were also the furthest away from being to blame for the crash. Indeed, the bursting of the US housing bubble was due to predatory subprime mortgage lenders, lending to already poor people as well as widespread insider trading purely in the efforts to make even more in the pursuit of profit. We had loose monetary policies, a lack of financial regulation and excessive risk taking by major banks. This wasn't caused by your neighbour or the bloke down the road. This was already hugely wealthy people, companies and corporations trying to get even richer at the expense of ordinary people – our pensions and our mortgages were all placed at risk.

That all seems so long ago, and yet the impact resonates on, like the ripples from a pool that goes wider and wider. And companies and corporations are still making money at the expense of others. Our government issues licenses to companies such as Airbus and MBDA for them to manufacture missiles and arms that can find their way in wars all around the world; wars that sees the deaths of innocent people and then displacement of others. Despite legal and human rights challenges by the Campaign Against Arms Trade, UK supplied weapons have been widely documented in airstrikes that have resulted in severe civilian casualties. The companies that manufacture arms generate billions of pounds in profit. There's always money in war and there's always money to fund war. So why don't we focus our ire and upset on big corporations instead of someone who's a different colour to us who has fled a war? Because they're easier targets, we can see them and see their difference.

The very rich are also able to avoid paying the appropriate amount of tax, tax that the likes of you and I can't avoid paying as we're PAYE and they're paying accountants to hide or move it, preferring to stash it offshore and so deprive our government of tax which could be used to provide services that support community cohesion.

Back in 2009 the then Labour government launched the Migrations Impacts Fund to help communities manage the short-term pressures of immigration on public services. This fund distributed £70 million between 2009 and 2011 before being abolished by the coalition government. But the funding supported work to reduce anti-social behaviour, supporting schools, relieving pressure on A & E and funding enforcement to tackle rogue landlords who were overcrowding and providing sub standard accommodation. So, the effects of migration were mitigated and had less of an impact on our communities. Now there's an intense focus on those who come to our country seeking refuge or asylum.

There's also a focus on equality, with an increase in sexism and misogyny and women worried about losing their rights, LGBTQI rights and disability rights, making it harder for people to achieve in their community. But, we have far more in common with the people we're focussing negative attention on that we do the very rich.

We're all struggling with bills and the cost of living, we all want our children to be able to attend a decent school, get an inspiring education, have good jobs available and be able to afford a nice house. We all suffer if the potholes aren't filled, if the parks and libraries are closed down or if adult social services is cut. I'd much prefer us to celebrate all the things that we have in common and to build on those to create stronger communities. Our trade unions bring people together, as do other community groups like Friends of the Earth, Friends of the Walks, the Civic Society, Scouts and Guides. All working together for a shared interest or purpose. Let's see more of that spirit rather than the division we're currently seeing so much of.



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Linda's Legacy - a walk to honour and remember

Dani Crawshaw



She was everything to me, absolutely everything," says Robert, whose wife died in December, aged just 68.

"I came back from work and I found Linda and she'd sadly passed away, it was completely out of the blue. I went through some really, really, terrible times. Mental health just fell apart."

As we chat on a bench along Brancaster boardwalk, Robert tells me they were together for more than 22 years.

"I'm not over-exaggerating when I say she was the kindest, most incredible person you could ever meet, she would put everybody above herself."

"She loved other people, she loved children, she was just amazing in every possible way."



Next April he will start a walk in honour of Linda - which he's calling Linda's Legacy. To raise money for two local charities, Tapping House and East Anglia's Children's Hospices.

"I'm going to head east and literally cover the whole of the country, the mainland of Great Britain, I'm also going to do the Isle of White and Anglesey."

"It's going to be at least a couple of years, and if it takes a lot longer than that then so be it. I'm going to come down this path that we're sitting on, head that way, and one day I'll come back!"



"I went to very dark places and it was awful, but this has given me such a purpose," Robert continues.

"A certain amount of time passes and you don't in any way come to terms with things, but you sort of realise this is the reality."

"And I was inspired, in various ways then, to actually not give up and move forward. And I've taken Linda's inspiration really to walk to raise money for charity."

"The main aim of me doing this walk is raising money, but I've also had a lot of

interaction with fellow people grieving, to chat with other people that have undergone similar circumstances has been really comforting."

"A lot of people around the country have already contacted me, and said when you're here I want to walk with you, there's a cafe here we'd like to buy you lunch - which is wonderful."



The walk will begin on what would have been Linda's 70th birthday, "Every step is helping other people, whether it be through charitable donation or if someone sees me and it helps with their grief."

He's done a million steps since the end of March, in training. I ask what Linda might think of his venture.

"She'd think I was completely potty, we did love walking, we did love exploring, and a lot of people have said that she would be proud, and I just really hope that's true - I'm doing it for Linda."

I imagine she is immensely proud.

Wishing you all the best Robert - we shall be at the boardwalk to wave you off next year!

Hear more about Robert's journey on our instagram page @townandaroundmagazine

Heacham carer wins award

Felicity Cooper wins award for 'going the extra mile' and is described as 'remarkable'



Image Ian Burt

The 42-year-old says she is surprised but pleased. "My first reaction was, 'I never win anything!' It's a nice feeling of being appreciated. I don't feel I was 'going above and beyond'."

"It's about finding a balance between helping people and enabling

them to remain independent and do things for themselves."

"I think about how I would like to be cared for if I was in their situation, and try to be respectful, knowing everyone deserves to be treated with dignity."

GEM (Going the Extra Mile) Awards are peer or patient nominated.

Felicity, who joined home care provider Extra Hands just over a year ago, was put forward by a service user's husband, who described her as 'enthusiastic and reliable'.

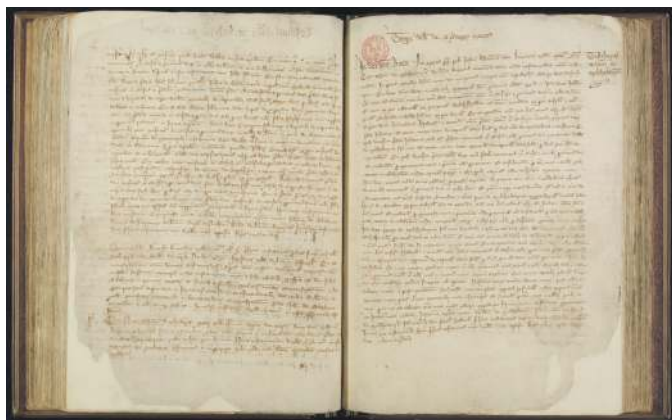
"She goes way beyond her remit of checking blood sugars, dealing with medication, and ensuring that my wife is ready for the day," he wrote. "All this as well as being polite, chatty, and just generally supportive. Just a remarkable carer."

The mother-of-two, who lives near Fakenham, changed careers from working in art and design.

"I wasn't consciously thinking that I wanted a caring role, but, after researching jobs that would fit in around my family, it seemed like a good option."

"Every day is different, and you're seeing people every day who are really appreciative of your help. It's really lovely to have that appreciation, and to feel you can do something to help someone and to make a difference."

National recognition for King's Lynn's medieval 'Red Register'



A register, thought to be one of the earliest surviving paper books in England, has been recognised as being of exceptional international importance.

The medieval record has been added to the prestigious Unesco World Register (the United Nations Educational, Scientific and Cultural Organization).

It now sits alongside iconic collections including the Domesday Book, Shakespeare's papers, and the archives of Charles Darwin

and Sir Winston Churchill.

The Red Register, written in abbreviated medieval Latin dates from the 1300s, and includes wills from the Black Death, lists of men sent to fight in the Hundred Years' War and freemen of the borough.

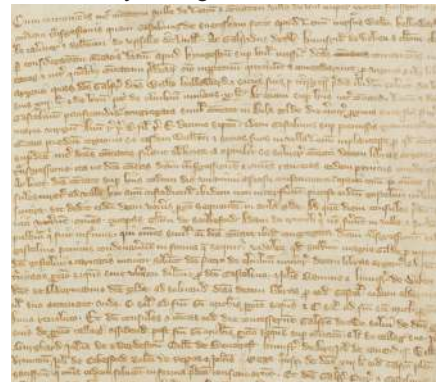
"This richly-layered volume offers a fascinating window into 14th-century life, highlighting the significance of Bishop's Lynn - now King's Lynn - as a thriving trading centre with early access to innovations like paper," says deputy leader of the council, Simon Ring. Adding recognition from Unesco was "enormous".

Councillor Pat Gould, cabinet member for countryside, coast and culture at Norfolk County Council, adds, "The register paints a vivid picture of how the borough was run, how people lived and worked, and how trade

connected King's Lynn to the wider world. The recognition highlights not only the historical importance of the Red Register, but also the important work taking place in Norfolk to preserve and make its heritage accessible for future generations."

The Red Register is one of five collections newly added this year.

Rachel Hosker, Chair of the UK Memory of the World Committee, says, "They demonstrate the extraordinary richness and diversity of the United Kingdom's documentary heritage."



Norfolk's Forgotten First World War Airfields

New book by local historian Gary Rossin explores the vital role the county played during the war



The book, called 'The Archaeology of Norfolk's First World War Airfields', brings to life a little known chapter of Norfolk's history - how the county became a key centre of military aviation.

Research by Gary Rossin looks at the vital role Norfolk played during the First World War - at the network of airfields, training stations and aircraft facilities that spread across the county between 1914 and 1918.

Gareth Davies, of Poppyland Publishing says, "While Norfolk is often associated with

the famous bomber and fighter bases of the Second World War, Gary's research shows that the county's aviation story began much earlier."

At the outbreak of war, Norfolk had one operational military airfield at Great Yarmouth. Within a few years, dozens of new sites had appeared across the county as Britain scrambled to defend itself against German Zeppelin raids, and train the growing numbers of pilots needed.

Mr Davies adds, "The book traces this remarkable transformation, examining how rural landscapes were changed by the arrival of aircraft, hangars and military personnel.

"It also highlights the impact these developments had on local communities, many of which suddenly found themselves at the centre of Britain's emerging air war.

"Particular attention is given to the airfields that formed part of Norfolk's home defence network, protecting the east coast from aerial attack."

It also explores Norfolk's contribution to aircraft manufacturing, including the important role played by Savages of King's



The station headquarters building at Sedgeford, built during the final months of the War, later redeveloped into dwellings

Lynn, one of three aircraft manufacturers in Norfolk.

The author's interest in the subject grew from archaeological excavations at the former First World War aerodrome at Sedgeford and expanded into a county-wide investigation, drawing on archaeological discoveries, archive records, maps and historic photographs.



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July events - see also <https://townandaround.net>

Wednesday 1st

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Town Hall at 6:30pm. Info:
01485 534541

Thursday 2nd

Stanhoe and Barwick WI annual
summer party for members at
Stanhoe Reading Rooms at 2pm.
stanhoebarwickWI@gmail.com

The Wolf Folk Club 7.30pm at
Fritcham Village Community
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free. Bar. David 07803 725583

Friday 3rd

Festival Too free live music
festival 7-11pm Tuesday Market
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(Sugababes Overload) and
Rhythm Of The 90's.

Fri 3rd – Sun 5th

The Hunstanton One Act Drama
Festival at Hunstanton Town
Hall 10 plays in 3 days. £7 a
session or £20 for full weekend.

Tickets and info:
oneactdramafestival.com

Saturday 4th

Wild West Norfolk Festival. The
best country music festival for
the whole family. See p58-59
Info: 01553 886999

Snettisham Flea Market 9-3pm
at Snettisham Memorial Hall
PE31 7LX 50p entry.

Festival Too free live music
festival 7-11pm Tuesday Market
Place, King's Lynn featuring
Arthur Black, Amber Pothero,
Natasha Hamilton and Ella Eyre.

Downham Market and District
Horticultural Society Summer
Show in Downham Market
Town Hall, Bridge Street, PE38
9DW. See p23

Sunday 5th

Wereham Indoor Car Boot Sale
8am-1pm at Wereham Village
Hall PE33 9AP Info 01366
501330

Live music in the Bandstand
Hunstanton with Rhiannon Roe
2-4pm.

St Mary's Summer Classic:
Piano concert by Rokas
Valuntionis. The programme
includes Beethoven, Chopin,
Greig and Liszt. 3pm at St
Mary's Church Snettisham.
Tickets £15.
revdantansej@gmail.com

Wolferton Cash Bingo at
Wolferton Social Club PE31
6HA Doors 6pm, eyes down
7pm.

Monday 6th

Anmer Social Club PE31 6RN
Coffee morning 10am-midday.:
farmboy24@sky.com or 07899
872351

Anmer Social Club PE31 6RN
Bingo night 7pm Info:
enquiries@anmerclub.co.uk or
07899872351

Tuesday 7th

Anmer Social Club PE31 6RN
Norfolk & Waveney Mind group
meeting 11am-6.30 Info 0300
330 5488

Hunstanton Watersports and
Sailing Club, North Promenade
Hunstanton 7-9pm Castaways
will be singing sea shanties. Bar
open, light food available.

