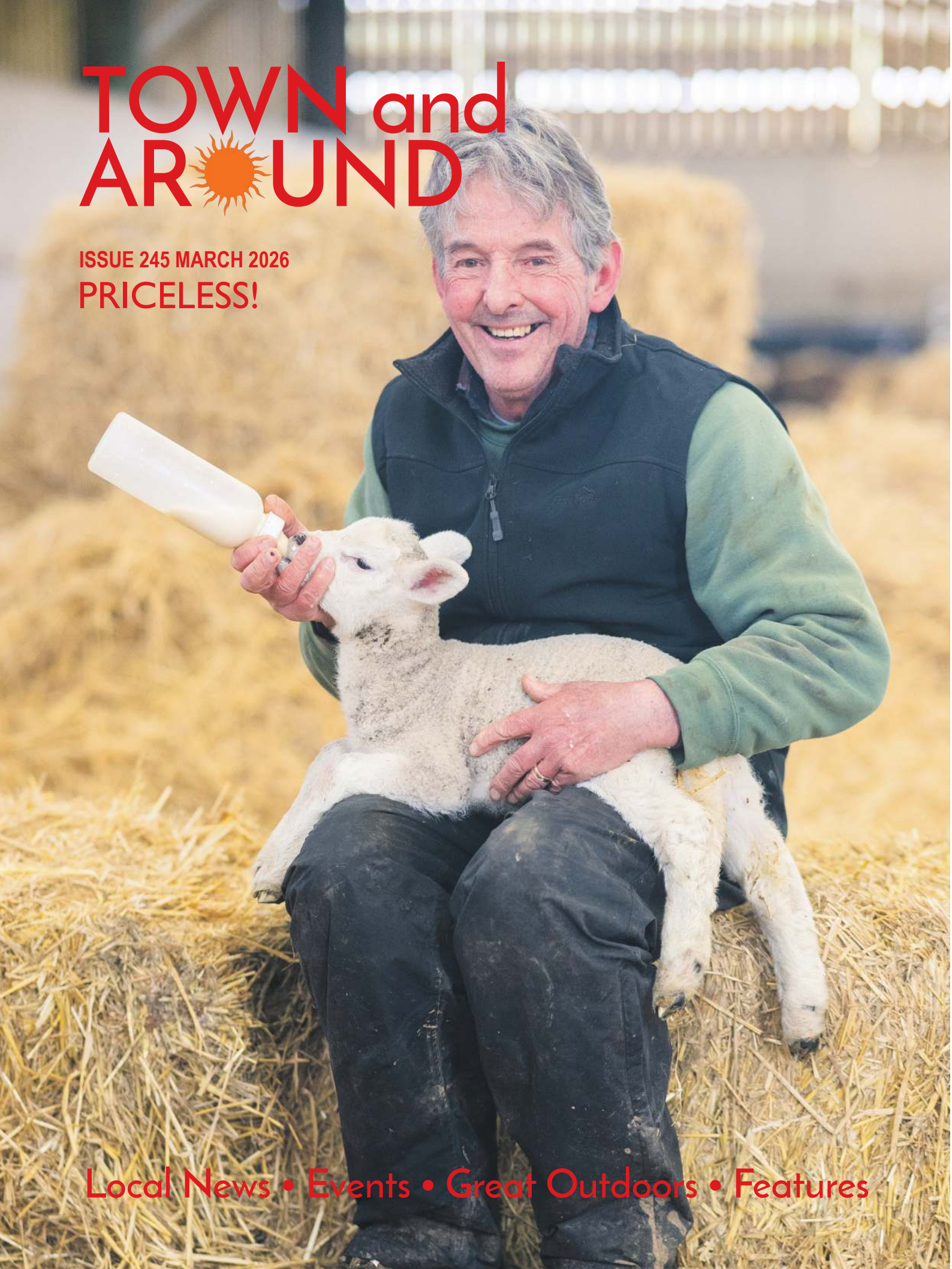


TOWN and AROUND



ISSUE 245 MARCH 2026

PRICELESS!

Local News • Events • Great Outdoors • Features

First word



I am raising a glass in the picture to welcome you to the March edition of Town and Around.

This month I turn 70; hard to believe I know (ha ha), and I started the magazine when I was still in my 40s. The magazine and I have both matured since then, the magazine was 16 pages in black and white, while my hair colour was a rich brown. How the tables have turned, I now have grey streaks and T&A is in full colour with an average of 80

pages, and this month they are very full pages indeed. I hope that you'll find this issue entertaining and informative.

The days are getting longer and on 29th we change the clocks to British Summer Time; spring is on the way!

Snettisham Park has been welcoming new lambs, one of which is on our cover this month being bottle fed by Trevor Walters. You can see more photos by Ian Burt plus Dani's article on page 66.

An article that brought a tear to my eye appears on page 77, it's about Valentine's Day at Betty's Club. Tissues at the ready.

Whether or not the painting on some doors of The Globe in King's Lynn was a Banksy it certainly got a lot of attention. I understand the doors are currently in storage awaiting a decision on their future.

The King made a surprise visit to Sandringham parkrun recently, and Hunstanton parkrun celebrated its 250th milestone just before the sinkhole appeared that has forced a closure of the promenade between the Waterside to Oasis section for the foreseeable future.

On a much brighter note, the careers event in King's Lynn was buzzing on 10th February with opportunities available from over 50 exhibiting companies – and some of them are advertising in these pages.

Looking for something to do in March? Just turn to pages 75-77 for the March diary of events.

My thanks as always to all our contributors of articles and information and to the advertisers, the income from whom pays for every issue.

Writing my introduction is always the last task before sending to print; it's Monday 16th February and have I've just heard that the Government has officially withdrawn its decision to postpone local elections so we will be voting in the Norfolk County Council elections on 7th May after all.

Until next month,

Elaine

Elaine Bird, Editor,
Town and Around
The Perches, 18 Tapping Close, Snettisham PE31 7FF
T: 01485 540620 M: 07533 088196
E: editor@townandaround.net

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

Follow the latest stories at www.townandaround.net

www.facebook.com/pages/TownandAroundNorfolk

Our pick-up points include supermarkets in Hunstanton, Heacham, Dersingham, King's Lynn, Downham Market, Fakenham and Wells-next-the-Sea.

ADVERT SIZES

1/16 page: 42mm wide x 60mm high OR 88mm wide x 28mm high.
1/8 page: 88mm wide x 60mm high OR 180mm wide x 29mm high
1/4 page 88mm wide x 122 high (portrait) OR 180mm wide x 60mm high (landscape)

1/2 page 180 mm wide x 122mm high (landscape) OR 88mm wide x 246mm high (portrait)

Full page 180mm wide x 246mm high

Centre DPS: 380mm wide x 246mm high

ADVERT PRICES

Size	1 issue	6 issues
1/16	32.40	27.00
1/8	62.64	52.20
1/4	103.68	86.40
1/2	194.18	161.82
Page	356.64	297.00
DPS	684.00	570.00

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

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

No part of the magazine may be reproduced, stored in a retrieval system, or transmitted in any other form, or by any other means without written prior permission. Copyright © 2026 All Rights Reserved. This magazine reflects the views of its contributors; not necessarily those of its editor or advertisers.

PRINT IS KING!

Advertise your business here to your local community. We have published every month since 2005 with affordable advertising rates for ads that get results. Call 01485 540620



Your Local Electrician

• All domestic & commercial electrical work covered • EV charger installations • Consumer unit upgrades & rewires • Lighting, sockets & outdoor electrics
• 24/7 emergency call-out service • Fully insured & certified work •

5 ★★★★★ On Google

Free Quotes – No Obligation

Call Jack On: 01553 920718

info@reskl.co.uk www.reskl.co.uk 07415828922



Hooch Pooch Parlour



City and Guilds Qualified Dog Groomer

We offer: Hand Stripping, Full Dog Groom, Wash and Blow Dry, Nail Clipping, Puppy Sessions.

Call Sarah based in Snettisham

Mobile: 07950 888 449



Dental Implants
General Dentistry
Cosmetic Dentistry
Teeth Whitening
Flexi Dentures
Partial to Full Dentures
(acrylic or chrome)
Emergency Dental Care
Sedation available for nervous patients



**Quality, affordable
dentistry for
all the family**

**CALL US NOW
FOR A FREE
CONSULTATION**



Accepting new Private Patients Call 01485 541875

THE GRANGE DENTAL PRACTICE

40b Lynn Road, Snettisham PE31 7QB

T:01485 541875

E: reception@thegrangedentalsurgery.co.uk

Open Monday - Friday 9am - 5pm



Hunstanton sinkhole

Dani Crawshaw



The Borough Council says a cordon's likely to be place 'for some weeks' around the sinkhole on the Promenade. The stretch between the Waterside Bar and the Oasis leisure centre remains closed for safety reasons whilst emergency repairs take place.

Cllr Sandra Squire, Cabinet Member for Environment and Coastal, says, "Repair will take some time to fix and organise."

"Recent bad weather and coastal flooding have accelerated deterioration of the Hunstanton Promenade."

"While there is no impact on local businesses or residents, a section has become unsafe for pedestrians and must be repaired urgently."

"These emergency measures are only a temporary fix. This incident further strengthens our case to national government that Hunstanton's sea defences—including the promenade deck—require significant investment, and soon."

The prom surface was built in the 1950s, the Borough Council received a geotechnical report last year that revealed the extent of the problems with the road.

A weight restriction was immediately introduced, and a feasibility study commissioned.

Cllr Squire says, "The report made clear that

more extensive intervention is required."

Since the sinkhole appeared the council has had 'people out doing surveys', Cllr Squire says the hole, "Highlights the urgent need for repairs."

For video of the sinkhole go to our website: townandaround.net

Update on page 69 of this issue.



Hunstanton Masterplan described as 'pie in the sky'

Dani Crawshaw



It's being described as an opportunity to 'create a lively and more interesting, people friendly space', but so far plans to pedestrianise Hunstanton High Street haven't impressed.

At the town hall, where the masterplan's been on display, Gill - who's lived here for 30 years - tells me, "We've been here before, we've done this before, it's a bad idea to pedestrianise the High Street, it will kill it. I ask if she can see any positives. There's a long pause."

"I've been here enough years and we are struggling. I think they should have a meeting, get people's opinions that way, and explain it better."



71 year old Sally Parton, who was born here, describes the plans as 'pie in the sky', "I just think they're trying to put a plaster over the real issue - I'm quite angry about it all. My family all come from Hunstanton, my husband's family are from here."

"What we need is investment," Sally continues, "Getting rid of

carparks as they have done is ludicrous. They're on about making the high street pedestrianised, that's been talked about for many many years, who is going to monitor that? And losing more parking is ridiculous."

Resident Clive Caldicott is deep in conversation with the Borough Council's Regeneration Programmes Officer, Connor Smalls.

"Are we actually going to be doing anything to encourage the town to grow?" Clive asks. "I've been here for 40 years, and this town is dying. You sold off parking spaces for flats that haven't been sold, that is a real white elephant. There is just nothing to encourage the younger generation to live here."

Connor responds, "One of our smaller ideas is an incubation centre, at our offices on Valentine Road." A place Connor says would help early-stage startups and entrepreneurs.

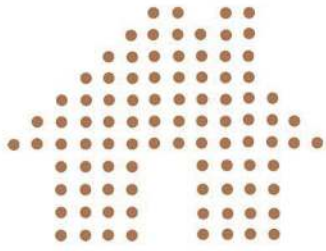
He encourages Clive to fill out a feedback form with any suggestions, "We're here to take those opinions away and refine the masterplan before it gets adopted by the council." (The timeline of which is unclear).



I leave the town hall to take a walk along the High Street, where shoppers can currently park for free for up to 45 minutes.

I stop to chat to Peter Gohegan, aka Mr Bun the Baker, he's also against pedestrianisation, "I don't want it - because of losing the parking. It's a bad idea, would kill the high street."

The Borough Council says the masterplan is to 'guide the regeneration and development of the town over the next 10 to 20 years'. Other suggestions include a new leisure facility, and an events space along the promenade.



