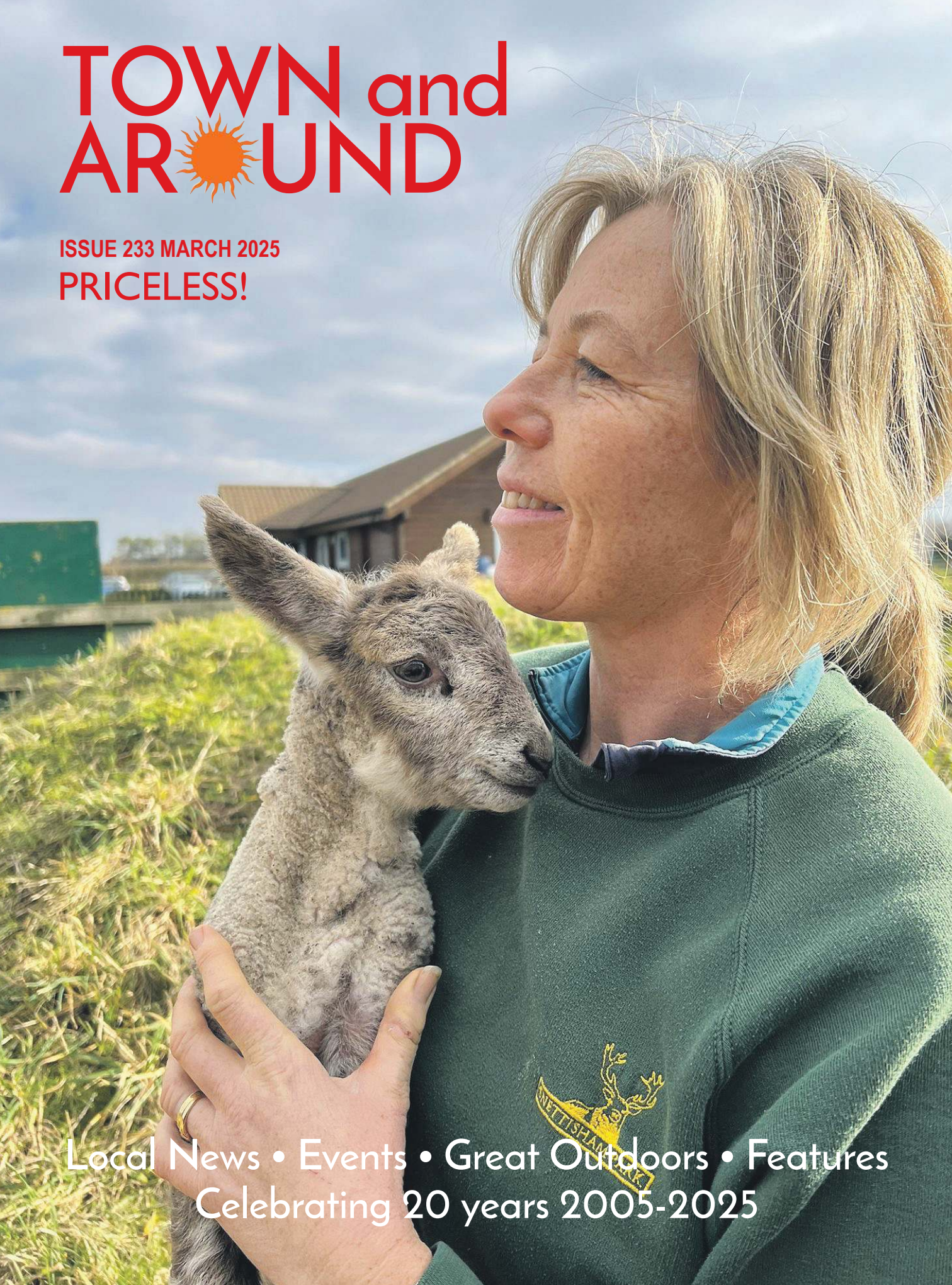


TOWN and AROUND

ISSUE 233 MARCH 2025

PRICELESS!

A woman with blonde hair, wearing a green sweatshirt, is holding a small grey lamb. She is smiling and looking at the lamb. The background shows a grassy field and a building.

Local News • Events • Great Outdoors • Features
Celebrating 20 years 2005-2025

First word



Our cover this month features Colleen Walters at Snettisham Park holding the first triplet lamb of the year. Visitors to the farm this month will have the opportunity to bottle feed the lambs.

My granddaughter told me I'd gone up in the world when she saw our new QR code on the events pages (32-33). Thanks to Glen Piggott, T&A's webmaster, by scanning the code you can now see the complete up-to-date

events list any day of the month. Just turn to the centre pages and give it a go!

Significant days in March include Shrove Tuesday on 11th - frying pans at the ready, and Mothering Sunday on 30th, which is also the day that British Summer Time begins.

Open Garden events can be found on page 19, and do check out pages 8 and 26 for profiles of two young people with glittering futures.

I hope that everyone will find something to interest them in this edition, there really is a huge variety of articles and information in these pages and I'd like to thank all contributors for their efforts. There were one or two items that I couldn't squeeze in and they can be found on our website - www.townandaround.net

Until next month,

Elaine

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USAF join Hunstanton residents to remember the 1953 flood

A service was conducted by Rev James Monro on 31st January at the town's Flood Memorial. The Mayor of Hunstanton Michael Rushton led the procession from the Town Hall that included Lt Colonel Christopher Beets and Master Sergeant Steven Colley from the USAF 67th Special Operations Squadron along with Councillors and residents.

Before wreaths were laid by the Mayor and Lt Colonel, the Mayor described tragic events of 31st January 1953 saying: "This time 72 years ago, the day started like any other, but it was one that would end in death and destruction, when a high tide and strong winds caused the sea to flood 18 feet above mean sea level.

"Today we remember not only those who lost their homes and lives that day, but also to give thanks to those who helped in the rescue, saved lives, and to those who comforted the survivors, the emergency services, volunteers, individuals, and the 67th Air rescue squadron based at RAF Sculthorpe.

"Thirty one people lost their lives in Hunstanton that night, fifteen local residents and sixteen Americans who were billeted in Hunstanton from RAF Sculthorpe, and I would like us to take a moment to remember those who perished that night."

The Mayor and Lt Colonel Christopher Beets read the names of the victims and laid the wreaths.

Rev James Monro said prayers culminating with the Lord's prayer said by all.

Pictured right, representing Smithdon High School are Deputy Head Sarah Robinson with year 8 students Indie and Harry.

After the service, refreshments were served at the Town Hall. Lt Colonel Christopher Beets presented a flag that flew over the beaches of Normandy on the 80th Anniversary of the landings last year on behalf of the Squadron and the US Air Force. He said: "Our President was there, and we wanted to share this special flag with the town of Hunstanton remembering our friendship and connection between the USA and UK."



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King's Lynn Mart opening 2025



Jo Rust reading the Royal Charter



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West Norfolk Mayor Cllr Paul Bland, Norfolk High Sheriff David Flux, the Bishop of Lynn the Rt Rev Dr Jane Steen,



*James Wild & Baroness Natalie Evans
All images: Ian Burt*



*and Rev Canon Dr Mark Dimond
A huge crowd gathered for the opening ceremony of the Mart on Friday 14th February*

Special presentation at Sandringham House

A Dersingham Primary School student was presented with the King's Prize for Proficiency in Religious instruction on Sunday 2nd February.

Ten-year-old Tommy Bunting received a bible that has a special bookplate in the front signed by the King.

Dersingham Primary told Town and Around that the school recently updated their vision and values, encouraging pupils to think about the meaning. Year 6 took on a special challenge to demonstrate their proficiency in religious instruction by expressing their understanding of Christianity through art, with the title of 'What God Means to You'. They each created a piece of art that reflected their beliefs and connected to one of the school's values, such as Kindness, respect, perseverance. After completing their artwork, they wrote a poem about their chosen value, showing how students could demonstrate it in their daily life. This activity helped them reflect on their faith and the importance of living out the school's values every day.

Tommy received the prize because beyond the work itself, he has truly personified these values at school. He has risen to the challenges with determination, persevering even when things were difficult. Through his actions, he has shown kindness and generosity, allows willing to support others despite facing his own struggles. His



Tommy with Headteacher Mrs Warren credit: Ian Burt

dedication and positive attitude make him a role model, demonstrating how the school's values can be lived out every day.

Headteacher Mrs Zoe Warren said: "It was with great pride and joy that we celebrated Tommy's achievement on Sunday when we attended Sandringham house.

"Receiving the Bible prize from His

Majesty the King was not only testament to Tommy's hard work, dedication, and faith, but also a reflection of the values of excellence, service, and compassion that we strive to nurture in our students.

"I hope this experience inspires Tommy to continue walking in faith and sharing the light of wisdom with others."

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.



Evergreen Equity Release Solutions
27-28 Tuesday Market Place, King's Lynn, PE30 1JJ
01553 692800
www.evergreenequity.co.uk
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Lynn cyclist on track for Olympics

A King's Lynn teenager has been selected for the Great Britain Cycling Team (GBCT) Olympic Development Squad, with the chance to represent his country in the next Olympics.

Sixteen-year-old Jared Hill was chosen on the strength of his performance in three individual trials, as well as his exceptional racing achievements over the past few years, which have included British Champion and National Champion titles in 2022 and 2023, UCI World Finalist in 2022, and UEC European Championship Bronze Medalist in 2024, as well as UEC Cup Finalist in March and September 2024, and Superclass Regional Champion in 2024.



The talented youngster is attached to the Norwich Flyers Club and a member of Pure Bicycles, and first took to the track in 2011, before the age of three. Both his parents have been racing for more than 30 years, while older brother Kyle has been involved in the sport for 18 years.

"You could say it's in the blood," said his mother, Abi Hill, who has enjoyed international success herself, and has several national titles to her name.

"Jared started racing in 2013 and had his first full season in 2014. The adrenaline of racing down an eight-metre hill is probably the biggest pull.

"He trains five or six times a week. This includes gym, track and sprint training."

Inclusion in the GBCT Olympic



Development Squad will enable Jared to take his cycling to the next level.

"Jared had three trials in October, November and December, which involved training and racing at Elite level," continued Mrs Hill. "His results from the last two or three years, particularly at international level, were also considered.

"He will now receive support from British Cycling, including that of an Elite and Olympic level coach, and also support staff. Jared will also be involved in some European race camps in 2025.

"He has been given a structured training programme geared to helping his development and progression to achieve international success at championship level.

"He is excited, motivated and privileged to be part of a world-class programme. Jared would like to achieve Olympic success."

The budding cycling star has also received support from Springwood High School in King's Lynn, where he is a Year 12 student.

"The staff at Springwood have been a great support to Jared in allowing time off for

events and training," added Mrs Hill. "Also they have celebrated Jared's achievements in assembly and occasionally shared his success on Twitter.

"His fellow students have also been supportive in sharing his achievements."

"Jared has been a credit to Springwood High School over the last few years," said Rebecca Davies-Mays, Head of Year at the school, which is part of the West Norfolk Academies Trust.

"He quietly worked exceptionally hard outside of school on his BMXing – I only became aware of his success from his mum when she emailed me. After that, she kept me updated with how he was getting on in each competition, which enabled me to share his success with the year in assemblies.

"Jared didn't let his dedication to his sport affect his education. He continued to work hard and achieved some great GCSE results.

"We are all immensely proud of his achievements and look forward to seeing where this great opportunity takes him – hopefully all the way to the Olympics."



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Are you planning to take on your first employee?

By Gerald Bloye, Associate, Hayes + Storr

If you've started a business and are looking to expand, hiring staff might be the next significant step. The first crucial decision is whether to employ someone or engage a self-employed contractor. Getting this wrong can lead to serious legal and financial liabilities.

Employment Status: employee or contractor?

Understanding the difference in employment status is important as it determines your legal obligations. The differences can be subtle, and even with a contractor agreement, you could unintentionally create an employer-employee relationship.

This can lead to claims like unfair dismissal and HMRC chasing unpaid tax and National Insurance.

Even if the person isn't an employee, they could be classified as a 'worker' with rights to holiday pay and other protections. Key factors to consider:

- A self-employed contractor is their own boss and can decide how to do the work.
- An employee is under your day-to-day control and must do the work themselves.
- A contractor can turn down work and send someone else to do it, unlike an employee.

Understanding the difference

If the business controls how, when, or where the work is done, the individual is more likely

to be a worker.

Example of a worker: An IT consultant required to work from your office during set hours, using your equipment, and following your instructions.

Example of a genuine contractor: A website developer who sets their own schedule, works from home, and uses their own equipment.

It's vital to review the actual working relationship, not just the contract wording, as courts, tribunals, and HMRC will do the same.

Steps to becoming an employer

If you decide to employ someone, here are the key steps to get started:

Before recruitment:

- Define the role clearly to target your recruitment and set expectations.
- Budget for salary and on-costs like tax, National Insurance, pensions, and benefits. Ensure compliance with national minimum wage laws.
- Consider funding options, such as apprenticeships or government schemes.

Before they start:

Register with HMRC as an employer to get a PAYE number. This can take up to 30 days.

- Arrange employer's liability insurance to avoid fines.
- Set up payroll through a provider or payroll software that meets HMRC requirements.



- Arrange for pension auto-enrolment if the employee meets the criteria.

- Ensure the workplace is safe, including home-working arrangements, to comply with health and safety laws.

- Review your data protection processes. Provide a privacy statement explaining how employee data is handled.

- Conduct necessary pre-employment checks, such as verifying the right to work in the UK, to avoid fines.

Key legal documents

You must provide a contract of employment by the first day of work. Contracts should be tailored to your business and clearly set out terms. Policies, particularly on discipline and grievances, are essential. They help manage employee relations and reduce the risk of claims.

How we can help

We help businesses set up as employers, ensuring contracts and policies are in place to meet legal requirements. For more information, contact Gerald Bloye on 01328 863231 or email Gerald.bloye@hayes-storr.com.

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Sandringham parkrun and 5k Your Way with His Majesty The King

Malcolm Senior

Saturday January 25th was the last Saturday of the month and Sandringham parkrun linked in with the Sandringham '5k Your Way (5KYW) - Move Against Cancer' group. Sandringham 5k Your Way, Move Against Cancer

This is a national charity with around 108 groups throughout the UK with Sandringham currently the only one in Norfolk. It's a support group with a difference for people living with or beyond cancer, and their families and healthcare professionals, and we have ambassadors there each month to welcome people and to walk and talk around the beautiful 5k parkrun route in the Royal Parkland. Launched in February 2024, today was the 5KYW 12th get-together. Having walked the 5k at Sandringham parkrun the group celebrated their almost one-year anniversary with a coffee and cake in the restaurant at the Sandringham Visitor Centre. The Estate staff at the visitor centre had made delicious cakes for the 5KYW Group. A major surprise the group were joined by His Majesty The King who came to offer his congratulations! His Majesty took the time to talk to all the group and was so interested in everyone's story. A very special and memorable morning.

A bright crisp morning greeted visitors from Thetford, Hampshire, Oxford and Leamington for Sandringham parkrun number 167

A massive thank you to the volunteers for their time, enthusiasm and welcoming attitude. Parkrun cannot go ahead without the volunteers. If you would like offer to join it would be very much appreciated please contact us at sandringham@parkrun.com.

Our first finisher was 'Unknown' and our second finisher and first lady finisher was Marie Duhig in a time of 20:32 with her spritely lovely daughter in her pushchair.



Inside Sandringham Estate Visitor Centre



Volunteers at Sandringham parkrun



5K Your Way after walking the parkrun

Third finisher was Arran Reeve, West Norfolk AC in a time of 20:33. With 32 first timers to

Sandringham, including 15 first timers to parkrun – welcome to the parkrun community hope you had a great day and will join us again next week.

PBs were achieved by 41 finishers a good result in the muddy, slippery areas around the course. A good job by Nik Bryan a VI Guide leading Robert Taylor, a visually impaired runner, round for a new PB of 34:03. Milestones this morning were: Sean Lynn and John Crowley both – 150 parkruns; Rebecca Blackie and Laura Lucas both - 25 parkruns; Well, done to all finishers!

Join us on Saturday at Sandringham Royal Estate, First Timers welcome 8:45 am parkrun start 9:00 am. Register with parkrun and bring along your Barcode, on your phone, a parkrun band or printed copy. When you finish please take a finish token as you exit the funnel. Have your barcode and the token scanned. Leave the token in the bucket, souvenirs from Sandringham can be purchased in the shop! This simple procedure is required to ensure timely and accurate positioning and timing of each individual finisher... Thank you.

Old Hunstanton Village Hall news

Carol Greening

FORTHCOMING EVENTS:

BINGO - 24 March 2025 6.15 for 7pm

Doors open at 6.15pm. Eyes down at 7pm. No need to book, just turn up and see if you can win a prize

KNIT & NATTER - 18 March 10am-12pm

This regular friendly group is held on the third Tuesday of each month 10am - 12 noon. £3 includes coffee and cake.. No need to book - just turn up with your knitting.

DISCO WITH FISH & CHIPS - Saturday 5 April 6.30pm

After the roaring success of our New Year's Eve party we will be holding a disco in early April. The Bar opens at 6.30pm. Fish & Chips from Henry's will be served at 7.15pm and you can dance from 8pm to DJ Biff. Tickets £20 from Gail Doherty on 07536 022176

IT HELP DESK

Forthcoming dates for the help desk have been cancelled for now. There have been few visitors since September and there is a high demand elsewhere in the area. Help can still be obtained via the team at Hunstanton.

RACE NIGHT

The raffle from this night raised £750 which Nell and Carol from the village hall were pleased to present to Tapping House. Many thanks go to Janie Thompson who ran the races and provided many of the prizes.



WHY THE “FAMILY FARM TAX” ISN’T JUST ABOUT FARMING

By Kathryn Gigg Chartered Accountants, Hunstanton

Readers will not have failed to notice that one of the key announcements of the Autumn 2024 Budget was that in future, full Agricultural Property Relief (APR) for Inheritance Tax (IHT) will be restricted to the first £1m of relevant property with the excess being taxed at 20%. Full details have not yet been published, and the Government has been disingenuous about the number of farms affected (at best). Most industry commentators think that it will impact on virtually every commercial farming operation.

What many have overlooked is that the changes to the IHT rules are not simply aimed at farms. Although the change in APR has been widely publicised, there has been much less concentration on the similar Business Property Relief (BPR) which is available to almost all trading businesses and their shareholders. BPR will now be restricted to the first £1m of qualifying assets.

Whilst the number of farm businesses is relatively small (about 200,000 of which only about 40,000 are of sufficient size to be fully commercial “family farms”), the number of private sector businesses is much greater, at something over 5.5m, with over 27m employees. Obviously not all of these will be worth over £1m, but in 2021-22 there were over 4000 claims for BPR, of which 13.3% were for amounts over £1m. Since then, we have had inflation of about 20% (which will affect both the value of the businesses

themselves and also the other assets of the deceased) and the existing IHT bands are not expected to increase at all until 2030, if then. Given that average domestic house prices are currently close to £300,000 and the IHT Nil Rate Band has remained at only £325,000 we can reasonably foresee that by the end of this decade most families will at least be within the scope of IHT (although married couples will generally be able to use both Nil Rate Bands) and anyone with a business or share in a business worth more than £1m will potentially be facing an IHT bill, overturning a policy of encouraging private sector businesses which has been in place for over 30 years.

In a remarkable piece of double speak, ministers have already said that things are not as bad as they look since there will be ways of avoiding the tax charge for some – notwithstanding that they are also stating that they are looking to restrict tax avoidance generally (even though avoidance is entirely legal). What we can say is that those in business and particularly those who are looking to pass the business to the next generation need to be looking at their potential liabilities as soon as possible and in some cases considering the acceleration of the succession process. The seven year “potentially exempt transfer” window is still there, although with some anti-forestalling measures where the donor of business assets dies within the seven years. There is also potential for the use of



Trusts to further take assets out of the Estate at death, although this may mean a modest IHT charge within the Trust every ten years.

What is also clear is that sticking one’s head in the sand is not a very constructive approach here. Without a doubt, there is a problem on its way: we are all getting older, and the new rules take effect from April 2026. Reconstructions and Will planning all take time, and the sooner business owners, as well as the farmers, take specialist advice from both their accountant and their solicitor (who will normally need to work together here), the better.

Memo: The Spring Budget is scheduled for 26 March 2025.

If you require any tax advice, whether personal or business, please contact us at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written January 2025

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A FEW TIPS FOR PRE-5 APRIL 2025 TAX PLANNING

By Kathryn Gigg Chartered Accountants, Hunstanton

Capital Gains (CGT)

CGT has changed significantly in recent years with the current rates for gains made by individuals generally, and on residential properties, standing at 18% for gains made within the Basic Rate Income Tax band or 24% for gains above the Basic Rate band. The same rates remain for 2025/26 tax year (2026/27 TBC). Gains on residential property must be separately declared (and tax paid) within 60 days of completion and the Annual Exemption is now only £3,000. If capital disposals are planned for the very near future it would make sense to calculate the gains now and, if beneficial/possible, aim to sell before 5 April and hence make good use of the balance of any Basic Rate Band left and the Annual Exemption, despite it now being quite small. Gifts between spouses or those in civil partnerships are not subject CGT so with a bit of forward planning, moving assets between spouses can maximise CGT allowances for the future.

The Annual Exemption cannot be carried forward or transferred, so it is lost if not used during the tax year.

Note that Business Asset Disposal Relief will only continue to stand at the benign effective rate of tax of 10% until 5 April this year, then for 2025/26 will increase to 14% and thereafter to 18% for 2026/27.

Inheritance Tax (IHT)

Inheritance Tax seems to have come back onto the government’s agenda with a vengeance, and with the basic Nil Rate Band frozen at £325,000 until 2029/30 even those with a house of average value could well be within the scope of this tax by then. With the impact of the changes to Business Property Relief for privately owned businesses (most notably highlighted in the press in relation to family farms), and the fact that pension pots will soon be subject to IHT (whereas currently they are outside one’s Estate for IHT purposes) without taking forward planning seriously many, many more Estates will face materially higher IHT bills.

Annual reliefs can still be valuable, particularly where they are used

regularly. Individuals can each make capital gifts of £3,000 annually, and the allowance can be carried forward for one year, so if nothing was gifted in 2023/24 the exemption available up to 5 April this year will be £6,000 (or £12,000 for a married couple). In addition, £250 can be given to anyone who has not received part of the larger amount. There are also allowances for regular “gifts out of income” but these must be evidenced in line with strict rules. Any gifts in excess of these amounts will remain “on the clock” for seven years.

It seems unlikely that the threat of increased IHT liabilities will go away over the next few years, so if nothing else, it is worth calculating the value of your “estate” - the tax rules here are quite complex, but if the answer (including investments, property and pensions) comes to over £325,000 (£650,000 for a married couple) it is worth seeking professional advice sooner rather than later.