Wednesday 8th

King's Lynn woodturners'
meeting and woodturning
demonstration 7.30-10pm.
Middleton Village Hall PE32
1SA. Info 01945 780501

Wed 8th – Sun 12th

The five beautiful churches of
the Glaven Valley – Blakeney,
Cley, Glandford, Letheringsett
and Wiveton - host five days of
world-class classical music and
jazz. See page 58

Friday 10th

Festival Too free live music
festival 7-11pm Tuesday Market
Place, King's Lynn featuring
The Gliders, Rough Pup, Stereo
Mcs and Sleeper

Saturday 11th

Snettisham Gardening Club Open
Show, Memorial Hall. 1-4pm
abcTaichi Heacham Public Hall
Fundraiser – 'The Magic of Tai
Chi' 1-4pm. Introductory 3 hr
workshop for complete
beginners. £35 Contact Allan
07960 229 726

Hunstanton Beer and Gin
Festival 1-5.30pm The Green
Hunstanton. Info 01553 616326
Chillout sunset Session with DJ
Dan O'Dwyer at the Golden
Lion, The Green, Hunstanton 5-
9pm. Info 01485 532688

Dersingham Choir's Charity
Gala Concert, Jenny Williams
and Daniel Meades,
accompanied by Matthew
Preston and Benjamin Howell,
who will also perform together

as The Missing Coda, at St
Mary's Church, Snettisham
(PE31 7NA), doors at 6.30 pm.
Tickets, £22 Adult / £8 Under 18
(online in advance at
www.dersinhamchoir.com) or
£25 Adult / £10 Under 18 (on
the door). T: 07513 986858.

Festival Too free live music
festival 7-11pm Tuesday Market
Place, King's Lynn featuring
Ross Stewart, First Time Flyers,
The Hoosiers and The
Proclaimers

Live Music from Sarah
McQuaid 7.30pm at Burnham
Deepdale PE31 8DD. T: 01485
210256

Sunday 12th

RAF Bircham Newton Open
Day PE31 6RH 10am-4pm Free
entry. T: 07807 098348

Hunstanton Open Air Cinema. 3
blockbuster movies on The
Green all free of charge, 11am-
9.30pm. BCKLWN 01553
616326.

Hunstanton Voices and Coastal
Vocals Summer Concert The
choirs, led by Musical Director
Liz Dark 7.00pm at Hunstanton
Town Hall. PE36 6BQ. Guest
artists: Sirens at the Helm – an
all-female shanty crew. £8.00 .
Doors 6.15pm.

Sun 12th – Sat 25th

75th King's Lynn Festival –
Music, dance lectures and so
much more see
<https://www.kingslynnfestival.org.uk/whats-on/75th-king-s-lynn-festival>

Monday 13th

The Arts Society NW Norfolk
lecture at Sedgeford Village Hall
PE36 5NG 2pm 'Portraits of
Hanseatic Merchants' by Justin
Reay. See page 54.

Tuesday 14th

Anmer Social Club PE31 6RN
Norfolk & Waveney Mind group
meeting 11am-6.30 Info 0300
330 5488

Thursday 16th

The Wolf Folk Club 7.30pm at
Fritcham Village Community
Club PE31 6BU. See Thurs 2nd

Friday 17th

Open air film night at the
Tuesday Market Place King's
Lynn PE30 1AX Back to the
Future 2. BYO chairs. Street
food 5pm, film 7pm.
info@discoverkingslynn.com

Quiz night at Dersingham Social
Club PE31 6JX 8pm Max 6 in a
team. £3pp T:01485 543380

Saturday 18th

World Snail Racing
Championships at Grimston
Cricket Club, Congham PE32
1AG. The event will feature a
Family Fun Day, the Mark
Redhead Memorial Cricket
Match, and live music in the
evening, all celebrating the thrill
of the snails racing. Entry is free;
join the fun. Snail racing
registration starts at 2pm, bring
your own racer or racers or hire
one from our world-renowned
stables!

<https://snailracing.world/>

Women's Sacred Drum Circle
Charity Event supporting
Nelson's Journey Charity
1170605. Rhythmic Vocal
Toning & Shamanic Drum
Journey. £10 2pm to 3.30pm
Heacham Scout Hut PE31 7DU.
Margaret Marciniak
07951402717

The Pickwick Papers outdoor
theatre at Sedgeford Village Hall
PE36 5NG. BYO chairs. 01485
570097 see page 36.

Sat 18th-Sun19th

Folk in the Town Tuesday
Market Place King's Lynn PE30
1AX. Two days of free live
music from traditional folk to
Americana, rock and bluegrass.

Sunday 19th

Live music at Hunstanton
bandstand with Fakenham Town
Band 2-4pm.

King's Lynn Festival Chorus
joined by internationally
acclaimed soloists performing
Vaughan Williams The Lark
Ascending, Five Mystical songs
with baritone Roderick Williams
and Elgar's songs from the
Bavarian Highlands. St Nicholas
Chapel 4.30pm Tickets £23,
under 16s free. Corn Exchange
Box Office 0553 764864

Sun 19th-Fri 24th

Music in the Burnhams' Festival
Week: Devised by Adrian
Bradbury, Artistic Director of
Music in the Burnhams.. The
week will showcase music by
Benedict, his teachers Hummel
and Weber, his close friends
Mendelssohn, Moscheles and
Liszt, and a composer he once
met in Vienna - Beethoven. See
T&A website for full details.

und.net/whats-on/july

Monday 20th

Anmer Social Club PE31 6RN
Coffee morning 10am-midday.
See Monday 6th.

Tuesday 21st

Knit and Natter at Old
Hunstanton Village Hall 10am-
12noon. £3 includes cake and
coffee

Anmer Social Club PE31 6RN
Norfolk & Waveney Mind group
meeting 11am-6.30 Info 0300
330 5488

Wolferton Social Club PE31
6HA Prize Bingo Doors 6.30.
eyes down at 7.30pm

Wednesday 22nd

Virtuosic - Music for Violin,
Voice and Piano. 3 talented
musicians from the royal Welsh
College of Music and Drama
José Matias - Violin, Owain
Rowlands - Baritone and
Rebecca Selley - Piano perform
at St Nicholas' Church,
Dersingham PE31 6GZ. Info
07973 512720

Wed 22nd -Sun 26th

RHS Sandringham Flower Show
10am-5pm

Thursday 23rd

Hunstanton free family fun day.
Activities on the Green PE36
6GB including Punch & Judy,
Quack House Rescue, RNLI and
Strange Fascination Theatre.
Info 01553 616326

What a Wonderful World.
Sounds Historical specialist
early music ensemble at St
Nicholas' Church Dersingham
PE31 6GZ 6.30pm T: 07973
512720

Fri 24th - Sat 25th

Flower Festival Hunstanton
Methodist Church Austin Street,
Hunstanton P36 6AL 10am-

4pm Refreshments Provided

Fri 24th-Sun 26th

Hunstanton Fringe Festival, the
Green PE36 5AH. DJ, food,
community, live music, art.

Old Hunstanton Flower Festival
- St Mary's Church PE36 6JS
see page 36

Saturday 25th

King's Lynn Merchants'
Market, Tuesday Market Place
PE30 1AX 9am-3pm

The Burnhams Market, St
Mary's Church PE31 8DH
9.30am-2.30pm

Hunstanton Craft Fair 10am-
4pm in the Town Hall PE36
6BQ

Hunstanton Watersports and
Sailing Club, North Promenade
Hunstanton from 12.00 Open
Day. The club and bar will be
open for anyone to visit to see
what watersports equipment is
available, meet some of the
members of the club, enjoy
some food, listen to some music.

Nelson's Shantymen in Concert
6pm at St Margaret's Church,
Church Road, Clenchwarton
PE34 4EA. Tickets £10 each
from Debra 07565 057216.

Flix in the Stix Cinema screens
'The Choral' (12). Tittleshall
Village Hall, High Street, PE32
2PJ. 7pm for 7.30pm start. £6 &
inc refreshments. Box office
01328 700952

Live music with No Nonsense at
Dersingham Social Club PE31
6JX 8pm. T: 01485 543380

Sat 25th-Sun 26th

Docking Festival of Books. See
page 44.

King's Lynn Food Festival
presented by King's Lynn 54
Round Table, Tuesday Market

Place PE30 1AX. Info 07748
378048

Sunday 26th

Norwich Theatre Open Day.
Free and gives access to behind-
the-scenes magic at Norwich
Theatre. T: 01603 630 000

Dersingham Village Yard Sale
10am-3pm. Maps available from
Village Centre PE31 6LN. Info:
07943 499786

RAF Bircham Newton Open
Day PE31 6RH 10am-4pm Free
entry. T: 07807 098348

Tuesday 28th

Anmer Social Club PE31 6RN
Norfolk & Waveney Mind group
meeting 11am-6.30 Info 0300
330 5488

Snettisham bingo night 6.30-
9.30pm The Memorial Hall
PE31 7LX doors 6.30 - eyes
down 7.30pm 07941 643807

Dersingham Village Cinema -
Hamnet at the village Centre
PE31 6LN Doors 7pm. Film
7.30pm. T: 01485 543195

Thursday 30th

Hunstanton free family fun day.
See Thurs 23rd

The Wolf Folk Club 7.30pm at
Flitcham Village Community
Club PE31 6BU. See Thurs 2nd

Friday 31st

Anmer Social Club PE31 6RN
Quiz Night Club opens pm Quiz
7.30. Entry £3 pp Info:
enquiries@anmerclub.co.uk or
07899872351

parkruns

Hunstanton Promenade parkrun
start at 9am every Saturday from
The Salad Bowl. T: 07804
927764

Sandringham parkrun
Sandringham Royal Park
Every Saturday at 8:40 for a
9:00 am start First Timers
Briefing 8:45 am



Scan here for
more events
and up to date
information



Start and finish on the vista near
children's play area.

Car parking for parkrun is free
until 11:00 am.

To volunteer or for further
information contact:
sandringham@parkrun.com
07913 439222

Saturday 25th

5K Your Wy - Move Charity
Last Saturday of every month
Sandringham Royal Park 8:40
for a 9:00 am start. For anyone
affected by cancer, friends and
healthcare professionals
To come and walk, talk, run or
simply be part of the lovely
parkrun community:
sandringhamgroup@5kyourway.
org 07913 439222

Hunstanton Lifeboat Sandcastle Competition Thursday 13th August 2026

Start 2pm, registration from 1.30pm. Entry £1 only.
On the beach at Old Hunstanton in front of the RNLI boathouse and
shop.
Everyone welcome, especially families with children. The competition
lasts for about an hour (weather permitting) and is in three age groups.
Prizes will be vouchers for the RNLI shop.
Parking available at the Le Strange car park.



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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

DATES FOR YOUR DIARY

Saturday 25th July: Brancaster Summer Party: 3.30pm till late, with Bordoli's Pizza and live music from Jessie's Ghost from 4.30 to 7.30pm

Saturday 22nd August: Disco bingo - more details in due course.

Saturday 29th August: August bank holiday Party.

BABY AND TODDLER GROUP

The Brancaster Baby and Toddler Group (BB&TG), which meets every Tuesday morning between 9.30am and 11.30am at Brancaster Village Hall, goes from strength to strength.



Ellie and Harvey

Having written previously about the group and the events that have been organised, I thought I should get the views of some of the parents/carers who attend each week, a process kindly facilitated by Annie, the organiser. I attended a session in mid-April to meet and hear the views of two parents.

On arrival the hall was buzzing as usual, with parents/carers and their children spread out across the space, which was a riot of colour from the toys and the educational and learning aids and equipment. Besides the two parents whom I had come to interview, I was surprised to find two parents present who were visitors to the area; they had heard about the group and brought their child along for the morning. This immediately demonstrated the flexibility and openness of BB&TG, the way it welcomes newcomers to the area and provides excitement and stimulation for child(ren).

Ellie lives in Hunstanton and attends the with her youngest child who's nearly two. She has two other children of six and four, at Hunstanton Primary, whom Ellie brings to the group for the special events held during the school holidays. Ellie came from Manchester originally and has lived in Hunstanton for about four years. She learned about the BB&TG from Annie when their children attended the same nursery.

Ellie immediately took to the group as she walked into an atmosphere which was warm, welcoming and secure. Her child was just as

enthusiastic, excited about all the stimulating things on offer and being able to interact and play with other children. Ellie particularly likes the flexibility (you can come and go within the opening hours). She also spoke highly of the special events that are put on during the holidays which provide a range of exciting activities and fun for her three children.

Ellie stressed the importance of having children get a good early start in the basic learning skills and also socialisation with other children. This is particularly the case in preparing children for the next stage in their maturation, pre-school/nursery.

The BB&TG teaches children to play together, be cooperative with each other and eat at a table setting with others. In rural areas it is also crucial to lessen the isolation that can occur, particularly for very young children and their parents/carers.

Charlotte has two children aged three and a half and nearly two, they live in Brancaster, having moved to the village from King's Lynn, previously living in Lincolnshire. Her eldest child attends Docking Primary School pre-school. Charlotte is equally as full of praise for BB&TG, highlighting the warm, friendly, inclusive atmosphere and flexibility.

Charlotte says joining a group for the first time can be daunting, but could not speak more highly of the welcome she received and how easy it was to fit in. She and her child had been made to feel at home right away and had enjoyed every minute playing with the toys,



Charlotte, Tommy and Zoe

games and activities on offer.

She emphasised the same positives as Ellie - the early structure and socialisation that prepares them for the school/nursery environment. She also thought that being with other children pays dividends in terms of developing those social and learning skills.

Both Ellie and Charlotte talked about the importance of transport in rural areas to access community activities. For families without a car, the bus service through Brancaster offers a reasonable though infrequent means of transport- but can present problems for parents/carers with pushchairs.

These two interviews show how crucial

provision offered by the BB&TG is and how the ethos and atmosphere created by Annie, together with her organisation and energy (along with that of her predecessors), has been instrumental in the outstanding success of the group.

It is open, welcoming and flexible and gives primary emphasis to a child's needs. It offers parents and carers opportunities to meet and share experiences and gain confidence in the exacting task of raising a child in the twenty-first century.

The costs are minimal at £2 per session per family - to cover refreshments for parents and carers and a generous snack for the children.