**A.T. NORFOLK
PLUMBING & HEATING**

**BATHROOM
RENOVATIONS**



BATHROOM INSTALLATIONS & PLUMBING REPAIRS

Here to help with all your plumbing & bathroom needs. From small repairs to complete bathroom renovations. A.T Norfolk Plumbing deliver reliable, high quality work with a clean, friendly & professional service.

CALL: 01485 518648 /0773 333 5845

www.at-plumbing.co.uk



**Your Local
Experts**

Free Quotations

Book Your Visit



At The Core

The history and continued heritage of Drove Orchards, Thornham

Dani Crawshaw



When I meet Andrew what comes across is his passion not just for Drove Orchards, but for this area of Norfolk. A want to see it thrive, provide local employment, care for its natural beauty - keep its heritage alive.

"We're standing here today in the heartland of the area I really love," he tells me, "These are Drove Orchards, orchards are one of the best places to see a diverse and huge range of nature."

His father, Major David Jamieson, planted the first apple trees in 1952, after returning from the Second World War. The pick your own orchards now span more than 40 acres of the 350-acre site.

"What he would have loved is the fact that we have a very come hither attitude here at Drove Orchards, I want people to go around the orchards, I want people to have a look."



Andrew's wife Linda and his father David, 1965

He talks passionately about the variety of apples grown, and tells me his favourite is Darcy Spice, because 'it's possibly the grumpiest looking apple, but it's got such an amazing depth of taste'.

In a nearby tent the fruit is pressed, and it's where the apple, pear, quince juice and cider's made and sold in the farm shop.

As we walk, Andrew talks about coming up with ideas of how 'best to showcase the crops' - at the moment stronger spirits like vodka and cider brandy are being distilled.

When we get to the juicing tent I'm introduced to Tom, who manages the production unit.

"Drove Orchards has got such history and heritage and above all else passion for a product which is often underrated I think," he says.

"A proper English apple is a real wonder of beauty, we grow 160 different varieties of apples, three quarters of which are native to East Anglia.

"The heritage that we're continuing to grow is a really beautiful thing."

As Andrew and I carry on walking around, it's hard to imagine it all began as a tiny shed, where his father set up a farm shop.

"In the First World War the army used to store here, and there were leftover bomb trollies, he built a farm shop on top of one of those."

It's now a destination - a place where people come to enjoy everything from glamping to local ice cream. There are almost 30

businesses, the site employing over a hundred people, with new places continuing to open.

"Frankly, it happened completely by mistake, it's been an organic process - I never sat down with a business plan, it's something that's just grown organically, as a result of having an understanding of what this beautiful coast needs in terms of sustainable employment.

"My father would have loved all this and would have been delighted by the fact that the orchard is at the heart of everything we do," he continues.

"We often get people coming and saying they've seen a variety of apple in the farm shop that they haven't seen for 50 years - which is lovely, isn't it?"



We wander back to the orchards and Andrew tells me he's 'enormously pleased' that his son Oscar is now running the site, describing it as 'not just passing on, but passing on and up'.

The next generation full of 'entrepreneurial fizz' and enthusiasm for the future.



He also chats about being a county councillor, the drive behind that being the importance to provide 'sustainable things for people to do'.

"For all the visitors here we provide memories, and it provides employment - local employment. I mentioned earlier about nature, this idea about what is a sustainably economic model along the coast here is something that can do all those 3 - it's nature, and it's place, and it's people.

"I believe politically and economically in what I do here, to try and create that balance is the way forward for this part of Norfolk."

I've only met Andrew for a few hours, but his deep love of the history and heritage of Drove Orchards is clear.

He's someone who's not taken inheritance for granted, using it to benefit the local community, both economically and environmentally.

Let's hope that passion continues for generations to come.

Bring your garden
back to life!

Ben Dawson
Gardens



Professional Garden Maintenance

- ★ One-day garden tidy-up
- ✓ Lawn maintenance
- ✓ Border tidying
- ✓ Drive/patio weeding
- ✓ Hedge trimming
- ✓ Removing and planting
- ✓ Tree/shrub pruning
- ✓ Prepping/chopping logs

Monthly payment plans available for regular maintenance

CONTACT ME TODAY FOR A FREE QUOTE



07534449260



bendawsongardens@gmail.com



@bendawsongardens



@bendawsongardens

Recommended by K Brown Auto Repairs LTD

A Banksy or not a Banksy: that was the question!

Dani Crawshaw

The recent hype around a potential Banksy almost valued a pub's back doors at 10 million pounds. It depicted the playwright spray painting the wall, near to where William Shakespeare is said to have performed.

Now all the frenzy's died down (it 'wozn't' a Banksy), some are questioning whether Shakespeare was the right historical figure to choose - is he really the most culturally significant icon for the town? Having possibly been in Lynn for a week?

Gareth Calway, a retired English teacher from Sedgeford, says Margery Kempe is overlooked. Born in the town in 1373, she wrote the first autobiography in the English language. And Shakespeare isn't the only male historical figure she's lost out to.

"Why is there a Bad King John statue and Margery Kempe, who is in the British Library as an icon, gets a bench and after years of campaigning a quite minimal coverage?" Gareth says.

King John's link to the town is whilst travelling from Lynn he famously lost his crown jewels in The Wash.

"Kempe is taught as a key figure in women's writing in American universities as well as celebrated in the British Library as one of five mediaeval landmark writers. Kempe lived all her amazing life in and travelling from Lynn and should have the statue, not John."

Gareth admits the recent graffiti 'really captured people's attention',

but the Margery Kempe Trust says, "King's Lynn doesn't need a Banksy to tell us we are interesting."

Perhaps this recent artwork has highlighted that we need to celebrate the town's own literary heritage a lot more.



County Council update by Deputy Leader Cllr Andrew Jamieson

County council elections

In January, the Government announced this May's county council elections would not go ahead, so that the council can focus on local government reorganisation and devolution.

The Council agreed to the delay on the promise that a Mayor would be elected in 2026, which will not happen now until 2028. The Government has chosen to prioritise reorganisation over local democracy, leaving councils to absorb reputational damage and residents without proper electoral accountability through no fault of their own. Norfolk County Council has consistently made it clear that at no point did we request the elections be delayed: to say so is just political grandstanding.

Norfolk's bus service improvements

The Ambitious Bus Service Improvement Plan (BSIP) has transformed public transport across the county, driving a 26% increase in passenger numbers since 2022 and making Norfolk a leading national example for sustainable travel, delivered thanks to the £65.45 million secured from the Department for Transport.

It includes new and enhanced bus services on more than 44 routes, more evening and Sunday services, more affordable fares and a greener fleet. Customer satisfaction's also risen to 87%, bucking national trends.

Norfolk gritting vehicles

Winter gritting is well underway, with gritters active on A/B roads, key bus routes, and village access roads, using new tech for efficiency. The first runs of the recent winter season (late 2025/early 2026) started as temperatures dropped, utilizing the 58-strong fleet with automated salting to cover 2,200 miles of routes.

Updates are posted on their social media using #NorfolkWinter. Residents can also check this year's gritting routes using the online map on the council's website, where you can also report any issues.

Growing Pressures on SEND Services

The council continues to work tirelessly to support children and young people with Special Educational Needs and Disabilities (SEND), despite growing demand and sustained pressure on local services. The Council remains committed to improving outcomes for families, investing in local provision and working with schools, health partners and parents to meet increasingly complex needs.

However, the scale of the challenge facing SEND services is being driven by national policy decisions and long-standing underfunding. Without decisive action from Government, councils will continue to be placed in an impossible position. This crisis is not of Norfolk's making, it is a central government issue. However, Norfolk's residents are picking up the bill.

Every 1p Rise in National Living Wage Costs Norfolk Council's Adult Social Care £300,000

While fair pay for care workers is essential and strongly supported, the scale and speed of national wage increases continue to place major financial strain on local authorities - without matching increases in Government funding, councils are left to absorb these costs.

15% uplift to foster carers proposed

Norfolk County Council looks to invest £1.5m annually in its fostering service in a bid to support more children in care to live with families. It's part of a three-year transformation programme aimed at recognising the contribution of foster carers and the vital role they play.

Proposals also include enhanced practical support.

Additional investment of £35m in Independent Living Programme

Since 2018 the programme's contributed capital funding towards 603 high-quality, modern

apartments designed for people aged 55 and over who want to stay independent.

Rising construction costs and new regulatory requirements have impacted delivery within the original £29 million capital budget. To deliver the remaining 532 homes, Cabinet is being asked to approve the additional funding. These homes will help save the council money every year, avoiding the need for people to move into residential care.

The future of care homes

A company that runs good and outstanding care facilities is interested in buying Norfolk County Council's care company and 20 homes. If the council agrees a deal with Stow Healthcare, residents of the homes would continue to live there, and existing Norse Care staff would move to the new owner.

The council launched a review of its care estate last year, as its contract with Norse Care Ltd was due to end in March 2026.

Body worn cameras aid safety

Norfolk Fire and Rescue Service has 160 new Axon body-worn cameras to help improve safety and decision-making at incidents. Cameras have been issued to all fire appliances and operational officers, protection and prevention teams, fire investigation officers, the training school, and Trading Standards officers.

The devices provide live streaming, location data and two-way communication, allowing footage to be shared in real time with control room staff during emergency incidents. This supports quicker, better-informed decisions, improves firefighter safety by identifying risks earlier, and helps coordinate responses with partner agencies.

The cameras were introduced in December.





“We help turn your house into a home!”

Hello! I love my job here at Reeds, working with a great team, we're all good friends and it's a joy to come to work. We're lucky to have the time to spend with each of our customers, they show us pictures and share the ideas they have for their homes and we have the product knowledge to be able to help them fulfil their ideas and making it a reality. ”

Come and say hello and enjoy the amazing service our team at Reeds has to offer. From furniture to flooring, bedding to dining, homewares and gifts, you'll enjoy a store that keeps on giving.

Reeds
All your home needs



Visit us in **DOWNHAM MARKET** and **ELY** or online at reedshomestore.co.uk

REEDS Furniture, Flooring, Bed Centre
& Homestore, Downham Market PE38 9DS
T: 01366 382213
Open Mon – Sat 9am to 5pm

REEDS Furniture, Flooring & Bed Centre,
Ely CB6 3NX **T:** 01353 669754
Open Mon – Sat 9am to 5pm
& Sunday 10am to 4pm



Hayes + Storr launches legal aid service to support families involved with children's services

Hayes + Storr Solicitors has launched a new legal aid service to support parents, grandparents, and family members when Children's Services become involved with their children.



Carly Sullivan, Head of Children Law

The service is led by Carly Sullivan, Head of Children Law, who represents families in child protection matters, pre-proceedings meetings and care proceedings in the Family Court.

"Many people come to us not knowing what Children's Services involvement actually means," she said. "There is often a lack of clear information at an early stage. My role is to explain the process carefully, outline the different stages, and help families engage constructively with professionals while

ensuring their legal rights are protected."

In cases where concerns escalate, local authorities may begin pre-proceedings, sometimes referred to as PLO (Public Law Outline) meetings. These meetings are intended to address concerns before court action is considered. Parents invited to attend are automatically entitled to legal aid, regardless of income, allowing them to receive independent legal advice and representation.

"Having legal support at the pre-proceedings stage can help families understand expectations and work towards positive outcomes, with court proceedings avoided wherever possible." Says Carly Sullivan.

Where matters do proceed to court, Hayes + Storr provides representation throughout care proceedings, which may arise where local authorities believe children are at risk of significant harm. Legal aid funding covers advice, preparation of court documents and representation at hearings for parents, grandparents and others with parental responsibility.

Rob Colwell, Director and Head of Family Services at Hayes + Storr, said the service reflects the firm's focus on access to justice. "Care proceedings can have profound and long-lasting consequences for families. Legal

aid ensures that people are able to take part in the process properly, with specialist advice and representation, regardless of their financial circumstances."