Pension Contributions

Pensions are a very tax efficient tool, which, subject to the recent changes to the IHT rules, and taking advice from an Independent Financial Adviser, can be used as part of a wider wealth and tax planning strategy.

Even non taxpayers (aged under 75) can save up to £2,880 each year, and the government will top it up by 20%, so if you pay £2,880 you will find £3,600 in your pension account. Higher rate taxpayers will also be able to claim relief in their tax return, reducing the year end liability. Those who are likely to suffer the 60% marginal rate mentioned above may wish to consult their IFA about investing further in their pension ahead of the tax year end.

There are special rules where the total of all contributions, whether employee or employer contributions, exceed the Annual Allowance of £60,000 (or your Tapered Allowance which could be as low as £10,000) and unused relief brought forward. Hence, professional advice (both Investment advice and Tax advice) should always be sought before making any contribution.

Furnished Holiday Lets (FHLs)

A lot to do here, especially if you haven't started thinking about the impact of the abolition of the FHL rules that comes in on 5 April 2025. Particular areas of concern are the restriction of Income Tax relief for interest which will from 2025/26 onwards be at 20% only, with no phasing in. Capital Allowances (CA) will no longer be claimable, but CA pools will still be available for carry forward. Business Asset Disposal Relief will no longer apply for sales of properties where the FHL trade continues post-5 April 2025. (If you are considering selling your FHL in the short term it would be advisable to take tax advice as soon as possible ahead of 5 April this year.) The matter of Profit Sharing Ratios (PSR) between husband & wife FHL owners must also be considered ahead of the tax year end in order to avoid moving from a tax beneficial PSR of choice to the default 50:50. Income from FHLs will no longer be relevant earnings for pension purposes after 5 April 2025. So, as we say, a lot to consider: pretty quickly if you have not already sought advice.

N.B. Please note that the comments above only refer to the TAX

consequences of various courses of action. Advice from a qualified Independent Financial Adviser will be needed regarding the investment aspects of any decision. This article was written in January, and therefore needs to be considered in the light of any announcements made before 5 April. For further advice please contact Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

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

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Charity Gala raises funds for homeless people

King's Lynn-based mobile bar hire company, Best At Bars, have raised £13,070 with a charity gala in support of The Purfleet Trust, a charity supporting people experiencing homelessness in King's Lynn and West Norfolk.

The charity gala was celebrating Best at Bars 10 year anniversary and was held at The Red Barn, South Runciton, near King's Lynn.

Best At Bar's director, Matthew Barton said: "To achieve 10 years in business it takes a lot of hard work and dedication, however you do need a little bit of luck along the way too.

"Recognising this, we wanted to mark the occasion by supporting individuals who don't always get that little bit of luck and find themselves in very challenging situations.

To raise the figure we did was beyond our wildest dreams, and we are incredibly humbled by the support from sponsors and fellow suppliers who helped us pull off such a successful event."

The event was supported by a number of local businesses on the night including Loubear Events, Norfolk's Edge, R Journey Photography, mind reader Dean Odell, Ropa Events, Vibes Video Disco, What A Hoot, Lacons Brewery, Duration Brewing, and Cawston Press.

The money raised from the gala will strengthen the ability of The Purfleet Trust to help the hundreds of people that they support



From left: Paula Hall (Purfleet Trust) Maddie Tunmore (Best@Bars), Jacob Clark (Best@Bars), AJ Bonnett (WhataHoot), Richard Rockcliffe (Red Barn), Lorna Kitt (Loubear Events), Matthew Barton (Best@Bars), Ray Johnson (Purfleet Trust), Kerry Barton (Best@Bars)

every year in West Norfolk.

Chief Executive of The Purfleet Trust, Paula Hall, said: "We are delighted and overwhelmed by the support from Matt and his team at Best At Bars.

"The event managed to raise an incredible amount of money that will go so far in

strengthening our support of our clients this year.

Support from local businesses is so important to local charities such as Purfleet and we are looking forward to building on these relationships in the coming year."



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Sedgeford "Wombles"

Roger Quick, Parish Clerk

Saturday 8th of February saw a group of 25+ hardy Sedgeford parishioners give up their time and effort to tackle unwanted litter around their village. The litter pick was arranged by the Parish Council who hoped the exercise would result in the village being a nicer, cleaner place in which to live.

King's Lynn & West Norfolk Borough Council provided litter picking packs, containing fluorescent jackets, litter pickers and bags. Over twenty bags of rubbish were collected, in addition to various car parts, including a wheel! Most of the litter was found on roadsides suggesting it is traffic related.

Thanks to Sedgeford Village Hall for hosting the refreshments afterwards which were very kindly donated and served by a local couple. This was the second year such an event has been held and is now annual fixture on the village calendar.





Music from David Young - Solosaxclarinet

David Young provides unique musical entertainment on clarinet, tenor saxophone and wind synthesiser. The instruments are accompanied by pre-recorded musicians and covers all tastes from jazz standards, film/show music, Latin (cha cha, samba, bossa nova), ballroom and upbeat pop music from several decades.

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More information on www.solosaxclarinet.com



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FRIDAY 21st MARCH
ST EDMUND'S CHURCH 11am
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FRIDAY 28th MARCH - THE WAY
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The art of smart-casual

The invitation drops through the letterbox, and the dress code is smart-casual. But finding the perfect balance between casual and formal can be tricky. When an invitation states 'smart-casual', many of us panic and call a friend going to the event to make sure we're on the same page as one another. But there is another way.

Remember that smart casual is just a step up from everyday casual wear, it certainly doesn't need the formality of office wear. The key is to look polished without being overdressed.

A blouse or shirt with tailored trousers or a skirt is a safe choice, and if you prefer a dress choose one that falls to knee length or below, wrap and belted shirt dresses are perfect. Focus on the fit, items that skim your curves without being too tight or baggy.

Details matter and the right accessories can take your outfit from simple to stylish. A statement necklace can add personality to a plain top, while a sleek belt can cinch in your waist and define your silhouette. Silk scarves add a smart, polished look to an outfit and don't forget your shoes, both heels and flats are suitable for a smart casual look – but best avoid trainers!

Possibly the best advice is to trust one of the ladies at Allez Chic in Castle Rising. They are experts at putting an outfit together for any occasion and with a great selection of brands in store they will guide you through it all – without the panic.

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KLHS Reunion

Veronica Woods

All former pupils and staff of King's Lynn High School for Girls are invited to the upcoming reunion on April 26th 2025, 11 til 3 p.m in the Sixth Form Cabin at Springwood School, Queensway (£10).

A finger buffet and drinks will be provided. Parking is available at the school.

Our last reunion in 2023 was a great success so if you fancy meeting old friends and reliving fond memories of green berets and gym knickers, please join us!

Please contact Veronica on 07522783638 or email Sue on sue.oga@icloud.com

Veronica Woods on behalf of the organising committee of the KLHS for Girls O.G.A (or OWLS.....Older Wiser Ladies as we prefer to be known!)

Burnham Market & Norton Village Hall

The trustees of the village hall would like to hear from anyone keen to set up a club or society that needs a venue. This might include table tennis, chess or a youth club, for example, but any activity would be considered. We may be able to source funding for equipment if required. We also have a full audio-visual system including a screen and projector that could be available for use subject to approval.

We are also looking for new trustees.

Please contact Keith Morris – keith.morris@outlook.com

Old Hunstanton Flower Festival 2025

Friday - Sunday 25 - 27 July

Preparations are in full swing for our 50th Flower Festival! Our talented and enthusiastic flower arrangers are planning their interpretations of the theme "Gold".

If anyone would like to be involved in the Flower Festival in any way, please get in touch with Mike Tuffs on momtuffs@hotmail.com



Porsche drivers' event at Old Hunstanton



On Saturday 25th January, Caley Hall welcomed the Porsche Drivers Norfolk Club for their annual Christmas (not at Christmas) get together.

Around thirty Porsches were driven from Norfolk and the surrounding counties, mostly in convoy, all meeting at Caley where they enjoyed a three-course dinner and an overnight stay.



To find out more about Porsche Drivers Norfolk visit www.porschedriversnorfolk.co.uk

Readers may be interested to know that DeLorean winter meet-up is returning to Caley Hall over the weekend of 14-15th March. So if you want to see some of these iconic 'Back to the Future' cars, Caley Hall is the place to be!

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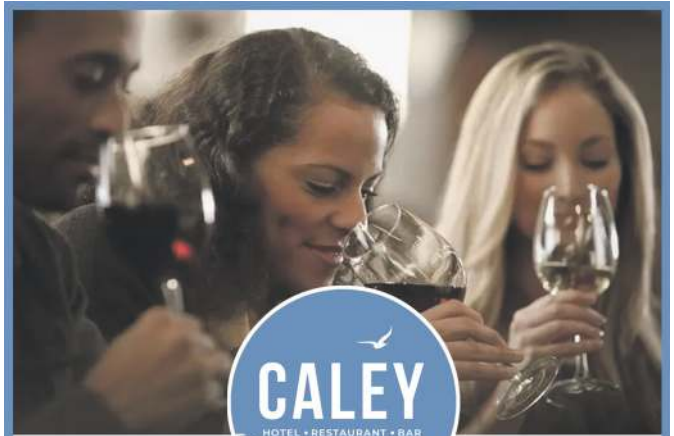
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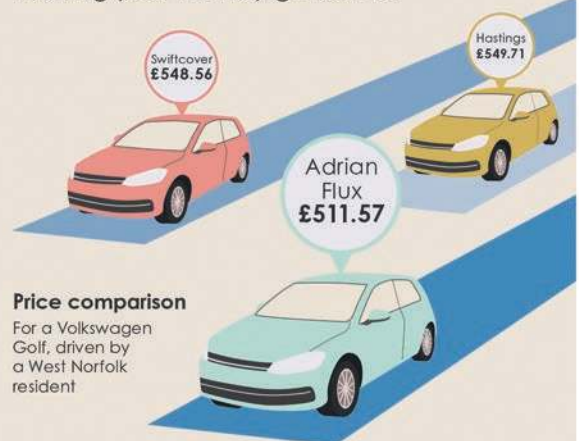
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Wendy Warner's plant of the month - Erysimums

Is it a shrub or is it a perennial, or perhaps a sub-shrub? However you choose to define them, Erysimums, commonly known as perennial wallflowers, are very floriferous, hardy, evergreen and give months of colour in all styles of gardening. These bushy, woody-stemmed perennials produce upright racemes consisting of masses of small, sweetly scented flowers, above narrow dark grey-green leaves. In mild areas some varieties will flower from early spring through to late autumn.

Erysimums are extremely adaptable and suited to many types of garden setting. They work well with other herbaceous perennials in a cottage garden and give good mid-height presence. Combine them with forget-me-nots or low-growing varieties of Nepeta (catmint) in front and taller roses behind, although allow space around them as they don't like to be smothered. In beds and borders grow more compact varieties interspersed with taller varieties of tulip of contrasting or complementary colours depending on the effect you wish to create. Let them stand out on their own in coastal or gravel gardens or even in rockeries using smaller varieties. The flowers are rich in pollen and nectar, and due to their long flowering period, will attract early and late pollinators such as bees, butterflies, moths and other insects, and are therefore ideal for wildlife gardens. In addition, they will grow well in patio pots and containers.



Choose a position preferably in full sun, although they will tolerate dappled shade in moist but well drained, light, soil. They dislike heavy clay soils or those high in nutrients and won't perform well. Therefore, if growing in pots or containers there is no need to add any additional fertiliser or feed to the compost and choose John Innes No. 2 or a Multi-purpose compost with added John Innes, rather than anything too rich. If over fertilised the plants will produce lush foliage growth at the expense of flowers. As mentioned earlier, if growing in borders allow space and air around the plants. If constricted, they will try and grow upwards to find light and can become leggy and woody. They need to be kept well-

watered in their first season but are relatively drought-tolerant once established, although plants grown in containers will need to be kept moist.

Erysimums are comparatively low-maintenance but deadheading spent flower stems down to the next set of shoots will encourage further buds to be produced and keep a neat appearance. Although perennial, I would treat Erysimums as quite a short-lived plant as even with the best care, after 3 or 4 years they will have become woody and won't flower as well as they have in their early life. They are very easily propagated by cuttings so you can always have new plants waiting in the wings to replace them.

The most well-known, and probably most reliable and longest flowering variety is Erysimum 'Bowles Mauve' with pure purple scented flowers and will grow to approximately 75cm height and spread. Some others appear to have mixed colour flowers such as Erysimum 'Winter Orchid' where flowers emerge as coppery-orange, turning purple as they age and Erysimum 'Red Jep' which is smaller, growing to 30cm and has red, reddish-purple and pinky-orange flowers. 'Apricot Twist' has apricot to burnt orange flowers, 'Winter Power' has golden-yellow flowers and 'Poem Lilac' has dark purple flowers.

If there's just one plant you add to your garden this Spring, make it an Erysimum!



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Humble Hedgehogs

John Maiden

Last year when politicians were preparing for the general election, I was concerned by the lack of interest shown by candidates in biodiversity and animal welfare. Post election policies have shown that my fears were justified. For example, I was horrified to learn that the cruel and unjustified slaughter of badgers is to continue for the next five years, for no apparent reason than to please a few dairy farmers, at a time when more and more consumers are switching away from milk and dairy products to plant based alternatives.

This February I was shocked to learn that the hunting fraternity still get round the hunting ban, imposed some 20 years ago, by training hounds to follow a trail scented with fox urine. No wonder that foxes are still being torn apart by hounds, which have been taught to chase and kill foxes from a very early age.

Recently I was sorry for Barry Gardiner MP, the Under Secretary of State for Biodiversity, Landscape and Rural Affairs. He was a guest on BBC Newsnight, shortly after the announcement that Heathrow is to get a third runway by 2050. To justify this controversial decision, and the watering down of Environmental Impact Assessments in the planning process, Labour ministers had been implying that economic growth cannot be hindered by concern for bats and newts. Barry appeared to be very unhappy with this cavalier approach by his colleagues to endangered species.

For most people who care about this country's threatened creatures, the best they can do is to make their gardens a safe haven for wildlife. In January I was reminded of this fact, when my wife returned from a Hunstanton U3A talk by Jan Smith with an excellent leaflet on the humble hedgehog, which I will attempt to summarise, starting with the threat to sleeping hedgehogs posed by strimming or mowing. With an increasing number of gardens being rewilded, at least to some extent, there is actually an increasing risk to these nocturnal creatures, which sleep in long grass or piles of leaves during daylight hours, when a strimmer or mower can inflict painful and life-threatening injuries. When I asked Jan to give my readers a potted version of her talk, she came up with the following points, which I have slightly paraphrased.

A hedgehog-friendly garden is based on their needs for shelter, safety, free movement, food and water. Along with flowers, plant shrubs and hedges. Include some wild areas with long grass, log piles and compost heaps. These will provide both food and shelter. Choose native plants and any others that attract insects. Hedgehogs eat around 100 insects in a night, from beetles and grubs to worms and caterpillars. This is their staple diet.

Avoid garden chemicals, including insecticides, herbicides and slug



pellets, which not only destroy potential food supplies, but can be directly toxic to hedgehogs and other animals. Hedgehogs can roam over a wide area in search of food, so install a hole measuring approximately 13cm X 13cm at the bottom of any fence bordering a hedgehog-friendly environment, thereby creating a hedgehog highway. If the wildlife gardener still feels the need to burn piles of garden waste, light the bonfire as soon as it is built, or move it just before it is lit, in case a hedgehog has taken up residence.

Ponds are good for wildlife, but not hedgehogs, unless sloping sides make it as easy to get out as it was to fall in! Looking after hedgehogs properly requires knowledge, skill and experience, so if you find a hedgehog that needs help, please don't try doing it yourself, or just waiting to see how it gets on. A few hours can make all the difference.

Three things NOT to feed: Peanuts: hedgehogs have very small mouths and peanuts can get stuck behind their teeth, stopping them eating and even starting to rot. Sunflower hearts and mealworms: both of these can cause a potentially fatal bone disease. If you feed them to garden birds, please make sure visiting hedgehogs cannot get them.

Depending on their body weight, the length of winter hibernation can vary, but any hedgehog out in the day is almost always poorly and in need of help. Place it in a high-sided box indoors and call 'Hodmedods' Helpline on 07724 005692 or Ryston Rachel's Hedgehog Hotel on 07724 005692. Want to know more about Hedgehogs visit www.hedgehogstreet.org

The Magic of March

Three large and popular gardens are opening for the National Garden Scheme this month. Why not take the family out and explore spring bulbs and the early blossom. Over on the east side of the county is East Ruston Old Vicarage which appeared on Gardener's World last September. Not far from Aylsham is the lovely estate of Mannington Hall where you can explore the landscape by taking the dog on a good country walk. Over on the west side of the county is the private home of Gayton Hall where you can enjoy meandering through a watery landscape.

Saturday 15th March 11-5.30

East Ruston Old Vicarage, East Ruston, Norwich, NR12 9HN.
Adm £14.50, chd £2. Light refreshments in the restaurant.

32 acres of garden with traditional borders and modern landscapes. Discover the various types of gardens; walled, vegetable, cutting, rose, mediterranean and exotic gardens, topiary and box parterres. There are many water features, a fruit cage and well planted containers. Area of parkland and heritage orchard. Rare and unusual plants abound. No Dogs

Saturday 22nd March 11-4

Gayton Hall, Gayton, King's Lynn, PE32 1PL.
Adm £6, chd free. Tea, coffee & cake. Refreshments in aid of another charity.

This rambling semi-wild garden has over two miles of paths which meander along streams, bridges and woodland. Primulas, astilbes, hostas, lysichiton and gunnera grow along the water's edge. There is a good display of spring bulbs. A variety of unusual trees and shrubs, many labelled, have been planted over the years. Wheelchair access to most areas via gravel and grass paths. Dogs allowed

Sunday 23rd March 11-4

Mannington Hall, Mannington, Norwich, NR11 7BB.
Adm £8, chd free. Light refreshments in the Garden Tearooms. Home-made locally sourced food.

Explore 20 acres of gardens which feature shrubs, lake and trees, period garden and sensory garden. Extensive countryside walks and trails from the garden. Wildflowers and birds are a plenty. Wheelchair access via gravel paths with one steep slope. Dogs allowed

Before visiting a garden, it is advisable to check the website for Up To Date information: www.ngs.org.uk

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Nature notes with Carrie Carey

Some years ago, I was given an old nest box by a friend. It had certainly seen better days, but being adverse as I am to throwing things away, I decided it was a project worthy of an upcycle. Spruced up with a new paint job and necessary repairs, it found its new home on the side of an outbuilding. Satisfied that this 'des res' was ready for the property market, I expected word to spread faster than gossip at a family reunion. I eagerly kept an eye on it all spring, then the next and the next, but it appeared that this nest box was more of a ghost town than a hot property. One thing about nature is her fondness for irony; the very year we chose to repaint the cabin and remove the nest box was the same season the tenants arrived. My husband was thrilled at the thought of pushing back that chore and I was over the moon because our patience had finally paid off. Over the next few months, we excitedly watched the comings and goings of a pair of Blue Tits, first taking nesting material into the box and then later, food for hungry chicks.

Bird populations worldwide face exceptional challenges including habitat loss, air pollution and climate change. The impact of these pressures includes a decrease in food availability and a reduction in natural nesting locations. Cavity nesters are among the most vulnerable because our gardens and parks are rather short of natural openings. Mature, unruly trees are often replaced with young saplings which don't have the nooks and crannies that wildlife craves. Considering that nearly one fifth of birds cosy up in tree hollows, maintaining these neighbourhoods is crucial to boost avian diversity. Many cavity nesting birds are insectivores and important allies in biological pest control, so we need to keep them around!

Popping up a surrogate nesting cavity contributes to conservation, supports your local ecosystems and provides great birdwatching entertainment. However, there's a caveat here...nest box management comes with responsibility. If you want to be a 'birdy landlord' then you need to consider several factors including size, layout and location, location, location. Smaller birds, like Blue Tits need a box with a small entrance hole to



deter nuisance callers such as House Sparrows and Starlings. These birds prefer homes with larger entrance holes while Robins and Wrens choose an open-fronted design. If you've got the space, try putting up boxes of different styles to attract a variety of birds. Just be sure to space them out—no one wants a bird brawl in their backyard!

When it comes to location, shelter from strong winds, rain and sunlight is important and nest boxes should be high enough off the ground to deter mammalian predators. I've strategically planted some prickly shrubs beneath a few of our nest boxes and nestled an open-fronted one on a fence draped with ivy. I regularly check this to make sure the foliage doesn't obscure the entrance hole and the birds have a clear escape route if necessary. Steering clear of trees or walls near bird feeders is a clever move as high levels of activity could disturb courting couples.

One last tip on design features; avoid a box that has a perch outside, it's an unnecessary fixture and only serves to encourage intruders. Of course, it's not just other birds that predate on eggs and young chicks, squirrels, rats, mice and weasels are always on the hunt for an easy 'take away'. You can baffle would-be predators by fixing a metal plate around the entrance hole or plant spiky vegetation below the box as a deterrent.

After you've tucked the tools away and your nest box is standing tall, it's showtime. Sit back and enjoy the antics of your residents

as they add furnishings and raise a family. Some species will have more than one brood, so keep an eye on your birdy estate throughout the summer too.

Last year, my husband kept hearing a drumming sound on the side of the cabin which serves as his home office. After some time, we realised that the birds were pecking at the entrance hole. It's thought that this may be a form of display or perhaps the birds were just checking the quality of the build!

Popping up a nest box or two is one of the easiest ways to roll out the red carpet for garden birds. While providing food is a crucial element to their survival, if they can't find a safe spot to nest, then the next generation won't take flight. And while they are primarily used during breeding season, nest boxes also provide refuge during harsh, winter months. And as you help birds thrive in your green space, you enhance biodiversity. Their feeding habits disperse seeds which sprout new plants and invite snack-loving invertebrates and pollinators to pay a visit and lays down the welcome mat for other wildlife looking for shelter.

All this from one small box.

If you're thinking about putting up a nest box, we can help with that. Pop into the shop at RSPB Titchwell Marsh and have a chat with one of our friendly team. We're open every day from 9:30am to 4:30pm and we have a large range of bird care items in stock.

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Downham Market and District Horticultural Society

Affiliated to: Royal Horticultural Society

Our AGM is coming up shortly, and with it an exciting new programme of monthly talks and events. Do come along and see what we're all about!



We organise monthly horticultural-themed talks and demonstrations. Each one is followed by a short question and answer session, and often the speaker brings plants or other items related to their talk for members to view/purchase. There is then complimentary tea, coffee and biscuits, and a chance to catch up with fellow members, find out about future garden visits and other events, and enjoy any slideshows. We have a popular monthly raffle (which helps with much-needed funds) and a 'magazine swap' area. Additionally, we enjoy generous discounts from Downham Market Garden Centre and Suttons Seeds, so keen gardeners can recoup the cost in no time.