There's also a Swap Shop during its weekly sessions, where anyone can donate or obtain baby and toddler items. Please get in touch with Annie or come along on Tuesday mornings if you have clothing, equipment or toys etc.

Annie, the tireless organiser, wanted to use this interview session to give notice of some of the special events organised for the summer this year, of which there will also be offerings for primary aged children, including outside activities on the village green.

Entertainers in the pipeline so far include The Rock Steady Company, Heartbeeps and Little City, but Annie would like to hear from any children's (0 to 10 years) entertainment organisation or individual who would like to hold as session.

Annie can be contacted on her mobile phone 07813459049.

NATIONAL COASTWATCH BRANCASTER

This month has seen one very significant incident which demonstrates the crucial role the Watchkeeper volunteers play at the Brancaster station. A paddleboarder had entered the sea in front of the Golf Club building; William, Anthony and Barrie, on duty in the Coastwatch station, noticed that the paddleboarder appeared to be struggling and drifting further out to sea. They immediately notified the Coastguard, who activated the Coastguard Rescue Team from Hunstanton and Wells lifeboat. Anthony went down to the beach to reassure the increasingly agitated family that a lifeboat was on its way. What had not been realised was the strength of the offshore wind, which carried the exhausted paddleboarder a mile out to sea, where they were rescued by the lifeboat and returned to shore, safe and sound.

The volunteer Watchkeepers acted promptly and professionally to prevent a potential tragedy - well done to William, Anthony and Barrie.

We have two new Watchkeepers, Jim and Kay, who have passed their certification assessments: congratulations to both. It is also pleasing to report that the Brancaster station has passed its annual assessment and audit, thanks to the dedication and hard work of its volunteers.

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14 High Street, Heacham PE31 7ER

Old Hunstanton Flower Festival 2026

Caroline Richardson

Final plans for this year's Flower Festival are well under way and the church will once again be filled with amazing floral spectacles with the theme "A few of our favourite things!"

Over at the village hall we will have our usual stalls selling pre-loved books, clothes, bric a brac, and home made cakes. In addition this year, we have several craft stalls provided by local artisans for you to browse.

This year we will have more for families, with a revamped village games marquee (for young and old!), ice cream sales and maybe a visit from someone for our younger visitors...

The Flower Festival takes place on Friday 24th, Saturday 25th and Sunday 26th July, starting at 10am each day. On Friday, the church and village hall are open until 4pm, but on Saturday afternoon we have a special attraction with our professional florist, Gary Bocking, giving a free flower arranging demonstration at the village hall from 2.30pm-3.30pm, which means that visitors will be unable to visit the church between 2pm

and 4pm (which also coincides with a beautiful private wedding!), but will reopen to visitors from 4pm until 5pm. Sunday - like Friday - both village hall and church will be open from 10am until 4pm.

While the church is closed on Saturday afternoon we are excited to announce that our professional florist, Gary Bocking, will be giving a free flower arranging demonstration over at the village hall from 2.30pm-3.30pm.

Later you are welcome to join us for our annual Hog Roast in the evening (tickets required). On Sunday you can enter the fun dog show and then please join us for the wonderful Songs of Praise finale at St Mary's Church with the Hunstanton Concert Band.

To make this a success we need a couple more helpers during the weekend. If you would like to be involved, please contact Simon Carter on simoncarter920@btinternet.com. No previous experience needed and you will receive a free invitation to the thank-you barbecue the following week!

Old Hunstanton Flower Festival

Friday-Sunday
24-26 July 2026



Join us for three
days of flowers,
food, music and fun!
Free Entry!!!

Exquisite Flower Arrangements / Delicious Food & Drink /
Stalls & Games / Flower Tutorial / Fun Dog Show /
Hog Roast with Live Music /
Songs of Praise Concert

St Mary's Church &
The Village Hall

For enquiries please contact Simon Carter on 07941 521860/
simoncarter920@btinternet.com

The Pickwick Papers

Sedgeford Village Hall
Saturday 18th July

Expect lots of mischief from a cast of larger-than-life characters in this hilarious adaptation of Charles Dickens' classic, performed by Gloucester based Rain or Shine Theatre Company.

This will be the third year since Sedgeford first launched its annual outdoor theatre event. Parking is free and we have a whole playing field to fill! Gates will open at 6.00pm for a 7.30pm start on Saturday 18th July.

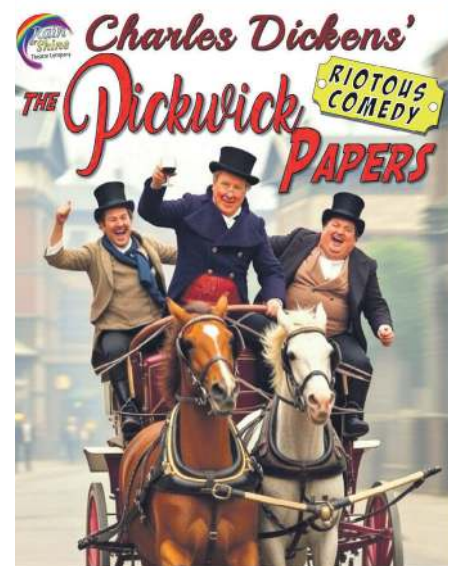
Expect fast-paced wit, multi-rolling mayhem, with mischief a-plenty from a cast of larger-than-life characters in this new and hilarious adaptation of Dickens' raucous classic, *The Pickwick Papers*. Dickens has never been this delightfully unpredictable, taking audiences on a rollicking journey

through confusing courtships, courtroom shenanigans, questionable duels and carriage rides which go badly wrong.

Come prepared with your fold up chairs (and blankets!) and buckle up for an uproarious adventure with *The Pickwick Society* - where the only certainty is that a thoroughly good time will be had by all!

Our resident pizza experts, Bordoli's Pizzas, will be on-site and open for business and also taking pre-play and interval orders. As will the Three Stallions' pop-up bar, who'll be offering a range of summer cocktails, wines, beer and soft drinks. Reservations can be paid for online at: Barclays (account name - Sedgeford Village), Acc. no: 40519138 - Sort code: 20/46/65 - Tickets are £18.00 adults and £8.00 children. Gates open at 6.00pm for 7.30pm start. P.S. Don't forget the fold-up chairs!

(See advert on page 2)



'FIFTY YEARS BEHIND THE WHEEL' – A LIFETIME JOURNEY IN ROAD TRANSPORT

Author John Rudd, 'Young John', of Walpole Highway, fulfilled a promise to his late uncle 'John Rudd Senior' on publication of this book.

'Fifty Years Behind the Wheel' is a unique memoir, which traces the careers of both men as they progressed to own account operators in the haulage industry.

It shines a spotlight on the workings of the industry and its vehicles in the late 19th and early 20th Century.

Conditions were harsh and man-management heavy-handed. From bartering pilfered potatoes in exchange for breakfast on a freezing winter's morning, to challenging the iron fist of management, these men overcame adversity and provided for their families, without losing their sense of humour or integrity.

Young John was born in Hainault, East London and his early life was spent on the family farm in Tiptree, Essex. The family moved to Kings Lynn when John was a teenager and he attended King Edward School, which was then a grammar school.

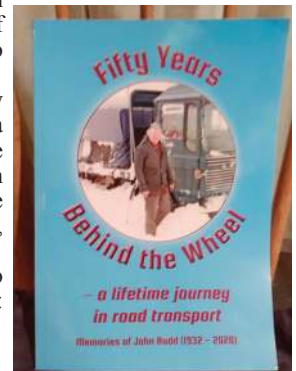
Lack of finance meant university was not an option, so John moved on to Kings Lynn Technical College, finally becoming a Chartered

Mechanical Engineer.

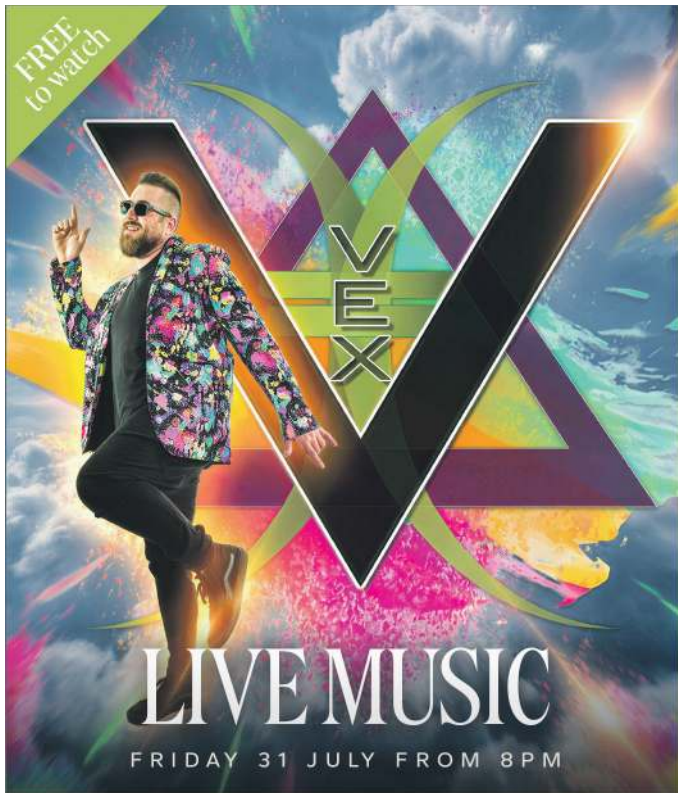
He promised his uncle, John Senior, to write his memoir and recorded hours of interview material. John Senior passed away in 2020, at the age of 88, since when Young John has woven the strands of memoir and vehicle history together to produce this book.

Illustrated with a host of previously unpublished photographs, and with a foreword by Patrick Dyer, author of the 'At Work' truck series, this book has an impeccable pedigree and for anyone with an interest in trucks and trucking, it is a real feast.

Price £20. For more details or to obtain a copy, email: c.dudley@success-in-english.co.uk.



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HUNSTANTON CONSERVATIVE CLUB

The Club is open Monday to Saturday 10am -11pm
Sunday 11am -11pm



Meals served from Monday to Saturday 12 noon until 2.00 p.m.
A selection of special meals are available each day.
Sundays - 2 course Roast Lunch.

Saturday 4th July - Cash Bingo, eyes down 8pm
Saturday 11th July - Country & Western + Rock & Roll for RSPCA 7.30pm
Saturday 25th July Tony Gee - vocalist 8pm
For more information - see our Facebook page

Regular Events

Mondays: Strength and Balance Class 4.30pm.
Tuesdays: Seated Yoga with Jackie Lee 12.45pm - 1.30pm.
Richard's Country Disco & Line Dancing 2.00pm - 4.00pm.
Cash Bingo starts at 7.30pm.
Wednesdays: Scrabble 10am, Whist Drive 7pm
Thursdays: New Strength and Balance Class 1.00pm.
Fridays: NIA at 12.30. Prize Raffle 1pm. Cash Bingo at 7.30pm.
Saturdays: 'Open the Box' draw at 1pm.

www.hunstantonconservativeclub.co.uk
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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

What a difference a month makes. McDonald's aspirations for a restaurant and drive through (thru is an Americanism and this is Heacham) have been publicised via a leaflet drop. This did not go to every household in the village and McDonald's have told me there were around a 1000. There was a link on the leaflet to an online 'consultation' and this was also pushed on social media. In case you think you missed out, don't worry about it. The consultation was anything but, essentially providing two opportunities to rank McDonald's perceived wonder factors in order of preference. There were no boxes to tick indicating your possible horror.

The proposed location of the illuminated eyesore, right on the corner of the lavender traffic lights, opposite Norfolk Lavender and on their current overflow carpark, is the worst possible location for anything which will generate 500 -1000+ vehicle movements per day. Many people have already made the same point. And McDonald's knows it too.

In February 2026, well before the leaflet drops and 'consultation', McDonalds received pre-application advice from Environment and Planning that they had requested and paid for. In summary, **LIKELY TO REFUSE**. The word 'likely' is always used as an application has yet to be made. However, reading the 5-page document, details show that such an application, in that location, would be refused. If it were not to be, then something would be rotten in the state of Denmark.

My prediction, which I made as soon as I saw the leaflet, is that the fast food chain will come out with some fluff stating that public opinion demands one but not in that location so they will shift the site along the A149 towards Snettisham. Hurrah will say supporters whilst opposers will be wrong footed and have to rethink arguments.

Wherever it is placed, plenty of arguments against it remain. A standard franchise of this type generates 500 -1000+ vehicle movements over 24 hours. This would be located on a very busy coastal route and in the holiday season these numbers would likely be well exceeded. Peak times would be 7am-9am; 12pm-2pm, and 5pm -7pm.

Litter generated adversely impacts the environment and people's wellbeing. That the company collects litter in a 150m radius demonstrates that they recognise a significant number of their customers lack expected social and environmental consciences. However, most such idiots will drop it further away, between Hunstanton and King's Lynn and in the outlying villages off the A149. It will remain there until it has built up sufficiently to warrant lane closures on the A149. Noise from vehicles travels a long way and houses are relatively close to several possible locations. Vehicle emissions from petrol and diesel vehicles, whilst idling, are a health hazard.

Light pollution from within the restaurant

emerging through the glass walls, from external lighting on the car park and seating areas, will adversely impact insects, bats and, of course the night sky.

I imagine supporters are either swearing or going puce and shouting, 'jobs'. Well, I am awaiting further details of what jobs will actually exist and how many are part time, seasonal, and sourced from elsewhere. Several people have told me that local employers, particularly in Hunstanton, are having great difficulty finding people to do shift work. This includes a major supermarket.