Rob Colwell, Director and Head of Family Services

Carly Sullivan is a member of the Law Society Children Panel, which recognises solicitors with specialist expertise in children law. The firm says its approach is focused on clarity, proportionality and child welfare, supporting families through what can be a complex and unfamiliar legal system.

If children in your care are at risk, call Hayes + Storr on 01328 863231 and ask to speak to the Family Services team.



HOLME-NEXT-THE-SEA PARISH COUNCIL Parish Clerk and Responsible Financial Officer

Holme is a small but busy parish which lies entirely within the Norfolk Coast National Landscape and includes Holme Dunes National Nature Reserve plus a key section of the National Trail / Peddars Way. Our Clerk is retiring in June and the Parish Council is looking for a suitably experienced person to support our team of seven councillors. This is a varied and interesting role offering a flexible working regime with the option of being based at home or at our office in the Village Hall.

Key duties include:

- Organising, attending and reporting to meetings
- Preparing agendas, posting notices and writing minutes
- Dealing with Parish Council business including correspondence and phone inquiries
- Maintaining Parish Council records in accordance with GDPR
- Keeping financial records, processing receipts and payments
- Preparing and monitoring budgets and information for auditors
- Liaising with Councillors, local organisations and external bodies

Good organisational and communications skills are important, together with solid experience of Microsoft 365 / Office (Outlook, WORD, Excel, PowerPoint). Applicants should be self-motivated and able to plan and manage their own workload. Previous relevant experience would be an advantage but may not be essential. Support will be provided and the appointee will be encouraged to take advantage of training to improve their knowledge and skills. Salary will be based on 40-50 working hours per month with actual working hours to be agreed. NJC local government pay scales will apply with spinal point dependent on experience and qualifications.

Please apply with CV / make contact for further information or an informal chat :

Dave Watkins (Parish Clerk & RFO) Email: ParishClerk@HolmeNextTheSea-pc.gov.uk
and cc to: Lynn Devereux (Chairperson) Email: Chair@HolmeNextTheSea-pc.gov.uk

Closing Date for Applications: 31 March 2026

DATES & DEADLINES FOR THE NEW TAX YEAR 2025/26

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

5 April 2026

Last day of the 2025/26 tax year: deadline for various tax claims and elections, as mentioned in our previous article.

6 April 2026

First day of the 2026/27 tax year. Income Tax: dividend ordinary and upper rates increased by 2 percentage points.

Making Tax Digital (MTD): Sole traders and landlords with turnover/rent of £50,000 or more required to keep digital records and submit quarterly updates from today.

CGT: rates of CGT increased for gains attracting Business Asset Disposal Relief or investors' relief (from 14% to 18%).

IHT: reform of Agricultural Property Relief and Business Property Relief.

19 April 2026

Employers: deadline to make a final payroll report for 2025/26.

30 April 2026

Annual Tax on Enveloped Dwellings (ATED): For companies owning UK Residential Properties valued at more than £500k: deadline to submit Returns and pay the tax for the year 31 March 2027. Also the deadline to submit a relief declaration Return. These returns are based on 1 April 2022 revaluation if property held on 1 April 2022 and a revaluation trigger has not occurred since that date; or, on the cost of the property if acquired since 1 April 2022.

1 May 2026

ITSA: further late filing penalties apply to outstanding 2025 Tax Returns. Automatic £10 daily penalties apply for Returns filed online on or after today. For Returns filed on paper, the penalty is the greater of £300 or 5% of tax showing on Return.

31 May 2026

PAYE: last date for giving a Form P60 for 2025/26 to each employee, together with details of payrolled benefits in kind.

5 July 2026

Non-Resident Landlords: deadline for 2025/26 returns of rent paid by Agents to non-resident landlords and of tax deducted by tenants from rents paid direct to non-resident landlords.

6 July 2026

PAYE: deadline for filing Forms P11D & P11D(b) for 2025/26 and give forms to employees.

19 July 2026

PAYE: deadline to pay

outstanding Class 1A NIC for tax year ended 5 April 2026.

31 July 2026

ITSA: deadline for second self assessment payment on account for tax year ended 5 April 2026.

1 August 2026

ITSA: further late filing penalties apply to outstanding 2025 Tax Returns. For Returns filed online, the penalty is the greater of £300 or 5% of the tax showing on the Return.

ITSA: a second late payment penalty due of 5% of any 2024/25 Income Tax, CGT and Class 2 and 4 NIC due on 31 January 2026 that is not paid by today.

7 August 2026

MTD for Income Tax: deadline for submission of the first MTD quarterly update for the quarter ended 5 July (or 30 June) under MTD for Income Tax.

5 October 2026

ITSA: deadline to notify chargeability for Income Tax/Capital Gains Tax for 2025/26 if not registered for ITSA.

6 October 2026

Pensions: deadline for pension administrators to give a pension savings statement to scheme members if their pension inputs in the scheme in 2025/26 exceed the Annual Allowance.

31 October 2026

ITSA: deadline for paper submission of Tax Returns for the tax year ended 5 April 2026. Returns filed after this date should be filed online to avoid a late filing penalty.

1 November 2026

ITSA: further late filing penalties apply to outstanding 2025 paper Tax Returns. The penalty is the greater of £300 or a percentage of the tax showing on the return.

7 November 2026

MTD for Income Tax: deadline for submission of the second MTD quarterly update for the quarter ended 5 October (or 30 September) under MTD for Income Tax.

30 December 2026

ITSA: deadline for online submission of Self Assessment Tax Returns for tax year ended 5 April 2026 for HMRC to collect tax through PAYE codes where the taxpayer owes less than £3,000.

If you require any tax advice relating to matters mentioned above including if you are a self-employed sole trader or landlord requiring prompt advice



Mapus-Smith & Lemmon LLP
Chartered Accountants

Your trusted accountants in East Anglia

Incorporating  Kathryn Gigg Chartered Accountants

Offering a comprehensive range of services for both business and personal clients

- Annual accounts, business and company taxation
- Business start up advice and incorporation
- SAGE, Quickbooks & Xero installation and training
- Payroll & auto enrolment administration
- VAT and bookkeeping services
- Small business specialists
- Personal tax returns and self assessment advice
- Capital gains tax advice and inheritance tax planning
- Tax planning and accounting services for private property investors
- Advice on Making Tax Digital for Income Tax

For an appointment please contact:
Mrs K H Gigg FCA or Ms N S Tarry FCA

THE OFFICE, 20 KING'S LYNN ROAD,
HUNSTANTON, NORFOLK PE36 5HP

T: 01485 534800 • E: kgigg@mapus.co.uk or ntarry@mapus.co.uk

Registered to carry on audit work in the UK and regulated for a range of investment business activities by The Institute of Chartered Accountants in England and Wales.

regarding the new Making Tax Digital regime, please contact either Kate or Nic at Mapus-Smith & Lemmon LLP, Hunstanton office on 01485 534800 or kgigg@mapus.co.uk; ntarry@mapus.co.uk

© Mapus-Smith & Lemmon LLP 2026

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.

Twinning Celebration

We are having a celebration of our circuit twinning with Matjinge circuit in Zimbabwe on Sunday March 8th, from 2pm, at the Methodist Church, London Rd, King's Lynn, with music from The Dersingham Choir, FenSong performing arts and some Zimbabwean singers. The speaker is Rev Andrew Ashdown, Partnership Coordinator for World Missions in Africa. Refreshments from 4-5pm, followed by a circuit service. All are welcome! Enquiries: 07963 181573

A Gold-wingding of lights is coming to town

Over the last sixteen years the Norfolk Goldwing Motorcycle Club has raised £36,000 in aid of the East Anglian Air Ambulance at their annual charity event in Hunstanton. This year their customised bikes and trikes will be in the seaside town again on 21st March.

The static display of bikes and trikes will be on the Green from noon to approximately 3pm, and from 6.30pm the bikes will assemble in the coach park, for a 7.00pm start to an impressive light parade around the town centre, finishing at the shelter on the green with a static light display.

The Honda Goldwing is widely considered to be the best touring bike available, and this is your chance to see some of the best examples of this wonderful motorcycle with their custom lights.

"We depend on the public supporting us to raise as much as we can for the East Anglian Air Ambulance," said Paula who can be contacted for further information on 01366 324396. "And your support at this year's event would be greatly appreciated."



Hunstanton & District Rotary news

Roger Raven

Swimarathon

On Saturday 7th February Hunstanton and District Rotary, in partnership with King's Lynn Priory Rotary took part in a swimarathon at the Oasis leisure pool in Hunstanton.

Several teams were given just 1 hour to swim as many lengths as they could. They consisted of both adult and children's teams supplied by Oasis, local schools, and other interested parties.



The overall winners were the Alive Oasis team (adults) with a total of 214 lengths. The winning children's team were the 'Hot Dogs' with a total of 167 lengths: a brilliant effort by such a young team. A gallant effort also by 'Just Us Mum's' team, mainly consisting of Mothers from one of the children's teams, clocking up a total of 134 lengths. It was a very enjoyable day for both competitors and observers.



The King's Lynn club took part in a similar event in their pool, with the combined proceeds being divided between the two clubs to support charities and local good causes. (See page 46).

This was a great combined team effort from both clubs and demonstrates the benefit of mutual cooperation in conjunction with local institutions and businesses. On this point we must give a big thank you to Hunstanton Specsavers and Mr Bun the Baker for their significant donations to the event.

Finally, well done to everyone that took part.

Decoy Duck Race Night

Following on from our swimarathon exploits in the water, we are continuing our fundraising activities in aid of local charities, by holding a Duck Racing evening on land.

This will be held at the United Services club in Hunstanton on Friday 27th March. This type of event has proved very successful by other Rotary clubs in the district, but it will be the first time for Hunstanton & District Rotary. It is guaranteed to be a very enjoyable night, and we are hoping for great support from residents within the area of Hunstanton. Tickets are on sale now.





Rotary
Hunstanton & District

DECOY DUCK RACE NIGHT

In aid of local charities

FRIDAY 27TH MARCH 2026

TICKETS £5

United Services Club
Homefields Rd, Hunstanton PE36 5HL

Doors Open 6.30pm - First Race 7.30pm

Drinks from the Licenced Bar
Bring your own nibbles

For tickets text 07990 708740
OR email hunstantonrotary.info@gmail.com

Home Help

Weekend P.A/Carer
needed to provide & support
with daily tasks
Dersingham area

01485 543865

BORDOLI PIZZAS

MON: RIPPER HALL DOCKING
WEDS: HEACHAM SOCIAL CLUB
FRI: OLD HUNSTANTON SOCIAL CLUB

**From
5pm**

T: 07565 754812

E: bordoli99@gmail.com

PAYING TOO MUCH FOR YOUR
HOME OR BUSINESS
BROADBAND OR MOBILES?

WANT SOMETHING CHEAPER
OR SOMETHING FASTER OR
MORE RELIABLE?

OR JUST LOOKING FOR WIDER
WIFI COVERAGE?

TALK TO A LOCAL BUSINESS
& AVOID THE CALL CENTRES

CALL NOW
01485 572253



Sales@RuralBroadband.co.uk
01485 572253
RuralBroadband.co.uk

WHY CHOOSE US ?

Rural Broadband have been supplying
broadband for more than 20 years.
Located in rural Heacham, in Norfolk &
experienced in the right products and
services for your home and business.



Coastal Fascias & Cladding

All types of property maintenance

Window repairs
New UPVC windows and doors
36 years experience
All types fascia and cladding

Tel Paul 07469 051886

coastalfasciasandcladding@yahoo.com



Just a stone's throw from the stunning coastline

STAY • DINE • RELAX

Afternoon Teas
Daily Lunches & Sunday Roasts
Outdoor Patios
Family & Dog Friendly

Old Hunstanton Road, Old Hunstanton, Norfolk PE36 6HH

Tel: 01485 533486

www.caleyhallhotel.co.uk



Chris Palmer

Plumbing And Heating Services Ltd

Plumbing | Heating | Gas Services | Renewables
New boilers | Repairs | Servicing
Bathroom | Shower room installs
Fully insured



☎ 01485 571363

☎ 07798 635860

✉ chrispalmer333@gmail.com



Hunstanton Promenade parkrun celebrates 250th milestone



Hunstanton promenade parkrun celebrated a major milestone in December, marking its 250th event since the popular weekly run first launched in October 2019. The special occasion was marked by Hunstanton Mayor Cynthia Easeman, who counted down to start the runners, adding to the sense of celebration along the promenade.