What a bargain – all this for just £10 per person per year. No need for any expertise – everyone is equally welcome.

Some of our members have been busy planting and tending daffodil bulbs, in readiness for the forthcoming competition. We are looking forward to seeing the entries at our April meeting – members will be bringing three blooms of their most impressive daffodil in a vase/container of their choice. This will make a lovely spring display and we hope a local daffodil expert will carry out the judging to choose the best one on the evening. Photo coming in a future issue.

Our last competition was a fuchsia competition – members were given small plug plants to grow on and bring back for judging. They made a beautiful display at the back of the Town Hall, as can be seen from the photograph above.

Our main event each year is our Summer Show – this year's is on Saturday 12 July 2025. Start thinking now about what to enter, and look out for the free programmes, which will be appearing in local shops from Easter onwards.

If you wish to join our friendly Society, or just find out more, Judith, our membership secretary, would be delighted to hear from you. Contact Judith on 01366 501466 or email jt.mazur@tiscali.co.uk.

We look forward to meeting you!

Snettisham Gardening Club

Our meetings are held in the Memorial Hall, Old Church Road, PE31 7LX.

On Wednesday March 26th Stuart Grant will be updating us on keeping Bees and will hopefully be able to bring along an observation hive and some honey.

Our Annual Village Show will be on Saturday 12th July 2025. This is open to all, not just members, so you can prepare to join us by sowing seeds, potting on flowering plants, planning preserves and baked goods, as well as craft exhibits, taking photographs or painting. Details are in the show schedules available now from Stockley chemists or by coming along to our monthly meeting.

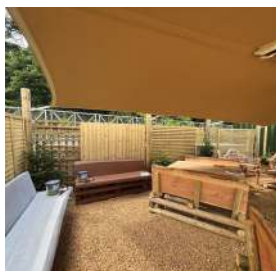
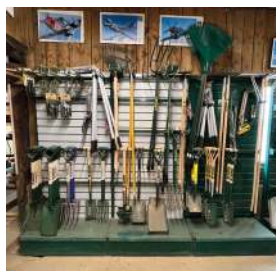
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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

Following on from last month, the steam roller of devolution and local government reorganisation has flattened democracy. Angela Rayner listed Norfolk and Suffolk as one of the areas on the fast track for devolution with a single elected mayor over both, and she gave permission for County Council elections, due this May, to be delayed 'for one year'. My opinion is that this last statement is, at best, deliberate misleading of the electorate and, at worst, a convenient lie. Best estimates of the time it will take to reorganise – remove district councils and the county council and replace them with unitary authorities (1, 2, or 3) – is at least 2 years and, most likely, 3. The 'one year' is an attempt to shut up those who see a delay as an affront to democracy.

An ongoing argument between those who want elections and those who do not continues. The latter say that elections cost money and why spend it when the system is going to change. The former say that the electorate should have their right to elect, in May, candidates who will have to be clear about their position regarding devolution and reorganisation. It would be an opportunity for the public to give their opinion whereas, currently, there is no public consultation at all.

The Borough Council of King's Lynn and West Norfolk recently voted overwhelmingly (one abstention) for a motion, proposed by the leader, which strongly opposed delay to the county elections. Your local representatives want the best outcome for yourselves and consider that such a delay will not support that. It should be noted that almost all twin hatters (Borough Cllrs who are also County Cllrs) supported that motion. Conversely, County Cllrs at their, earlier, council meeting voted, overall, for such a delay. The attitude of the Leader of the County Council and her cabinet likely lies behind this disparity in voting. Quote, 'We didn't really have a lot of choice. If we had all out elections and a different administration after the election, would they be as keen on devolution?' And, 'Do they really think the government would want to invest in Norfolk if they thought they would do a u-turn?'

My translation – the electorate probably wouldn't elect us (current County Cllrs) in May and the people they do elect (because they support the public's views) might think differently about reorganisation and devolution.

These quotes were within an article in the Great Yarmouth Mercury which led on a call for all County Cllrs to stand down this May to enable elections. They could do this but I think not as many would, no doubt, lose their seats and the roles and allowances which go with them. (Basic allowance for all County Cllrs is £12,425.48. the leader receives an additional £34,332.95).

Councillor allowances are in the news at the moment. Borough Cllrs recently approved an increase of 4.1% on all their allowances backdated to 1st April 2024. This is in line with the normal practice of matching increases in allowances to the pay award to council staff which was delayed again this year due to national negotiations. More controversially, the Borough Council will now consider a further increase of 25% across councillor allowances to start in May 2025. This increase is based upon an independent review which occurs every few years. If agreed, basic allowance will rise to £9,360 (from £7518) whilst the additional Leader allowance will become £28,081 (from £19,653). Other allowances will increase similarly.

Justification for the increase seems to revolve around the argument that people from all walks of life need to be better encouraged to stand for election, not just retirees. I have always found this argument flawed as councillor allowances are not supposed to be a living wage. The thing that may prevent many people considering being a councillor is the timing of meetings which interfere too much with a working week or domestic life; councillors always oppose moving meetings later. The Borough Council is set to finish in 2 years or so and there will be no further recruitment of Borough Cllrs to encourage. The allowances for Unitary Cllrs will be a matter for consideration as their first elections loom. Logic suggests they should be set somewhere between County and Borough rates, and there should be fewer councillors so the overall bill will be less, but where did logic ever apply to government, local or otherwise.

Meanwhile, the Borough Council is still a living animal and work to improve its practices and manage West Norfolk goes on apace. Significantly, the financial position has improved, an impending deficit delayed, and a balanced budget for 2025/2026 prepared. There are a number of projects in train and new ones coming forward and the question now is to ensure that they are completed or initiated before reorganisation kicks in and reserves are directed elsewhere.

Perhaps the most significant recommendation accepted by Council is the adoption of a social value policy which will embody social value considerations in council functions, for example procurement. In other words, does what the council does benefit people as best it might.

The doubling of council tax on second homes will commence from this April and the proportion of the increase flowing into West Norfolk will be larger than originally anticipated last year though the County Council continues to gain most. If one of the possible Unitary Councils is a combined West Norfolk, North Norfolk and Breckland, then that unitary should benefit from all of the extra monies. It may be that second homes will reduce in number and come onto the market which, given the pressure to build ever more new property, can only be a good thing.

Locally, the Cheney Hill reserved matters application decision is coming closer and may be this month. The Lamsey Lane junction improvement seems still to be on track. Concern has been raised about the removal of woods between the A149 and Ringstead Road which is being followed up. Similarly, some apparent development between Lamsey Lane and Lidl has been questioned. Activities along Fenway, except for long suffering residents, remain farcical. The final plans for the County development of the old school site in Sedgeford are, apparently, about to be revealed. St Mary's Church, Heacham, might now have the prospect of being warmer (Community Infrastructure Levy grant bid, for heating, result due 17th Feb after copy date).



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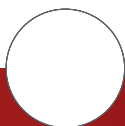
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International Women's Day

Cllr Jo Rust

March not only heralds the start of spring (I hope!), but also International Women's Day and I think there's nothing more relevant than sharing the love about the number of amazing women that we have heading our organisation at the present time as well as those we commemorate from the past.

A King's Lynn based group, set up to offer local residents the opportunity to develop their creativity, named themselves after Margery Kempe, whose work was widely considered to be the first autobiography in the English Language.

Born in 1373 Margery was a mystic who personified multi-tasking, combining being a parent to 14 children, communing with God, travelling the world and dictating The Book of Margery Kempe which illustrated her visions and religious and mystical experiences.

Margery led a mixed life, as both a mother, daughter, wife and a woman of strong religious faith. She tried her hand at both milling and brewing, although was not hugely successful in those in the way that she was her arts.

Fast forward a few centuries and in 1752 Fanny Burney was born in King's Lynn. She was an English satirical novelist,

playwright and diarist who had a long writing career that gained her the reputation as one of the UK's foremost literary authors. Her works have found greater prominence over time, and she is now more famed for her letters and journals. Fanny actually educated herself, which was considered unusually precocious for a girl of her age.

Moving forward to 1862 we had the birth of Ada Neale, then Coxon, who after moving to King's Lynn from Emneth, played an active part in civic life in the town. Ada such a trail blazer that she served as chair of both the Women's Unionist Association and the King's Lynn Unionist and Conservative Association as well as being the vice chair of the Men's Conservative and Unionist Association! She was the first female councillor of the Borough of King's Lynn and became King's Lynn's first female mayor in 1925. It's important for us to bear in mind that universal suffrage for women was only granted in 1928, so her achievements should not be downplayed. Ada also became our town's first female Chief Magistrate and in 1929 was awarded an OBE for her service to the public and politics.

This trail blazing woman

wasn't finished there though as, at the age of 70, she completed her studies and was called to The Bar. An absolutely incredible achievement bearing in mind that it was only ten years after the first woman had been called. She was certainly the first of her age and really does show that you can't keep a good woman down.

Since Ada our town has continued to see women in leadership roles with 14 more women serving as mayor. Women are seen in other key roles too, most particularly in our own council. Our Chief Executive of the Borough Council, Kate Blakemore, working alongside Michelle Drewery the Section 151 Officer and Alexa Baker, our Chief Monitoring officer. Three amazing women leading our council through turbulent times with a Local Government Reorganisation taking place on top of the financial challenges so many councils are facing.

We also have women leading our police force, Sonia Humphreys and military RAF Station Commander, Leonie Boyd local hospital, Alice Webb. And I mustn't forget to include Dr Jane Steen, Bishop of Lynn nor Gill Rejzi who is Chair of Governors at the College of West Anglia.



Our Borough Council has prepared an assembly pack for schools which will help to encourage children to learn about their local history and the inspirational women who have featured so heavily in it.

Ahead of International Women's Day on March 8th let's look at our current leaders and those who helped to pave their way and appreciate all that they have done. At a time when derogatory comments are made about the Chancellor of the Exchequer, Rachel from accounts I, for one, am grateful for women taking the lead. I hope that my own two daughters and granddaughter continue in this fashion and blaze a trail in Norfolk.

This article also remembers three amazing local women who died too early – Dr Deborah Holman, Keely McGuinness and Amanda Colville.

Wild in Westminster and West Norfolk

Here we go again... That was the understandable reaction from many people I've spoken to after the Health Secretary suddenly announced a 2 year delay in the planned opening date for a new QEH. This very disappointing news fails to meet the 2030 date for a new hospital committed to by the last Conservative government - a date Labour promised to meet during the general election campaign.

This unnecessary delay was a surprise announced in an update on the New Hospitals Programme review. Back in November the Health Secretary committed to the 2030 plan when I challenged him in the House of Commons, saying he recognised the urgency of a new QEH due to RAAC safety issues. Only two weeks before the delay was announced, QEH said it expected work to start in mid-2025 on the new multi-storey car park - the key enabling project - with completion expected in mid-2026. This would have allowed work to begin on the main hospital building in mid-2026 so that it would be ready to open by 2030.

Instead in response to my question about the 2030 date in the House of Commons, the



Health Secretary shifted the position and said construction would not begin until 2027/8 with a 2032/3 opening date. If you watch the clip my eyebrows head into the stratosphere in response to hearing him announce this change in plan.

The only hopeful point is the government has commissioned an updated report for each of the RAAC hospitals to better understand the impact of the substantial mitigation work that has taken place since May 2023. This will inform decisions in the delivery of the replacement hospitals. Given it was an independent expert review – a review that led to QEH being made a priority scheme - that found the end of life of QEH was 2030 on

safety grounds, this decision by the Labour government will be worrying for patients, staff, and our community. The report is due in summer 2025.

Last week I met with the Health Minister, new hospitals programme team, and QEH to raise my concerns at the delay from the planned 2030 date for opening a new QEH. Critically on the two year delay, the Minister assured me the Department of Health will going faster if it is possible on our scheme and there are no funding issues that would prevent that. I was also assured the site survey of QEH to provide an assessment of RAAC issues will not prevent other approvals including for the new multi-storey car park.

A new QEH remains my top priority. I have never stopped campaigning for it in Parliament with strong local support – even when the last government made QEH a priority and committed to 2030 opening date. I will continue to work with the Trust and ministers to ensure it is delivered as soon as possible.

James Wild MP

House of Commons, London, SW1A 0AA
james.wild.mp@parliament.uk
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King's Lynn Festival

Est. 1951

The King's Lynn Festival series of mid-morning concerts returns this Spring with programmes that showcase virtuoso musicians, from established names to those at the outset of their international careers. All the concerts take place in the Assembly Room at King's Lynn Town Hall, after ticket holders have enjoyed coffee and cake in the Stone Hall from 10.30 am. The runtime of each concert is approximately 1 hour.

Rokas Valuntonis. Friday 07 March, 11:00 am

Beethoven's Pathétique (Piano Sonata No.8. Op. 13) sets the tone for a sensational concert of stirring emotions, followed by Chopin's series of four Mazurkas Op.33, and Carnaval Op.9, Schumann's vibrant representation of a masked ball.

Lithuanian pianist Rokas Valuntonis has drawn admiration for his imaginative interpretations. Praised for his "liquidity of sound" and "devilish performances", he is a prize winner of 20 international competitions including those in Sweden, Spain and Italy, and has performed widely across Europe, recently in Mexico's prestigious Festival Cervantino. In London he was made City Arts Foundation Artist in 2017.



Credit: Carlos Alvar

Benjamin Baker (violin), Daniel Lehardt (piano). Friday 28 March, 11:00 am

The duo opens with Schubert's sumptuously detailed Rondo in B minor, followed by Brahms' heartwarming A major Sonata, and concludes with a Respighi rarity.

Benjamin Baker regularly performs in the Wigmore Hall and on BBC Radio 3 and internationally as a soloist and chamber musician. Alongside his debut this season with the London Philharmonic Orchestra, recent tours have taken him to the USA, Argentina, and back home to New Zealand for his festival At the World's Edge (AWE).

Equally at home in the Wigmore Hall, Benjamin's regular duo partner Hungarian pianist Daniel Lehardt has appeared as a soloist with Royal Philharmonic, the Konzerthaus Orchestra in Berlin, the National Orchestra of Ukraine as well performances in the USA and Aldeburgh.

Talking about the popularity of these "Coffee Concerts", festival Artistic Director Ambrose Miller said, "These daytime classical music concerts are as much bustling social occasions as brilliant musical ones, which is why they sell out quickly. People catch up with friends over coffee, then enjoy high calibre artists delivering impressive performances. It's such an honour that these talented and in-demand musicians are choosing to perform in King's Lynn in between their other UK and international tour dates."

Tickets for the Spring Coffee Concert Series are £16 (50% off for under 25's), available from King's Lynn Corn Exchange Box Office, by telephone on 01553 764864 or online at www.kingslynnfestival.org.uk.



Credit: Kaupo Kikkas

Stanhoe and Barwick WI

Julie Parker

We meet the first Thursday of each month 2 pm at Stanhoe Reading Rooms.

Have you ever wondered what goes on at a modern W.I? Here at Stanhoe and Barwick W.I - whether you are into crafts, cookery or even campaigning, whether you're looking for friendship, fun or fascinating speakers, we have all that and so much more.

Our next few meetings include :

- March 6th Tim Dutton - The work of The Commonwealth War Graves Commission
- April 3rd Robert Smith - Wells Harbourmaster
- May 8th (note change of date) V.E Day celebrations featuring The Castaway Crew shanty singers
- June 5th Liz Scott - Life as a Monastery Maid

Why not come along and see for yourself - contact stanhoeandbarwickwi@gmail.com or Julie on 01485 578217.

Carer Daniel celebrates five years with West Norfolk company

Moving to Norfolk to help his parents sparked a complete change of life for carer Daniel Plain. He is marking his fifth anniversary of living in Heacham - and of working for home care company Extra Hands which he joined shortly after moving to the coast.

Originally from Bedford, Daniel was previously working in a



supermarket warehouse, but all that changed when he and his family moved to join his parents in the West Norfolk coastal village.

"I much prefer it here, it's a really nice place," he said.

And his new working life has worked out as well because Daniel says he has never looked back since joining the family-run company which also has offices in Horsham St Faith.

He is also a previous winner of the Extra Hands' Going the Extra Mile (GEM) Award which he collected in 2023 after two nominations from service users.

"I think I am the same person I was when I started, but perhaps with different skills," he said.

He took to caring straight away and said he has no plans on changing his job again - Lottery wins aside!

"I really like what I do and it works well with the hours," he said.

His dad had a stroke a couple of years ago and Daniel said it was good that he and his wife were living here as they are on-hand should help be needed.

"We moved into the house and my parents are in an annexe. It works really well for us as we keep an eye on them and they have been able to help us as well," he said.

His wife Sharon works as a GP receptionist and the couple have a teenage son.

Family-run Extra Hands also has an office in Horsham St Faith and offers home care across the county.

Credit Barking Dog Media/Ian Burt Photography

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Lucy leads the parade at Disney Paris

At just twenty-one and with a year's experience at Disney Paris, King's Lynn's Lucy Elsegood was thrilled to be chosen to lead the famous evening parade. Thousands of people line the route of this spectacular daily event at every Disney location across the world.

Having gained a Level 5 Diploma in Performing Arts at Bodyworks in Cambridge Lucy went to London for the Disney auditions in September 2023 to find herself one of hundreds of applicants. "It was a daunting experience," she said, "but so exciting to be chosen."

"I started work in December 2023, and the first Christmas was a challenge; I was away from home for the first time and working all over Christmas, but seeing the reaction from the visitors is magical and incredibly rewarding.

"This year I led the parade on Christmas Day with the beautiful floating Christmas fairies. The magic of the fairies floating cannot be explained by mechanics, the reactions of guests can be heard the length of the parade."



At Springwood school Lucy chose to study Spanish rather than French, but she says that she's learned a lot in the past year and her Spanish has come in handy too.

Disney operates all sorts of different contracts and Lucy's is an open-ended performer contract. She spends a lot of time with the Marvel (superhero) characters rather than for example the Disney princesses, but new opportunities arrive as your time working with the company continues.

Lucy's locations in the park are planned a couple of weeks in advance and every day starts with a group briefing. Lucy particularly likes taking care of the Princesses and she says the best thing is seeing the reaction of guests. "The joy factor is off the scale," she said.



"In 2018 I visited Paris for the first time and got to dance on stage at Disneyland with my dance school (Rollason Stage School). Little did I know 6 years later I would live in France and work at Disneyland!

"Of course it isn't all work, Paris is beautiful and I love going sightseeing and especially seeing the Eiffel Tower lit up at night.

"I'm truly blessed to have such a wonderful job, making families from all over the world smile.

"Thank you Disney for the endless happy memories, thank you to my brilliant friends and my family who give me endless support.

"Mum, Dad, it makes me so happy to be able to make you proud every day."

Photos kindly supplied by Lucy.

Images by:

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DO YOU BELIEVE IN GHOST WRITERS?

Caroline Dudley

We've all heard the term 'ghost writing' but what does it mean? Briefly, it means writing for somebody else. This could be the autobiography of a famous person, such as a sports personality or a pop star, who prefers to pay an author rather than write the book themselves.

The ghost writer may be credited with a phrase such as 'My Life in the World of Pop' by XYZ Pop Star 'as told to Caroline Dudley', they may have a mention in the list of acknowledgements, or they may just be paid a fee and remain completely anonymous. This preserves the illusion of the subject having written the book themselves.

The price you pay for a ghost writer's services depends on a range of variables: the length/scope of the project and the availability of the source material needed to accomplish it.

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QEH HOSPITAL REBUILD

Top of the list is the devastating news. Government postponement of the QEH rebuild. The New Hospital Programme was set to start this Summer, with the Multi-Storey Car Park. Followed by the rebuild, from mid-2026, on the current Car Park. Now the rebuild has been put back to 2028. With an impossible finish date of 2032-2033. Completely unacceptable. Government knows the QEH defective RAAC roof, will start to cave in after 2030, putting staff and patients at risk, even with 6,500 props holding it up. Since 2020, I have brought Motions to Council, at the request of the Hospital Management, including a unanimous Motion to County in 2021. I have written to the Government to remonstrate against the delay. Councillors worked so hard to support the Hospital Rebuild. Now the Campaign has to start again.

FIGHTING FOR THE FUTURE OF COUNTY COUNCIL CARE HOMES

Hard on the heels of the County Council's closure of its West Norfolk Dementia Care Home - Burman House, near King's Lynn, was a happy, settled community of residents, cared for by well-trained compassionate NorseCare staff who went above and beyond - Norfolk County Council has announced the closure of another Care Home - in Watton. So I am proposing an Amendment to the County Council's Budget, on 18 February, to encourage NCC to invest in its Care Homes, not close them. Norfolk County Council has a duty under the Care Act, to ensure high quality and affordable residential Adult Social Care. But Norfolk continues to fall short of the England, East of England and local authority family group average, for the quality of its Care provision. Less than 70% of Norfolk Care Homes are rated Good or above, but the Council's Care Homes are rated Good or Outstanding. It makes no sense to close Good Care Homes. Most of the Council's 19 Care Homes, were built in the 60's or 70's. It is time to bite the bullet. County has opened/renovated 3 new Care Homes in the Norwich and Yarmouth area, but none in West Norfolk, or in North Norfolk, the key retirement areas. Affordable, good quality care is particularly important, so that residents can stay in area, close to friends and family

support. But residents have to look further afield, due to the shortage of Care Home places in West Norfolk.

The demand for Care will increase, due to the population increases in older age groups in Norfolk - the number of 85's and over, is set to increase by 46 % in the coming decade, in Norfolk and Waveney. Dementia prevalence for people in Norfolk, is higher than the England average. A significant increase in the number of older people with dementia is predicted across all Norfolk Districts, by 2040.

Whilst it is true the Council is investing in Housing with Care, this is not suitable for residents with Dementia who need a higher level of Care. NCC does not accept a duty to provide meals for residents in its Housing with Care facilities.

If the Council does not invest in its Care Homes around the County and closes any more, this will restrict choice and affordability in Norfolk. The cost to the taxpayer will increase. NCC will have to place more Local Authority-funded residents in private Care Homes, which charge higher fees than Council Care Homes. Residents who are self-funders will have less choice and will be forced towards more expensive private Care. There will be a net loss in the quality of Care in Norfolk. The Council invests more in the training of staff than the private sector does.