I am still expecting a meeting with McDonald's but, at the time of writing, they keep pushing it back.

Await the planning application and keep an eye out for a likely public meeting about it. Eventually it will go to planning committee, the final arbiters. I am not a member so can express my opinion freely and I will also ensure opinions of villagers are represented. Most of the expected customer base will, however, come from elsewhere. The location is about the A149 not about Heacham.

There is a world away from McDonald's and the planning application for the Padel Tennis courts went to planning committee in June. I was hoping to just win a reduced hours concession but all but one member wanted more than that and a decision was deferred until a sound wall could be investigated – a construction which buffers noise. The chair also said matches should finish by 8pm.

Other matters which went through my panel: Scrutiny, the practice of acting as a critical friend to the executive but also holding them to account for policy decisions and service performance, is undergoing a renaissance to put more oomph in its elbow. Part of this has been the signing of a protocol to ensure better cooperation between scrutiny panels and the audit panel.

Put the technical matters to one side and note that panels like mine should, when deemed necessary, scrutinise matters affecting Local People. These means things outside the umbrella of the Borough. We scrutinised an aspect of Anglian Water some time ago and that looks likely to be repeated. The QE hospital has been suggested (not all of it), and the Port of King's Lynn.

Despite the barking of County Reform Cllrs, or one of them anyway, local government reorganisation (LGR) continues along its path and my panel recommended the West Norfolk Economic Strategy Action Plan 2026 -2028 for Cabinet to consider. This brings the long-term economic vision down to a practical set of interventions over the next two years whilst laying the foundations for delivery post 2028 when LGR kicks in.

The action plan has 5 strategic priorities: Thriving Towns, Access to Education & Good Work, Productive Jobs and Businesses, Managed Natural Resources, Healthy Inclusive Communities.

I attended a Wash East Coast Management Strategy Review Workshop on the 10th June. It provided a full picture of what is known about the coastal shore between Hunstanton cliffs and Wolverton Creek and what has still to be determined. The current strategy for managing the shore ends in 2030 so a review is intended to be published in 2028 for public consultation.

Major changes give the review some urgency: the flow of sand from Brancaster Hunstanton has stopped - why Hunstanton beaches are getting narrower. At the same time sand is moving away from the hard promenade revealing the base of that and leading to the recent undermining and collapse that has been repaired. A multi million-pound refurbishment has been set in progress. Groynes which run out from the beaches in Hunstanton and Heacham serve no purpose as any sand movement is parallel to them not across them.

At Heacham, the dunes are well established and beaches, particularly between South Beach and Heacham Dam are in a good state. Why the Dam is there seems a mystery which experts scratch their heads about. The practice of moving sand from Snettisham Scalp towards Heacham Beaches currently appears unnecessary but will likely continue towards 2030 as it was agreed in the current strategy. There is also depletion of the sand at the Scalp. The next management strategy will take us to 2080 and will have to recognise that the coast will be very different.

I congratulate Heacham's Pocohontas Players on their performance of PAR for the course. Excellent characters portrayed by actors with a wide range of ages and simple but effective set changes. I was involved in all aspects of Am Dram for over 40 years and appreciated the Players putting on a play.

The retirement of the Wallis brothers was well covered in the last edition, I now record my thanks to both of them for providing intelligent conversation when I paused on my Saturday shopping route. We have purchased everything electrical from them for 15 years and will continue with Cooper and Elms. Use your local businesses or lose them and the Wallis brothers ensured that business would be continued.

Nearly forgot, there will be an announcement about Heacham Car Parking before you read this. It won't solve everything, one step back and, maybe 1.5 forwards. Essentially, residents' annual permits will now cost £65.30 not £126.60 - anyone who has paid the latter will get a refund. They also promised me that the winter season with no parking charges for anyone would resume but, at the time of writing, that was rescinded within 24 hours; the argument continues. I was told that the much promised first hour free for residents has gone as, apparently, the machines can't cope with it. A resident has had a recent communication stating it will come, eventually. No doubt some of you will have something to say.



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Doctors in the Health Hub

Cllr Alexandra Kemp, Clenchwarton and King's Lynn South, Norfolk County Council, including South Lynn, West Lynn, Clenchwarton, West Winch, Setchey

Lynn is being starved of resources for the town's health. There shouldn't be a two-tier system in the NHS for access to healthcare. But research by the Nuffield Trust last year shows that there are fewer GP's in poorer areas. The Health Foundation found that GP's in deprived areas receive nearly 10% less funding for patients than in affluent areas. In King's Lynn, the new replacement surgery on Nar Ouse Way in South Lynn, that residents and I campaigned for, when the town centre surgery moved out to South Wootton, still has no doctors in it, a year after it first opened. Only support staff and outpatients. I asked the County Cabinet and Norfolk Health Committee to support funding for a new surgery for the town in 2022, when the County provided land in South Wootton for St James to move. The NHS found funding for the new £11.5 million Health Hub in South Lynn, from NHS Wave 4B funding which was for Doctors Surgeries. Yes, maternity outpatients, dermatology, physio, mental health are important services in the Hub. But South Lynn is in the 20% most deprived wards in England and has significantly worse health outcomes than national. So it is a ward where doctors should be a priority for the NHS. I wrote to the NHS again recently, asking when they are putting doctors in the Hub. And NHS Dentists. And a Diabetic nurse.

But the Primary Care Trust, which commissions local health services, says it has no resources to put doctors into the Health Hub. This is completely unacceptable, if we are to reduce health inequalities.

With younger people developing cancers earlier than before, early diagnosis and referrals are important. The expertise of GP's is essential.

The former St James Surgery, was within walking distance, for many town centre and South Lynn residents. But now, even with the Community Bus running every hour to St James in South Wootton, accessibility is more difficult and costly for patients in the town centre

and in South Lynn, particularly for young families.

King's Lynn will have a deficit of doctors with the coming development in the town and in West Winch. It is the same story. More houses but insufficient infrastructure.

Areas of deprivation like South Lynn need doctors. The Borough Council signed an Agreement in 2006 for a doctor's surgery and a new school in South Lynn with the new Millennium Development. Homes were built. The School was built. So was the Surgery. There is now no excuse.

October 2025 Press Release from the Department of Health and Social Care:

Analysis by the Nuffield Trust shows that practices in poorer areas employ fewer doctors, with a worse average patient experience and poorer Care Quality Commission Ratings.

Evidence from the Health Foundation also suggests that GP practices which serve more deprived areas of the country are receiving nearly 10% less funding per patient than practices in more affluent areas.

This worsens health inequalities, with more people in these areas spending more of their lives in ill health and with a lower life expectancy as a result.

Data shows that, on average, the GP practices that close for good are in areas with areas of higher deprivation. The impact is inequality of access, with the GP patient survey showing that people living in the most deprived areas of the country find it the hardest to contact their GP over the phone, website or app. Nearly two-thirds of people in the most deprived areas reported a good experience when contacting their GP, compared with nearly three-quarters of those living in the least deprived.

Change starts in the local community. If the NHS 10-year Plan is truly about empowering patients, empowering them to control their care, this means Doctors in the Hub. Now.

Have an un-bee-lievably happy day

West Norfolk & King's Lynn Beekeepers' Association invite you to their annual Bee Exhibition and Honey Show at Hunstanton town Hall on 15th August 10-4pm. FREE entry and everyone is welcome.



See live honey bees (enclosed in observation hives) and learn about their lives. Try West Norfolk honey and see hundreds of different jars being judged. There will be free activities for children, films about bees and enjoy a honey-themed snack at The Beehive Cafe.

Volume up, problems down

Kings Lynn Amateur Radio club will be holding their 36th annual Rally at the Gaywood Community Centre on Sunday the 2nd August. Entrance at the door will £2.50. There will be stalls from the Radio Society of Great Britain and Bunkers on the Air as well as items for sale both indoors and out. The event will be catered by the centre staff.

If you are interested in Radio and talking to people around the world and would like to learn more about becoming a Licensed Radio Amateur please drop in and speak with the club members.

Dog Show Fundraiser



Join us for a fantastic family day out at Creak Abbey on Sunday 19th July, to raise funds for Coastal Health & Wellbeing, a charity community hub in Wells-next-the-Sea, with our fun-filled Dog Show Fundraiser! The event opens at 10:00am, with judging starting at 10:45am. With 10 fun dog show classes, there's something for every canine companion, including favourites such as Best Rescue Dog and Dog Most Like Its Owner. The excitement culminates with the crowning of our Best in Show at 3:30pm.

Bowjangles: Classically Untamed

Bowjangles 'will turn your preconceptions of classical musicians upside down' with their spectacular mix of upbeat classical music, comedy songs, well-known film, pop and rock tunes and foot-stomping Gypsy and Celtic bangers. All members are accomplished multi-instrumentalists and singers - with something to appeal to everyone in the family, young and old.

They're playing on Thursday 3rd September, 2-4pm, at Hunstanton Town Hall. Pay what you can pricing structure, tickets sold on website ticket source.

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Hunstanton Society

Our final talk of the season took place on 20th May when we enjoyed Dr Eleanor Blakelock's talk about the 30 years of the Sedgeford Historical and Archaeological Research Project. The research takes place for a few weeks through July and August each year and has for the last 30 years.

We have a section of the Heritage Centre set aside to show a selection of their finds. SHARP have recently been setting up their own displays at the dig site and we are sure it will be worth a visit whilst they are open this coming season.

HERITAGE CENTRE

The use of WhatsApp is now well established and found to be very useful in sorting out problems of late cancellations by volunteer, email seems to continue working when setting up the main monthly timetable for the sessions when we are open.

The overhead railway has seen one or two major derailments thankfully resulting in damage less catastrophic than the crash that caused the hole in the wall of the Sandringham Hotel more than a century ago! Thankfully the replacement bus service was able to cover the transport gap admirably.



We were delighted to be presented with a copy of David Elvidge's publication of 'Hunstanton Methodist Church at 130 years – A Story to Tell'. Thank you David.

GROUP VISITS

We continue to see a number of visits from local organisations including by the Wensum Ramblers, we had a total of 51 ramblers arrive. Some by coach whilst others insisted on walking along the coast path in the pouring rain! They all needed a warming cuppa on arrival which seemed to go down a treat!

We squeezed many of them into the back room to take a photo. We do have to thank them for coming and visiting us and I think we all enjoyed chatting about some of the history of Hunstanton. One of the ramblers originally came from Hunstanton and was a descendent



of the Jermyn family, and had a good discussion with our Phil Thomas about Jermyn and Perry shops, Jays shop, Debenhams etc. We hope that the next time they visit, if they choose to, they will experience some of our better weather and find out why our town is called 'Sunny Hunny'!

EVENTS TEAM UPDATE

National Volunteers week was held in June. A massive thank you to all our volunteers that keep the Heritage Centre running.

The Heritage Centre was invited to an evening organised by the Borough Council to celebrate volunteering in the heritage sector in West Norfolk. Sue Brown kindly attended, met other volunteers working for different organisations, and made useful contacts.

The next coffee morning is on Wednesday 29 July 2026.

As always, we would welcome people to join the Events Team. If you would like to get involved, please email us on hunstantonsocietyevents@gmail.com

A DATE FOR YOUR DIARIES

Andrew Murray has been trying very hard to arrange a visit to Snettisham Quarry. Indeed he first approached them over 3 and a half years ago. Well, he was blown away when they actually came back to him recently. He has tentatively arranged a visit by a restricted number of us at 5.00pm on Tuesday, 14th July 2026. If you would like to attend contact Andrew: andrew.murray1942@gmail.com or phone 07973 799920 to book your slot. First come first served.

HISTORY GROUP

Linda Nudds has been working hard on creating some history of one part of Hunstanton. This fascinating report on one street in Hunstanton might stir some memories but certainly paints a picture of life at the time:

Sunday 3rd September 1939 Lincoln Street Hunstanton. At Number 2 Lincoln Street, the Bond children, Doris, age 11, Bridget, 9, Helen, 7, and Frederick, 5 should have been bemoaning the end of their long summer holiday as school was supposed to open for the autumn term the next day. David the youngest and at only 3 years old, was too young for school. But times were strange and uncertain. That Sunday morning at 11:00 am, Neville Chamberlin had announced that Britain was at war with Germany.

But their school was hundreds of miles away in Shoreditch, London. They had been evacuated to keep them safe from the expected bombing. Their home in Shoreditch, London was a slum. Their flat was one of 46 in a block which at a recent inspection had been declared inadequate, with low rooms, poor ventilation and rising damp. This block was to be demolished in the slum clearances in 1961. But for the 5 Bond children, it was home where their parents Frederick, a heavy lorry driver and Doris still lived.

What did the children make of their new abode? The house on the corner of Northgate and Lincoln Street had 6 bedrooms, was light, spacious, no noisy traffic, with views of the sea and plenty of fresh air. The children did go back to London eventually, but one of the girls

later decided to retire to Norfolk. A wise decision.



The house was the home of Elizabeth Hammond, age 65, her daughter, also Elizabeth age 34, and Gladys, 23, soon to marry Elizabeth's son Thomas. All three of the menfolk, James, Elizabeth's husband and her 2 sons Percy and Thomas were the other side of Lynn, all doing heavy work either on the farm or the roads. For the children, school wouldn't open on the Monday. Hunstanton was in the middle of a logistical reshuffle. Schools remained closed whilst they worked to accommodate the large numbers of children being evacuated from vulnerable cities like London. Unusually, two of the private schools decided to evacuate their pupils, as Hunstanton had been earmarked as an area of potential invasion.

It had been a mixed summer, with typical British showers and warm spells, but the end of August had become humid with thunderstorms. The weather and the build-up to war made the atmosphere oppressive.