A special mention was made of four members of the Run Director team – Mike, Jacqui, Kate and Sophy – who have been Run Directors since that very first parkrun in October 2019. Their long-standing commitment has helped shape the event into the welcoming and well-organised run it is today. Thanks were also extended to fellow Run Directors Gordon, Brian, Tania and Steve, whose support and leadership continue to play an important role in the event's ongoing success.

Equally vital is the valuable core group of volunteers who assist each week. From marshalling and timekeeping to barcode scanning and tail walking, these volunteers

ensure parkrun can happen safely and smoothly every Saturday. Sincere thanks were expressed to everyone who gives their time, with volunteers welcome to help out as often as they like.

It was highlighted that parkrun is about far more than running. No matter what kind of week someone has had, parkrun offers a space to come together — whether that means chatting with others or simply enjoying being around people while keeping to yourself.

Parkrun also recognises remarkable individual achievements, including Keith, who recently turned 80. Keith began parkrunning in 2015 and has since become a familiar and much-valued part of the parkrun community. He recently completed his 300th parkrun and also reached the milestone of 300 volunteer credits, perfectly capturing the spirit of dedication and generosity that parkrun encourages.

Hunstanton promenade parkrun is open to everyone, with participants encouraged to run, jog or walk the 5k course at their own pace. There is no pressure and no expectation —

just an inclusive, friendly environment where everyone is welcome.

As Hunstanton promenade parkrun looks ahead beyond its 250th event, the focus remains on community, wellbeing and ensuring that parkrun continues to be a place where everyone belongs.

Sinkhole on Hunstanton Promenade

The sinkhole means parkrun can't use the promenade for parkrun until the hole is repaired, and The Borough Council says a cordon's likely to be place 'for some time'. Consequently, parkrun will use the summer course, meeting outside the Salad Bowl Café at 8.55am while the promenade is unavailable. The organisers will assess the course each week in case it's too muddy/slippery and parkrunners are advised to check the Hunstanton Promenade parkrun facebook page each week for updates and to wear appropriate footwear for wet grass!

NB. From 28th March parkrun is back on the summer course, sinkhole or no sinkhole!

Hunstanton EyeCare

In partnership with Dipple and Conway

I thought this month I would chat about AMD, Age-related Macular Degeneration. As an optical practice we should promote early detection, encourage lifestyles to aid prevention, and publicise the enormous amount of help available from all sorts of low vision aids.

Sadly, we must accept the inevitable, that just like the rest of our body our eyes age and deteriorate. Thankfully there are wonderful spectacles to restore vision, but if the macula, the most light-sensitive area on the retina, degrades to such an extent, then brilliant vision is not always possible. AMD causes an inconvenience as it affects central vision, the area we use most for detail such as reading.

We can see this degeneration but only with our OCT, retinal scanner. This non-invasive machine gives us information of your eye health that is impossible to see with a naked eye and so we recommend it with every eye exam.

To keep eyes healthy, the same rules apply as to the rest of our body. A healthy diet, your Mum told you to eat your greens, and she was



right. The best sort of foods for the macula are the green leafy veg such as Curly Kale, Spinach and Broccoli. I always say that Mother Nature made things that were good for us attractive, so all the colourful veg and fruits, not a beige MacDonalds! If you can't stomach a plateful of kale, there are always nutrient supplements on the market such as MacuShield. The other golden rules for eye health are, No smoking and protection against harmful UV light, ie. sun exposure. This is where your specs come in, with Transitions lenses that darken in the sunlight, they block 100% of UV rays, perfect! If you would rather keep your day-to-day specs clear, there is the option of prescription sunspecs or polarised overspecs, just so much choice!

If you have led a healthy life and you still get Macular Degeneration then that's just not fair, but there is help available. I spent the last 15 years running the Low Vision Clinic for the Queen Elizabeth hospital, but I've now retired from that role. At Hunstanton EyeCare I have my "Low Vision Corner" with a great selection of magnifiers and electronic gadgets to assist all sorts of tasks. So, if your vision isn't A1 anymore, don't despair, come and chat with us and we will see what we can do, it might surprise you!

We look forward to seeing you soon.



**FOR THE THIRD YEAR RUNNING
WE HAVE BEEN VOTED AS ONE OF
THE BEST FISH AND CHIP SHOPS
IN THE UK BY THE TIMES**

THE SUNDAY TIMES

The best fish and chip shops in the UK



Fishers, Hunstanton, Norfolk

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

Reserve a table - call us on 01485 532487



www.fishershunstanton.co.uk

Fishers of Hunstanton fishersofhunstanton

HUNSTANTON CONSERVATIVE CLUB

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



Meals served from Monday to Saturday 12 noon until 2.00 p.m.

A selection of special meals are available each day.

Sundays - 2 course Roast Lunch.

Special events this month:

Saturday 7th March - Special Saturday Night Bingo -£100 Jackpot on last Full House

Saturday 14th March Music Night with Mike Selby - Vocalist

Monday 16th March - Coffee and Brandy From 10.00am

Regular Events

Mondays: New Seated Yoga with Jackie Lee -12.00pm - 12.45pm

Strength and Balance Class 4.30pm.

Tuesdays : Scrabble 10am,

New Seated Yoga with Jackie Lee 12.45pm - 1.30pm.

Richard's Country Disco & Line Dancing 2.00pm - 4.00pm.

Cash Bingo starts at 7.30pm.

Wednesdays: Scrabble 10am, Whist Drive 7pm

Fridays : NIA at 12.30. Prize Raffle 1pm. Cash Bingo at 7.30pm.

Saturdays : 'Open the Box' draw at 1pm.

www.hunstantonconservativeclub.co.uk

24 High Street, Hunstanton PE36 5AF

T:01485 532462

Fullers Body Repair Centre

Established 1973



Unit 10
Cheney Crescent
Heacham
Norfolk
PE31 7BT

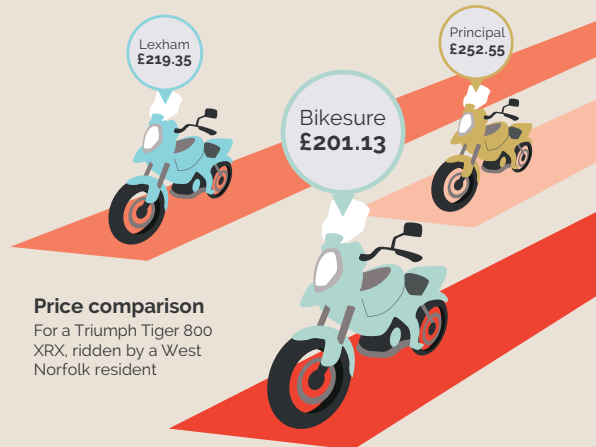
T: 01485 570799

E: beautifulbodies@hotmail.co.uk

Free Estimates · Resprays · Accident Repairs
Corrosion Repairs · Insurance Approved

Your Local Insurance Broker

making your money go further



Price comparison

For a Triumph Tiger 800
XR, ridden by a West
Norfolk resident

Call us on 01553 400399 for our best rates

Sample quotes are for premiums as stated for a 36 year old from the PE32 area riding a Triumph Tiger 800 XR with a clean licence and 3 years no claims bonus, commuting to one fixed place of work with fully comprehensive cover. These illustrative quotes, valid as of 08/08/2025 are provided for information only and do not form the basis of any contract or tender. Competitive quotes were obtained from Lexham and Principal (via comparethemarket.com) on 08/08/2025. Full details are available on written request. Authorised and regulated by the Financial Conduct Authority.

bikesure.co.uk

Part of the Adrian Flux Insurance Group
Authorised and regulated by the Financial Conduct Authority



T 07948 030239

PREMIER

**CARS WANTED FOR CASH
ANYTHING CONSIDERED**

DAMAGED/NON RUNNERS/MOT FAILURES

Friendly, polite, professional service

Call Robert on 07948 030239

86 Chapel Road, Dersingham, King's Lynn PE31 6PL

Wendy Warners plant of the month

Scented Houseplants

During late winter and early spring, we're used to smelling the scent of outdoor flowers, but we're not always spending a lot of time outside due to the inclement weather conditions. So why not introduce some scented houseplants to enjoy the natural fragrance of flowers indoors whilst we're waiting for the weather to improve.

Two houseplants that produce a wonderful scent are actually climbing plants. Initially they are usually sold on a small frame or hoop and will be about 12" (30cm) tall but can be encouraged to grow much larger if space allows and be repotted and transferred to a larger obelisk, support or frame. These are Stephanotis and Jasmine, both have white flowers and bloom for a considerable time in the right conditions.

Jasmine polyanthum, is the variety suitable for growing indoors and has multiple clusters of star-shape flowers and although the flowers are pure white when open, the buds can appear slightly pink on the outside of the petals before opening. They form long vine-like stems with the clusters of flowers and the leaves which are made up of five to seven leaflets growing directly off this main stem and are usually sold on a hoop where the stem has been wound round a few times to make the plant seem quite bushy. Jasmine need bright light with some direct sunlight to flower and prefer reasonably cool conditions. Their flowers will last longer in a cooler situation than if they are too hot. Whilst in active growth they need to be kept quite moist and fed every two weeks. As flowers go over they will become brown, so trim these off to keep the plant looking attractive, as well as to encourage new buds to be produced. After flowering, the plant can be transferred onto a larger support and, if like one I had in the past, it eventually gets too large for the conservatory, it can be moved outside. Although supposedly a tender plant, with the milder winters we have had recently they can often survive outside in a sheltered spot near to the house in a south facing position.

Stephanotis has waxy, white long tubular very fragrant flowers on twining stems with dark green, leathery, shiny oval leaves. It requires bright light, but avoid direct sunlight as this can scorch the foliage, and

a constant temperature of 21°C or above. They dislike big fluctuations in temperature or draughts but love high humidity. This humidity can be created by placing the plant on a tray filled with pebbles and water or if using a pot cover produce the same effect in the bottom. Keep them moist throughout the growing season and feed with a high potash liquid fertiliser such as Tomorite. Don't keep moving the plant when in flower as this can cause the blooms to drop.

Some bulbs can also make great scented houseplants. Hyacinths come in a range of colours with each bulb producing a single flower spike with a mass of tiny flowers. Keep moist and in a cool, bright place to prolong flowering. After flowering they can be planted into the garden and will flower at their normal time the following Spring. Sweet scented Paperwhites are a creamy, white multi-headed form of Narcissi (daffodil) that can also be forced for indoor flowering.

Many of these plants are now available in the lead up to Mother's Day and make a much longer lasting gift than a bunch of fresh flowers.