FIGHTING FOR WEST LYNN FERRY



The Ferry is temporarily closed due to the underlying structure of the West Lynn



Landing Stage and the failure of the powers that be, to mend the roof while the sun was shining. The Ferry is vital to the economy, connecting residents West of the Ouse, with places of work, education and commerce in the town centre. Every Ferry crossing can save up to 12 cars coming into the town. The Ferry is more frequent, quicker and more reliable than the 505 Bus, which fails to come through West Lynn when there is congestion on the Clenchwarton Road, and only ever comes through once an hour, whereas the Ferry operates continuously. The Ferry is Green Active Travel and Healthier Lifestyles writ large. I brought two Motions to Council before the Borough Elections, to replace the crumbling West Lynn Landing Stage, challenged DEFRA on the lunacy of funding boundaries that excluded West Lynn, asked for the Ferry infrastructure to be in the Town Deal Clean Connectivity Project and in the STARS (Sustainable Transport and Regeneration Project). Then I obtained a 50k fund, half from Borough, half from County, that paid for a Feasibility Study 2 years ago, a visual inspection last year, essential repairs and another intrusive inspection, and a health and safety report this year. I am fighting for funding for a proper replacement of the Landing Stage. Residents should have a proper metal walkway, like other maritime ports. Like the South Quay tourist pontoon opposite.

The Borough has replaced the Ferry Landing Stages since the 1540's and pays a subsidy to the Ferry. The County is the Passenger Transport Authority and used to pay the Subsidy.

I intend to bring another Budget Amendment in February. A Councillor's lot is hard slog, and needs relentless tenacity in the teeth of opposition.

100% council tax premium for second homes

The Borough Council of King's Lynn and West Norfolk, North Norfolk District Council and Great Yarmouth Borough Council are introducing the new council tax premium from 1 April 2025, meaning these properties will pay double council tax unless they have an exception.

These districts have a significant proportion of second homes. New legislation allowing the premium is aimed at local councils whose income and ability to deliver services is affected by the number of

second homes in their areas.

Following discussions involving Norfolk County Council and the districts, the county council has agreed to set aside 25% of the extra money it will get from the premium in 2025/26. The districts will use this to support affordable housing and homelessness services, while the county council will invest its share in local services such as roads and social care.

Councillor Alistair Beales, Council Leader at King's Lynn and West Norfolk, said: "This pragmatic agreement is a win-win, ensuring more of the money raised through the second homes premium is rightly spent in those districts and communities most affected by second home ownership."

Years of Dedicated Service

At a recent cadet evening at its King's Lynn Headquarters, Mike Lister, Chairman of 42F (King's Lynn) Squadron Royal Air Force Cadets, Civilian Welfare Committee, was pleased to present two members of staff with a significant symbol of their service.

Before the assembled cadets, at the evening's final parade, the units Commanding Officer Flight Lieutenant Pauline Petch, and one of her Civilian Instructors, Gail Jupe were both presented with their Coronation Medal.

Flight Lieutenant Petch has served 22 years in uniform with the Cadets, the last twenty as 42F Squadron's Commanding Officer and she will be standing down during 2025. Prior to that she had been a Civilian Committee member on the Squadron before becoming a Civilian Instructor (CI) and then progressing into uniform roles.



Civilian Instructor Gail Jupe likewise joined the Air Cadets as a CI in 1997 before progressing into uniform. She became the Commanding Officer of Swaffham Squadron until 2005 when she became a Wing Staff Officer, holding a number of key roles until 2023 when she resigned her commission. At this point, still wanting to support the young cadets, she again returned to being a Civilian Instructor.

Mike Lister told the assembled cadets that he "was privileged to be able to present the medals to two extremely dedicated people".

Like Pauline and Gail, Mike has been volunteering with the town's Air Cadets since 1998 when he joined the squadron's Civilian Welfare Committee. Its Chairman for the last twenty years, Mike says "You soon realise what an amazing youth organisation the Air Cadets is, and what fantastic activities and opportunities it opens up for our young people. And just as importantly the same applies to those adults who choose to become involved, it's infectious. Helping and watching these youngsters mature and grow in confidence also gains the adult volunteers new skills as well."

King's Lynn Festival Chorus

Although affectionately and popularly known as Santa Claus — largely because of his practice of unprompted gift giving — the story of Saint Nicolas goes far beyond its seasonal associations. Here brought to life in a dramatic cantata by Benjamin Britten, the musical narrative tells the life-story of this fourth century bishop, including such legendary tales as his restoring to life three boys pickled by a butcher, the infamous 'pickled boys', and others besides. Whether a lover of the work or approaching it for the first time, this vivid and exhilarating tale is not one to miss. The part of Saint Nicolas is sung by Suffolk-born tenor, Jonathan Hanley, whom the Chorus is delighted to welcome back.

Ever popular with choirs and audiences alike, and one of the country's most prolific composers, John Rutter evokes the spirit and character of another prominent religious figure in his vibrant Magnificat. A joyful and uplifting celebration of the Virgin Mary, the work is packed with Rutter's characteristic melodic richness and rhythmic vitality, blending elements of both traditional choral music and modern idioms with musical influences from around the globe.

The Chorus is once again joined by The British Sinfonietta — now a popular favourite with our audiences — which makes a very welcome return. The concert is conducted by Music Director, Ben Horden.

Saturday 5 April 2025, 7pm King's Lynn Minster TICKETS £20, Under 16s free Available from the Box Office at the Corn Exchange 01553 764864 www.kingslynncornexchange.co.uk

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RAF Museum's 20th Year

RAF Bircham Newton Heritage Centre will open its doors for the 20th year on Easter Sunday. What started as an idea by three ex-RAF officers as a way of commemorating the men who gave their lives from this RAF Coastal Command station during World War 2, is now a well-established beacon of local history.

RAF Bircham Newton was in continual use from 1918 through to 1962 and had many guises in its 44 year history. From a fighter school in 1918, led by a much-decorated 20-year old, Harold Balfour, through the inter-war years, then the Second World War, to the 16-year old Administrative Apprentices, beginning their RAF careers in the early 1960s.

When it first opened in 2005, the intention was to erect a memorial to honour all who served at the station. This was soon completed, along with a second memorial to RAF Docking, a satellite site of RAF Bircham Newton, on the Brancaster Road, outside Docking. The emphasis then turned to educating and interesting visitors to the centre, by the use of photographs, stories, memorabilia and models. It remains the emphasis to this day.

The history of RAF Bircham Newton is as varied as it is compelling. Before the end of World War 1, it had the largest bomber of the time, the Handley Page V1500, intended to bomb Berlin. Great leaders of the Second World War, Arthur Tedder, second in command to Eisenhower, and Charles Portal, Chief of the Air Staff, both led squadrons from RAF Bircham Newton early in their careers. On a lighter note, several celebrities spent time at RAF Bircham Newton, such as the actor Richard Burton.

Over fifty squadrons were at some time stationed or detached at RAF Bircham Newton during its lifespan, which included



the Fleet Air Arm and squadrons manned by Canadians, Australians, New Zealanders, the Dutch and Poles. Many of these men are commemorated on the Honours Board, amongst the 541 who died in the service of the allied cause during the war, flying from this station.

The museum is always looking to progress and invigorate its displays and information. Newly decorated last year it is now introducing an archive of all the above squadrons, with a newly-appointed team of volunteer archivists. It has also been honoured by being asked to house and develop the national archive for Administrative Apprentices, who served at

four separate stations between 1925 and 1973.

The team of volunteers is led by an enthusiastic 32-year old chairman, Jamie Heffer, who is leading change to an already fascinating museum. Its volunteer curators, many ex-military, are always on hand to advise and guide visitors on its regular Sunday opening days.

A full list of opening days is available on its Facebook site, 'RAF Bircham Newton Heritage Centre' and it opens from 10.00 am to 4.00 pm. Entry is free, although donations are always welcome. There is free parking, with disabled access and toilets. It is dog friendly.

A good day out!

Letters to the Editor

Bus travel round Hunstanton

When I travelled to Kings Lynn recently the 34 bus went past the Heacham surgery, and on my return journey the 35 bus passed the Dersingham surgery.

We have no such service in Hunstanton, so could not the 35 bus, instead of arriving at the Bus Station via Oasis Way, come along the Cromer Road and down Westgate to the terminus. This would give access to the surgery, library and Sainsbury's.

There is so much new building along the top road, and although there is a bus stop opposite the Lavender Court development, no buses stop there!

This would be a huge benefit to our elderly population, who are not very able to walk up quite a hill from the beach area of the town.

Jill Hall

Lynx Bus Company

I would just like to write and congratulate the drivers of Lynx Bus Company.

Over the last months, especially since the new development at the bottom of Windsor Rise how they have coped with getting around

Manor Park corner where there is always parking (even in the holiday period). I really don't know how they put up with it, because it has irritated me since I have been here, 13 years this month, and I don't drive.

Not only parked vehicles but have had to put up with heavy lorries delivering equipment and materials.

Also they have had to contend with not only the new development, but road works in Southend Road. Recent road works to Burnham Market and of course the Woottons developments, traffic lights in the area together with diversions. Working traffic lights all over the place. They must wonder whether they are coming or going and I sympathise with them!!!!

Since Lynx have arrived in the area, I would think that most residents would agree with me that its one of the best, if not the best bus company we have had.

If they are running late very rarely down to their timetable, no doubt due to seasonal traffic or accidents, but even then they seem to find a way of getting around it.

.....and now from the 10 February for 10 weeks there will be developments at Kings Lynn Bus Station.... Will it never end!!!! The drivers are also friendly, polite and help with information if they can.

Thank you Lynx and drivers. Keep up the good work!

Resident - Princess Drive

David Elsey's cryptic crossword

Cryptic clues

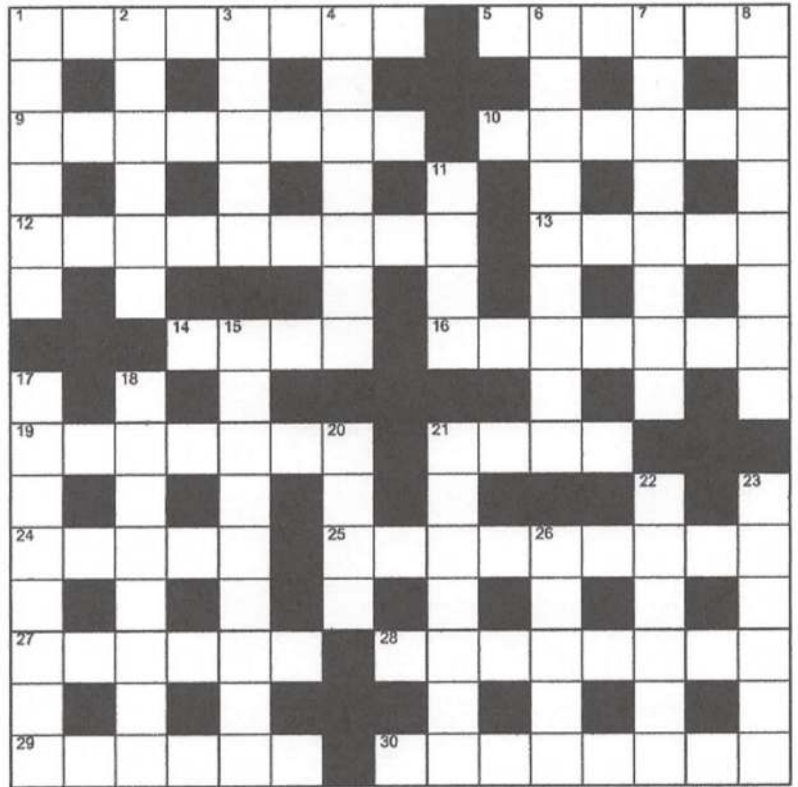
Across

1. Always in favour of strong fortifications (3,5)
5. Old Ford a diminutive girl drives somewhere in America (6)
9. It recurs after training new police officers (8)
10. Run restarts amid discord (6)
12. Might one establish an Olympic record? (9)
13. Small house right in the middle of street (5)
14. Steer clear of one with bill (4)
16. People in general are good-natured on island (7)
19. He can rebuild walls of town around entrance (7)
21. Charge finally reduced for fuel (4)
24. Cancel credit in advance (5)
25. This month get leading royals and sovereign to attend carnival (5,4)
27. Work I scoffed at – dope! (6)
28. The lad never destroyed plant ... (8)
29. ... make certain blame doesn't start (6)
30. A way to entertain me with your archaic hard rock? (8)

Down

1. Benches around university are places for discussion (6)
2. About to give up and go back (6)
3. Match is evenly balanced (5)
4. Old man to kid is a saint (7)
6. Enclosing letters collected some time ago (4,5)
7. Can old favourites get up to speed? (4,2,2)
8. The height of plain speaking (8)
11. Twosome generating a bit of excitement (4)
15. Arranged banal tour of capital (4,5)
17. 30, perhaps – or its colour? (8)
18. Small meals for beetles (8)
20. European runner pulled up lame ... (4)
21. ... "Prepare earlier and exercise far more!" (7)
22. Good? One will assuredly be next month (6)
23. Regularly gees up artist, exhibiting vitality (6)
26. Eccentric one in Germany has support of right still (5)

SOLUTION ON PAGE 38



Hunstanton u3a

Our March meeting on Monday 17th March will see Ken Ward, Author, telling us how he has progressed from belonging to a local writing group to becoming an Author in his own right at the Community Hall, Avenue Road, Hunstanton at 2.00pm

There will not be a meeting in April as the date will be Easter weekend. For further information please see our website hunstantonu3a.org Telephone 07443763679



FABRICS CURTAINS BLINDS

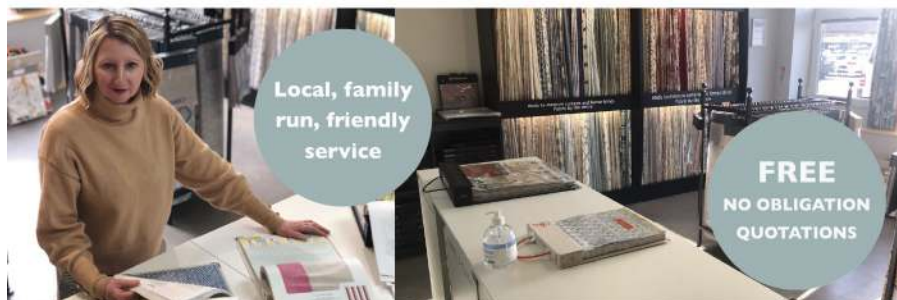
Christyana

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10am - 4pm

Saturday
10am - 2pm

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Crystal Cave - Hunstanton

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michele@healthyfeetfootcare.co.uk

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The College of Foot Care Practitioners (Dip.TCFCP)

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

28th Feb - Sun 2nd

Deepdale Hedge Planting
Weekend PE31 8DD 9am-3pm
01485 210256

Saturday 1st

Hunstanton Promenade parkrun
9am Meet outside Sailing Club.
hunstantonpromenade@parkrun.
com Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. 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

World Day of Prayer at St Mary
the Virgin Heacham PE31 7HJ
10.30am Info: 01485 572539

Dersingham Village Centre
Horse Race night in aid of the
Dersingham Sports Pavilion.
First Race 7pm BYO
Bottle/Refreshments Info:
Emma 07769 827197.

Northern Style Club Night at
Dersingham Social Club PE31
6JX 7.30-11pm 01485 543380

Sunday 2nd

Wereham Village Hall PE33
9AP Indoor Car Boot Sale
8.30am £5 per table. Philip:
01366 501330 or 07759 033492

Fossil Hunting at Hunstanton to
look for fossils and amber
12noon-2pm
<https://www.fossilsgalore.com/booking-form/> Info 01354
278089

Wolferton Cash Bingo PE31
6HA Doors 7pm, eyes down
8pm 01485 541919

Monday 3rd

Anmer Social Club PE31 6RN
Coffee Morning 10am-midday.
For information please email:
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Anmer Social Club PE31 6RN
Bingo Night 7pm, eyes down
7.30pm to book:
anmer.club@outlook.com 07899
872351

Tuesday 4th

Shrove Tuesday (Pancake Day)
Pancake supper at St Cecilia's
church, Dersingham. Starting at
4.30pm till 6.30pm tickets are
£3 for adults, available after

Masses or pay on the door, free
admission for children.

Wednesday 5th

Burnham Market Village Hall
Community Cinema 2.30pm
presents My Old Lady starring
Dame Maggie Smith. £5 on the
door or contact Diana Walker:
01328 738604

Docking Heritage Group 7pm at
St Mary's Church Docking a talk
by Adrian Odell; Origins and
Development of Norfolk Parish
Churches. DHG members free
Guests £3. Contact Helena Aldis
07767462488
heritage@dockingnorfolk.co.uk

Thursday 6th

Stanhoe & Barwick WI 2pm
Stanhoe Reading Rooms.
Speaker Tim Dutton - The work
of The Commonwealth War
Graves Commission. Visitors
welcome. Contact
stanhoeandbarwickwi@gmail.co
m or Julie on 01485 578217.

Friday 7th

Glebe House School open day.
Now registering for Reception,
Yr 3 and Yr 7 01485 532809

King's Lynn Festival mid-
morning concert. 11am in the
Assembly Room at King's Lynn
Town Hall. Tickets £16 (free for
u25s. 01553 764864. Lithuanian
pianist Rokas Valuntoni.

Ingoldisthorpe Sports & Social
Club Quiz Night max teams of
6, £2.00 per person Enquiries:
Diane Forder 07901 924223

Fincham Memorial Hall PE33
9EJ Quiz night - £2 per person,
max 6 persons per team. 50/50
cash raffle. BYO refreshments.

Starts at 7.30pm Info:
Anne/Peter -
finchamhallbookings@gmail.co
m or telephone 07782 335165

Saturday 8th

Hunstanton Promenade parkrun
9am Meet outside Sailing Club.
hunstantonpromenade@parkrun.
com Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. Start and
finish on the vista near
children's play area. Car parking
for parkrun is free until 11:00
sandringham@parkrun.com
07913 439222

King's Lynn parkrun will be
hosting the King's Lynn
Soroptimists in The Walks at 9

am for an all-women's volunteer
takeover in celebration of
International Women's Day. All
welcome to attend. 07740
799593

Coffee Morning at Harpley
Village Hall 10am-noon. Enjoy
a hot drink with a sausage roll or
cake in the friendly surroundings
of Harpley Village Hall. Our
regular coffee mornings are
intended primarily as a social
event but also helps raise funds
to run and maintain the village
hall. All welcome. Info:
07776198344

Fincham Memorial Hall PE33
9EJ National Theatre Live 'The
Importance of Being Earnest'.
Doors open 6.45pm, screening
starts 7.15pm. Admission £5,
licensed bar. Info: Anne/Peter-
finchamhallbookings@gmail.co
m or telephone 07782 335165

Ingoldisthorpe Sports & Social
Club Bingo Cash & Raffle Eyes
down doors Open 7.00pm
Enquiries: Diane Forder 07901
924223

Dersingham Social Club PE31
6JX - A Night of Ska music
with SKASOULS 8pm Entry £3
for members, £5 guests/non-
members payable on the door
07981294052

Sunday 9th

Old Hunstanton Beach Clean
10.30am-12.30pm. Meet outside
Old Town Beach Café.

Monday 10th

The Arts society NW Norfolk
talk at Sedgeford Village Hall
2pm. John Bolton - 'An ideal
partnership: Lutyens and Jekyll'.
www.theartsocietyynorfolk.org
g.uk 07768 821737



Have you always wanted to learn more about the arts?
Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 10th March 2025

Come as our guest for £5 to one lecture to see if you enjoy our meetings.

An Ideal Partnership: Lutyens and Jekyll
Lecturer: John Bolton

A house designed by Lutyens with a garden by Jekyll became an Edwardian ideal. Their gardens had a strong architectural background, softened by luxuriant planting in the natural style.

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* Trips and tours in the UK and abroad
* In depth Special Interest Days
* Regular newsletters and magazines
* A social event with a warm welcome

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www.theartsocietyynorfolk.org.uk
Registered Charity Number 1105490

Thursday 13th

The Arts Society King's Lynn
talk by Jo Walton - Henry
Moore: A revolution in British
sculpture. West Winch Village
Hall 2.30pm. 01366 328648

Holme-next-the-Sea History
Group at the Village Hall PE36
6LH at 2.30pm Talk by Bill
Jacobs 'Labouring Life in a
Norfolk Village'. Contact Sally
Crown 01485 525246

King's Lynn Community
Cinema Club present 'Thelma'
Majestic Cinema Screen 2
7.30pm More info from
communitycinemaclub@google
mail.com 01553 761890.

Friday 14th

Hunstanton Sailing Club Quiz
Night - Teams of up to 6. £3 per
person entry. £50.00 Cash Prize
money to winning team. Raffle
to raise funds for RNLI. Please
pre book. 07816888945 or email
Events@hunstantonsailingclub.c
o.uk

Saturday 15th

Hunstanton Promenade parkrun
9am Meet outside Sailing Club.
hunstantonpromenade@parkrun.
com Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. 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
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sandringham@parkrun.com
07913 439222

Anmer Social Club PE31 6RN
BULLIES FUN DARTS &
DOMINOES NIGHT - Club
opens 7.00 p.m. Games start
7.30 p.m. Fully Licensed bar
For information email :
anmer.club@outlook.com or
telephone; text or WhatsApp
07899872351

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Weekend- Fantastic Local Folk
Singer Chrissie Blake Doors
Open 7.30pm Members free
Non members £2.50 Enquiries:
Diane Forder 07901 924223

Sunday 16th

Bookfest at Briarfields with J M
Dagliesh and hosted by Adrian
and Anna from By the Book
3pm. Author talk at posh
afternoon tea. Tickets £25 from

townandaround.net/whats-on/march

Briarfields 01485 210742
info@briarfieldshotelnorfolk.co.uk

Monday 17th

Anmer Social Club PE31 6RN
Coffee Morning 10am-midday.
For information please email:
farmboy24@sky.com or
telephone, text or WhatsApp
07899 872351

Hunstanton u3a talk by Ken
Ward 2pm Community Centre
Avenue Road, Hunstanton. Info:
hunstantonu3a.org
T:07443763679

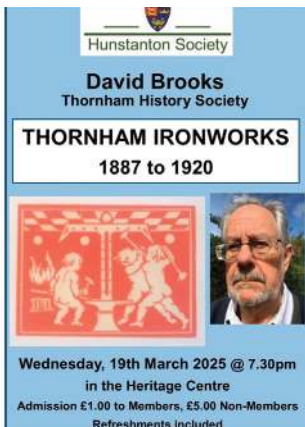
Tuesday 18th

Knit and Natter Group at Old
Hunstanton Village Hall PE36
6HS 10am-noon 07536 022176
Wolferton Prize Bingo at
Wolferton social Club PE31
6HA Doors 6.30, eyes down
7.30 01485 541919

Wednesday 19th

Robert Armin – Shakespeare's
Comedian and Son of Lynn
Annual Memorial Lecture by
Tim FitzHigham at the Trinity
Guildhall .
<https://www.kingslynnntownguides.co.uk/annual-lecture> 01552
776632

Hunstanton Society Talk at the
Heritage Centre 7.30pm.