Britain had been preparing for war for several years, and Hunstanton was no exception. On Friday 29th September 1939 a register was made of every man woman and child. This register was to form the blueprint for identity cards, ration books and to identify those suitable for specific war work and conscription. After the war it was the basis of the NHS and was updated for many years.

243 people had recorded war related roles in the town in 1939 which would have been additional to their normal roles. Further up the street at number 15, lived Fred Wilkinson and his wife Edith. In his role of a Municipal Engineer and Surveyor, Fred had travelled all over the country but had chosen to settle in Norfolk. He was also in the Civil Defence.

His wife Edith was particularly busy at this time as she was in the Woman's Voluntary Service (WVS) and they were heavily involved with dealing with evacuated children. On 1st September the WVS opened a clinic in Hunstanton to treat evacuated children, which had been ordered by doctors. They were also visiting local houses to assess them for billeting the children and 15 women were assigned to visit the evacuated children once a week. Would Edith have checked in on the Bond children?

This is just a snapshot of some of the inhabitants of Hunstanton at this worrying time. Would you like to explore who lived in your house? Come to our History Group meetings, join in one of our coffee mornings or just drop in at the Heritage Centre where our volunteers can point you to someone who can help you.

Linda Nudds



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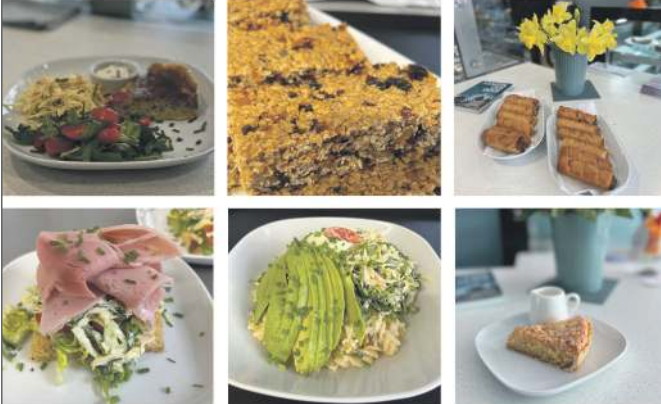
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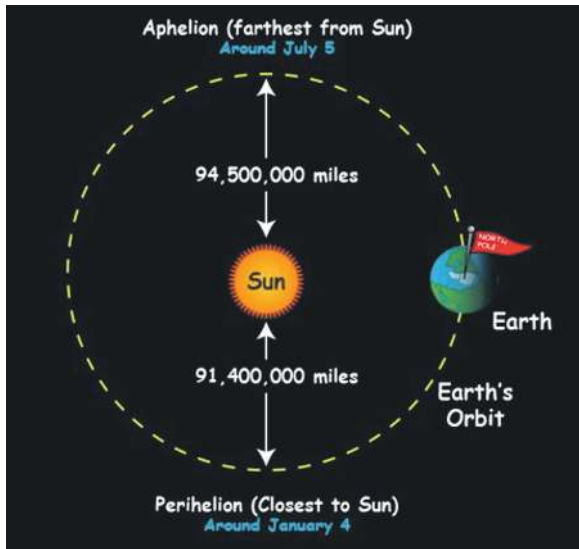
Dark skies of West Norfolk

Terry Parish

You will have to be an early morning observer to see much this month. Never mind, the nights will get discernibly longer and darkness will start at sensible times.

On the 6th, the Earth is at aphelion, two stops before Christmas. Aphelion is the opposite to perihelion.

Give up? On the 6th, at 6.30pm, the Earth is at the furthest point from the Sun along its (slightly) elliptical orbit. It will be 152,087,774km away (94.5 million miles). Earth will be travelling at its slowest speed, just 29,29 km/second (65,539 mph). Be prepared for the increase which will continue until Jan 2nd next year, perihelion. Earth will then be rushing along at 30.29km/second, 67,700mph.



Venus is still unmissable in the west. It has a magnitude of minus 4.2 and doesn't set until around 11pm. On the 17th, weather permitting, the crescent Moon is just to the lower left of the evening star. A real star, Regulus is at a slightly more distant lower right.

Jupiter is, in spirit, still with us and has a magnitude of minus 1.8, and sets at 10.30pm. However, it is well below Venus and, as the Sun fades, sitting in the murk of sunset. Earlier, it is higher up and almost due west. The sky will be blue if not covered in cloud and you can observe Jupiter in this 'daylight.' However, the Sun will still be up and not far away so take great care if you have a go. If in doubt, leave it

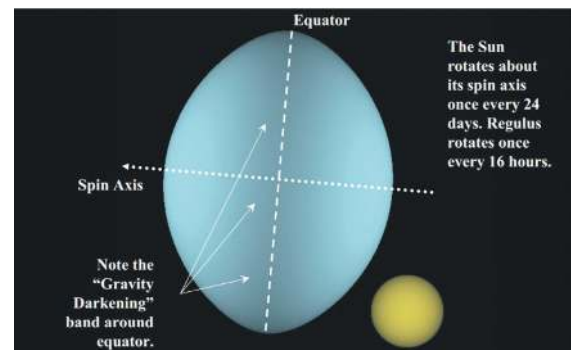
out (of your observations).

Any other planet needs you up between midnight and 3am. Saturn rises in the NE just after midnight but it will be 1.30am before it is high enough. With a magnitude of +0.8 it will be an eye object though binoculars won't hurt and small telescopes will show the rings.

Mars pops up about 2am in the east but, at the beginning of the month look for the red dot around 4.30am before the sun rises. As the month progresses then it will be high enough at 3.30am and the sky will be darker. On the 3rd and 4th, Uranus is just a tad to the left of Mars; there is a conjunction. Binoculars held steady should reveal the blue green dot next to a much brighter red one.

Neptune is around in the early hours too but I suggest you forget it and Mercury is lost in the sunlight this month.

I mentioned Regulus above. Take a look at it as it is interesting and just 79 light years away. It is the brightest star in Leo, the 21st brightest in the sky. It is egg shaped as it spins at around 317km/sec and there are at least 3 other stars linked to it and each other by gravity.



Next month, on the 12th, there will be a partial eclipse of the Sun. It will be 91% eclipsed here so well worth observing. It will start and finish in the evening so you will need to observe towards the WSW.

I mention it now to give you opportunity to dig out eclipse glasses or to order some. Reputable ones are perfectly safe. You will also need a colander as it is fun to allow the eclipsed Sun to shine through it onto a light-coloured floor, sheet, wall, whatever is handy. More information next month.



Docking's Festival of Books

Kate Jennison



The books are already arriving at Docking's St Mary's Church in anticipation the 15th Festival of Books, on the weekend of July 25th & 26th. For many of us who volunteer it is hard to accept that it has been going for 15 years. Yet each year it still feels like a delight. As we unpack and sort we discover books that surprise us, amuse us and rekindle our curiosity and interest in topics and activities we had forgotten we had. We enjoy meeting up with one another again, to debate which books go on what tables. Is this history or

politics? Nature or wildlife? Should a beautiful book on woodworking share the same table as books on embroidery and flower arranging?

Large wooden tables will be brought into the church and will line each side. Tags will be attached to each table stating the topics. And then almost mysteriously the church will be filled with books on every subject. Wildlife, History, Politics, Biography, Autobiography, Norfolk, Crafts, Sports...the odd rare book, Classics, Poetry, Maps, Dictionaries, Gardening, beautiful Children's Books. Work can be slow as books catch the volunteers interest, but usually the sheer volume needed to be sorted and time running out forces us into a state of silent concentration as we work to get them onto the right tables and displayed as invitingly as possible.

And then after a week of silence and concentration the Book Fair begins. People flood in and move from table to table searching, looking, absorbed by the many books before them. There are cakes, sausage rolls, and other refreshments to be purchased. There are raffle tickets for lovely items. People gather in groups and show one another the books they have found, the ones they have purchased, those they are about to. And then quite suddenly it ends not to return until the following year. So please join us from 10 - 4 both days. We look forward to seeing you!

The Neptune is where the heart is!

Dani Crawshaw

"Every time I come here I think of my wedding breakfast and the big day," Glenn tells me.

"Me and my wife had our first date here. And we ended up asking if we could have our wedding breakfast here, because it means a lot to us."

Glenn Perkins, who owns Norfolk Decor, paints the sash windows as he chats.

The former 18th century coaching inn was taken over by chef Kevin Mangeolles and his wife Jacki in 2007, and since then Glenn's been helping maintain it - inside and out.

"Fond memories from nearly 20 years of decorating now," Glenn continues, "With an old building, it's just a constant battle of maintenance and repair - it's a labour of love as such."

"I do like doing the old ones, especially a nice historic building like this one."

The charming property still has much of its original Georgian character, with 5 sash windows at the front. And inside a fine-dining restaurant that has continuously held a Michelin star since 2009.

"I remember when I told Kevin I was bringing my now wife to dinner, and him saying is it someone special? I said, at the end of the day you know when I come here for a meal, it's going to be with someone special!"

"We got married in Old Hunstanton church and having the wedding breakfast here, with just friends and family, it worked perfectly."

"A lot goes into the windows, it's not just a 5 minute job, there's a lot of prep - the painting's the easy bit really. I originally painted these when they came out of the factory nearly 20 years now."

I remark that's the whole of their life, "Pretty much yeah," he laughs, "I've done these 5 or 6 times now - every 3 or 4 years."

"Every time we've come here we've had such a great meal we just can't wait to come back," Glenn says before I leave.

And admire your paintwork? I ask. "Yes, there's always that as well!"

After a week of showers, and even a hail storm, Glenn and his team have finally finished. The Neptune is looking fresh, summer ready and even more inviting.



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Sporting corner with Tim Keogh

Cricket round-up with images by Ian Burt



*Adrian Gibson in action
in the Snettisham v Overstrand match*

As we near the halfway point for the senior 1st XIs, there have been conflicting fortunes for local teams in the Norfolk Cricket Alliance.

In Division Two, Sandringham & Dersingham and Bircham both had high expectations of challenging for promotion at the start of the campaign. However, some key - albeit tight - losses in recent weeks have seen both their threats falter. For entertainment value, Sandringham are certainly the team to watch, losing by just three runs at Great Witchingham and nine runs at leaders Topcroft (Lloyd Richmond 4 for 29), although they did have a two wicket win at Mattishall (Peter Brassett 4 for 56). Bircham experienced the tightest of defeats in a one run defeat at Norwich 2nds (Chris Banks 4 for 22). They sit in 6th & 9th position respectively.

In Division Three, Snettisham are the stand out local performers thus far this season. Having only lost one game they presently lead the table. The bowling form of Damien Twiddy and Kieran Herbert along with the batting form of Jonathan Forder and Jack Cotton will prove

pivotal if they are to maintain their title push.

In Division Four, despite some excellent batting and bowling performances, particularly from Nath Linsell, Adam Rose and Tom Wallace (5 for 29 against Bungay), lapse fielding has led to key losses against Reephram & Salle and Old Buckingham, seeing Torchman challenge at the top dwindle.

All local 2nd XIs all ply their trade in the Norfolk Cricket League. In Division One,



*Zac Fountain in action
in the Snettisham v Overstrand match*

Snettisham were struggling to find runs at the start of their campaign and found themselves rooted at the bottom of the table. However, three wins on the trot - including a last ball win over Norwich Association of Manslayers as Jack Johnson and veteran Mark Morrison managed to scramble over for two runs - propelled them into the top half of the table. A tight two wicket loss to Castle Acre, however, has slightly derailed their good run of form.

In Division Two, Sandringham 2nds are presently 6th, whilst in Division Four, Torchman 2nds are 4th, Sandringham & Dersingham 2nds are 9th and Snettisham Reds



*Snettisham 2nd XI
Back row from left: Lloyd Osbourne, Danny Sutchling, Satchin Rathnayake, Finlay Herbert, Gary Forder
Front row from left: Adrian Gibson, Callum Fisher, Matt Herbert, Toby Rung, Zac Fountain (missing)*

bottom.

Two local clubs, Snettisham and Torchman, are also in the midst of renovating their pavilions, aiming to have them complete in time for the 2027 season. Pictured is a recent photo of progress of Synthesism Pavillion.



Snettisham Memorial Pavillion

James Wild attends the annual Sunny Hunny Walking Football Tournament

Walking sport is a growing trend, particularly the football version, where there are now over 500 clubs affiliated to the WFA. As well as the health benefits, particularly for the older generations, walking sport also helps to improve mental health through social interaction. Heacham have had a walking football team for several years now with nearly 30 players on their books.

On Saturday, 13th July seven teams converged in Hunstanton for the 3rd annual Sunny Hunny Walking football tournament, hosted by Heacham WFC on Hunstanton's Recreation Ground.



Tournament Organiser & Peterborough All Stars captain, Tim Keogh (R), & James Wild

The popular annual event raises money for the 8:56 Foundation, which raises awareness, increases the profile of support and reduces the stigma associated with mental health. Local MP, James Wild, attended the tournament, as an advocate of mental health support. Attempts to cajole him into participating were soon scuppered as he didn't quite meet the over 50 years of age criteria.

With teams travelling from Lincolnshire, Northamptonshire, Cambridgeshire and Norfolk, a competitive tournament was always anticipated and so it proved.



*Heacham WFC's Andy Fletcher in action
(Black & White)*

Local side Heacham WFC performed admirably, going through the tournament unbeaten, but a lack of firepower proved their downfall as they just missed out on the play

offs. Last year's winners, Norwich Soca Seniors, made it to the final after defeating Oundle and King's Lynn in a sudden death penalty shoot-out with all three teams amazingly finishing the group stages with the same amount of points and goal difference.