Some of the houseplants on sale at Thaxters



**Not just a Garden Centre
it's everything you need on one site!**

**Great Deals on Primroses & Pansies
for Instant Spring Colour**

New Season's Roses, Rhododendrons & Azaleas, Shrubs,
Perennials, Alpines & other Hardy Plants,
Summer Flowering Bulbs, Seed Potatoes & Onion Sets.
Everything to 'Grow Your Own' this Spring

Mother's Day - Sunday 15th March

Flowering Houseplants, Indoor & Outdoor Arrangements
Cards and Wonderful Gift Ideas.
Garden Furniture, Mirrors, Wall Art & Decor



Thaxters

**Coffee Shop
Open 9am-4pm
Serving breakfast
snacks & light lunches**

Garden Centre & Coffee Shop

49 Hunstanton Road, Dersingham, PE31 6NA

www.thaxters.co.uk

Tel: 01485 541514

Open Daily 9am - 5pm

To keep up to date
follow us on:



CLAUDIA MORLEY GARDEN DESIGNER

Full scale design & planting plans hand drawn
Every garden individually designed to suit your requirements

Full garden design or planting plan | All styles and sizes catered for
We also offer a full build service

25 years experience
Prices start from £450

Fulfill your garden hopes and dreams

Please call: 01760 338400 | 07824 397727
E: petermorleyforestry@gmail.com

R'N'R FENCING & Landscapes

Domestic, Commercial & Agricultural

• DECKING • PERGOLAS • PATIOS
• TURFING • RECLAIMED SLEEPERS

ALL ASPECTS OF LANDSCAPING

FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 / 01485 572107

Prided on Quality & Reliability



Introducing The Sea Watch Foundation

Diane Westwood

The Sea Watch Foundation (SWF) is a national marine environmental charity working to improve the conservation of whales, dolphins and porpoises around Britain and Ireland. The Sea Watch Foundation seeks to involve the public in scientific monitoring of cetaceans (whales/dolphins/porpoises). We also wish to raise awareness and understanding of the threats marine mammals face and educate and advise for better environmental protections. Founded in 1991 by Professor Peter Evans, a leading cetacean researcher for over 40 years, SWF is now the leading UK cetacean research charity and works tirelessly to improve the study, conservation and protection of the cetaceans found around our coastline. I have recently been asked to take on the role of Regional Coordinator for Norfolk covering the area from the Nene River mouth to the Yare River mouth. I have been obsessed with whales (particularly humpbacks) for most of my life and have been lucky enough to have had some spectacular whale watches so taking on this role has been a real privilege for me.

Later this year I will be coordinating surveys in Norfolk for the National Whale and Dolphin Watch 2026. Watches and surveys will be taking place across the country - including here in Hunstanton - to create a 'snapshot' view of what can be seen in our UK coastal waters. The data collected during this event will enable us to develop an idea of the distribution of cetaceans around the UK. This event is a great opportunity for everyone to become involved in the research which goes into understanding and protecting these magnificent creatures. Confirmed dates for this event will be Saturday 25th July to Sunday 2nd August.

Over 31 species of cetaceans have been recorded in the waters around Britain and Ireland, and this is where you can help. These incredible creatures are facing huge threats from climate change, marine pollution including plastics, ship strikes, sound disturbance, overfishing and entanglement in fishing gear and netting. If you see cetaceans, please report your sightings to SWF. You can find an online sighting form at <https://www.seawatchfoundation.org.uk/recording-and-submitting-sightings/>

Even better you can download the free Sea Watch Foundation Sea Watcher App Full details on our website.

Even if you spend just 15 mins staring out to sea - don't we all do that at some point - please record what you see - or what you don't see. Some of our observers are regulars, and with binoculars or a scope, patience and lots of enthusiasm you can become involved in a citizen science project and be supporting the largest cetacean database in Europe.

There are benefits from joining SWF too. As a Member you will receive a Welcome email from our Director, Dr Peter Evans, and access to the private My Sea Watch area of the website. Benefits include our quarterly electronic magazine Sea Watcher, monthly Sightings Reports and News Bulletins. In addition, My Sea Watch will be regularly updated with additional news and information about the work of Sea Watch and already includes detailed information about some of the 30 species of cetaceans found in the UK and where you could see them. You can become a member for £3.50/month or £42/year. Full details are on our web site www.seawatchfoundation.org.uk

If you do see any whales, dolphins or porpoises in the waters around Norfolk please report - with photos if possible, to Sea Watch Foundation. You can contact me at Norfolkseawatch@outlook.com or find me on FB Norfolk Sea Watch.

Thank you for reading



Mark's Gardening Services



Garden Maintenance

Free quotes

Call: Mark Wright

07876 151688

or

07477951315

wright680199381@gmail.com

Julian The Pond Guy

Pond creation, servicing, renovation and refurbishment.

Filter system installation and servicing.

Pond planting. Water features.

One off or regular visits at agreed intervals.

Contact Julian Witton on

07798 835303 or

julian.witton@tiscali.co.uk

Tim's Tree Services



LOCAL MAN - LOCAL RATES

PRUNING • TOPPING • FELLING

CLEARING • STUMP GRINDING

All aspects of tree and hedge work undertaken

OVER 30 YEARS EXPERIENCE

QUALIFIED - INSURED

CALL 01485 541 560 OR 07884 263 897



FOR YOUR FREE QUOTE

timstreesnorfolk@gmail.com



✂ Cut me out and keep me!

R.D.R Landscaping Norfolk

Based in Sedgeford near Hunstanton

Design * Build * Maintain

Garden design
for any size
space.

Sandstone Patios
Porcelain Patios
Wooden Fencing
Steel Fencing
Gravel Driveways
Brickweave Driveways
Resin/Tarmac Driveways
Muck Away / Turfing Lawns
Decking / Astro Lawns
And Much More!

Hedge Cutting
Grass Cutting
Jet Washing
Deer Fencing
Regrouting
Repointing

Bags of seasoned
logs for sale
£120 a bag



M: 07786 499912

O: 01485 543579

E: rdr100@hotmail.co.uk

W: www.rdrlandscapingandconstruction.co.uk



Helping

Edwin Salter



There is a very simple key to happiness that is available to almost all of us. The mutual support of helpfulness was essential to survival for our ancestors who adapted to life in the wild, and it is good to hang on to some fundamentals of our nature. The present world is full of difficulty, change, and the attack of discordant voices seeking power from Gaza and Ukraine to the wealth polarisations of everyday life (USA has roughly a billionaire for every thousand homeless).

Helping best begins in childhood with the practicalities of life at home. Shamefully many children can do little even for their own benefit: now in England 1 in 4 are not toilet trained when they start school. Their talking, dressing, and being tidy are contributions to family that can develop steadily to the skills of simple usefulness, and children involved in the realities of life are being helped to mature naturally. Often within a family the tasks are sensibly distributed for efficiency but at its worst this is disempowering and basic skills are denied. Perhaps one is dominant and 'rules the roost', or task division enshrines inability – at extreme the stereotypes of the woman who cannot fit a lightbulb, the man who cannot cook a simple meal.

And there are cynical possibilities - helping that is intrusive for selfish

reasons or is enforced by wealth and power. But simple cooperation builds community and broadens experience: the Good Samaritan crossed community boundaries to help a Jew. True helping requires a certain amount of trust on both sides and often can only begin slowly.

It demonstrates value confirmed both ways: the giver is kind, the recipient worthy. A bonus is that the very process of seeking to help others can lead our own physiology of nerves and hormones to a better state. We are healthier when active, so care homes could enable some helping, perhaps gardening, or promote shared interests, perhaps board games. Despair is corrosive and should be resisted not just masked by booze and fags and their modern, and more toxic, counterparts: that way leads to nonsense and ill-health.

Modern life tends to disperse families, cities can be lonely places, and a move to unfamiliar places needs care and positive effort. Ageing almost inevitably brings restrictions and sorrows. Fortunately there are many community resources that exist to help, from the current Samaritans to U3A, drop-in cafes and activity groups that sing, run charity shops, improve environments, and much else. Going along alone may take a little determination but it is worth searching for a fit. If you simply can't get started, temporary medication or counselling that leads from negative past into positive future is appropriate.

Our human triumph over the problems and limitations of life can be remarkable. In ancient times began the veneration of ancestors who maintained life and it still continues widely, as does an abiding hope to be reunited in a more perfect existence, the great inducement of much religion. In this life we can at least do a bit of helping, the kindness that unites.

Downham Market and District Horticultural Society

Affiliated to: Royal Horticultural Society
Carolyn Hayes

Our February meeting always starts with annual membership renewals. STILL only £10 per person per year! Amazing value, especially as your £10 will include a 10% discount kindly offered by Downham Garden Centre in Railway Road; free tea, coffee and biscuits at the end of each meeting; monthly illustrated talks; workshops/masterclasses and garden visits. What's not to like? Plus the opportunity to get out of the house and meet people in a friendly and welcoming environment.



Members wending their way back to Oxburgh Hall after a cold but very enjoyable snowdrop walk.

Our AGM is coming up later this month, where we elect new officers (if required) and committee members. We are always on the lookout for new committee members to help run our very successful Society – but you don't need to be on the committee to get more involved. All members are equally welcome to help where and when they can. Can you help with our Summer Show on 4 July? Or on a plant stall (even just helping to put up a marquee or gazebo would be invaluable!), and there are many other aspects where we need additional help. It is surprising how much goes on behind the scenes ...

If you think you might like to contribute to the future success of our Society, why not come along to our March meeting (no obligation to join)? Date: Monday 9 March 2026 Time: 7pm for 7.15pm start Venue:

Downham Market Town Hall, Bridge Street, PE38 9DW (Free parking right outside)

The talk will be The history of Peckover Garden by their Head Gardener, which should be very interesting.

Come in through the main entrance, and through the door into the Grand Hall (on the right as you enter). There will be friendly faces just inside the door to greet you. Mention that you are new and someone will look after you. Do contact our membership secretary, Judith, if you'd like to let her know that you're planning to come along or if you would like any further details. Judith's contact details are as follows: tel: 01366 501466, email: jt.mazur@tiscali.co.uk

We can guarantee you a warm welcome!

SNETTISHAM GARDENING CLUB

RHS AFFILIATED CLUB

We welcomed many members old and new to our AGM on January 28th and Programmes and membership cards were issued for 2026.

Our membership for 2026 is £10.00 with £1.00 at each meeting attended. We also issued the schedule for exhibiting in our Annual Open Show which is open to all who wish to enter on Saturday 11th July. Classes are available for Adults and Juniors with prize money for those achieving 1st in class and they vary from Produce and Flowers to Crafts, Art and Photography, not forgetting all important cookery classes. It is perhaps time to think about what you might like to grow or make. Schedules will be available from Stockley Chemist in the village or at our meetings.

Our meeting on 25th March will be entitled Re-use and re-cycle in the Garden by RHS listed speaker Pauline Harper.

As always visitors and guests are welcome to join us at our meetings at a cost of £2.00 for the first visit with exceptions which will be advised. Meetings begin at 7.30 pm in the Memorial Hall, Old Church Road, Snettisham.

For further information please call:

Gail on 07899 933840 or Addie on 01485 544754

Healthy feet with Lauren

Qualified foot health practitioner offering nail trimming, treatments of thick nails, fungal nails, corns, callus, hard skin removal.

I am mobile in Hunstanton and surrounding villages.

£30 per appointment.

Phone: 07557 509858



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
info@evergreenequity.co.uk

Evergreen Equity Release Solutions is a trading style of Barrett Batchelor Mortgage Services LLP, and is a Limited Liability Partnership. Registered in England and Wales number: OC367701. Authorised and Regulated by the Financial Conduct Authority.

Docking Heritage Group

Docking Heritage Group was formed in 2007 as a research and archive group recording and sharing the history of the village of Docking. By 2010 they had a room in Docking village hall where they are able to store their displays, books and photograph collection, village records such as maps, school log books and register transcripts.

DHG members are available from 10-12 every Wednesday morning to help people with their family and local history research. There is also a local market.

From February 2026 they will be offering their services to anyone who wishes to begin to discover their family history or need help with a brick wall, even if it is not local. They will be offering a Family History helpdesk. There is no need to book, just pop in.

www.dockingheritagegroup.org.uk

FENLAND FAMILY HISTORY SOCIETY.

Bridget Hunter

We welcome everyone to participate in our meetings and research sessions wherever your family originated, and our experienced and friendly team of researchers offer free help to anyone wishing to find out about their family. We hold sessions on: 1st Tuesday of the month - 10 - 12 noon Wisbech Library, with maybe a donation towards the hire of the room.

2nd Monday of the month - Baytree Garden Centre Hilgay near Downham Market 11- 2.30 we will be in the restaurant.

3rd Wednesday of March & May in Red Lion Pub North Brink Wisbech 6.30 - 8.30pm You will find us in the restaurant of the Pub. There is no need to book just drop in to any of those sessions.

Our January 2026 meeting was a very good, detailed talk about a 'Murder in Denver' by Susanah Farmer. On 26th February our speaker will be Jonathan Farmer. 26th March will be a special meeting to celebrate our 25th Anniversary of the founding of our FHS. In April we welcome back a favourite speaker Alan Johnson.