Hunstanton Society
David Brooks
Thornham History Society
THORNHAM IRONWORKS
1887 to 1920
Wednesday, 19th March 2025 @ 7.30pm
in the Heritage Centre
Admission £1.00 to Members, £5.00 Non-Members
Refreshments included

Friday 21st

Anmer Social Club PE31 6RN
FILM NIGHT -
PADDINGTON IN PERU – PG
Club opens 7.00 p.m. – Film
starts 7.30 p.m. Admission £5 at the door. For further information
enquiries@anmerclub.co.uk or
telephone 01485 579465

Massingham Historical Society
talk by Charlotte Paton
'Frederick Rolfe – King of the
Norfolk Poachers' Massingham
Village Hall and Photographic
Display 'Farming' 7.30pm

Members Free, Guests £3, Bar
open. Enquiries Jeanne
Robinson 01485 520455

Fincham Memorial Hall PE33
9EJ Cash Bingo & Games
Evening - Doors open 7.30pm,
Eyes Down 8pm. Bring your
own refreshments and
nibbles. Info: Anne/Peter-
finchamhallbookings@gmail.com
or telephone 07782 335165

Ingoldisthorpe Sports & Social
Club 'Open Mic Night' 7.30pm
onwards. Showcase your talent,
or enjoy our local performers as
part of the audience. Free entry.
Enquiries: Diane Forder 07901
924223

Saturday 22nd

Snettisham Flea Market 9am-
3pm at the Memorial Hall
Info: 07790 789235

Hunstanton Promenade parkrun
9am Meet outside Sailing Club.
hunstantonpromenade@parkrun.
com Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start. 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

King's Lynn Community
Cinema Club in partnership with
the Workers' Education
Association day school on The
Women who built the Film
Industry. 10.30am at the
Friends' Meeting House and
costing £30, the tutor is
Christopher Budd. More info:
01553 761890.

Ingoldisthorpe Sports & Social
Club Race Night Doors Open
7.00pm first Race 8.00pm Diane
Forder 07901 924223

Dersingham Social Club PE31
6JX Quiz Night Teams of 6 max.
8pm Info 01485 543380

Tuesday 25th

Dersingham Village Cinema at
the Village Centre PE31 6LN–
Paddington in Peru 7.30pm
Info 07943 499786

Wednesday 26th

Snettisham Gardening Club talk
by Stuart Grant – Bees.
Snettisham Memorial Hall
7.30pm Info Gail 01485 542279
or Addie 01485 544754

Thursday 27th

A musical afternoon with
Jamm'in Joe in aid of the East
Anglian Air Ambulance at
Hunstanton Town Hall PE36
6BQ. 1-3pm. £4 entry cash only.
Info: Dinky David 07787
966000.



New Hunstanton WI. 2.15 at the
Methodist Church Hall, Austin
Street, PE36 6AJ. Talk by
Professor Tim Jikells on The
Wash Environmental System.
Learn about the importance of
this area generally and in days of
climate change. Visitors are
welcome at this meeting, which
is £5, including refreshments.
Info: 24wisec@gmail.com
07789 687893

Friday 28th

King's Lynn Festival mid-
morning concert. 11am in the
Assembly Room at King's Lynn
Town Hall. Tickets £16 (free for
u25s. 01553 764864. Benjamin
Baker (violin) and Daniel
Lebhardt (piano).

Anmer Social Club PE31 6RN
Quiz Night Club opens 7pm,
quiz at 7.30pm 07899872351
Fincham Memorial Hall PE33
9EJ Film Night - 'Small Things
Like These'. Doors open
6.45pm, Film starts 7.15pm.
Admission £3, licensed bar
available. Info: Anne/Peter-
finchamhallbookings@gmail.com
or telephone 07782 335165

The Lodge, Old Hunstanton
PE36 6HX Live music from The
Forbidden from 8pm
01485 532896

Saturday 29th

Hunstanton Promenade parkrun
9am Meet outside Sailing Club.
hunstantonpromenade@parkrun.
com Info: 07804 927764

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 have coffee and cake
And be part of the lovely
parkrun community. For further
information email:
sandringhamgroup@5kyourway.
org 07913 439222



Events are
added to our
website during
the month.
Scan here for
up to date info

Goldwing Light Parade in aid of
East Anglian Air Ambulance.
Celebrating the 15th year of this
event, customised Bikes and
Trikes will be displayed on The
Green Hunstanton 12noon-4pm.
Bikes will then assemble in the
coach park for an impressive
light display around the town
centre in the evening finishing at
the shelter on the green for a
static light display. Info: Paula
on 01366 324396

Deepdale Barn Dance, Deepdale
Camping and Rooms PE31 8DD
7pm with Whirligig Norfolk
Ceilidh Band . 01485 210256

Syderstone Cinema at Amy
Robsart Village Hall PE31 8SD
presents The Critic (15) £4 – pay
at the door. Doors open 7.00pm
Film 7.30pm Hearing loop and
ice creams available. Bookings
can be made by email to:
syderstonecinema_arvh@outlook.
com or call 01485 578270.

Dersingham Social Club PE31
6JX Live music – Shaun Small
8.30pm Info 01485 543380

Copy date for the April issue
is 12th March. Please make
sure you include a telephone
contact number with your
event information.



GLEBE HOUSE SCHOOL AND NURSERY
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Buyers 7am to 1pm - Entrance is free
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Anita's Salon

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or at other times by appointment
66 Westgate, Hunstanton
Tel: 01485 533736



Hunstanton & District Inner Wheel Coral Campbell

Although it is still early in the New Year, we in Inner Wheel are half-way through our Inner Wheel year. Our Inner Wheel year runs from 1st July to 30th June. Our February meeting was a Business Meeting which takes two parts. We reviewed what we have done and accomplished in the last 7 months as well as to start planning for next year 25/26. Part of the planning is to nominate Club Officers for 25/26. They will take up their roles on 1st July.

However, we have several events to enjoy before 30th June. As well as our Club events, we have District events. District events are organised by the District Committee and our District Chairman and members from all the Clubs in our District are eligible to attend. We have a District Committee Meeting coming up next month. It is a great opportunity to meet friends from other Clubs and share friendship and ideas. We are looking forward to an annual International event organised by Ely Club in April. It is going to be Afternoon Tea with a speaker from an International Charity. Always a most enjoyable afternoon. The highlight of the IW year is the Annual Conference where members from all the Clubs in GB and Ireland gather together. It is a 3 day event with interesting speakers during the day as well as excellent entertainment in the evenings. It is taking place at the beginning of April and this year it is in Harrogate. A visit to Betty's famous tea room I think will be fitted in! Our District Chairman has the privilege of organising a District Outing. The venue and content of the day is her choice. A lovely way to round off our IW year. So, we have lots of events to look forward to participating in. Closer to home, we have two celebrations in May. We have a Joint President's Dinner with Rotary, usually a Black Tie occasion and our own Charter celebration.



At the end of January I presented a cheque to Kieran Gamble, manager of the Purfleet Trust in Kings Lynn. The money raised was from a Bring and Buy at our Reunion Lunch held earlier in the month. Kieran was very grateful for our donation and I continue to admire the work done by this organisation for the homeless of the area.

BARKING BUGLE NEWS

Pet Microchip Scam

The Barking Bugle team have been very busy as usual, always wanting to bring you up to date with what is happening in the canine world. I want to start by telling all you doggy lovers that there are some not very nice humans out there who are trying to steal your money. Please read what I am about to woof very carefully!

We are really concerned about a scam email going around at the moment. My pawrents recently received an email from Pet Chip Network (<https://petchip.network/petchip-network>) stating that our microchip registration has, or is about to expire, and that we need to pay for it to be updated, otherwise it will become inactive. The email is very convincing as it includes lots of personal information such as your name, breed, microchip number, contact details etc. The email includes a link to make a payment, usually £29.00. This is a scam, microchips do NOT expire.

Typically you only pay a fee at the time of registering your microchip or if you need to update something such as your contact details or any change of ownership. You do not need to make an extra payment!

'Petchip Network' is not recognised by DEFRA. If you think that you may have been conned into registering with this company, check the government website and re-register with a recognised database. A list of Government approved microchip companies can be found at <https://www.gov.uk/get-your-dog-cat-microchipped>

It is impawtant to make sure your microchip's contact details are up to date but make sure you only ever deal directly with the company that your pet's microchip is registered with. If you're unsure who the company is your vet will be able to confirm the details.

Unfortunately, this is not the first time such a scam has occurred. Trading Standards issued a warning in 2021 regarding a company calling themselves 'UK Pet Chip Registry.'

We really hope you don't receive an email from these nasty humans but if you do proceed with extreme caution. Do NOT under any circumstances click a link demanding payment! If you've received a scam email you can report it to report@phishing.gov.uk

Easy Access Walk

On another completely different and much nicer matter, we recently took the woof mobile to the lovely village of Walsingham, famous for the ruins of an Abbey and its religious shrines. We parked in a car park at the top of the village opposite the old railway line and discovered another easy access walk. There is a nice flat path which runs alongside the old railway line to the Slipper Chapel. It takes around an hour there and back at a very gentle pace. The scenery is pawsome! The path is wide enough for doggy strollers and humans in wheel chairs. Please tell your humans to keep you on a lead. Unfortunately us doggies are not allowed into the grounds or inside the Slipper Chapel.

The village of Walsingham is nice to wander about and there are a couple of woof friendly pubs there too. At this time of year you can also do the Snowdrop Walk here which is lovely. Wheelchair users can access some parts but not all and there are areas which can be very muddy and slippery so do take care. Seeing all the snowdrops out in full bloom is a special sight. The Walk is open until Sunday, 2nd March. Have a pawsome time if you go and don't forget to bark your experience to us.

Woofs, Miss Zsa Zsa, Editor
www.thebarkingbugle.co.uk



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Lunch*

IN THE PAVILION & THE
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Sunday 30th March

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A Loving Legacy: Help Tapping House Care for generations to come

Liz Brewer

As winter fades and the first signs of spring begin to bloom, the arrival of brighter days brings a sense of renewal and fresh beginnings. The daffodils and snowdrops are reminding us that warmer days are on the horizon. And as the days become brighter, life picks up pace, as we march through March. It's a time of both reflection, and looking ahead - a moment to embrace new opportunities and cherish the people and memories that matter most.

As we celebrate 40 years of hospice care at Tapping House, we reflect not only on the legacy we have built but also on the legacies we all leave behind. What impact will we have on those who come after us?

For four decades, our Hospice has been at the heart of the community, providing specialist palliative care, comfort, and unwavering support to thousands of individuals and families in their most difficult moments. The stories we share and the memories we cherish help shape the future of our care, making sure that no one faces the end of life alone.

As we look ahead, we invite you to think about the legacy you wish to leave - one that brings hope, comfort, and lasting impact to those who need it most.



We simply couldn't do what we do without you. Your support means the world to us, and we're incredibly grateful for the way our community comes together for our cause. We feel lucky to have local support in so many ways.

Many families and individuals have experienced first-hand the difference our compassionate care makes, and we'd love to hear what Tapping House means to you.

Whether you visit the Hospice regularly, volunteer your time, help in our shops, or have been touched by our care in any way, we'd love to hear from you. Your story can inspire others, help spread awareness, and ensure that more people know about the vital care we provide. Your stories will bring our message to life across our social media

channels, website, and other community touchpoints, showcasing the deeper impact of our Hospice care in ways people may not expect.

If you have a story to share, please do share this with us via email at: stories@tappinghouse.org.uk or give us a call 01485 601701 – we can't wait to hear from you.

Leaving a Gift in Your Will

While sharing stories of support and gratitude helps us connect our community, some also choose to express their appreciation in another deeply meaningful way - by leaving a gift in their Will.

Legacies provide long-term financial stability, allowing us to continue with the care that is needed by so many. Today, in the communities we cover 26% of our population is already over 65, significantly higher than the UK average. And predictions are for the average age to continue to rise over the coming years, so the need for our services has never been greater. With demand for palliative and rest-of-life care set to increase, gifts left in Wills help us plan ahead and expand our services.

How Your Gift Can Make a Big Difference

Leaving a legacy is something anyone can do. Even a small percentage, like 1%, can make a lasting impact, providing comfort, dignity, and support to those who need it most. It's a simple act of kindness that will be felt for generations to come.

- £100 can offer 6 hours of care from a Palliative Nursing Assistant
- £1,000 provides 25 bereavement sessions to support families in their darkest times.

- £10,000 pays for one whole day of services at our Hospice to bring comfort to hundreds of patients through our inpatient, outpatient and hospice at home teams.

We currently care for 1,500 patients a year and support 3,000 community members.

No matter the size, your legacy gift has the power to change lives. It could help make sure that someone's loved one - perhaps even a member of your own family - receives the compassionate care they deserve in their final days.

Thank you for considering leaving a gift in your Will to Tapping House. If you have any questions or would like an informal, confidential chat about legacies, please call our Fundraising Office on 01485 601701 or email fundraisingteam@tappinghouse.org.uk.



Tapping House
Living well, dying well, never alone

Share your story

Everyone has a story, whether you visit the Hospice once a week or every so often. We'd love to hear from you about why the Hospice is so special to you.

If you have a story to share with us, do get in touch using the email below or give us a call 01485 601701.

- Thank you -

stories@tappinghouse.org.uk

Please send me information about leaving a gift to Tapping House in my Will

Title: _____

Full Name: _____

Address: _____

Postcode: _____

Telephone number: _____

Email Address: _____

Tapping House

Keeping in touch with us.

We would like to contact you to ask and inform you about other ways to support Tapping House.

☐ Yes I am happy to be contacted by email and post

☐ No I am not happy to be contacted by email and post

Registered Charity No: 1062800

Please return this to: Victoria Rush, Tapping House, Wheatfields Hillington, Kings Lynn, Norfolk, PE31 6BH

NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

Following a frenetic Christmas and New Year period, it has been a quiet time for BVH, although all the regular groups continue; there is also a welcome return of Fitness Fusion classes on Wednesday evenings.

Bar 71 continues with a full programme which now includes Six Nations Rugby, as well as the usual quiz evenings, darts, skittles and pool.

Further information about these and other activities can be found on our website at www.brancastervillagehall.communitybookings.co.uk or on Facebook and Instagram. For enquiries, please contact us at bvhsetup@gmail.com

FROM THE BRANCASTER VILLAGE HALL ARCHIVE:

GUNNER CECIL GLENDY SUTTON'S SERVICE IN "L" BATTERY ROYAL HORSE ARTILLERY (RHA) IN THE FIRST WORLD WAR: PART ONE

This is the story of a farm worker in Norfolk who enlisted in the British army and served during its most stressful and challenging years; it follows the research carried out by his grandson, David, who lives and works in North Norfolk. Cecil, who was born in 1898, left school and went to work on a farm in West Bradenham, Norfolk. The son of a publican, who was also a butcher, he was one of ten children, being the third youngest. His story mirrors that of many young men in Norfolk who enlisted or were conscripted into the armed forces during the Great War.

Cecil was very familiar with horses and a keen rider; farm work was mainly undertaken by teams of horses in the early 20th century. He joined the army early in March 1916, just before his 18th birthday. Because of his knowledge of and experience with horses he was, after basic training, posted to L Battery Royal Horse Artillery, which in midsummer 1916 was on the front line in France. The battery was part of the 29th Infantry Division, which was poised to join the attack on German trenches in the area of the River Somme.

Leaving Cecil's story, it is important to recount briefly the World War 1 history of L Battery RHA, which was one of the most celebrated and renowned units in the British Army Artillery branch. In 1914 L Battery was attached to the 1st Cavalry Division; it went to France to take position on the left of the French army and the right of the Belgian army. The German army was, in overwhelming numbers, wheeling through Belgium and Northwest France, intent on capturing Paris.

L Battery was armed with six 13-pounder guns and had just over 200 men and 240 horses; the battery was supported by an ammunition train. The guns were light enough to be pulled by a team of horses, but the 13-pounder lacked range and explosive power compared with the field artillery which was deployed from static positions. It was more

than sufficient to deal with cavalry or infantry units in the open and in line of sight but was incapable of indirect fire. It also employed shrapnel shells, which were lethal to men and horses advancing in the open but lacked an adequate high-explosive (HE) shell to deal with wire and strongholds.

The unit took part in the early Great War battles of Mons and Le Cateau, where the British army was forced to retire in the face of superior numbers in the German attacking forces. Following the retreat from Le Cateau, L Battery was bivouacked at the village of Néry, where they were involved in a skirmish that was celebrated throughout the British army. The battery was part of the 1st Cavalry Brigade which was providing the rearguard to cover the British army retreat. Unbeknownst to the Brigade commander, the German army – in the form of the German Cavalry Corps, consisting of five Divisions – was closer than realised. In particular, the 4th German Cavalry Division appeared a short distance from the village and opened a withering fire on the Brigade and the L Battery RHA.

Given the surprise, the battery was only able to bring three guns into action and two were quickly knocked out: the third gun was kept firing until it ran out of ammunition. The Brigade and battery were rescued by the arrival of infantry who repelled the German attack, having been drawn by the sound of gunfire – but by this time, the Brigade had suffered heavy casualties. L Battery was destroyed as a unit, suffering about 50 casualties, including all five officers; it was withdrawn to England to reform and re-equip. The L Battery's action at Néry resulted in the award of three Victoria Crosses, to Captain Bradbury (Posthumous), Sergeant Major Dorrell and Sergeant Nelson, who were jointly responsible for keeping the final gun firing. The unit was also allowed, uniquely, to list Néry as a battle honour; the final gun is displayed today in the Imperial War Museum.

The war on the Western Front became one of trenches, barbed wire, artillery barrages, machine guns and gas. L Battery was reformed and rearmed with 18-pounder guns – which had a longer range than the 13-pounders – and joined the 29th Infantry Division. This was posted to take part in the action at Gallipoli in 1915 and suffered horrendous casualties before being evacuated with the rest of the army to North Africa and then the Western Front.

It is at this point in the summer of 1916 that Cecil Sutton appears on the scene, joining L Battery RHA supporting the 29th Division, which was in the line towards the southern end of the British army trench system in France. The French army was having a very hard time at Verdun, which was resulting in hundreds of thousands of casualties. In order to take pressure off the French at Verdun it was decided to launch an assault by the British and French armies at the Somme. The British army, which was really one of allies, as it contained Australian, New Zealand, South African and Canadian troops (the Indian

Corps had been withdrawn to the Middle East at this point), had grown to five armies with the conscription and the volunteer divisions that Kitchener, the Minister for War, had raised. This included the 29th Division in the 4th Army as an assault unit, with L battery in support; the aim was to break through the German lines and bring about a decisive victory, as the British commander, Douglas Haig, had hoped.

Before the assault, L Battery joined the other 1500 guns in putting a barrage onto the German trenches, barbed wire and strongholds: over a million shells were fired. Unfortunately, half the guns, like those of L Battery, were basically line of sight weapons, with poor HE power. The shrapnel shells were unable to destroy the thirty-foot-thick belts of barbed wire that were in front of the German trenches or destroy the deep reinforced dugouts where the German troops sheltered; many of the shells were also defective. The gunners serving the guns must have been exhausted and deafened after hours and days of firing their weapons.

On 1st July the 29th Division, along with many other divisions, rose out of the trenches and marched slowly in a line towards those of the Germans; they had been told that the barbed wire had been destroyed, and the strongholds pulverised. In No Man's Land between the trenches, they learned differently, and were mown down by machine guns and artillery; those that reached the barbed wire often found it uncut. The Division took catastrophic casualties, along with most of the attacking forces, with 60,000 casualties – including nearly 20,000 dead – on the first day alone. There was very little progress made, and most objectives were not reached: in particular, the Canadian Newfoundland battalion of the 29th Division suffered 710 casualties – over 80% of the battalion.

Gunner Sutton would have been witness to all this, including hearing 100,000 pounds of amatol exploding in the mine dug under Hawthorn Ridge in front of the 29th Division; he would also have seen the stream of casualties being brought back from the front to the medical stations. Word would have quickly spread that the assault had been a disaster.

The 29th Division was regarded unfit for further assault action but remained in the line and was brought back up to strength. In the meantime, the Battle of the Somme went on until November, costing some 630,000 casualties for the allied and French forces, with only small gains made. German casualties were a matter of some doubt but were almost certainly far fewer. It is likely that L Battery continued in the artillery line, supporting the battle even though the 29th division was essentially static, as the Battery had suffered minimal casualties at this point.

The 29th Division, with L Battery, was transferred to the 3rd Army in early 1917 and was earmarked to take part in the assault around the French city of Arras, which took

continued overleaf

place between 9th April and 16th May. This action was a joint endeavour between the British and French armies, the latter under its new commander, Nivelle. The French army was to break through the German lines at Aisne, 50 miles to the south, while the British and Canadians captured the important stronghold of Vimy Ridge, northeast of Arras, thereby diverting German resources from the main battle being undertaken by the French.

The British army had absorbed the lessons of the Somme and so the bombardment was much larger, lasting several days, and a new technique of the creeping barrage was used. This was where the artillery lobbing shells just in front of the advancing troops to discourage any German soldiers from using their rifles and machine guns. The artillery, including L Battery, were of prime importance in this battle: they had to keep to very tight timings in the creeping barrage if they were not to hit their own troops.

Again, Cecil, with L battery, would have been expected to maintain continuous firing for the best part of five days, which must have caused considerable strain. There was always



a danger that the German counter-battery fire would find its target and cause casualties amongst the gunners and their horses. This battle also saw the deployment of a large number of tanks – 40 in total – to support the attacking divisions.

The initial assault met with great success and the German trench line was broken along almost two miles in parts; the Canadian troops also took the Vimy Ridge. However, the Germans quickly rallied, throwing in substantial reserves in counterattacks: the whole assault came to a halt and ended, as



others had, in stalemate. The French assault further south was also a complete disaster, leading to a temporary mutiny of several French divisions in the weeks that followed. The British and Canadians suffered 160,000 casualties and the German army about 125,000.

The pictures show the painting of the Néry VC gun and a RHA horse team; my thanks go to David Bird, Cecil's grandson, for undertaking the initial research for this article, and for allowing me the privilege of writing about Cecil's experiences in World War 1.

Crossword solution

Across: 1. For keeps, 5. Alaska, 9. Recruits, 10. Unrest, 12. Medalist, 13. Short, 14. Duck, 16. Mankind, 19. Enchant, 21. Feed, 24. Scrub, 25. Mardi Gras, 27. Opiate, 28. Lavender, 29. Ensure, 30. Amethyst

Down: 1. Forums, 2. Recede, 3. Equal, 4. Patrick, 6. Long since, 7. Step on it, 8. Attitude, 11. Item, 15. Ulan Bator, 17. Gemstone, 18. Scurries, 20. Tame, 21. Forearm, 22. Friday, 23. Espirit, 26. Inert

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NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

The task of watching the coast has had a long history, particularly in a county such as Norfolk, with a large coastline and proximity to European countries. In Roman times, Branodunum Fort at Brancaster was, in part, built to watch the coast for invaders; in the 18th century, coast watchers looked out for smugglers bringing illicit goods from the continent to evade excise duties. In World War 1, boy scouts were deployed on beaches to watch out for German warships, which were bombarding parts of Norfolk.