*Norwich Soca Seniors captain,
Matt Middleton*



WFC's Colin Chilvers on the ball

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Norwich came up against probably the best team on the day, a well drilled Stamford side in the final. However, Stamford could not find a way to unlock the tight Norwich defence, with the latter prevailing on penalties to secure the title for a third time.

There were no major incidents, although the one blemish involved the tournament organiser and player (yours truly) being sin-binned for a minor altercation with a referee that involved politely questioning one of the man in black's decisions.

8:56 Foundation spokesperson, Dick Watson, who attended the event said, "thank you to all the players and spectators who donated to our cause, it was a great tournament". James Wild, who presented the trophies to the finalists, was impressed with the quality of football on display and added, "I am always happy to help out with causes that support mental health. I am actually 50 next year so who knows I may be available".

To get involved with Heacham WFC you can contact Andy Fletcher by email at andrewfletcher2108@gmail.com. The club hold training sessions every Friday evening from 5 to 6pm.

Images by Ian Burt

Pictured right

Heacham Walking Football Club

Back row from left: Malcolm Wilson, Nick Walker, Rex Barnard, Richard Deadman, Jeff Edmonson and Michael Freeman

Front row from left: Gavin Ramsey,

Colin Chilvers, Andrew Fletcher

and Keith Williams

Photo supplied.



Above: James Wild, David Fine (Norwich Soca Seniors), Kevin Wakefield (8:56 Foundation) Ian Jolly (Norwich Soca Seniors) Below right the winning team





Armchair Sports Trivia

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QUESTION: What was the nickname of the first boxer to win world titles at five different weights?

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Please note we do not accept entries by any social media channels or text.

CLOSING DATE 15.07.2026.

Last month's question was The FIFA World Cup starts on 11th June with Mexico v South Africa. Which countries have lost their opening fixture at the finals but went on to win the trophy? The answer was Spain and Argentina. Malcolm Leach from Wisbech is the lucky winner.

Serving up some trophies

Tim Keogh

An exciting array of season ending finals were played out in front of a packed gallery at Heacham Table Tennis Club's presentation evening.

The traditional Hard Bat Doubles final between Paul Waterman and Ian Rix against Mick Mines and Alexi Eon certainly kick-started proceedings in dramatic style with some scintillating doubles play, but it was Waterman and Rix who triumphed 3-1 (11-5, 8-11, 11-6, 11-9).



Ian Rix & Paul Waterman

This was followed by the Handicap Singles Final between Finlay Hewson (0) and Jeff Chung (6) playing the first to 41 points. Henson soon chased down his handicap disadvantage but Chung rallied, before Hewson eventually prevailed 41-37.



Finlay Hewson

The Open Plate Final between Janice Howell, and Phil Ball was next up with Howell determined to retain her trophy. But Ball was certainly on the ball tonight, as he



Kevin Saunders and Finlay Henson

secured the title with a 3-1 (9-11, 11-5, 11-3, 11-2) win.

The flagship Open Final between the big guns of Hewson and Kevin Saunders concluded the evening's finals. Hewson's amazing spin serve almost always puts his opponents on the back foot immediately, but Saunders was wise to this and his counter-attack play certainly gave Hewson some problems. However, despite this and some entertaining rallies, the 23 year old Hewson simply proved too strong in the end, winning the final 3-0 (11-5, 11-9, 11-9) to retain his title.

The League itself, which has been running since September, was won by defending champions Counter Hitters (Ian Rix, Finlay Hewson, Tony Trayford, Paul Waterman and Tim Atkinson) whilst The Inlaws were worthy runners up (Alexi Eon, Paul Barrett, Stephen Jackson and Jim Race).

The winners of the Malcolm Diggins Special Merit Award went to Mark Lees who epitomises what the club is about, spirit and having fun. The David Bourne Memorial 'Player of the Season' Award - in memory of the popular former player who sadly passed away - went to Tony 'Tornado' Trayford who

made an unassuming yet vital contribution to the Counter Hitters title victory.

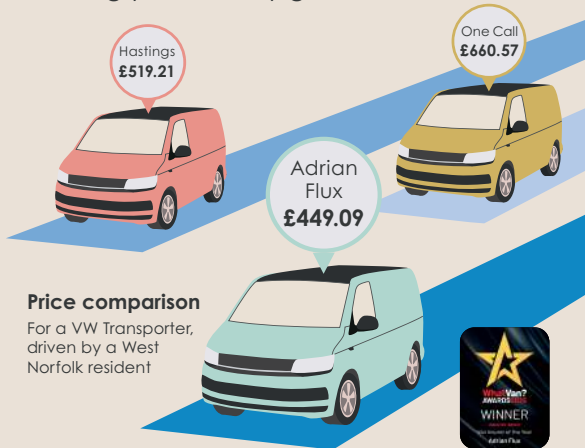
Organisers, Jim Race and Stephen Jackson, thanked all the players for keeping the league in the healthy position that it remains in today, as well as the buffet caterers, Janet Race and Eileen Needham. Melissa McDonald surprised Jim and Stephen, presenting them each with a token of appreciation on behalf of all the players at the end of the evening to rapturous applause.



Alexi Eon, Paul Barrett, Stephen Jackson & Jim Race

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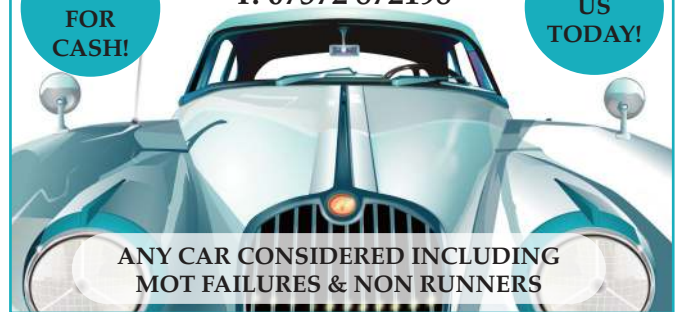
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Pier to pier in the rain

King's Lynn parkrunners brave the elements to tackle 32-mile 'Pier to Pier' Ultra-Marathon for EACH

A dedicated team of local parkrunners have successfully battled severe weather to complete the gruelling 32-mile East Anglia's Children's Hospices (EACH) Pier to Pier walk, raising nearly £1,000 for the charity.

King's Lynn parkrun Event Director Gary Walker, alongside experienced ultra-runners and fellow parkrunners Sarah Partridge and Jackie Lake, joined a field of 85 participants at the Cromer Pier starting line for a 7:00 AM kickoff.

The iconic annual event, which launched in 2022, originally routed walkers from Great Yarmouth to Cromer. In subsequent years, the course was reversed, challenging participants to traverse the stunning but demanding North Norfolk Coastal Path back toward Great Yarmouth.

While the original trail required navigating long, gruelling stretches of soft sand, the route has been refined over time—with Gary's assistance—to bypass the most difficult terrain while still showcasing the best of the Norfolk countryside.

This year's challenge proved to be a true test of endurance,



In the rain at the not so sunny Britannia Pier finish

exacerbated by treacherous weather conditions. The team faced fierce head winds and driving rain, making the final, exposed stretch along the Great Yarmouth seafront a punishing conclusion to the day.

Despite the elements, the trio crossed the finish line together in 9.5 hours, thoroughly enjoying the challenge and raising just under £1,000 to support EACH's vital work with life-threatened children and their families.

My parkrun by Steve Davis

It was a surprise when our son got involved with parkrun, playing a founding role in setting up the Beckenham Place parkrun, launched in 2016. I remember studying his box of parkrun equipment, helping split up the sheets of position barcode tokens, and being generally fascinated by the parkrun system worked using the simplest of equipment and smartphone apps linked to the parkrun website. So, just after Hunstanton Promenade parkrun had launched in 2019, having first registered for my free personal parkrun barcode at parkrun.org.uk I went along.

I turned up for Hunstanton's 3rd event in time for their initial briefing at 08:55am outside the Sailing Club (or during the summer months now, by the Salad Bowl Café) where I encountered a friendly welcoming atmosphere with volunteers in their dayglo vests encouraging me as I jogged



and walked my way around the 5k course. At the finish my time was clocked, I was handed my position token which, along with my personal barcode, was then scanned. Within the hour, I received my first parkrun result email telling me that I came 112th in 36mins and 44secs. The next time, despite painfully pulling a calf muscle towards the finish, I got that down to 32mins 22secs, my PB (personal best). Over the next weeks I thought I'd take things easier and tried volunteering, getting to know and work with the rest of the team – one of the best things I ever did. I tried Marshalling, Timekeeping and Barcode Scanning but, what I enjoyed most was being the Tailwalker, wearing the distinguishing orange vest, walking behind those taking part, checking all's well along the way and being last to cross the finish line.

In 2022, parkrun launched a campaign to encourage more walkers to take part, introducing the volunteer role of parkwalker, another I readily took to, engaging with and encouraging those walking, as well as being a roving marshal. Participants can run, jog or walk, with or without a dog on a short lead, a pushchair or child under 11 within arms reach

– it's your choice. In my more senior years, walking the course has more appeal to me than trying to run it, although I have studied one or two YouTube videos showing me how to improve my walking pace. Once in a while, we invite volunteers Pacers to wear a bib displaying, on the back, the number of minutes between 20 and 45 in steps of 5, they aim to complete the course in. Walking flat-out, I can just manage the 40 minute pace. For some parkrun is a chance to race but, for most, it's more about enjoying the company and improving fitness at your own pace, whatever style you choose.

Some of our team of volunteers at Hunstanton are themselves keen runners, whilst others are content just to enjoy volunteering. Although, I'll happily fill whatever volunteer role is needed on the day, the ones involving walking suit me best. And on weeks when our volunteer roster is full, I just take part as a brisk walk. It seems my 2019 PB of 32mins 32secs will remain but hey! For me, it's taking part that matters most and being a proud member of such a friendly and supportive volunteer team. Do consider giving our parkrun a try.

Hunstanton Bowls Club (Cromer Road)

Many congratulations to Sarah Pugh and Hazel Bloor of Hunstanton BC on winning the County President's Pairs Trophy.



This competition, started in 2025 by President Brenda Whitehead, offers new or novice bowlers the opportunity to compete against bowlers of similar experience from across the county. After winning through in the semi final by beating a strong pair from Gorleston, Sarah & Hazel found themselves facing a Downham Market pair. However, this was no obstacle to the Hunstanton bowlers and on a sunny afternoon at Swaffham BC they were victorious!

Members have also continued their quest for County & National glory in a variety of formats in singles, pairs, triples & fours competitions....the list of competitions can seem endless for those involved. Success in many of these competitions leads to the opportunity to represent Norfolk at the National finals in Leamington Spa in August and is the ultimate goal for many bowlers.

Alongside the competitions, weekly

matches continue apace and, with several wins now recorded, league positions are looking healthy for the Hunstanton BC teams who are competing in the leagues, County for the mens and mixed "A" and "B" teams, the ladies in the King's Lynn league and the various local Federation leagues & competitions.

The weekend Friendly fixtures have also begun and it is a pleasure to welcome visiting teams to share an afternoon of friendly bowling. These events are an opportunity to meet and socialise with bowlers from across the region and are always popular....it doesn't all have to be about competitions!

If there's anyone out there who would like to give bowling a try just come along on any Friday evening 5.30pm for 6.00pm start... you will be warmly welcomed.

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Saturday 4th July - Cash Bingo, eyes down 8pm
Saturday 11th July - Country & Western + Rock & Roll for RSPCA 7.30pm
Saturday 25th July Tony Gee - vocalist 8pm
 For more information - see our Facebook page

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Mondays: Strength and Balance Class 4.30pm.
Tuesdays: Seated Yoga with Jackie Lee 12.45pm - 1.30pm.
 Richard's Country Disco & Line Dancing 2.00pm - 4.00pm.
 Cash Bingo starts at 7.30pm.
Wednesdays: Scrabble 10am, Whist Drive 7pm
Thursdays: New Strength and Balance Class 1.00pm.
Fridays: NIA at 12.30. Prize Raffle 1pm. Cash Bingo at 7.30pm.
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Charlotte Hopkinson



Paris.

We had to plan quickly after her prognosis of 3-6 months and people answered our call. Many local companies donated fantastic raffle prizes, in the end we had over 40. Facebook was a great tool to find tombola prizes. We had books, bric-à-brac, guess the sweet jar, name the teddy - and a huge selection of homemade cakes. Simon the owl man brought 2 of his owls, the Iceni HOG Chapter Norfolk UK Open Group brought their motorbikes - my sister has been a long time fan of bikes. The hall was packed most of the day with people enjoying a hot drink and a cake and filled with love for Paula. In the end we raised £1150 which far exceeded my expectations of £250! Thank you to everyone who came.

As a family we'd like to raise awareness of bowel cancer. Paula was originally told she had haemorrhoids and constipation until she had a Colonoscopy and they couldn't get the camera past the tumour. Her symptoms were bleeding from the bottom, stomach pain, diarrhoea and weight loss. Keep an eye for any changes - and if you're worried always see a professional.

My 48 year old sister Paula Hatt has had stage 4 bowel cancer for 2 years - there is no more treatment, so the time we have is more important than ever. It is in situations like this family members can feel helpless so we decided to hold a coffee morning at Snettisham memorial hall to raise money, and to give us all a distraction. The money raised to go towards a holiday or days out, Paula's dream is Disneyland

Sandringham Federation News

Nichola Keir, deputy headteacher



Charlotte from Flitcham Primary Academy and Zacki from Sandringham and West Newton Primary had the honour of receiving the Bishop's award on 9th June. They were invited to meet the Bishop and share lunch with their families, the headteacher Mrs Catherine King and other winners from the Diocese.