Visitors are always welcome to join us with maybe a donation to help to pay for the hire of the room.

FHS has a team creating displays to match the theme of any event you might be arranging and two speakers willing to give talks on various subjects to local groups.

For further details on any of the above contact Bridget on 01945 587723 or bridget25hunter@btinternet.com

Thornham Village Hall

Wendelien Bellinger

There's plenty happening at Thornham Village Hall this March, with film, theatre, quizzing and a fantastic pre-loved fashion event.

Our monthly Film Night takes place on Thursday 19 March and is free to attend. This month we'll be screening a well-known World War II film based on the true story of one man who saved Jewish lives. (Film title is shown on posters at the Village Hall.)

Our NT Live screening this month is The Audience on Sunday 29 March. Make a Theatre Sunday of it by enjoying a delicious two-course meal at The Orange Tree before or after the screening.

Special events include our annual Quiz and Supper Night on Friday 13 March — bring a team or come along and we'll match you up with others. And on Saturday 28 March, don't miss our Pre-Loved Fashion Sale. Book a table to sell your items, or simply drop in for a free browse and see what bargains you can find. Refreshments will be available.

Full details at www.thornhamvillagehall.co.uk/events



See the T&A What's on guide on pages 76-77

Distinctive homes set amid Norfolk's natural beauty



A thoughtfully designed new community is emerging in the picturesque village of Snettisham. The Spires, the latest development from award-winning, family-run housebuilder Bennett Homes, presents a carefully curated collection of traditional two- to five-bedroom houses and bungalows, created to suit a wide range of lifestyles and life stages.

Sustainability and comfort sit at the heart of every home. Each property is built to high energy-efficiency standards and comes equipped with air-source heat pumps, underfloor heating to the ground floor and an EV fast charger, all included as standard.

Set on generous plots with private gardens and garages, the homes feature a premium specification throughout. Highlights include stylish fitted kitchens with integrated Bosch ovens, hobs and dishwashers; elegant en-suite and family bathrooms; plentiful built-in storage; and, in selected house types, dedicated home-office spaces ideal for modern, flexible working.

Dawn Urry, Head of Sales & Marketing at Bennett Homes, said:

"We're delighted to welcome buyers to The Spires. Offering an enviable blend of coastal proximity, countryside tranquillity and elegant living, this high-quality development is perfectly suited to those seeking a well-connected lifestyle in one of Norfolk's most desirable locations."

New-build homes bring a host of advantages, from advanced insulation and energy performance to reduced maintenance and guaranteed appliances. Depending on the stage of construction, buyers may also have the opportunity to personalise their home with a choice of finishes and optional extras.

With more than 75 years of experience, Bennett Homes has built a strong reputation for combining timeless design with modern comfort and sustainability. The company has been named Housebuilder of the Year six times by the National Federation of Builders, reflecting its long-standing commitment to quality and customer satisfaction.

The interior designed and beautifully styled show home—a spacious Boston bungalow—is open Thursday to Monday, 10am–5pm along with a number of other styles and designs that buyers are able to view and experience first-hand the finish, features and comprehensive specification for which Bennett Homes are known.

For more information, visit www.bennett-homes.co.uk



NEW HOMES AVAILABLE THROUGHOUT EAST ANGLIA



Distinctive homes in the heart of Norfolk's natural beauty

Set in the charming village of Snettisham, just moments from the glorious Norfolk Heritage Coast, The Spires is a new and exclusive collection of thoughtfully designed homes from Bennett Homes.

Offering an enviable mix of coastal proximity, countryside calm and elegant living, this high-quality development is ideal for those seeking a relaxed yet well-connected lifestyle in one of Norfolk's most desirable areas.

From the moment you arrive, The Spires impresses with its quiet tranquil setting and sense of space. Whether it's a two-bedroom bungalow or a five-bedroom house, these homes offer the perfect balance of style, comfort and energy-efficiency.

At The Spires, your home is more than bricks and mortar, it's part of a thriving village and a gateway to treasured landscapes.

FINAL HOME REMAINING AT THE POPULAR ST EDMUND'S PARK DEVELOPMENT IN HUNSTANTON – CONTACT THE SPIRES FOR DETAILS!



For further information
contact Bennett Homes

01284 766057

info@bennett-homes.co.uk
bennett-homes.co.uk

International Women's Day - how far have we really come?

Jo Rust

March is the month that we celebrate International Women's Day and I'll be opening the event held at the Queen Mary Centre in Wisbech. Sue Dockett, the secretary of the Wisbech and March Trade Unions Council arranges this event every year and it really does showcase the amazing work undertaken by women in every area of life. Last year I was asked to do a talk about the progress that women had made 50 years after the equal pay and sex discrimination.

I started that talk with what's been termed The Barbie Speech, you might know the one, where the character played by America Ferrera tells Margo Robbie's Barbie, "we have to always be extraordinary, but somehow we're always doing it wrong. You have to be thin, but not too thin. And you can never say you want to be thin. You have to say you want to be healthy, but also you have to be thin. You have to have money, but you can't ask for money because that's crass. You have to be a boss, but you can't be mean. You have to lead, but you can't squash other people's ideas. You're supposed to love being a mother, but don't talk about your kids all the damn time. You have to be a career woman, but also always be looking out for other people. You have to answer for men's bad behavior, which is insane, but if you point that out, you're accused of complaining. You're supposed to stay pretty for men, but not so pretty that you tempt them too much or that you threaten other women because you're supposed to be a part of the sisterhood. But always stand out and always be grateful. But never forget that

the system is rigged. So find a way to acknowledge that but also always be grateful. You have to never get old, never be rude, never show off, never be selfish, never fall down, never fail, never show fear, never get out of line. It's too hard! It's too contradictory and nobody gives you a medal or says thank you! And it turns out in fact that not only are you doing everything wrong, but also everything is your fault. I'm just so tired of watching myself and every single other woman tie herself into knots so that people will like us. And if all of that is also true for a doll just representing women, then I don't even know".

And then I went on to set out the reasons why I don't think that life has improved as much for women as those trail blazers 50 years ago, would have hoped or expected. And the recent revelations over Epstein and Mandelson absolutely highlight that. A local publication asked us residents what we thought of the fact that Andrew Mountbatten Windsor is now living in Sandringham. And the response from men was absolutely astonishing. "Bit of a witch hunt really? Those girls knew what they were getting into, the whole aristocratic society were all at it he's just the one that got caught", "don't think they were children and they seemed to like the fame, attention and probably money." And in response to a woman saying Epstein's victims (remember he was jailed for these crimes) were groomed and trafficked "not at all. Look up grooming and trafficking so you can comment from knowledge" and also



"Remember the 17 year old left it years to come forward and the picture on the public domain seems to show that she wasn't under stress at all. Starstruck maybe but held at gunpoint not shackled, not at all." So, a girl who was of the age where she was still at school, was not, according to all the men who made these comments, under any duress, was not exploited, was not coerced and actually did it for the fame and money. Mind you, she is dead now, even after Mountbatten Windsor paid her £12 million despite claiming he'd never met her. Strange that. So, sadly, it feels to me like women take one step forward and two steps back, mainly because too many men (NOT ALL MEN!!) still hold women responsible for the poor behaviour of men.

Have I got your attention?

If you are a business owner and you'd like to advertise, we have space for you in Town and Around.

This monthly magazine is distributed to the major supermarkets in King's Lynn, Hunstanton, Dersingham, Wells, Downham Market and Fakenham, plus smaller outlets in the villages.

Sizes and prices are on page 2

Call 01485 540620 to book your space or email editor@townandaround.net



Wild in Westminster and West Norfolk

Well, it is official I am running - the London Marathon that is! After I finished it last time, and the time before in fact, I said I would not do it again. However, I am delighted to be performing a u-turn and running in April to help raise funds for the 8:56 Foundation and their crucial work on men's mental health.



Running is important for my physical and mental wellbeing. It is an opportunity to get away from things or think them through, to listen to Sophie Ellis Bextor's Kitchen Disco or The Rest is Classified pod, and enjoy the fresh air. So it makes perfect sense to run for the 8:56 Foundation.

Too many men still struggle in silence, feeling unable to speak

openly about their mental wellbeing until they reach crisis point. The 8:56 Foundation, founded in memory of Lee Calton, exists to change that culture by creating spaces where men can talk, connect, and ask for help without judgement. Its work is built on awareness, prevention, and support.

Across Norfolk and beyond, there are rising levels of loneliness, isolation, and untreated mental ill health among men. Stigma remains one of the biggest barriers. When men do not feel able to seek support early, problems can escalate with devastating consequences for families, workplaces, and communities.

Through sport-based community programmes, Time to Talk groups, and other activities, the Foundation works to create safe spaces where men feel able to talk, connect, and seek support before reaching crisis point. Demand for these services continues to grow, highlighting the urgent need for more funding and wider awareness.

Its Talking Therapy programme offers accessible, specialist support at the moments when it is most needed, with every £35 funding a full therapy session that can be life-changing for someone in distress. This is a community-based charity with no paid employees – just volunteers making a difference.

Having lost a friend who took his own life, I understand the importance of the 8:56 Foundation's work and I want to help raise awareness and encourage more people that it is Time to Talk.

If you are able to donate, all support is gratefully received: www.justgiving.com/page/jameswildmp

Keep up to date with local news between print editions at www.townandaround.net/news

Free to read as always - no paywalls or adverts

Town and Around - PRICELESS!

Road safety and maintenance

Terry Jermy MP. terry.jermy.mp@parliament.uk

Recently in Parliament, I took part in a road safety debate, where I highlighted the alarming rise in road incidents in Norfolk, with the number of people killed or seriously injured on our roads, increasing from 470 in 2023/24 to 555 in 2024/5 – the largest rise anywhere in the country.

Across the UK, ten times as many people die on rural roads than on motorways. These statistics should shock us all. They are harrowing numbers, and each incident is a life lost or changed forever.

This is why I greatly welcome the Government's recently published Road Safety Strategy. This strategy – the first in ten years – aims to reduce the number of people killed or seriously injured on our roads.

As a rural MP, I have called for horse rider safety to feature in the strategy. Just last month, I took part in a Westminster Hall debate on horse rider safety, where I urged the Government to provide ring-fenced support for horse rider safety campaigns and for local

authorities to properly maintain bridleways so that the important rural activity of horse riding can be safely continued.

In that debate, I raised the case of Susi Rogers-Hartley – a South West Norfolk horse rider, military veteran and the first person to represent Great Britain in the Paralympics at Show Jumping.

Ms Rogers-Hartley attended one of my constituency advice surgeries in Swaffham to share her dangerous experiences of horse riding on South West Norfolk's roads, which resulted in Susi sustaining awful injuries and the tragic death of her horse.

Sadly, Susi's story is not an exception. In a recent meeting I had with the British Horse Society, we discussed the statistics that have been registered for South West Norfolk since 2021 – 58 incidents with 7 people and 4 horses injured.

However, many incidents also go entirely unregistered. Horse riders tell me often there is little to no enforcement for accidents involving horse riders. The police often do not want to act on it, and

the law does not sufficiently recognise the severity of the incident, or the impact an accident may have.

Growing up in the constituency, I remember routinely seeing people riding a horse on the lanes. It is something we see far less often now, and concerns for safety are a big reason for this. As cars have gotten bigger and faster, and as people have become less respectful of country roads, other users have been pushed out – whether that be walkers, cyclists or horse riders.

Another key aspect of road safety is road maintenance, and sadly, following years of austerity and cuts to local council budgets, many of our roads and bridleways have fallen into a state of disrepair, resulting in more dangerous conditions.

The road safety charity, Brake, believes that rural roads are the most dangerous roads due to a lack of cycle lanes, pavements or bridleways. Many rural roads are narrow, with blind bends and limited safe places to pass.

This is why I was so pleased to



see the Government recently announce £280 million in funding for Norfolk County Council – the biggest-ever investment - to fix our broken roads.