Today, the NCI has an entirely different role, in that it is a volunteer service recruited and trained to keep beaches and coastal areas safe for all users. NCI Brancaster operates as an integral part of a national organisation with scores of stations around the UK coasts. The Brancaster station is now entering its third summer season – its busiest time – having had a highly successful previous two years, gaining a national award, and receiving a morale-raising visit by HRH The Princess Royal to open its new building. The picture shows the commemorative plaque unveiled by Her Royal Highness.

Following Christmas, January has been a quiet period on Brancaster beach, as a result of adverse weather conditions: the beach has mainly been the province of dog walkers, although the station continues to be staffed and vigilant. The service is keen to recruit more volunteer Watchkeepers: if you would like more information on NCI Brancaster,



or to find out about becoming a volunteer, please contact Richard Burrows, Deputy Station Manager and Watchkeeper on 07535 612777. You can also find us on Facebook, if you search NCI Brancaster.



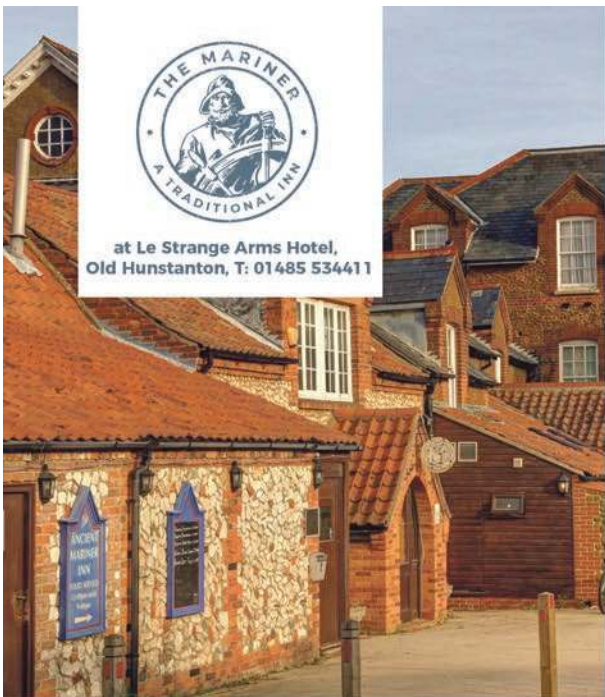
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Your Support Saves Lives 24/7

East Anglian Air Ambulance King's Lynn Fundraising Group, by Trevor Dane, EAAA Volunteer

The King's Lynn Fundraising Group (KLFG) started in 2023 to raise awareness of East Anglian Air Ambulance (EAAA) in the area by way of finding and attending local events to represent and fundraise in aid of the charity. The group consists of a small number of local volunteers, including myself. KLFG attended their first fundraising event in May 2024, and we are now looking forward to completing our first full year of fundraising in May 2025.

EAAA is a charity providing advanced critical care 24 hours a day, 365 days a year to the most seriously ill and injured people in the region by air and road. EAAA's specialist doctors, critical care paramedics and pilots bring the advanced skills, equipment and medicine – normally only found in a specialist emergency department – directly to the patient's side in the fastest time possible. The charity relies almost entirely on kind donations from the public to deliver its service – so your support really does save lives, 24/7.

Our community

Raising awareness of EAAA in the community is very much at the heart of what the KLFG does. We have attended thirteen events so far, as well attending cheque presentations, delivering talks to local groups, managing EAAA collection boxes in the community and providing a local connection for local EAAA supporter groups, as well as to the wider charity.

We welcome new opportunities to connect with people in West Norfolk and have several ways you can be involved, including:

- Donating raffle or tombola prizes to support fundraising activities.
- Holding a fundraising event.
- Receiving a talk from us. If your group would be interested in receiving a free talk about the work of EAAA, please get in touch!

Learn the skills to save a life

Additionally, EAAA offers free one-hour CPR and defibrillator (AED) training. Around a quarter of EAAA's emergency taskings are to people suffering a cardiac arrest. These are



Pictured: Caz and Neil from the Music 'N' Motors Vehicle Display. They are holding a 'Music 'N' Motors' fundraising event in aid of EAAA at The Old Garage, Magdalen, King's Lynn PE34 3BT on 9 August 2025.

life-threatening medical emergencies where every second counts. Bystanders can play their part in helping to save somebody's life by starting CPR and the chain of survival as soon as possible.



CPR stands for cardiopulmonary resuscitation. It is when somebody performs

chest compressions on someone who is in cardiac arrest to help keep them alive before the emergency services arrive.

EAAA's Community CPR Training Programme offers session to community groups so that more people are equipped with the skills and confidence to help save a life. In 2024, over 30,000 people received this training from EAAA. If your group would like to learn more, visit eaaa.org.uk to complete a booking form.

In the April edition of Town and Around we will be looking at the EAAA distinctive yellow helicopters and some of the equipment that they carry.

KLFG can be contacted by emailing either myself, or my colleague Terri: trevordane104@gmail.com tfaye.100@gmail.com

EAAA enquiries 03450 669 999. Website: www.eaaa.org.uk

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The Bridge for Heroes

Kerry Allison



The Bridge for Heroes has presented Armed Forces Veterans' Badges to residents of a local care home. Gregg Baker, Centre Manager for The Bridge, has been a regular visitor to Briar House Care Home in King's Lynn as part of The Bridge's Care Home Outreach programme. The aim of this programme is two-fold: raising awareness of the Armed Forces community amongst staff and residents, and to enrich the lives of veterans through shared stories and connection. Gregg helped staff at Briar House to apply for the badges on behalf of residents who had seen military service.

First issued in 2004, the HM Armed Forces Veterans' Lapel Badges were launched to assist the wider public in identifying veterans and are a small but significant token of service. Joanne and Derek, staff members at Briar House, arranged a presentation ceremony in front of staff, friends and family members. Gregg had the honour of presenting badges to David, an Army veteran, and John, who served in the RAF. 'It is fantastic to see veterans being recognised,' said Gregg, 'and I love that The Bridge gets to play a part.'

If you or someone you know is entitled to a Veterans' Badge, you can apply online through GOV.UK or, if you need help with your application, pop into The Bridge For Heroes, 52A South Clough Lane where a member of the team will guide you through the process.

Bookfest at Briarfields

On Sunday 16th March local author J M Dalgliesh will be giving a talk at Briarfields followed by an interview with Adrian Eden from 'by the book' in Hunstanton and a Q&A with the audience. This topped off with a sumptuous afternoon tea makes it an event not to be missed.

WATCH AND PREY is the much-anticipated return of Tom Janssen in the Hidden Norfolk series by J M Dalgliesh who has sold three million copies across two hundred countries since the publication of his first book in 2018.

The Publisher's synopsis reads: 'You can hide, but you can't run...

When the body of a church warden is discovered hanging from the belfry of a village church, DI Tom Janssen and his team must investigate the circumstances that led to his death.

Whilst navigating the fallout from the conclusion of their previous case, the Norfolk CID team is under intense scrutiny with another police force investigating their recent conduct. Some people would like nothing more than to see the team fail. With no clear motive for murder or a reason to take his own life, the team have little to go on.

Meanwhile, a hit and run accident on the Sandringham Estate leaves a pregnant woman in hospital and when the fleeing vehicle is located - abandoned beside a coastal sailing club - the investigating team find more than they bargained for when they look inside.

The hunt is on for a brutal murderer whose motives and goals are unknown, and when other interested parties appear in the area the stakes are raised further. Just who are the hunters, who is watching, and, more importantly, who is the prey?'

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Snettisham Brownies are back with a fun-packed term!

Ruby Goold

January took off at pace with new Brownie members and more planning for fun, friendship and skill-building in 2025.

At the beginning of the new year, we made New Year wish pots. We planted daffodil bulbs into colourful pots and decorated them with our New Year wishes.

Our Brownies love wildlife, so we were keen to take part in the RSPB Big Garden Birdwatch 2025. We made creative bird feeders from recycled plastic milk bottles, and Brownies counted birds they saw at home.

They also took part in a birdsong and sound quiz, all while working toward a special badge.

This summer, we are planning a large circus-themed camping event. We set a competition for Brownies to design a badge they would earn for attending the camp. We've had many brilliant entries so far - judging will take place in March.

In February, we had a very special visit from Jan at the Ryston Hedgehog Hotel. Brownies learnt all about where hedgehogs live, what they eat and when they might hibernate. They also learned what to do in an emergency and saw what's inside a Hedgehog first aid kit.

Brownies donated kindly to the Hedgehog Hospital and made their own airdry clay hedgehogs following Jan's informative talk. Thank you very much to Jan from Ryston Rachels Hedgehog Hotel for visiting.

We have an exciting large-scale sleepover with a pyjama disco planned soon. More details to follow!

For more info on becoming part of our fun, friendly & inclusive group, please get in touch.

Email: ruby.goold@girlguiding-anglia.org.uk
Rainbows Age 4 – 7, Brownies Age 7-10, Guides Age 10-14.



Caroline Dudley

It's spring at last – and time for some changes at the Magpie Centre, home of West Norfolk Riding for the Disabled Association. As you may know, our Chairwoman stepped down, for personal reasons, some time ago, and at the time of writing we were still on the lookout for a new leader.

Our Annual General Meeting is scheduled for Wednesday February 26, 7.00 pm at Wimbotsham and Stow Village Hall, Low Road, Wimbotsham PE34 3QQ. After the meeting, Magpie Centre Yard Manager Natalie Dade and RDA Group Instructor Jo Gordon will each give a short presentation on the Magpie Centre horses and their role in therapy, so this would be a great opportunity for visitors to attend and see what the Magpie Centre is all about. Refreshments will be provided.

The Magpie Nest, which opened in October 2024 is thriving. This programme is designed to help students with additional needs who struggle to thrive in a mainstream environment. Through the therapeutic approach of using equines, two students have become engaged with ASDAN Animal Care and one young person is learning Self Care and Gardening. A new Alternative Provision pony has been acquired. He is

settling in well and building a nurturing, trusting bond with the children, which is something that the children find more challenging with adults.

The Friday Home Educated group are working hard to achieve their RDA proficiency goals in horsemanship. They are learning what it takes to care for a horse and are growing in confidence weekly.

If a social evening is what you're after, tickets are still available for our Barn Dance/Ceilidh, with caller and live band 'Take the Floor', Saturday March 8, 7.30 – 11.00 pm with Hog Roast (or veggie alternative) supper at Stow Bridge Village Hall, Holme Road, Stow Bridge PE34 3QQ. To book tickets, £17.50 for adults and £7.50 for children, 13 yrs and under, call 01760 337056 or email suer2006@hotmail.co.uk. Bring your own drinks and glasses.

And – it does come round quickly, doesn't it? We are Calling all Crafters to take a stall (£12 per 3m space) for our Craft Fair, scheduled for Saturday June 7 at the Magpie Centre, Wallington Hall South Runcton (on the A10, three miles north of Downham Market) PE33 0EP. Stalls will be under cover in the indoor school, which is wheelchair accessible. To book your place, contact 07715 467866 or email magpiecccraft@outlook.com.





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The Club is open Monday to Saturday 10am-10pm except music and quiz nights. Sunday 11am-10pm



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.

Special events this month:

March 10th Coffee / Brandy from 10.00a.m

Saturday 15th Annual General Meeting 12.45 p.m.

Saturday 22nd Coach trip to Thriplow Daffodil weekend
(pre booked and members only)

Saturday 22nd Music Night The Beatles tribute

Regular Events

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

Fridays : NIA at 12.30. Cash Bingo at 7.30pm.

www.hunstantonconservativeclub.co.uk

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Hunstanton Lifeboat Station

Our first 'shout' of 2025 came after a busy Sunday exercising both our craft on February 2.

As night fell we were tasked by HM Coastguard to assist a sailing vessel which had run aground near the entrance to the Lynn Channel, at the mouth of River Ouse.

Lifeboat Spirit of West Norfolk was quickly on her way to assess the situation after launching off the beach.

The yacht, with two on board, had no navigation lights. So our crew used the lifeboat's searchlight to illuminate the river to guide the craft to a mooring in King's Lynn, where she safely berthed.

All ended well and after giving way to shipping and fishing vessels in the fast-flowing tidal river, the crew set off for home.

It was pitch dark by the time the plant driver reversed the carriage into the sea ready to recover the lifeboat, but our drivers and helms practise continually to ensure they can carry out what can be a challenging manoeuvre they need to be able to perform in all weathers, day or night.

On arrival back at station, the lifeboat needed to be washed down, checked over and refuelled as she does after every 'shout', to ensure she's ready to go again.

All of this again takes constant training, because every detail needs to be right to keep us ship-shape and ready to assist those who find themselves in danger.

Down on the beach, the hovercraft crew have been honing their skills when it comes to performing mud rescues.

Hunstanton Flyer took part in a textbook drill a few weeks back, extracting a life-sized training mannequin which had earlier been buried waist deep on the shore.

Those on board need to make the area safe using mud mats and check the casualty over, before carefully using spades and an air lance to free them before they can be brought on board and flown to safety.

The 'hover' comes into her own in these potentially life-threatening situations, because



she's able to reach areas of The Wash which are inaccessible to boats for long periods over low tide.

Both she and our lifeboat are ready to go 24/7, 365 days a year thanks to the kindness of those who donate to the charity that saves lives at sea.

Recent weeks have seen VW owners take part in a Run to the Hun for the RNLI and Tesco in Hunstanton raffle a super bundle of Valentine's Day treats to raise funds for us.

Our station souvenir shop, which helps



raise vital funds towards our lifesaving work, has also now reopened at weekends.

From Saturday, April 5 to Sunday, October 26, it will be open daily.

If you'd like to find out more about what we do and how you could join us, we exercise at the station on Sea Lane on Sunday mornings, or you can e-mail hunstanton@rnli.org.uk

Stay Safe, Respect the Sea,
Hunstanton RNLI
Images Chris Bishop/RNLI

A Parade of Presidents

Hunstanton and District Rotary have been able to increase their membership since the pandemic and new members have embraced the ideals of Rotary as well as joining in wholeheartedly with events and committee work. Rotary is encouraging the idea of Service and "Service Above Self" has become a motto.

Rotary is about developing friendships, using your occupation to serve society, applying service in all areas of a Rotarian's life and also about improving international understanding and peace in the world. In our area our club donates to local charities like Baby Basics, Tapping House, Riding for the Disabled, Blood Bikes, EACH, and West Norfolk Autism Group. We also support our local scout and guide groups, senior citizens, schools, sailing clubs and hospitals. Internationally we have assisted ShelterBox, Saidia Children's home, and End Polio Now.

After the annual Special General Meeting, club members were delighted to vote for a succession of Presidents. Pictured are the current President Jean-Marie, the President Elect Hilary, the Vice President Christine and the Junior Vice President Glen. This succession provides the club with Presidents until June 2028 and



means that Hunstanton and District Rotary can continue to serve their community for years to come. For more information or to join this world-wide organisation - www.hunstantonrotary.co.uk.


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What on earth is a Schloßökonomie?

It's funny how you can have experiences in your life that are extraordinary but not realise at the time how much so.

After finishing my commission that I wrote about in December's magazine, I decided to find a space more suitable for creating large scale sculpture. It was a move from Upper to Lower Bavaria. I moved outside of Munich and entered the region where my mother was born. Emotionally, it was like connecting the dots. In Canada, I grew up far away from my relatives but now they were within reach. I could visit them and find out more about where I came from.

Shortly after joining a regional professional artist's group I was selected to take part in an art symposium 'genius loci' (the genius of the place) which was to start at the end of June 2005. The 12 participating artists met at the site in March. On our tour we visited the mill, granary, horse stable, bull stable (?), brewery and other buildings belonging to a castle. So, this Schloßökonomie can best be described as a castle market (?) and is located at Gern, Eggenfelden. It was built up by the noble family 'Closen' in the 14th century. Prominent merchants brought exotic wares to this Gern market making it an ultra-regionally significant and vibrant centre for crafts, trade and culture.

I don't know how the market fell into disrepair. I do know that the brewery closed in the 1970s and the city of Eggenfelden purchased the Schloßökonomie in the 1990s. By 2005 one building had been transformed into a music school and concert venue. The granary became a gallery space and the horse stable a meeting place. We were free to work in the disused spaces — including the bull stable.

At this inspiring location we would create as well as exchange ideas and philosophise for 11 days.



Room 1



Room 2

It was the brewery that appealed to me. I chose 2 connected rooms. The first with rust, peeling paint, masses of black electrical boxes and a concrete block that had no obvious purpose. The second room had no floor. (Luckily my neighbour at the time made parquet flooring so I was able to get wood slats to create a safe working environment.) One wall was open and could be viewed through a hallway below making it appear like a stage backlit through a massive window.

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When we arrived in the summer we were blessed with glorious weather. We stayed at a guest house close by. All of us had ideas of what we wanted to make. It was exciting to see everyone again. We worked, talked, ate and drank art — an immersive experience. The atmosphere was incredible. We connected. Friends were made.

I made an abstracted sculpture for each room with wire, chicken wire and one scanty layer of Papier Maché painted with rust present in the rooms. I wanted the pieces to have the quality of always having been there. The first resembled a figure draped over the concrete block with a rope connecting it to the ceiling. The second — more abstract, in the stage room, was strung up with several ropes — suspended — now no floor beneath it. I named the installation Sacrifice.

What I came away with was an amazing sense of community and creativity. And this is what I look forward to in building a thriving arts community in Heacham.

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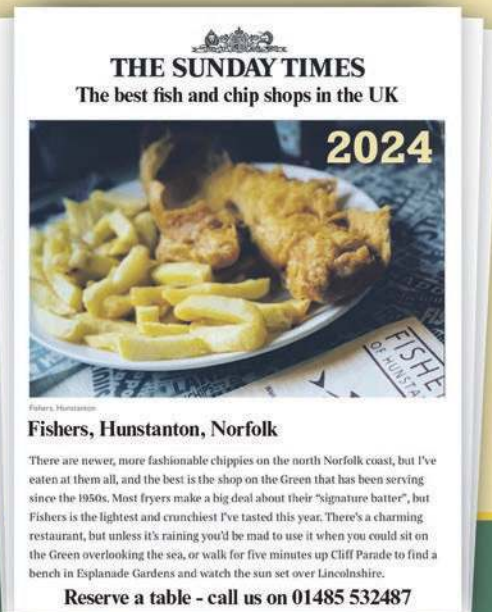
Cheshire & Oldfield Sponsors New Kit for Dersingham Rovers Under-7s

Cheshire & Oldfield, the local specialists in high-quality beds and mattresses, have proudly stepped up to support grassroots sports by sponsoring the new kit for Dersingham Rovers Football Club's Under-7s team. This partnership highlights the company's commitment to investing in the local community and nurturing young talent.

The financial support provided by Cheshire & Oldfield ensures that the Under-7s team will take to the field in a striking new kit designed to embody the club's spirit and dedication to the sport. The sponsorship will not only cover the cost of the kit but also boost the team's confidence as they compete in their upcoming matches. Fans can expect an exciting season ahead as the team takes to the field with renewed confidence, bolstered by the support of their local sponsor.



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Broken Arms

Ian Smith

When you damage your knee right at the beginning of your adult rugby life and consequently miss a whole year of your rugby career when all you want to do is to play for your country then that is very hard to bear.

However, when this is followed by another missed year because of a broken arm, and by now you are close to being 21 years old it is frankly heartbreaking. Especially when it was mis diagnosed and you played on with your arm broken but undetected, and doctors advised you never to play again.

The two main reasons for my anguish were firstly that I had been a schoolboy internationalist from a top rugby playing Scottish school, and I was the first boy to have been chosen from my school for five years so that was a very big deal for me and the school. Everyone's expectations including my own that I would go on to play for Scotland were very high.

Secondly, I ended up sitting at home reading about other young men whom I had played with and against becoming household names in Scotland.

The next two years went past very successfully. I was playing for Edinburgh University and had been awarded my rugby 'blue' which is the top honour for a rugby playing student. I was secretary of the rugby club which meant being responsible for putting five teams out twice a week.

I was recognised by Edinburgh and picked for a representative match at the end of my second last year as a student when disaster struck. I was kicked in the same arm I had broken previously and ended up once again in the Edinburgh Royal Infirmary.

This time the x-ray showed I had split the corner of my elbow called the olecranon process halfway through. My arm was put in plaster at kind of 150-degree angle, supposedly to protect the elbow, and then I went to my girlfriend's house for supper. Foolishly helping with the dishes afterwards I flexed my fingers on the draining board and there was an almighty bang from inside the plaster and agonising pain.

A further x-ray showed my olecranon was now detached from my forearm, and I found myself the next morning in a surgery clinic with the consultant and half the University rugby team who were medical students.

After explaining about the danger to my elbow if blood was left inside the consultant said that a hypodermic would need to be inserted into the joint and the blood removed to prevent a hemarthrosis otherwise the joint would stiffen permanently. This was to be preceded by an injection of local anaesthetic to deaden it.

The injection duly given which was extremely painful he told the students as I was now numb so he would begin. I told him we both knew that wasn't true, so he was persuaded to get two of my colleagues to hold me down whilst he drained the blood!!

The following morning, I had a large screw inserted into my arm, and all this took place in 1967, and almost sixty years later it is still there!

Naturally the consultant told me my rugby days were over being a dental student, but five months later in the September I played again.

As this injury did not cause me to miss one University match, and my original broken arm occurred in my first ever university match, I ended up playing over 90 consecutive matches for the university 1st XV, and thirty months after the screw was inserted I made my debut for Scotland.

Someone somewhere must have been looking after me!!



Armchair Sports Trivia sponsored by Berni Beans

Win a delicious afternoon tea for two (worth £19.95 pp, total £39.90) courtesy of Berni Beans.

QUESTION: What was the name of the first computer to beat a Grandmaster in a regular tournament game at chess and in what year?

ANSWERS TO: editor@townandaround.net or by post to: The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF Please note we do not accept entries by any social media channels or text message. **CLOSING DATE 15.03.2025.**

The answer to last month's question: What is the inside of Rugby Union's Six Nations Championship Trophy coat plated with and why? was: Gold, to protect the trophy from champagne drunk from it by the winning team. Mike Leeding is the lucky winner

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Norfolk Coast Mighty Hike returns on the 10th & 11th of May.

This popular event is still open to applications for the full marathon on the Saturday and half marathon on the Sunday. The scenic routes, which start in Cromer, both encompass the picturesque coast through traditional fishing villages, with the half marathon ending at Blakeney and the full marathon at Holkham Hall.

The event, which has been running for over ten years, raises invaluable funds for MacMillan Cancer Support. There are eleven events which run throughout the year at some of the most beautiful and unspoilt parts of the country. Get your friends and family together for the local hike or simply go solo and meet some new friends. The Norfolk events are classed as 'tough terrain but flat'. Apt.