Both children consistently demonstrate the Christian values we extoll in school, but in addition to this we recognise that Zacki was awarded for his regular faith in action, whilst Charlotte's recent donation of several inches of her own hair showed great charity and service.

The Sandringham Federation are immensely proud of both of our winners!

Celebrating Attenborough's birthday



Jessica Gledhill & Benjamin Stephen

A tree planting event has been held at South Wootton Junior School to honour David Attenborough's 100th birthday. Pupils learnt about his life and contribution to our global understanding and appreciation of the Natural World.

Children from across the school read poems and letters that they had written to Sir David and local Reverend Pete Farquhar said a blessing and led the school in prayer.

Glebe House School & Nursery Update

Please head to our website for all the GHS News, from beach school adventures to the Hunstanton Fun Dog Show-
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Rainforests to wartime - students' London trip



A Geography topic on rainforests came to life for students from Marshland High School on a visit to Kew Gardens in London recently - with pupils taking part in a workshop. Head of History Debbie Dye says they later visited the Imperial War Museum World War I and World War II galleries.

"We took a tour along the River Thames and learnt about many of the key places along the river, and went aboard HMS Belfast and learnt about the role the boat has played in conflict."

The trip was a new addition to the calendar at Marshland, Mrs Dye adds, "Students in Year 9 have studied the importance of rainforests to our planet. They have also studied World War I and World War II. It was great to see the students engaging with the iconic artefacts."



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Art and the Power of a Face

Lesley Nadel

These days our faces are only ever a phone tap away. We photograph ourselves without thinking, collecting hundreds - sometimes thousands - of images in a year. It is almost impossible to imagine a time before cameras, when a likeness could not be captured in an instant, and when the painted portrait held a far greater significance. To sit for a portrait once required patience, money and intention. People did not simply want to be recorded; they wanted to be remembered, and, more importantly, they wanted to be seen as they hoped the world would see them.

For centuries, portrait painting was never just about resemblance. It was about influence. Portraits documented lives, commemorated status and, quite often, served as instruments of persuasion in politics, religion and society. Monarchs and noble families used them to project wealth, authority and permanence. A portrait could appear truthful while still offering an idealised version of its subject - a carefully managed image designed to shape opinion. Hans Holbein's famous portrait of Anne of Cleves, commissioned for Henry VIII, is a reminder of how powerful such images could be: elegant, composed and flattering, yet unable to tell the deeper truth of character and compatibility. Yet a portrait does far more than capture physical features. At its best, it tells a story - a quiet conversation between artist, sitter and viewer. Every brushstroke, every choice of colour, every detail of pose or background can suggest something beyond outward appearance. A portrait can speak of identity, legacy and belonging. It can celebrate culture, hint at vulnerability, or preserve a private grief. A richly painted fabric may suggest status or

heritage; a rigid posture might imply obedience, while an unguarded glance can reveal defiance, longing or sorrow. Even the style of painting matters. Broad, loose strokes can give a face life and motion, while cool tones may suggest introspection and warm ones resilience or passion. Some sitters may prefer a perfectly rendered likeness, but often it is the quieter, less exact details - a furrowed brow, a distant gaze, the slightest tension in the mouth - that lead us closer to the person beneath the surface.

Over time, portraiture has changed. In earlier centuries it was often reserved for royalty, religious figures and the powerful, intended more to immortalise than to reveal. But as art evolved, portraiture moved away from the purely formal and divine and towards a more searching exploration of human feeling. The rise of modern and abstract art opened yet more ways of expressing emotion, allowing artists to explore not only what a person looked like, but what they felt like - or what they stirred in others. This is where the viewer becomes essential. No portrait is completed by paint alone. We bring our own histories, moods, memories and beliefs to what we see, and these shape the meaning we find there. A portrait can unsettle us, comfort us, move us or confront us with something we recognise in ourselves. Long after we have left it behind, its effect can continue to echo.

Perhaps that is why portraits remain so powerful. By their very nature, they are created through the presence of at least two people - artist and sitter, neither ever fully in command of the other. In the most memorable portraits, both leave their mark. What emerges is not simply an answer to the question of what

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Faces of the Steelyard: The Life of the Hanseatic Merchants and their Portraits by Holbein

Lecturer: Justin Reay



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someone looks like, but an invitation to look again - to wonder who they were, what they felt, and why their face still speaks to us now. Great portraits do not close a story; they open one.

The Arts Society North West Norfolk will be hosting a talk by Justin Reay on 'Faces of the Steelyard: The life of the Hanseatic Merchants and their Portraits by Holbein' on Monday 13th July 2026 at 2 pm at Sedgeford Village Hall. Holbein's portraits and murals of Hanseatic traders introduce us to that world. The only surviving Hanse Steelyard Building is here in Kings Lynn. New members are welcome to join our friendly society.
www.artsocietynwnorfolk.org.uk.

Fresh, family-friendly Sandringham and District Rotary Club celebrates inaugural Charter celebrations

Anna Greyson

Sandringham and District Rotary Club celebrated its inaugural charter on Saturday, 9th May, with a family-friendly evening at The Feathers Hotel in Dersingham. Guests from throughout East Anglia joined members' families in a relaxed and welcoming atmosphere to mark the launch of the new club. Presenting the official charter certificate to President Jean-Marie Vernon, District Governor Ian Graham said: "I am proud to have supported Sandringham and District Rotary Club through the charter application process and delighted to see it succeed during my tenure as District Governor. I am not used to seeing children running around and playing at a charter night, but it perfectly reflects the club's family-friendly approach and its wish to make Rotary feel open to everyone." Jean-Marie thanked Ian Graham

for his support and said: "John Greyson and I are incredibly proud to see our shared vision for a more modern approach to Rotary come to fruition this evening. Ian's comments reflect exactly what we hoped to create: a club built for busy lives, where people can combine volunteering with work, family, and everyday commitments, while showing that Rotary can be practical, enjoyable, fun, and meaningful."

The evening then continued with several important presentations. Derek Stringer, President of the King's Lynn Priory and Satellite Club, explained that his club had agreed to act as Sandringham and District Rotary Club's official charter sponsor and had also offered to fund the new Presidential collar and jewel. He said it was a great honour to present them to Jean-Marie, who in turn presented John Greyson

with the President Elect Pin. Jean-Marie then inducted David McCarthy, one of the club's founding members, and welcomed him into the Rotary family of 1.4 million members worldwide.

Appreciation was also shown to Christine Vernon, the President's wife and the club's Foundation Lead, who had made a cake especially for the occasion. John Higginson, landlord of The Feathers Hotel and host for the evening, was thanked alongside his team for their excellent service and support. Jean-Marie announced: "John Higginson has offered the club a room for its face-to-face meetings, which feels especially fitting as it is next to the hotel's Sandringham Bar. The club will now happily consider The Feathers Hotel its home." He added: "It is the club's intention to offer members hybrid meetings when attending in person is not



possible." The club is now looking forward to starting the projects already lined up and making a positive local impact within the community.

Sandringham and District Rotary would be delighted to hear from anyone who would like to support local community projects, meet new people, and be part of a flexible, friendly club built for busy lives. Anyone interested in finding out more is warmly invited to meet the club for an informal chat or email membership@sandringhamrotary.org.uk. Further information is available on the club's newly launched website, Sandringhamrotary.org.uk.

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Roll up, roll up for a weekend of fabulous drama!!

Festival Director Verity Mitchell writes about the variety of plays at the One Act Drama Festival 3-5 July

Yes folks it's that time again! To kick off your summer fun, we have eleven short plays for you to enjoy at Hunstanton's One-Act Drama Festival, taking place this year at our very own Town Hall Theatre Stage so now's the time to book your seat!

Come and enjoy two, three or all eleven plays over the weekend, starting on Friday 3rd July with performances from St Nicolas Players with an original script 'The Three Amigos' by Adam Patman and a performance of Agatha Christie's 'The Rats' from our very own King's Lynn Players. And that's just for starters!!

The full programme (which you can see on our website or below) features original scripts as well as existing plays, all performed for you by the cream of our local amateur groups so it's going to be a busy and exciting weekend for the groups as well as our audiences.

Tickets are just £7.50 per session or a mere £20 will buy you a season ticket for all eleven plays and entry to the Awards Ceremony on Sunday evening where the silver cups will be handed out to our worthy winners. To be sure of a seat, you can buy your ticket/s in advance online at www.ticketsource.com/hunstanton-

one-act-drama-festival or from 'by the book' bookshop on the High Street. Alternatively you can simply buy your ticket on the door for whichever session you fancy. (For evening performances, doors open 6.30pm, for matinee's, doors open 1.30pm.)

Find out more at www.oneactdramafestival.com and we look forward to seeing you there!

Programme for Hunstanton One-Act Drama Festival 2026

Friday 3rd July, 7.30pm

Welcome from the Festival Director
The St Nicolas Players with 'The Three Amigos' by Adam Patman
Kings Lynn Players with 'The Rats' by Agatha Christie

Saturday 4th July, 2.30pm

Stage Direct (Sheringham) with 'The Beach Café' by Peter Blakeley
Phoenix Theatricals with 'Aftermath' by The Company
Sleaford Little Theatre with 'Once, After' by Kei Bailey

Saturday 4th July, 7.30pm

Boston Playgoers with 'What's for Pudding?' by David Tristram



ManNic Productions (Title TBC)

BaT Productions with 'A Stitch in Time'

Sunday 5th July, 2.30pm

Wilburton Youth with 'Frankenstein's Last Chance' by Geoff Bamber
Heckington Players with 'George is Leaving'
Wilburton Adult with 'On the Bell' by David Blaikie

Sunday 5th July 7.30pm

Gala Awards Ceremony



For 37 years, Music in Country Churches, which is honoured to have His Majesty The King as its Patron, has been organising concerts of exceptional music in rural churches in England and Wales. The Charity aims to support the arts, culture, and historical heritage of countryside communities. It works with a range of ensembles and musicians and is particularly keen to give concert opportunities to young and emerging performers.

Following each concert, a donation is made to the church to help with maintaining the building and carrying out essential repairs. Since it began, Music in Country Churches has made donations to more than 60 country churches, distributing £620,000 to support the maintenance work needed on church buildings. This year, Music in Country Churches is supporting two concerts at Dersingham Church (July 22 and 23), both in aid of St. Mary's Church, Hillington.

Sadly, Hillington Church is currently closed on safety grounds following two falls of plaster in 2025. However, Hillington Parochial Church Council, with the support of Hillington village, feels that now is the time to develop St. Mary's for the future. We are considering how we might retain our sacred space for worship as well as create a meeting space for the community, there being no village hall in Hillington. We will need

amenities such as toilets and a servery, accessibility for all and a new heating system, in addition to undertaking significant structural repairs.

St. Mary's Church is a grade II* listed building serving the village of Hillington (population about 400). It lies just south of the Sandringham estate and eight miles from King's Lynn.

The oldest part of the church is its lower tower (1434). The walls are mainly flint and stone and the roof is tiled. In 1824, the south aisle was incorporated into the main body of the church and covered by a single roof span. The building is noted for its interior light, as nearly all its windows are clear glass. The nave's windows are unusual in that they are framed in cast iron.

The church's acoustics are noted for their excellence. There is a fine Snetzler organ dating from 1756. Some are surprised to find that the natural keys are black and the accidental keys are white. This inverted colour scheme was standard in the Baroque and Renaissance periods.

The church houses many monuments to members of the local Ffolkes family (of Hillington Hall). One commemorates Sir William Browne who was President of the Royal College of Physicians from 1765-66.

The Dersingham Concerts

22 July (Wednesday) at 6.30pm at St Nicholas' Church, Dersingham, PE31 6GZ

Virtuosic Music for Violin, Voice, and Piano. Musicians: José Matias violin, Owain Rowlands baritone and Rebecca Selley piano

The three talented musicians all hail from the Royal Welsh College of Music and Drama, which, like Music in Country

Churches, is a patronage of His Majesty The King.

José Matias, a talented violinist from Portugal, is carving his path in the vibrant world of classical music. In 2024, José gave his debut with the English Chamber Orchestra in the Music in Country Churches Festival, performing Strauss' Violin Concerto.

Carmarthenshire-born baritone Owain Rowlands is an Associate Artist with the Welsh National Opera for the 2025/2026 season, where he has performed and covered roles in productions including Tosca, Candide, Blaze of Glory, The Flying Dutchman, and others.

Rebecca Selley studied piano and piano accompaniment at the Royal College of Music in London, where she won the John Ireland Prize for Accompanists. Rebecca works as the String Department accompanist and coach at the Royal Welsh College of Music and Drama and also as an accompanist for BBC National Orchestra of Wales and Welsh National Opera.

For more details and tickets, see musicincountrychurches.org.uk

23 July (Thursday) at 6.30pm at St Nicholas' Church, Dersingham, PE31 6GZ

What A Wonderful World. Musicians: Sounds Historical - Heidi Fardell recorder/flute, Mary Tyers recorder/flute, Alison Kinder viol and Lynda Sayce lute/theorbo.

Sounds Historical are a specialist early music ensemble. Their repertoire spans the medieval to the 18th century. Each member of the group performs and records with a wide variety of early music groups such as La Serenissima, Chelys, Fiori Musicali, and the Linarol consort, and all are passionate about their work in music education.

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THE WILD WEST RETURNS TO HUNSTANTON FOR 2026! BIGGER AND BETTER!

Saddle up for an unforgettable day of live country music, Wild West entertainment, family fun, and cowboy atmosphere as the Wild West Norfolk Festival rides back into Hunstanton on Saturday 4th July 2026!