We urgently need to change the direction of travel on road safety in Norfolk, and I hope the Government's new strategy, backed by the necessary funding, will bring about the change we seek.

Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

Car parking

I ended last month's article with a comment on budget proposals with particular reference to car parking charges at Heacham. I am glad I didn't hold my breath because all charges are recommended to rise by around 4.5%. No concessions were made for Heacham residents despite the massive increases inflicted last year. Non local readers will not appreciate that, until last year, charges at Heacham were less than those at Hunstanton as Heacham beaches have very few facilities and are some distance from the village. In addition, during the winter there were no charges as visitors were few and officer visits to the sites would still have to be paid for.

I requested a review of car parking charges and a restoration of the November to February 'free' parking on several occasions but to no avail.

There remains action on a concession a Heacham resident negotiated, one hour's free parking for Heacham residents. This was promised last June. At the beginning of February, the resident was assured this was still going ahead. However, I have been informed that any changes to car parking charges or concessions related to them will be part of a wider consideration which will be given some time in the future. I thank the resident's persistence in this matter and the Borough if it does, eventually, address the issue.

Anglian Water and planning objections

I began last month's article with comment on the lack of capacity at Heacham Waste Water Treatment Works impacting upon new development proposals as Anglian Water will object to them. None withstanding this, the planning committee approved the development at the site of the closed Sedgeford School. A weak argument that the school could be used for other purposes, without permission, supported that decision.

However, since then there has been another application elsewhere also served by the Heacham Plant. First a recap of the situation:

In the last year, Anglian Water has raised objections to new planning applications where it does not have capacity in the waste water disposal systems they would be connected to. In particular, Anglian Water is concerned that the Heacham waste water treatment works is currently at capacity. This plant discharges treated water into The Wash at Heacham. However, there has been an assumption by developers and planning officers that water companies, including Anglian Water, are statutorily obliged to connect new developments to the waste water, sewage, network. (Water Industry Act 1991).

Overloading the system would have serious consequences and, on Monday 2nd February, the Borough Council planning committee voted to defer a decision on an application in Docking, a large village which is connected to the Heacham plant. The committee has to

abide by policies in the Local Plan. This has recently been adopted and Policy LP25 states, 'Development proposals must demonstrate that adequate foul water treatment and disposal already exists or can be provided in time to serve the development'. Clearly, this is not the case and I await whatever further information officers bring forward to the next planning committee when the Docking application is considered again.

In addition, 'Approved Document H of the Building Regulations 2010', state that network capacity issues are a reason why developers cannot connect to a mains sewer. Planning permission can then only be granted if the developer provides a suitable, approved, sewage system.

The Local Planning Authority appears to be taking these regulations into account as an emboldened paragraph in very recent pre application advice states, 'It is important to note the drainage concerns and potential objections raised by Anglian Water. The Local Planning Authority cannot support a formal application until these concerns have been addressed directly with Anglian Water prior to the submission of a formal planning application'.

I ask all Parish and Town Councils to take particular note of planning applications in which Anglian water have raised objections and ensure sewage connections are appropriate. If these applications fall within the large area served by the Heacham Treatment Plant I would be grateful if you could email me, in case I miss them.

Sale of Assets

The sale of Borough Council assets, principally land, has made a few headlines including the front page of the Lynn News on 6th February. Last year it was the proposed sale of the land Heacham beach huts sit on – since put on the back burner but watch out!

I know that the Borough owns many assets which should have been disposed of years ago, they are akin to a loft or garage full of accumulated junk (sorry, with valuable potential). However, amongst them there are parcels of land which locals like as they are or, at least, want kept in public ownership.

The location and potential sale of such assets have not been communicated well. Borough and Parish Councillors were not initially engaged enough though Borough, at least, are currently being made aware of potential sales. This early, apparent, 'secrecy' caused some ire.

My scrutiny panel approved a new draft policy on asset sales provided that Borough and Parish Councils were involved early on in the process. After some effort by a number of councillors that caveat was accepted though, at the time of writing, the draft policy still has to be confirmed by full Council.

Asset sales will accelerate through the year as revenue is needed. Ask your Borough and Parish Councillors to keep you informed of any proposed sales where you live. The



former Heacham Bowling Green, off High St, is being marketed by Brown and Co with an indication that 2 or 3 properties may be built on it. Land at Jarvie Close, Sedgeford is also on the market. This has an expired planning permission for 9 houses. I have ensured that marketing information refers to the appropriate neighbourhood plans and that the Anglian Water situation is transparent.

Budget

The budget was at Full Council at the end of February. At the time of writing I know what is proposed and the likely impact of it. You will now know what was agreed. When this Independent Partnership administration began in May 2023, I was Leader and we found that, by 2028, reserves would have run down to the minimum required to be held. An urgent programme of efficiency savings, and raising of fees and charges that had been held down for too long began. By this budget, new leadership, officers, and the Cabinet Member for Finance had effectively negated that downwards financial spiral and the Borough was set to be able to invest in additional community support. However, this government has significantly reduced the financial settlement provided to rural areas, including Norfolk. This reduction has effectively wiped out the financial progress made and the spiral downwards of reserves has recommenced.

There remains criticism of the double council tax on second homes that, following government legislation, I agreed to. The extra revenue brought in by that is not a fillip for spending on nice but not needed work, it is now an essential part of the Council's income and forecast national financial constraints will keep it so.

Unsold flats

It was revealed at Council that 31 of the 32 flats at Styleman Court, Hunstanton, remain unsold despite removing the original caveat which kept them as principal residences of local people. Readers may remember that I recommended that caveat at planning committee in, I think, 2021. I was annoyed when it was removed last year. I still think they should be for locals.

At a recent meeting organised by Hunstanton Council, there was criticism of Anglian Water's stance of objection to new

development as it would stop young people finding a home. Well, few young people manage to afford the inflated prices of new property in our area and it is still sold, too often, as second/holiday homes. This in developments given permission years ago or in areas where Neighbourhood Plans do not prevent it, as in Hunstanton. Cut this market and prices may fall or, at least, smaller properties will be built that are more accessible to first time buyers. And Styleman Court flats: Rent them to locals, preferably

'young' at an affordable rate with the caveat that they are a principal residence, not sublet or advertised as Airbnb's etc. Some income from them is better than none and residents would also have to pay council tax.

Planning reform

The governments consultation on planning reform ends on the 10th March. Suffice it to say it will be consultation in name only as the government's intentions are already well known and informing actions already. My

interpretation on the impact on West Norfolk will be a doubling of house building requirements, far less consultation and considerations of local matters, a gutting of planning committee involvement, and the effective removal of interventions by local councillors. Music to developers' ears. The consultation is found by searching for, 'The National Planning Policy Framework: proposed reforms and other changes to the planning system'

Keep up to date with local news between print editions at www.townandaround.net/news

Free to read as always - no paywalls or pop-ups

Town and Around - PRICELESS!



24/7
CALL OUT

Locksmith Services

UPVC window & door repairs | Garage door repairs
Misted unit & glazing repairs

Carpentry Services

Kitchen, bedroom & bathrooms
Extensions, conversions & renovations

Contact Richard Brown M: 07795 524301 (24Hr)
info@rkb247.co.uk | www.rkb247.co.uk

YOU IN MIND COUNSELLING & HYPNOTHERAPY with Sandie Payne

I can help you overcome:

Anxiety | Depression

Addictions | Phobias - and more

Whatever your problem, whenever you need support,
I am here to help and guide you.

Please text or call me now on: **07842 974 748**

email: support@sandiepayne.com

Website: www.sandiepayne.co.uk



ACCENT

Fencing, Decking and Paving

Call us now
on

07771 508 212

*Quality work, friendly & reliable service
at reasonable rates*

- Fencing & Gates
- Paving & Driveways
 - Landscaping
 - Patios & Paths
- Complete Garden Rebuilds
- Decking - Hardwood, Softwood & Composite

Over 35 years experience,
new and repair work.
Public Liability Insurance
Insurance work undertaken



See our FB page for photos of our work



West Norfolk Glass
WINDOWS • DOORS • CONSERVATORIES

A trusted family business since 1967

**Fascias, soffits,
guttering.
Replacement
roofline sorted.**

★★★★★

"West Norfolk Glass take
pride in their work and
genuinely care about
their customers"

Call **01553 763164** or visit
westnorfolkglass.co.uk

Hereford Way,
Hardwick Narrows,
King's Lynn,
Norfolk PE30 4JD

Which?
Trusted Trader
Endorsed for
over 5 years

INDEPENDENT
NETWORK
AWARDS
WINNER 2025

Rising star has the 'perfect job'

Swapping seasonal work for a career in care has seen a Norfolk teenager find a role she loves - and now she's receiving an award for her dedication.

Kiera Hedley-Walker joined Norfolk home care company Extra Hands a year ago, following in the footsteps of her mum Rachel who worked for the company a decade earlier.



And Kiera, 19, of Dersingham, says she is enjoying her role so much that she sees a future within the care industry and looks forward to going to work every day.

"I was working in Hunstanton in a seasonal job at an ice cream shop and there wasn't work in the winter so I ended-up going backwards and forwards. I need a steady income and applied to Extra Hands," said the 19-year-old.

"I absolutely love my job. I had never done care before but I am so glad I have made the move. It's the best job I've had and I look forward

to going in every day, they're always different. It's the perfect job for me.

"I think you have to be a certain type of person to do a job like this. It's very rewarding and you feel like you have made a difference. I would say to anyone considering it as a job - don't think twice - it really can change your life."

A former pupil at Hunstanton's Smithdon High School, Keira said she was delighted when told that she had been chosen for the Extra Hands Rising Star Award for the Heacham office of the family-run home care company.

"I was really pleased when they told me - and I'm very proud of myself too," she added.

Photo: Ian Burt

Hunstanton Deli named national finalist in Farm Shop & Deli Awards

Mark Kacary

Based in Hunstanton, The Norfolk Deli, has been named a finalist in two categories at the Farm Shop & Deli Awards, a national awards programme recognising excellence across the UK's independent food retail sector.

The Norfolk Deli has been shortlisted for Best Delicatessen and Online Business.

Reaching the national finals in both categories is a real milestone for us, but the Online Business category is especially significant. The Norfolk Deli is owned and run by just two people, and our entire online operation - including website build and management, product content, photography, marketing, order fulfilment and customer service - is handled entirely in-house. We do not use external agencies or development teams, making this recognition particularly meaningful when compared with much larger businesses investing heavily in outsourced digital support.

This latest achievement builds on previous success at the Farm Shop & Deli Awards, where we were named Deli of the Year in 2024 and Regional Retailer of the Year in 2020 and 2024.

After more than a decade of trading, it is hugely encouraging to see a small, independent, family-run business from West Norfolk achieving national recognition — not just for its shop, but for the strength of its online business as well.

DOCKING HERITAGE GROUP

www.dockingheritage.org.uk

Docking Heritage Group was formed in 2007 to research, share and archive the history of the village. You can find us in the Village Hall on Wednesday mornings between 10-12, where you can look at our extensive photo collection, consult old maps and parish register transcripts, get help with your family history and much more.

Festival of Local History

May 3rd and 4th at the Village Hall Docking 10-4, £3 entry; primary age children free.

Are you interested in local archaeology? Have you found any interesting items in your garden? Bring them along on Sunday 3rd where dedicated local experts will be on hand to help to identify them. There is no need to book, just turn up.

On Monday 4th there is a programme of short 20 minute talks between 10.30 and 3.30 all about local characters and events. Come along, have a cuppa and snack, listen to a short talk and have a chat with some interesting people.

Village Walks

Pre-book through our website or in person in the Village Hall on Wednesday mornings. £3 per person; children free.

Walks last about 90 minutes begin at the Village sign and end at the Railway Inn.

Wednesday May 27th 6.30pm

Saturday June 20th 4pm

Contact: heritage@dockingnorfolk.co.uk



Extra Hands

Established 1993

Providers of Home Care in Norfolk

Multi-award winning providers of Home Care in your community

We are a local multi award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.

Our services can be arranged on either a short term or long term basis, we offer flexibility when organising care packages and can assure our customers that we will meet their requirements every step of the way.