Russell Collins of Macmillan Cancer Support said, "whether you are simply looking to get fit or want to raise funds in memory of someone effected by cancer or simply raise money for a good cause, our hikes are perfect for you. Run, walk, crawl if you like, we are looking forward to meeting all the participants and spectators. Better cancer care for everyone in the UK is possible and a motive for all of us".

Both courses are lined with regular pit stops. You also get fully refreshed with a buffet lunch and hot dinner (for full marathon runners), receive your very own hiking top, a photo of the event and a medal presented with a glass of bubbly. To apply for this year's event please visit MacMillan.org.uk/norfolkcoast. You can use code NEWYEAR25 for a 25% discount.



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*References available upon request.***Please call Steven Newton 07713 859712****or email: newton73@hotmail.co.uk**

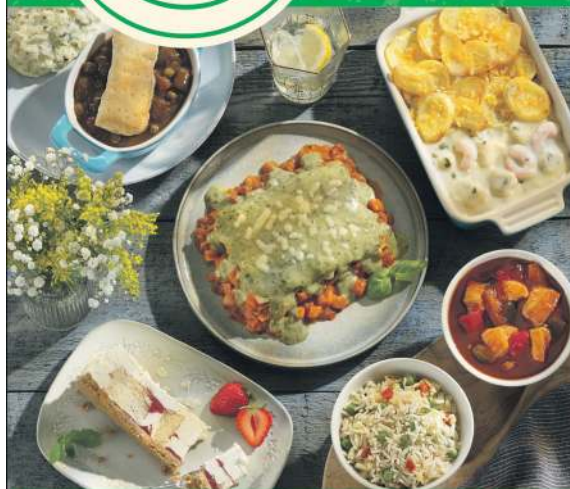
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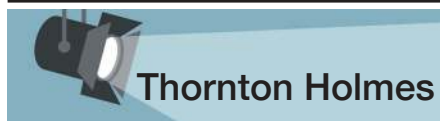
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Thornton Holmes is an author who has already released one book, 'Performing With Confidence', which looks at overcoming stage fright and has just released another, 'AI in Education' which assesses the potential use and impact of AI in teaching. He is also a successful businessman and a talented musician. He is married to Rosie and lives in Hunstanton.



Full Name: Thornton Holmes

Age: 60

Star Sign: Leo

Where born: London

Where live: Hunstanton

Occupation: Independent Financial Adviser (own company) & Author

Family: Large and spread across the globe! Married to Rosie and we have four grown up children and one grandchild.

A Cats or dogs person: Definitely a DOG person. We have two spaniels.

Sports Team Support: None in particular.

Worst injury: Motorcycle leg/foot injury when 19 (I'm still riding though!).

Biggest Break: Record contract in 1999 and opening the Cambridge Folk Festival with the band 'Bigfoot'.

Funniest memory: Many whilst on various motorcycle trips abroad. Trained in Martial arts since childhood and when I was in my 40's I participated in a tournament and was knocked spark out by a younger contestant. Rosie, who was watching, wisely advised I should stop competing, which I did. Not particularly funny at the time but in hindsight...

Hero: Dave Grohl

Hobbies/interests: Music (performing & listening), Harley Davidson motorcycles, writing, travel and food & wine.

Best memory: Taking my Harley East to West across the USA in 2014.

Favourite international meal/cuisine: Indian
Favourite drink: Guinness and a good red wine

Favourite band/singer: AC/DC

Favourite film: Shawshank Redemption

Favourite holiday destination: Maldives (I've only been once but would love to go again!)

Three items for a desert island: My guitar, pen & paper, ipod.

Worst habit: Biting my nails!

Pet hate in others: Deception/lying

Biggest achievement in life: Fulfilling 95% of my bucket list.

Best advice ever given: (chinese proverb) With one eye on your destination, it only leaves you one eye to find the way.

Like to live forever? Absolutely, having to die is irritating as I would love to see how the world is different in 100yrs from now.

Sporting corner with Tim Keogh

Artificial Intelligence

Artificial Intelligence, commonly referred to as AI, is currently a hot topic and frequently featured in the news. Prime Minister Keir Starmer has even introduced initiatives that promote AI and explore its vast possibilities.

The potential of AI in today's world is undeniable. However, what remains to be seen is how it will be applied and how significantly it might influence or even govern our lives. At its core, AI operates through machines, which can be intimidating for some. These systems have the capability to process data in ways that exceed human cognitive abilities, potentially enabling them to surpass our own intelligence.

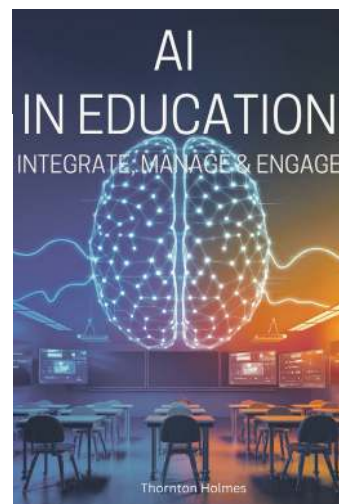
When appropriately leveraged in fields like education, medicine, or science, AI can provide numerous advantages. Yet, what happens if this technology lands in the wrong hands?

Another concern is its impact on the job market. If AI takes over many roles, what will become of our livelihoods? A scenario could emerge where reliance on AI renders many unemployed unless they are directly involved with AI technology, potentially leading to a divided society resembling the stark contrasts depicted in films like Metropolis and Elysium.

Thornton Holmes from Hunstanton has recently published a book focused on AI's role in education, aptly titled 'AI in Education.' It is well-established that personalised learning tailored to individual needs is highly effective, and AI not only facilitates this but elevates it to unprecedented levels.

Thornton adds, "we are on the brink of an AI-driven future and it's crucial for educators to be prepared. This book serves as a guide to help teachers incorporate AI effectively and, most importantly, ethically. The goal is to make AI a tool that enhances student engagement and learning outcomes rather than becoming another daunting technological hurdle. My target audience includes educators who are eager to keep up with technology".

However, does AI diminish the importance of social interaction? The effects of mobile phones over the past three decades have shown that people tend to favour communication through social media, texting, and calls rather than face-to-face interactions. In theory, AI could exacerbate this trend. While the long-term ramifications of AI are hard to foresee, if applied judiciously, it could yield advantages



across various aspects of life. Conversely, there is a compelling argument that inappropriately wielded, it could yield detrimental consequences, especially in areas like warfare and illicit trade. Is scientific advancement outpacing our ability to comprehend it? Over the last two centuries, industrial progress has accelerated far more rapidly than during the preceding five hundred years, raising concerns about its uncontrollable nature. Thornton feels AI should be embraced, saying, "it is a tool that, if coerced in the right manner and direction, will not only enhance teaching but all walks of life".

AI and space exploration appear to be the focal points for wealthy investors like Elon Musk, but are they ignoring more immediate threats, particularly the escalating issues of climate change and human-generated carbon emissions that harm ecosystems? The future trajectory of our planet in three hundred years remains uncertain, a time frame none of us will witness. Or, maybe we will, with advancements in body preservation becoming increasingly popular, the notion of resurrecting individuals may not be as far-fetched as it seems. Yet, who can truly predict what lies ahead?

One certainty remains, AI is here to stay. It is crucial that we manage and nurture this technology responsibly to ensure it serves humanity positively, rather than falling into the hands of those who might use it destructively, posing significant risks to our species.

To purchase Thornton's book you can visit Amazon, where the Kindle and ebook can be downloaded for £5.99. The paperback version is £8.99 and the hardback version £21.99.

Thornton and Rosie






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GLAUCOMA

Let's talk about GLAUCOMA, a common eye condition that can have an impact on vision, but generally only if it is left undiagnosed and untreated. Progressive damage can be caused to the optic nerve, the sensory route which sends visual images from the eye to the brain. The most common cause is a rise in the pressure inside the eye, but we have to look at three factors when considering Glaucoma, Eye Pressure, Optic Disc Appearance and the extent of Visual Field. As part of our routine eye exam, these three factors are always checked at Hunstanton Eyecare. Eye pressure used to be checked with the "puff of air machine" that everyone hated, but these days our modern equipment measures it without you even realising it's been done. The Optic Disc is the

head of the Optic Nerve which we can see as we look into your eye. Our OCT machine measures the optic disc size very accurately and takes images, so sequential records can easily be compared, we will be alerted to any unusual changes in good time. This is another good reason to always have the OCT scan at your eye exam, it is such an essential tool and gives information that we cannot gather in any other way. Visual Field is the term given to the extent of visual awareness, and we include a visual field screening during an eye exam. If we have any concerns, we can perform a more detailed exam but we may book you in at a later date as it is quite time consuming. One of the significant symptoms of Glaucoma is a gradual reduction in visual field, and if the condition is left untreated then patients eventually suffer "tunnel vision". For those having to renew a driving licence, you will probably be required to have a visual field

exam to satisfy the DVLA, as the rules require a certain extent of field of view.

Glaucoma is an insidious condition as it doesn't generally have any noticeable symptoms until the disease is quite advanced, and by then treatment is probably ineffective. I have to say that the legalisation of Ready Reading spectacles many years ago encouraged folks to buy off the peg specs and ignore their eye exam and their eye health. Not a great plan for caring for the nations vision. Those at most risk are over 40 years old with a family history of glaucoma, so the NHS contribute to the cost of your eye exam. If diagnosed, treatments are very effective and will preserve good vision in the long term. So, the message is, have a sight test at least every two years and always include the OCT scan.



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Kate's Merpeople Inspire Vegan Runners! John Maiden

Page 24 of last month's amazing 'Town & Around' magazine featured the equally amazing vegan runner, Kate Dunbar. One of the photographs included Kate's pictures of merpeople, which adorn an outside wall of the toilet block on The Green at Hunstanton. If you thought merpeople only exist in works of fiction, think again, they are really vegan runners taking a day off! They proved their aquatic skills, at the time of year associated with Aquarius, by taking part in a swimathon, held at Hunstanton's Oasis and organised by the Rotary. Kate described the event like this: "Well done protein deficient superheroes at the Hunny Swimathon. Really fun event again. It's a relay for 55 minutes and then 5 minutes mad dash/splash. In all 156 lengths, which is 3 more than last year! Considering most of us are in our 60's not bad, hey. So that means next year we'll be even faster. Well done to all teams taking part, and the Rotary for putting it on. Loved it!"



Local Singing group seek a new Musical Director or a new Accompanist

The West Norfolk Singers are a local Choir who meet weekly at the Methodist Church in Heacham. They have been in existence for about 70 years formerly as The Heacham and West Norfolk Singers and now simply as The West Norfolk Singers. They are a group of 25 to 30 singers attracting a full range of Sopranos, Altos, Tenors and Basses with varying levels of ability. They have all joined without any audition but ideally with an ability to read music and a desire to make music.

Committee member Stephen Kent explained: "We currently have a Musical Director under the baton of Jean Hornbuckle who is retiring from this position at the end of our Summer Term; the Choir are therefore on the lookout to find a replacement.

"Our current Accompanist, Loc-Mai Yuen, an accomplished concert pianist, has said she would be happy to take on the role of Musical Director although would prefer not to carry out both tasks at the same time.

"She has said that she is equally happy to remain as Accompanist and help induct a new Musical Director, so we have the choice of seeking either the replacement Musical Director or Accompanist; it just depends on who is out there and would like to join this happy group of Singers - and we are a Happy Group!"

The West Norfolk Singers put on a number of performances around West Norfolk and regularly perform in local churches, Halls and, particularly at Christmas, Retirement homes and Tapping House at Hillington. In view of the health benefits that derive from singing, they receive support from Heacham Amenity Fund and the Borough Council of King's Lynn and West Norfolk as well as a number of Patrons.

The range of music that they sing varies from early church music, choral works, songs from well-known Musicals and other pieces. Currently they are rehearsing Leonard Cohen's Hallelujah, John Stainer - God so Loved the World (Crucifixion), The Rhythm of Life, Cachucha (G&S), Thank you for the Music, The Wind beneath my Wings and numerous other items that are fun to sing.

If anyone is interested in joining them as Musical Director, Accompanist or as a singer, please contact their Chair, Anne Davis on 07900 320612. Please visit their website at www.westnorfolksingers.org.uk

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News from Brancaster School

What a great start to the new year! You may have seen one of our younger children the front cover of last month's Town and Around - Princess Anne came to Brancaster to officially open our CoastWatch station, and we were there to welcome her. We had a lovely walk down to the beach and some games whilst we waited. It was so exciting to see her helicopter land, and she was kind enough to come over and talk to us as well. We gave her some red roses to match our uniform, and Kya gave her a special picture. It was definitely an experience that we will remember for a long, long time.

We have started some new activities to give us more chance to read for pleasure. We started with Reading Buddies, where younger and older children partner up to read stories to each other. This was great fun, and we really enjoyed helping each other out. The older children particularly enjoyed revisiting old favourite stories from when they were younger - one of our Year 6s was so excited to read Dear Zoo again and could remember all the words before even opening the book! A couple of weeks later we then had a Reading Carousel. This is where all the adults chose a story to read, told us a little bit about it, and then went to a different area in the school to hear the book we fancied. It was a special time as we got to chill out and relax and just listen to stories on beanbags or lying down wherever we wanted. We love reading



in our school and can't wait for Reading Buddies and Reading Carousel to happen again.

We took part in the Big School Birdwatch at the end of January. We are really good now at identifying birds - (and no one saw a "golden eagle" this time!!) We did, however, see a cat and a squirrel!!!

This week (as we write this) is Children's Mental Health Week. On Wednesday, we will be listening to a story about using mindfulness to help notice things and learning that we are all connected together, which can make us feel happy. Then later in the day we will get to meet the author and find out more from him about mindfulness and the ways it can help us, especially when things are tough. We have started incorporating short periods of mindfulness and meditation into our PSHE sessions and this is one of the favourite parts of the lesson.

School breaks up for half term on Valentine's Day this year, and starts again on 24th February. To say a big thank you to our parents and to our wonderful PFA for all the things they do for us, we are having a Valentine's Day afternoon tea. We have been making invitations and will be baking in the morning, then serving delicious food to the adults in the afternoon. It is always good to show people how much we appreciate them, and we are looking forward to a lovely time together.

Finally, Samphire Class would like to say a big THANK YOU to Costa Coffee in Hunstanton for donating resources to support our Science investigation. And, as this goes to press, we have just heard the Parish Council have kindly donated money for a trip and to repair our play equipment. A HUGE thank you to them, too.



GLEBE HOUSE SCHOOL & NURSERY UPDATE

It's been an exciting start to the new year at Glebe House. Our pupils have been Out & About, we've had visitors from Italy, and we've launched our exciting initiative 'Beyond 150'! Please read on to hear more.

Inter House Hockey

What a great afternoon the Prep School had at this year's Inter House Hockey tournament! A bright sunny afternoon spurred the children on, with everyone giving their best for their house. They were also encouraged to put on their best performances by the many parents who added to the supportive cheering from the sidelines! Whether it was 4 v 4 Quicksticks or 7-a-side with a keeper, there was some excellent hockey played.

A big shout out to Mrs Bower and all the sports staff for organising this popular inter house event, and a huge thank you to the Pelicans Hockey Club volunteers for umpiring and manning the refreshments stand.

Year 1 PE Trip to Active Kids KS1 Fitness Festival

Our children in Year 1 were invited to join other local schools at the KS1 Fitness Festival as part of the Norfolk School Sport Partnership. The Active Kids event was great fun and was led by students from Springwood High School. They introduced the children to various activities such as long jump, running and chasing games, and obstacle courses. It

was a fabulous opportunity for our children to try some new activities, as well as to meet other children and to take instruction from new young leaders.

Year 2 History Trip to True's Yard

The first humanities trip of 2025 saw Division II have an incredible time at True's Yard Fisherfolk Museum in King's Lynn.

As part of their history lessons, they explored an original fisherman's cottage in King's Lynn's North End and were amazed (and a bit shocked!) to discover that a family of ten once lived in just two small rooms—with no bathroom, no kitchen, no TV and a shared toilet for four families!

Pupils got hands-on with authentic fishing artefacts, stepped inside a fishing boat and explored a real smokehouse where fish used to be preserved. Following the Maritime Trail, they also visited the River Great Ouse to spot the statue of George Vancouver and the historic Customs House.

We are so grateful for these opportunities to connect with our local history, enabling us to broaden our pupils' horizons and extend their learning beyond the classroom.

Italian Visitors

January saw us welcome our first intake of Italian students from our partner school in Milan, Italy for their immersive stay in England. The pupils from 5F spent a week at

Glebe House, attending language lessons with our pupils, joining in the social evenings with our boarders as well as exploring Cambridge, Norwich and London. These experiences bring great mutual benefit with so many opportunities to share learning, have fun and make new friends! We look forward to welcoming the next cohort in March.

Rotary Partnership



Being part of the Hunstanton community is something we highly value and we are proud to be growing our partnerships within the community.

Our partnership with Hunstanton & District Rotary is a fantastic example. Our RotaKids Club is going from strength to strength, with their involvement in the Rotary Shoebox Scheme kicking off in January. The RotaKids were excited to have each been awarded their

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special RotaKids club badge from Jean-Marie Vernon, the President of Hunstanton Rotary Club, too.

As a school, we would also like to say a big Thank You to the Rotary Club for their kind donation of a 'Dictionary 4 Life' to each of the children in Divisions III, IV and V. The children were delighted to be in receipt of these fabulous books, and we are very grateful to the Rotary Club for their ongoing support of the children.

Introducing 'Beyond 150': Building a Bright Future Together!



At the start of January, Glebe House was proud to launch 'Beyond 150,' a forward-thinking initiative designed to support the school's growth and longevity. The ambitious project will feature key fundraising efforts aimed at enhancing facilities and creating lasting improvements for current and future pupils.

Working in collaboration with the Friends of Glebe House School, the first focus will be renovating the School Hall, which will be dedicated as the Crofts Memorial Hall in honour of John and Bridget Crofts. The initiative encourages pupil-led fundraising, with both in-school and community efforts planned over the next seven months.

A fundraising thermometer in the School Reception will track progress, with regular updates shared in our weekly newsletters and on the dedicated webpage www.glebehouseschool.co.uk/beyond-150.

As a school we are very excited to start this journey and look forward to seeing the exciting changes that lie ahead for Glebe House.

Come and see us! Does your child start school in September 2025? Is your child looking for a new school? Would your child benefit from a new start?

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Hunstanton teacher wins DofE accolade

A Hunstanton teacher was recognised for her sterling work with young people when she received a prestigious award at the annual Duke of Edinburgh (DofE) This is Youth event.

Alysha Moat, who teaches PE and Health and Social Care at Smithdon High School, has co-ordinated the school's DofE programme since 2010, and was named as Runner-Up Torch Bearer of the Year at the ceremony, which took place at the Transport Museum in London.

DofE Gold Award Holder and Youth Ambassador Ms Moat was described as "breaking down pupils' barriers to participation and cultivating a dedicated group of valued volunteers" and of creating "a lasting legacy of inclusivity, community support, and pride among students and volunteers alike".

She received her award from the CEO of DofE, Ruth Marvel, OBE, at the event, which was attended by around 300 people, including nominees, award winners, celebrities and other special guests.

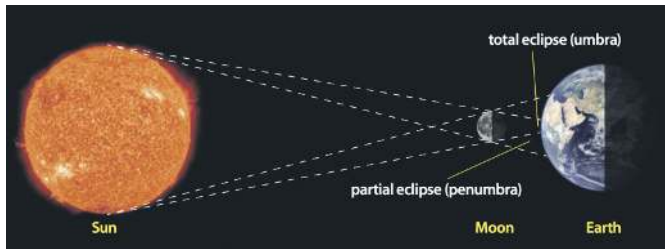


Alysha Moat (right) with the CEO of DofE, Ruth Marvel, OBE

The dark skies of West Norfolk

Terry Parish

All sorts going on this month and you may even see some. Let's start at the end as, on the 30th, British Summer Time starts so spring forward and lose an hour's sleep. The day before, the 29th, there is a partial eclipse of the Sun. For the uninitiated, the Moon is aligned between the Earth and Sun, blocking off part of the Sun's disc. Exact alignment means a total eclipse but this time only about 35% of the Sun's disc will be obscured from our latitude and it all happens on a Saturday beginning 10.07am. Maximum eclipse is at 11.05am and it ends at 12.03pm (noon). So, wherever you are, take a look whilst observing some precautions.

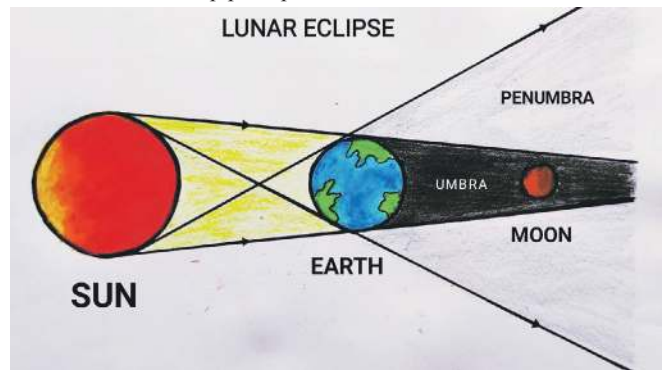


We will be in the penumbra, half shadow, and see the Moon covering just part of the Sun. (Internet)

Looking directly at the Sun in a blue sky is not recommended and some kind of filter is needed. Old books recommend welding goggles but they are likely to be in short supply. Solar filters are best and you may have some solar eclipse viewers hidden away from other years. Thin cloud might do the trick but use your common sense. Another way to observe an eclipse safely is to project an image of it onto a piece of white paper or card and look at that image. Poke a hole with a fat pin in one piece of card. Stand with your back to the Sun and hold this card in front of another so that light passes through the hole and falls on the 'screen'. Adjust the distance between the cards to enlarge the image. Alternatively, hold up a kitchen colander in front of a card or white surface and move it so multiple images of the Sun appear. The Royal Astronomical Society has interesting material about eclipses and how to observe them on its website. Just do a search for, 'Observing solar eclipses safely'. On your projections look for dark spots and, if they don't move, then they will be sunspots not flies.

On the 20th March it is the Spring Equinox, the first day of astronomical spring and the length of day and night is the same. (The first day of meteorological spring is the 1st March.)

this total eclipse starts at 3.57am with totality at 6.26am. The Moon sets at 6.34am so you have just 8 minutes to see the real blood Moon and you will need a clear horizon towards the west. Heacham beaches or Hunstanton cliff top perhaps.



And the Moon will look red, albeit difficult to see at this eclipse. Internet.

We are now at the beginning of March so what are the planets doing? I hope you have seen Venus during February, hanging like a lantern in the western sky? Well, you still have a chance to see the Evening Star during the first two weeks. On the 1st, Venus has a magnitude of -4.8 and sets at 9pm. A telescope will reveal its crescent phase. The Crescent Moon will be close on the 1st and 2nd. During the rest of the month, Venus will fade and be lost in the evenings but will reappear very low in the east just before dawn and it will become the Morning Star.