Leading the line-up is headliner Jade Helliwell alongside an incredible collection of country talent from across the UK:

Country Chicks UK return after a storming set in 2025

Owen Morton bringing classic country style

Award-winning performer Guy Surtees
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Five Churches Festival

From 8-12 July the five beautiful churches of the Glaven Valley – Blakeney, Cley, Glandford, Letheringsett and Wiveton – host five days of world-class classical music and jazz. The Festival welcomes BBC Proms star, cellist Guy Johnston who will give three different performances in the Festival. Brenda Blewett, the Festival's Artistic Director explains: 'It's a fantastic honour for us to have a musician of Guy's calibre at the Festival - no need to travel beyond North Norfolk to hear him!'

Guy will perform in our opening concert Suite Music on 8 July in Wiveton Church, as well as joining the Festival's resident string quartet Chaos Collective for a performance of Brahms' String Sextet.

He will be 'In Conversation' with Brenda Blewett the next morning in Cley Church at 10am, performing Bach's beautiful first Cello Suite - this time with the audience in the round giving a unique opportunity to watch the performance 'close-up'.

The rest of the programme features musicians of international acclaim alongside established professionals from across Norfolk - resident string quartet Chaos Collective, award-winning young musicians in concert, a jazz café, Flutes & Frets, a family concert painted live by the children's book illustrator James Mayhew, a thrilling outdoor concert at Bayfield Hall given by the legendary, world famous 'Blake' and a stunning Festival Finale with Norwich Baroque.

Find the full programme, information about all events and online booking at fivechurchesfestival.com



Summer Charity Gala Concert

Dersingham Choir is delighted to present its Charity Gala Concert on Saturday 11th July 2026 at 7.00 pm, at St Mary's Church, Snettisham (PE31 7NA), with doors opening at 6.30 pm.

The concert promises an evening of exceptional music. The format will mirror last year's programme, with Jenny Williams (soprano) and Daniel Meades (tenor) performing a selection of solos and duets from opera and musical theatre. They will be accompanied by Matthew Preston and Benjamin Howell, who will also delight the audience with popular solo piano works, and perform together in some engaging piano duets.

This year's performance has been scheduled earlier in the summer to take full advantage of the long, light evenings, enhancing the atmosphere of this special occasion. This promises to be a dazzling summer evening of music, set within the beautiful surroundings of St Mary's Church. Guests will also be able to enjoy a glass of wine during the interval, adding to the celebratory atmosphere.

A spokesperson for Dersingham Choir said: "We were overwhelmed by the response to last year's concert and are thrilled to bring it back for 2026. With such a fantastic group of performers and a wonderful venue, we're looking forward to another truly special evening."

Tickets can be pre-booked online now at: www.dersinghamchoir.com or purchased on the door. Tickets are, £22 Adult / £8 Under 18 (online) or £25 Adult / £10 Under 18 (on the door).

For more information about this exciting event please contact Kate, the choir secretary, email secretaryDC2025@outlook.com or phone 07513 986858.



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Since Hunstanton Eyecare was acquired by the long-established family firm of Dipple & Conway, there has been a gradual change in style over the last few months. Our practice always strived to maintain the highest standard of eyecare, and we can see that our new owners will be able to take this ambition to the next level. Just a couple of weeks ago OPTOMAP arrived in the practice. This high-tech piece of diagnostic equipment is a welcome addition to our OCT scanner and enables you to experience probably the most comprehensive eye exam you will ever have. OPTOMAP is an ultra-wide digital retinal imaging system and captures more than 80% of your retina in one panoramic image. Traditional methods typically reveal only 10-15% of your retina at one time



OPTOMAP is not new to me personally. I worked in Swaffham some 25 years ago, and my boss Mr Seaman, acquired OPTOMAP when it first came to the market. The founder was a Douglas Anderson, whose young son, Leif, lost the sight in one eye because a retinal detachment was discovered too late for treatment. Although he had regular eye exams, conventional tests were uncomfortable, especially for a small child. Douglas invented OPTOMAP as a way of making retinal examinations easier. Well done Douglas!

I remember a case in Swaffham too. It was just about lunchtime, and Mr Seaman came into our staff room looking decidedly pale. "What's up with you Dave?" I asked. He flopped into the chair and said "that OPTOMAP has just saved my career". Tell me more! It turned out that his client had strange symptoms that he couldn't find a reason for. He persuaded her to have the OPTOMAP exam, which clearly showed up a very shallow retinal detachment. Mr Seaman looked into the client's eye again, and even knowing it was there he couldn't see it with a naked eye or with any other examining technique. Phew! A swift referral was made. If it hadn't been for OPTOMAP it may have gone untreated for too long and sight may have been lost, and Dave might have had some explaining to do to the General Optical Council!

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In the Limelight

Wow, what a month of June! Team Princess have worked their socks off! This month you will notice some new faces about the Theatre, in the bar and the box office. We are a friendly bunch and love it when you pop in to say hello!

We loved the Hunstanton Carnival. Congratulations to all those who took part, did you see The Princess Theatre and Rollason Stage school in the Carnival?

Our latest brochure, featuring shows from July through to the end of the year, is now available. Don't forget that our website features all shows currently on sale, including events throughout 2026 and into 2027, so there's always something new to discover.

For the latest announcements and a behind-the-scenes look at what's coming up, sign up to our weekly online newsletter. Featuring "The Inside Scoop", you'll be among the first to hear about new shows and events as they go on sale.

To join our mailing list, simply speak to a member of the Box Office team, all we need is your email address.

July is shaping up to be another fantastic month at the Princess Theatre, packed with unforgettable music, nostalgia and plenty of entertainment for audiences of all ages.

We kick things off on Friday 3rd July with Logicaltramp, widely regarded as one of the UK's finest tributes to Supertramp. The following week, on Friday 10th July, The Bohemians – Queen's Greatest Hits brings the legendary sound of Queen to the stage.

Music lovers are in for a real treat as we move into a weekend dedicated to some of the most influential acts of the 1960s. On Friday 17th July, The Cavern Club Story transports audiences back to Liverpool's most famous music venue, charting the rise of Merseybeat and the bands that changed popular music forever.

The nostalgia continues on Saturday 18th July with The Monkees Tale, a heartfelt celebration of the chart-topping American pop



A Brief History of the Princess Theatre if you didn't know!

Originally Simpson's Hotel the building is home to the largest gable wall of carrstone in existence. Following several incarnations, including The Marine Hotel and the Capitol Cinema, which opened in 1932, the venue later became the Kingsley Centre and then a bingo hall. After standing empty for several years, the building was purchased by the local council and reopened on 5 July 1981 as the Princess Theatre, named in honour of Lady Diana Spencer, who became Princess Diana later that month.



The theatre has a special royal connection, with Princess Diana and the young Princes William and Harry attending pantomime performances during their Christmas stays at Sandringham.

Following a major refurbishment in 1995, the theatre continued to grow as a leading entertainment venue. Since 2012, it has been in the hands of two local business families, the Hallards and Searles, and remains at the heart of Hunstanton's cultural life.

We love nostalgia and we have bought the memories flooding back for so many in a recent feature on our facebook page.

"The Princess Theatre has been at the heart of Hunstanton for generations, creating memories for audiences of all ages. Whether it's the atmosphere, the friendly welcome, the variety of shows, the seaside location, or a special memory you've shared with family and friends, we'd love to know, what do you love most about The Princess Theatre?" my favourites so far;

"I love the Christmas pantos! We've half made it a tradition to all get together one of my favourite Christmas activities!"

"Been to some great shows over the last couple of years but by far my favourite is sitting outside the sunset bar on a sunny afternoon having a beer and people watching. Staff are always excellent"

"I grew up in Hunst'on. Saw many films here as a child. Most memorable Summer holiday starring Cliff Richard. Most disappointed when it started in black and white but cleverly changed to colour. Also saw Dr Who and the Daleks. My mother frantic with worrying when I got home as I sat through it twice. Of course, the building was used in the film Barnacle Bill."

So, if you can and would like to share your thoughts and memories of the theatre, we would love to hear them. Send an email to boxoffice@princesshunstanton.co.uk

Whether you're looking for a night of classic rock, a nostalgic trip down memory lane, family-friendly entertainment or an evening of comedy, there's something for everyone this July. We look forward to welcoming you to the Princess Theatre.

Anna H



phenomenon, before The Hollies Story arrives on Sunday 19th July, showcasing the timeless songs and remarkable harmonies of one of Britain's most successful groups.

For fans of modern pop, Friday 24th July sees the return of Totally Gaga, an electrifying tribute to Lady Gaga, featuring stunning costumes, powerhouse vocals and all the superstar's biggest hits.

Laughter takes centre stage on Saturday 25th July when comedy legend Jim Davidson brings his Last Man Standing tour to Hunstanton. Known for his sharp wit, storytelling and decades long career in entertainment, this promises to be an evening full of laughs.

Rounding off the month on Wednesday 29th July is the ever-popular Seaside Summer Special, offering a delightful mix of variety entertainment, music and fun that's perfect for a summer day by the coast.

Live Music on the Terrace will become the joy for many, to break up the week with Jammin' Joe bringing live music to the Sunset Wine Bar Terrace on Tuesday afternoon, followed by the return of DJ Zola's Soul

Princess THEATRE, HUNSTANTON *Princess theatre*

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Family Ticket (2 adults & 2 children) - £68.50



Upcoming
CURRY & QUIZ NIGHTS

TUE 14TH JUL
CHICKEN PASANDA

TUE 15TH SEPT
CHICKEN KEEMA

TUE 13TH OCT
CHICKEN DOPIAZA

TUE 17TH NOV
CHICKEN BALTI

TUE 15TH DEC
CHICKEN DHANSAK

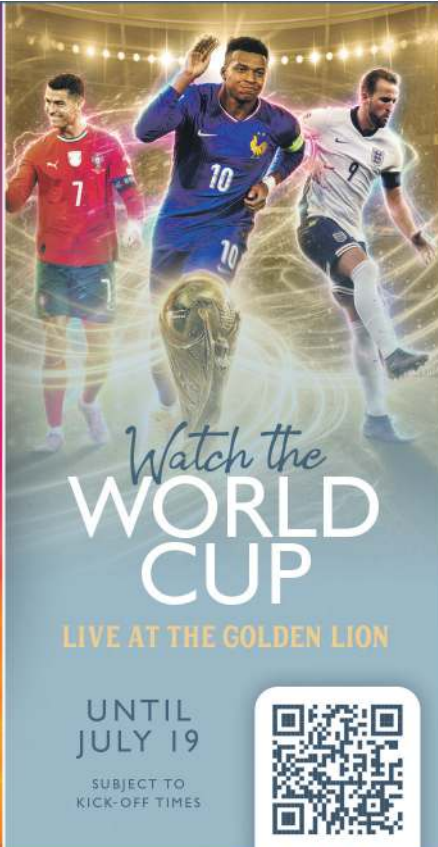


GOLDEN LION
THE GOLDEN LION PRESENTS
Chillout
SUNSET SESSIONS
WITH DJ DAN O'DWYER

SAT JULY 11
5 – 9PM

SAT AUGUST 1
5 – 9PM

SUN AUGUST 30
4 – 8PM
SUMMER BANK HOLIDAY



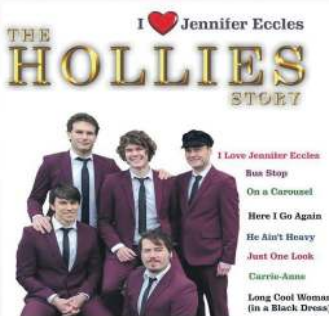
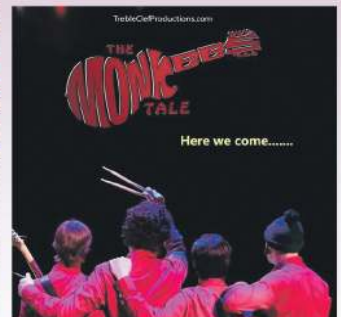
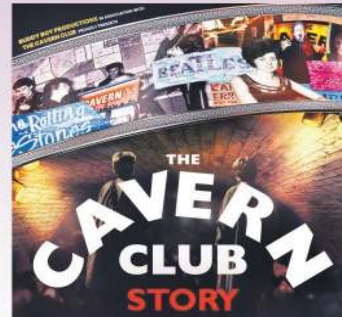
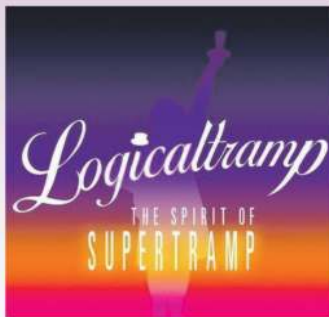
Watch the
WORLD CUP
LIVE AT THE GOLDEN LION

UNTIL JULY 19
SUBJECT TO KICK-OFF TIMES


SCAN TO BOOK

FRIDAY 3RD LOGICALTRAMP
FRIDAY 10TH THE BOHEMIANS QUEENS GREATEST HITS
FRIDAY 17TH THE CAVERN CLUB STORY
SATURDAY 18TH THE MONKEES TALE
SUNDAY 19TH THE HOLLIES STORY
FRIDAY 24TH TOTALLY GAGA - THE TRIBUTE
SATURDAY 25TH JIM DAVIDSON - LAST MAN STANDING
WEDNESDAY 29TH SEASIDE SUMMER SPECIAL

**Book your seats
& support your
Local Theatre.**



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Every Wednesday

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Sunset Wine Bar & Box Office - Open 7 days a week.

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