Whilst out looking at Venus it will be worthwhile to seek the elusive spark of Mercury which will have a magnitude of +0.5. At around 6.30pm it will be below Venus and much closer to the horizon. As the month progresses Mercury moves up and Venus down and they are closest on the 9th creating a planetary conjunction. Mercury will be to the left and below Venus about a hand's width apart. On the 12th, Mercury will pass Venus and both planets will begin to be lost to view.

Jupiter is still clearly in the sky and does not set until 1.30am so tear your eyes off Venus and move your eyes well left and higher to seek out the second brightest planet, magnitude -2.2, gas giant Jupiter with its horde of satellites, four being easily visible as sparks around their parent. These are the Galilean Moons which I oft talk about, The Moon appears close by on the 5th and 6th.

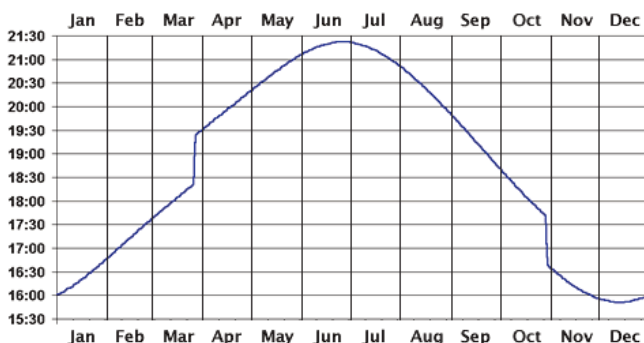
Mars is up all night, setting about 4.30am. With a magnitude of 0.1 it's on a par with Mercury but without the spark. Look for the red planet in early evening below the stars Castor and Pollux. On the 9th and 10th, the Gibbous Moon is close, very close on the 9th but you will have to look for it at 1am.

If you can find Mercury on the 2nd March then Neptune will appear very close to it though about 3 billion miles more distant. Consequently, it is very dim with a magnitude of +7.8. You will need a good astronomical telescope, a clear horizon towards the west, no murk and good eyes. Just enjoy Mercury and think about the cold ice giant far, far, away on the other side of the Sun.

Saturn is too close to the Sun to see but, if you could and looked for the rings on the 23rd, you wouldn't see them. The tilt of the rings as seen from Earth has been decreasing over recent months and the 23rd sees a ring plane crossing where they would appear exactly edge on and so, effectively, disappear.

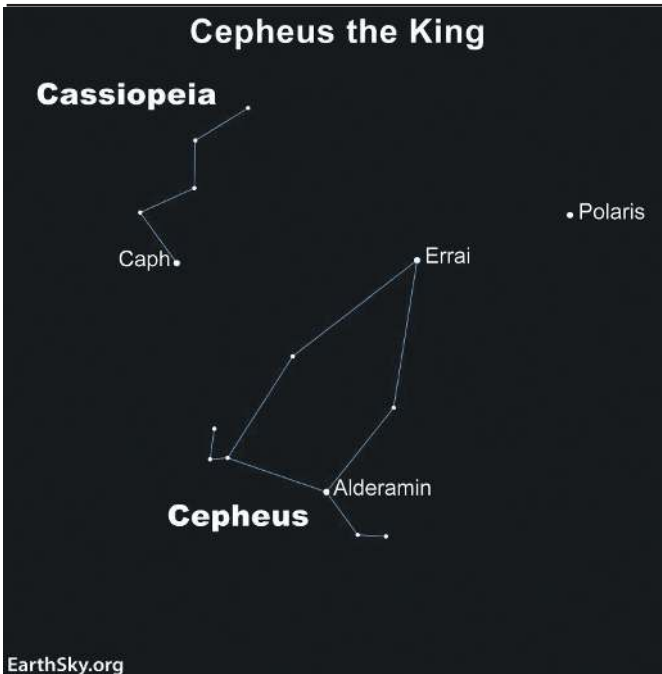
Star patterns to look out for are Cassiopeia, a W, and to its right Cepheus, a house. Both are north and about a third of the way up the sky. Look through binoculars at the base of the house and just below it to find the Garnet Star. Deep red and very big; 1,400 times the diameter of our Sun. Its distance is not well confirmed and is given as between 2 and 3 thousand light years. William Herschel (1738 – 1822) commented on the garnet colour and it is also referred to as Herschel's Star. He discovered Uranus and pioneered astronomical spectroscopy and became the first president of the Royal Astronomical Society two years before his death.

Sunset Time

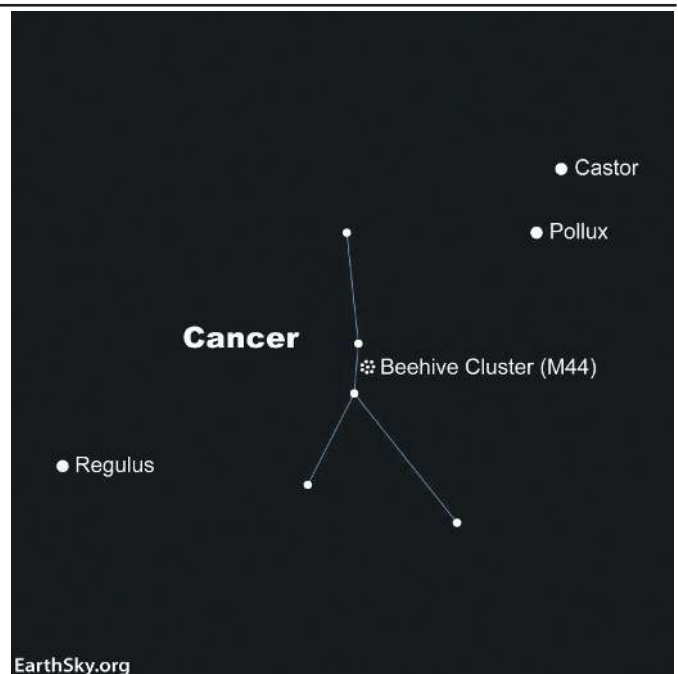


The days are getting longer: Internet

The 14th March sees a total eclipse of the Moon. This time the Earth is aligned between the Sun and the Moon and the latter enters Earth's shadow. Western Europe is amongst the areas which will see a total eclipse whilst others will see a partial eclipse. Previous total eclipses I have observed have been in the middle of the night and I have watched the Moon almost vanish and then slowly reappear. I say 'almost' as sunlight is refracted through the Earth's atmosphere, bends, and falls on the Moon. However, it is only the red part of the light spectrum which can do this and a blood Moon is the result. However,



Look just below the middle of the house floor to find the Garnet Star. Internet.



Use binoculars to find the bees. Internet.

Look south and find Cancer the Crab, albeit a three legged one. In the centre is an open cluster of stars, Messier 44. This has several names, Praesepe or the Manger, and The Beehive. A faint fuzzy object for good eyes. Use binoculars!

Spring has sprung and no doubt the clear nights needed in winter will arrive. Say goodbye to Venus and try to spot Mercury. And tell your neighbours to turn those annoying lights off.

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A month of achievements and activities at Hunstanton Primary School

February has been an exciting and eventful month, filled with academic achievements, extracurricular activities, and community engagement. Here's a look at what our students and staff have been up to over the past few weeks.

Academic Success and Competitions

Students have been showcasing their knowledge and skills in various academic lessons. Our Times Table Rock Stars throughout the school are demonstrating their speed and securing commendable rankings. With one student in Y4 achieving the quickest answering time in the school. Additionally, Year 6 students have been diligently preparing for their SATs by taking part in mock tests to get ready for May.

Sports Achievements

February was an action-packed month for our sports teams, with the return of lots of after school clubs. Selected students from Year 1 and Year 2 had the opportunity to participate in Active Kids at Lynnsport, an exciting program promoting physical activity and well-being.



Cultural and Extracurricular Activities

This month, students had the opportunity to express their creativity and talents through various lessons within their classrooms. Our students also took part in NSPCC Number Day, engaging in fun and educational mathematical activities to support a great cause.

Community Engagement and Charity Work

Giving back to the community is an important part of our school's values. The school council have had various meetings where they are discussing various fundraising events throughout the year. A special thank you to Hunstanton Charity Shop for their generous donation towards the

development of an outdoor learning area. Their support will greatly benefit our students and enhance their learning experience.

50th Anniversary Celebration

Hunstanton Primary School is proud to celebrate its 50th anniversary this year! This milestone marks five decades of excellence in education, community spirit, and student achievement. We look forward to special events and activities throughout the year to commemorate this incredible journey.

Upcoming Events

As we move into March, we look forward to more exciting events, including the Science Fair with a Planetarium being erected in the hall, the PTA's fundraising events, the Y6 residential trip to Thorpe Woodlands, other trips throughout the school and the 50th Anniversary Summer Festival. We encourage students to participate actively and continue making the school proud. February has been a fantastic month at Hunstanton Primary, and we look forward to another month of learning, growth, and success. Keep up the great work, everyone!



Hunstanton Society

With Easter just around the corner we can look forward to some events we have planned for over the next few months.

On 19th March will be welcoming David Brooks from Thornham History Society to tell us all about the old Thornham Ironworks that ran from 1887 to 1920.

Looking forward to the upcoming year, there are various community events happening in the town which we hope to support at the Heritage Centre. Early days yet so more detail will follow but briefly:

Easter weekend (18 to 21 April) - KLWNBC is hoping to organise an easter egg treasure hunt around the town which we hope the Heritage Centre will be part of. We may be asking for some additional support from volunteers to open the centre for longer hours so watch this space.

VE Day celebration weekend (8 to 11 May) coordinated by the Town Council - we hope to open the Heritage Centre for extended hours with 1940s VE day themed activities on Sunday 11 May, to

coincide with the proposed 'Street Party' on the High Street. We would welcome contributions from anyone who has memorabilia or personal stories of their family's experience of WW2 and VE day which we could display in the Centre on this historic occasion to share with our visitors. Please let us know if you have anything you would like to lend / share with the Centre (hunstantonsocietyevents@gmail.com). We would really like to have local stories about local people to bring to life the day for our members and visitors.

Other community events over the summer include the Food and Drink Festivals, Hunstanton Carnival (Sunday 21 June 2025), Heritage Days (September), Halloween, Remembrance Sunday and then it's Christmas again. We hope to deliver activities and events to coincide with these when there are plenty of visitors to the town and will keep you informed via the newsletter on any potential plans. Watch this space!

Pupils take the classroom outdoors

Pupils from Greenpark Academy in Kings Lynn took the classroom outdoors when they when they planted nearly 1000 trees and shrubs for the their 'Garden Project' headed up by Nicola Murray-Woods (Forest School Leader & School Grounds Landscaper)

The trees donated by the Woodland Trust and The Tree Council were planted by the children, each child being given the opportunity to 'name their tree'.

The children have been so enthusiastic about this project and really taken ownership of how the whole project takes shape.

Jill Graver, Executive Headteacher said "The Garden Project has enabled each child to play a part in growing the future of the school grounds and create a safe and sustainable legacy for future generations.

"The children have taken so much care and responsibility in planting the trees from the planning and preparation to the planting.

"The support we had from Top Soil at British Sugar, BH Haulage and Simon Rowe made this project become a reality, the children and staff are very grateful."



Nicola Murray-Woods and the children from Greenpark Academy

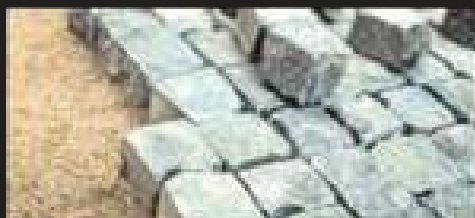
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ART IN GARDENS

Lesley Nadel

'Fine art is that in which the hand, the head and the heart of man go together.' John Ruskin.

Gardens are where we go to find peace, sanctuary, joy, relaxation and much more. They can feed our souls, spark creativity within us and provide a conversation between us and the natural world. But are they art, in the usual sense – creating something for visual appreciation with skill, imagination, something of beauty or power for us to look at, such as a painting, a sculpture? In the 17th to 19th centuries gardening and writing about gardens were of cultural and intellectual importance, equal to fine art and architecture. In the 20th century artistic appreciation of gardens was downgraded to a more practical, horticultural level. Today, gardening for many is a popular weekend hobby – easy, accessible and not requiring much artistic or conceptual thought.

A garden does not have to be an either/or, a mere enjoyable dalliance or a great work of art, but there have been some great, beautiful gardens that would be considered works of art. They have contributed to intellectual stimulation, our history and culture in a myriad of important ways. One of the newest trends now is 'Conceptual Gardens', created to demonstrate the tension between culture and nature. They are designed to elicit a reaction from the viewer. The themes often represent the disruptive effect of homophobic abuse and the experience of depression. The Chelsea Flower Show and RHS Hampton Court are increasingly showcasing these gardens and attracting a bigger mainstream audience than in the past.

Cleve West, gold medals winner at the Chelsea Flower Show, says,

"I used to think that landscaping was the ultimate art form, but now I'm not so sure. Conceptual gardens are probably the nearest we can get to art, in that they side-track nature to focus on a feeling or a theme without always relying on plants."

"You need artistic talent to be a good garden designer. The best gardens are a successful composition: a series of shapes, forms, colours, textures that work in harmony. Often, the actual drawing might be considered much more a piece of art than the finished garden itself."

The intention is to get a reaction from the viewer which is as much about the abstract artwork as the materials with which the garden is made. Art thrives on discussion, debate and criticism and there are many out there ready to give their opinions. Would art critics be cautious criticising gardens? The late Brian Sewell said, "... you dare not say anything about the garden, or the motor car, or their clothes. My advice is, for God's sake, stick to the status quo. Otherwise, no one will send you any Christmas Cards." The art in a garden may be in the process, not the finished piece. But when you see David Hockney's garden in Los Angeles it is easy to see it as close to a work of art, as it has all the hallmarks of one of his paintings.

The Arts Society North West Norfolk invites you to come and join us on Monday 10th March 2025 at 2pm at Sedgeford Village Hall, for our talk on: 'An Ideal Partnership: Lutyens and Jekyll'. James Bolton is our accredited Arts Society lecturer, an entertaining speaker and a garden designer since 1992. We aim to make our events welcoming places of fun and friendship for all those who have a curiosity and a love for the arts, in the company of expert lecturers sharing their knowledge and passions across a wide range of subjects. Annual membership is £45 per person (less when joining later in the year). £5 donation will enable you to come for one lecture to see if it is for you. Large free car park. www.theartsocietynwnorfolk.org.uk



The next screening of the King's Lynn Community Cinema Club will be on the 13th March. It will be showing in the new home for the club, screen 2 of the Majestic Cinema at 7.30pm. The welcome members have been given by the staff has been greatly appreciated, as is the fact that the cinema bar is open from 7pm for a pre-screening drink.

Being shown is the 2024 American film *Thelma*. It is about a 93-year-old woman being duped by a phone scammer pretending to be her grandson, and her treacherous quest across Los Angeles to reclaim what was taken from her. The writer/director Josh Margolin took inspiration from when his own grandmother of 103-years-old was almost scammed. The film's main star June Squibb was the same age

as the main character and it was her first starring role. It was the last film of the actor Richard Roundtree who was best known for playing Shaft in films of the same name.

KLCCC in partnership with the Workers' Education Association will be holding at the Friends' Meeting House on Saturday 22nd March a day school on *The Women who built the Film Industry*. Starting at 10.30am and costing £30, the tutor is Christopher Budd, who is well known to the club for regularly presenting at the 'Evening With' events. More info from 01553 761890.

It is just £10 for the rest of the KLCCC winter season, (a full season's membership is £). This can be paid in cash on the door at the March film or BACs payments for membership can be arranged by emailing communitycinemaclub@googlemail.com. Anyone over 18 is welcome to become a member. Alternatively, you can attend as a day member for £5 cash at the door. Full details of all the club's films and events can be found on the club website www.klccc.uk and Facebook page.

Arts Society King's Lynn

The Arts Society King's Lynn continues the 2024-2025 season on Thursday 13 March 2025 when they welcome Jo Walton to speak on the topic of "Henry Moore: A Revolution in British Sculpture".

Our lecturer will be Jo Walton who has combined teaching and lecturing with a career in art bookselling and has been a volunteer guide at both Tate Britain and Tate Modern. Now a freelance lecturer for The Arts Society, the Art Fund, and Friends of Dulwich Picture Gallery and local art societies.

Henry Moore is one of the most popular and important British sculptors of the twentieth century, revolutionising the way people thought about the human figure and sculpture, and making beautiful forms that grew out of his love for the landscape.

He was often inspired by the art of the past

and of other cultures, but he was also at the forefront of modernism – creating a new language of sculpture, full of abstract shapes, holes and magisterial forms. This talk explores his life and works, as well as the vibrant artistic world of mid-twentieth century Britain.

The lecture will take place in West Winch Village Hall where there is ample free parking available and starts at 2.30pm. (Note new time). TASKL meets once a month on the second Thursday from September to May and anyone is welcome to become a member. The annual subscription is just £55 or you can go along to individual talks as a guest for £10. Anyone interested in finding out more about TASKL can visit their website at www.theartsocietykingslynn.org.uk or to join the Society contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk.

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In the Limelight

Let's stroll boldly into March!

You know how we like to diversify at the Princess Theatre and we certainly do like to schedule something for everyone. This month we have a hint of the Irish charm with Pride of Ireland – St Patrick's Day Show starring Mike Denver and Ireland's International recording Star Dominic Kirwan on Friday 7th March and The Dublin Legends on Sunday 9th March!



Mike Denver & Dominic Kirwan

Film Club is now back up and running with a superb array of movies to come out in the evening to enjoy. Make this a routine visit to come see us every Tuesday for showings at 7pm. With Cinema Live - "Jesus Christ SuperStar on Tuesday 4th March, The Apprentice Tuesday 11th March, Cinema Live - "A night with Janis Joplin – The Musical" on Tues 18th March & The Critic on Tues 25th March.



Please do take a look at the what's on the

back page which says it all, with The Signatures-Northern Soul Live to get the month warmed up.

Arsenal Legends - In Conversation aka The Gunners join us on Thursday 13th March. Three Arsenal legends are coming to town to talk about their action-packed football careers. Starring Alan Smith – now a regular face on Sky Sports and commentator, along with Ray Parlour and host Perry Groves as they discuss the games, dressing room/training ground stories, managers, fall outs, and everything you wanted to know about playing for a successful football club. If you consider yourself or a pal a real fan, we have Meet and Greet with a professional photo and lanyard, or standard tickets available. You can book online or call the box office and we can help you decide.

Join Barry Steele's Roy Orbison Story for an unforgettable evening celebrating the legendary Roy Orbison and the iconic Traveling Wilburys here on the 14th March, or come and see Money For Nothing – Dire Straits Tribute Show - 25th Anniversary Tour featuring the Drumkit that was played by Chris Whitten, on the whole of Dire Straits "On Every Street" world tour! Come and see and hear this beautiful instrument played LIVE on Sat 15th March.

Now for a whole new level of cool this month. We welcome John Power who is part of the Liverpoolian tradition that spawned The Beatles, Echo & The Bunnymen, The La's, and his own band, Cast, who, will be supporting Oasis on their tour later this year!

"The Cast" were multi-platinum Britpop stars, enjoying platinum-selling albums All Change & Mother's Nature's Call, as well as seven Top Ten hits with Flying, Free Me, Sandstorm, Walkaway, and more. You will know their music the minute you hear it!



John Power from the band "Cast"

Power will explore his extraordinary career in an acoustic-based show featuring hits alongside tales of the band's wild and successful Britpop years. There will be music,



Anna Hallard

chat, and meet 'n' greets before the show, as well as audience Q&As. Meet & Greet including Goody Bag £67.00 / Standard £28.50

More star tributes on the stage this month honour "The Greatest Star – Barbra Streisand Tribute Show" Featuring Kearra Bethany from ITV's 'Starstruck' as Barbra Streisand, 7 piece LIVE orchestra style band, with a guest vocalist, video graphics and humour. Enjoy the sounds of this fabulous 'concert style' production. Backed by a fabulous LIVE band, joined on stage by guest artistes for the iconic duets, it'll bring back all the 'Mem'ries'.

Just when you thought we had stopped banging on about panto we now have an Adult Panto – ooh err! SparkLive return for their 4th consecutive year of the No.1 Outrageous Adult Panto 'ON TOUR!' - Oh yes they do! In Sleeping With Beauty - Adult Pantomime which graces our venue on Friday 28th March.

Bring back the Mods! The Ultimate Mod Revue on Saturday 29th March, a blistering, high-voltage, feel-good show featuring the very best of singalong Mod hits performed by The Goldhawks, some of the UK's finest musicians and singers. The team that brought the highly acclaimed show "Quadrophenia - the album, LIVE!" to the theatre stage.

The Princess Theatre Sunset Wine Bar & Terrace is open everyday for a warm drink or refreshment. Let's hope that the days start to warm up a little. The sunsets are certainly something to boast about and we do have a front row view, whether inside or outside.

Looking ahead we are busy planning for the spring and summer months. With a participating "Wicked Sing-along" Cinema afternoon featuring a guest visit from "Hunny Bear" on Wednesday 9th April. The popular DJ Zola "Soul at Sunset" is booked for Wednesdays from June onwards and The Great British Seaside Special Summer Variety show is going to keep us all highly entertained in August.

With a cornucopia of shows, live music and entertainment we invite you to look ahead, plan and book tickets to our "little theatre with big shows". If you are a regular do ask our Box Office Team, Andy, Carol or myself Anna, about Patron and Friend Memberships or Cinema & Film Club.

Enjoy March and we will see you soon!

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SAT 1ST MARCH



TUES 4TH MARCH



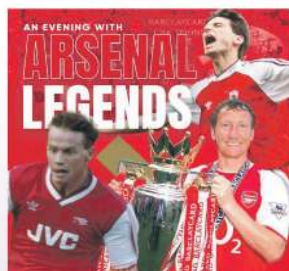
FRI 7TH MARCH



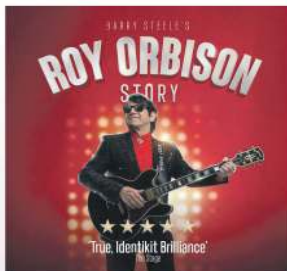
SUN 9TH MARCH



TUES 11TH MARCH



THURS 13TH MARCH



FRI 14TH MARCH



SAT 15TH MARCH



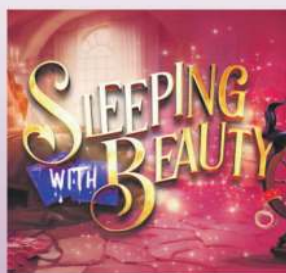
TUES 18TH MARCH



FRI 21ST MARCH



SUN 23RD MARCH



FRI 28TH MARCH



SAT 29TH MARCH

See Website & Theatre Programme for dates & more!
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