If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

Thinking of a career in Social Care? Why not join our award winning team

We offer: • Good rates of pay • Various hours available • Enhanced holiday entitlement • Paid mileage • Free DBS check & uniforms • Mobile Phone

Tel: 01485 570611

Extra Hands, Unit 13, Heacham Hall Ind Est, Hunstanton Road, Heacham, Norfolk. PE31 7DP

www.extrahandshomecarenorfolk.co.uk

Extra Hands is regulated by the CQC to provide care and meet all of the CQC National Standards





Meet Our Family Law Team...

Carly Sullivan is a family solicitor specialising in children law, advising on divorce, separation and child arrangements, including legal aid for children's services matters.

01328 863231 | www.hayesandstorr.co.uk
Fakenham | Holt | King's Lynn | Sheringham | Swaffham



Carly Sullivan
Head of Children Law

HS
HAYES+STORR
SOLICITORS



MODARO
DEVELOPMENTS

FIRST & SECOND FIT CARPENTRY

KITCHENS BUILT & INSTALLED

LOFT CONVERSIONS

EXTENSIONS

FLOORING

MEDIA WALLS

BESPOKE CARPENTRY

MAINTENANCE WORK

**A COMPLETE CARPENTRY SERVICE
FOR YOUR HOME**



Call: 07355 810532

Campaigns - Care Homes in Norfolk - The End of an Era?

County Councillor Alexandra Kemp

County Division: Clenchwarton and King's Lynn South, Norfolk County Council, including South Lynn, West Lynn, Clenchwarton, West Winch, Setchey. Borough Councillor for South and West Lynn Ward

Landline: 01553 630329 Mobile: 07920 286636

What a devastating blow to local residents from Norfolk County Council. Turning its back and running away from its provision of Care Homes in Norfolk. Yes, not content with closing widely-praised, highly valued, West Norfolk Care Home Burman House last year, (and closing two more), County Cabinet has just declared all 17 remaining Norse Care Homes "surplus to requirements" and agreed their "in-principle" sell-off of to a private healthcare company. County is transferring the freehold of the 17 Care Homes to NorseCare Ltd, and selling all the shares to the takeover company. County is to agree, that existing Care Home Residents would be able to continue living in their Care Homes, but has yet to consult with the Care Home Residents themselves and their carers.

None of the journey to this momentous decision was ever discussed openly at full Council or in Committee. But it was called in to the Corporate and Strategic Select Committee, which I sit on, on the 11th February. Council's reason for abandoning participation in the Care Home Market, was that Norse had failed to invest and renovate the Care Homes. But where was the Council's oversight of this fully owned company, which long ago agreed with the Council a duty to upgrade the estate? Why was this not brought to a Committee for open debate before the decision was made? The Government Guidance for Wholly Owned Council Companies 2023 says a Council should ensure its companies carry out the Council's objectives and that as many decisions as possible take place in public.

Decision of County Cabinet of 26 January 2026

Cabinet RESOLVED to

1. Agree the 'in principle' sale of Norse Care Limited to Stow Healthcare, and for the transfer details, including final

transfer value to be agreed by the Director – Strategic Finance in consultation with the Leader, the Deputy Leader and the Board of Norse Group Limited, who will undertake the sale.

2. Formally declare the 17 care homes that are owned by NCC surplus to Council requirements

3. Instruct the Director of Property in consultation with the Director of Strategic Finance and the Director of Legal Services and Monitoring Officer to dispose of the 17 properties currently leased to Norse Care Limited through transfer of the freeholds to Norse Care Limited.

4. Authorise the Director of Property in consultation with the Director of Strategic Finance and the Director of Legal Services and Monitoring Officer to agree the best consideration price for the transfer of those properties, based on an independent valuation.

Questions

Questions I asked at Wednesday 11 February's Scrutiny were - with a Capital Budget of £1.79 Billion, why does the County Council think it can't afford to invest in its own Care Homes? With Norse Ltd running at least 44 companies across England, why are they abandoning care homes in their home county Norfolk? Why did Council not ensure investment was carried out every year incrementally, as we do with roads? Councils can borrow at cheaper rates of interest than the private sector, so how will it be more profitable for a private firm afford to invest than the Council? Running Care Homes is core business for County and Norse Care Homes are mostly rated Good or Outstanding and stand out as an exemplar to the private sector in the training and retention of staff.



Norse Care Homes are generally cheaper than private care homes, so where is the Council's consideration of the impact of the likely future cost increase on residents who fund their own care home fees? This will increase the pressure in families and carers. And when the money runs out sooner, the Local Authority will have to pay, at a cost to the taxpayer. Why is the Council doing the opposite of its policy on Children's Services where it is bringing social care in-house, to avoid high private fees?

The Council says it will agree a fixed price for its placements in Care Homes for residents who cannot afford to pay their own fees, but this will lead to higher costs for self-funders, and the Council having to fund them earlier.

I am bringing a Budget Amendment next week with the Independent Progressive Group, asking Council to look at the Council targeting investment in, and retaining its Care Homes.

Home Selection Specialist

For all your flooring needs

Your local family owned & run flooring specialist

Carpets: 1000's of samples to choose from
Rugs: Traditional Persian & Chinese/Indian rugs
Vinyl, Natural Flooring & Luxury Vinyl Tiles

01485 542384
 www.supreme-carpets.com

Visit our showroom: Foresters Hall, 49 Manor Road, Dersingham PE31 6LH **Open:** Mon-Fri: 10am-5pm Sat: 10am-2pm

IMAGINE YOUR NEW KITCHEN, BEDROOM OR BATHROOM



THE POSSIBILITIES ARE ENDLESS

**A FAMILY RUN INDEPENDENT
KITCHEN, BEDROOM
& BATHROOM BUSINESS.
SHOWROOM AT
HORSLEY'S FIELDS, KING'S LYNN**

WE CAN OFFER THE FOLLOWING:

- A full refurbishment on your kitchen, bedroom or bathroom. Project managed from start to finish using one of our 5 teams of installers.
- A change of doors, worktops, sink, tap and wall tiles using made to measure doors creating a new look kitchen with less mess.
- **FREE** design and consultation service.
- **TRADE AND RETAIL** as well as supply only available on all products.

GIVING YOU MORE FOR YOUR MONEY SINCE 2009

**TRI
ANGLIA**

HOME DESIGNS LTD

Unit 2, Laen Court, Horsley's Fields, King's Lynn, PE30 5DD | Tel: 01553 765575

Email: sales@triangliadesigns.co.uk | Web: www.triangliadesigns.co.uk

Upcoming CURRY & QUIZ NIGHTS

TUE	17th	MAR
TUE	14th	APR
TUE	19th	MAY
TUE	16th	JUN
TUE	14th	JUL
TUE	15th	SEP
TUE	13th	OCT
TUE	17th	NOV
TUE	15th	DEC

GOLDEN LION

THE GOLDEN LION PRESENTS

Chillout SUNSET SESSIONS

WITH DJ DAN O'DWYER

APR 5 4-8PM EASTER BANK HOL	MAY 3 4.30-8.30PM EARLY MAY BANK HOL
MAY 24 5-9PM SPRING BANK HOL	JUN 13 4-8PM
JUL 11 4.30-8.30PM	
AUG 1 5-9PM	AUG 30 4-8PM SUMMER BANK HOL

Book now for MOTHER'S DAY

SUN 15 MARCH

SCAN TO
BOOK

01485 532688 | INFO@THEGOLDENLIONHUNSTANTON.CO.UK | THEGOLDENLIONHUNSTANTON.CO.UK

From the Fens to the Foreground: The LGBTQIA+ Heritage of West Norfolk

A Feature for LGBTQIA+ History Month by King's Lynn & West Norfolk Pride

History has a strange way of hiding in plain sight, and I don't think that this could be truer than in King's Lynn & West Norfolk. For generations, the LGBTQIA+ community existed here as what historians might call an "open secret"; present but rarely acknowledged, resilient yet largely invisible to others. February is LGBTQIA+ history month, and we wanted to bring some attention to some of these historically hidden stories.

The roots of queer history in West Norfolk run far deeper than many would realise. In the 1920s, the Reverend E.E. Bradford served as the vicar in Nordelph. To his parishioners, he was their dedicated priest. But he was also a published Uranian poet; a part of the literary movement celebrating same-sex love through classical ideals. The trial of Oscar Wilde was still casting its long shadow, but thankfully Bradford found sanctuary here in the remoteness of our region, publishing poetry that would see him scandalised in London society.

Later in 1935, the poet of John Betjeman visited Bradford's vicarage. He found a man living in isolation, yet with a quiet sense of dignity. Bradford was quoted by Betjeman as saying that the laws against homosexuality were "wicked, cruel and out of date"; a radical stance at the time, yet one Bradford felt he could safely voice here in West Norfolk.

By the late 20th century, the LGBTQIA+ community found their anchor in The Hob in the Well on Littleport Street; the town's only dedicated gay bar. In the halcyon era before dating apps and social media, venues such as The Hob were lifelines. They brought people

together from across the entire spectrum of queer experience, offering solidarity in a single, shared space. Entering through their door was both an act of courage, and an assertion of identity.

In 1974, the transgender community found a champion in Barbara Ross OBE, who founded the Gender Identity Services here in Norfolk. In partnership with the community, she founded and ran the Oasis support group for over 35 years (the group is still running today). Her pioneering work provided care and community, decades before mainstream healthcare, which is still catching up.

That does not mean that West Norfolk was a safe place for the LGBTQIA+ community. The spectre of Section 28, which banned "promotion" of homosexuality in schools from 1988 to 2003, loomed heavily on rural areas such as ours. Without access to the resources that could be found in cities, young members of the LGBTQIA+ community faced enforced silence. Resistance still emerged, however, in the form of

Norwich-based activist groups who circulated flyers and newsletters through their personal networks, providing a vital thread of connection and hope.

But a new millennium gave rise to more formal organisation. The West Norfolk LGBT network, sponsored by Freebridge Community Housing and with the support of Stonewall, offered structured social activities and support. Youth groups were formed, providing safe spaces for teenagers to explore their identities. This was a crucial shift from the culture of secrecy earlier generations had to face.

Then, in 2018, Francis Bone, Darren Whiley, Josh Elms and Jo Rust launched the first King's Lynn & West Norfolk Pride, hoping for a respectable turnout. Instead, more than a thousand people filled the streets, marching from the Tuesday Market Place to The Walks. This overwhelming response revealed what we have always known to be true: the LGBTQIA+ community here in West Norfolk was far larger than anyone had imagined. It just needed the safety a community can bring to be visible. What once was an "open secret" for so many years could now be celebrated openly.

From the isolated vicarage where Bradford wrote his poetry, to the Pride celebrations of today, West Norfolk's LGBTQIA+ history is one of quiet resilience blossoming into vibrant visibility. It serves as a reminder that queer life is not just exclusive to big cities. It has always existed in market towns and Fenland villages, in port taverns and village churches.

Our journey from silence to celebration has not been an easy one, and it is far from over. This LGBTQIA+ history month, we are honouring not just the milestones, but the ordinary acts of courage that made them possible. The people who lived authentically when it was not safe to do so, who built their community in isolation, who refused to let their stories be erased.

We at King's Lynn & West Norfolk Pride are unapologetically local. Our history may have been hidden out of necessity, but it was never absent. Now, it's finally taking its rightful place. From the Fens, into the foreground.

EAAA Kings Lynn Fundraising Group

By Trevor Dane, EAAA Volunteer

Join our crew – become a volunteer

We simply couldn't do what we do without the incredible support of our volunteers. They're a dedicated, diverse, and flexible group of people who give their time and skills in so many different ways to help us deliver our lifesaving service – and we think they're pretty amazing for everything they achieve!

We're looking for more volunteers to join the East Anglian Air Ambulance and King's Lynn Fundraising Group, helping to make a lifesaving difference in the local area.

Volunteering isn't just about giving – it's about gaining too! You'll be able to: get hands-on experience, learn new skills, meet amazing people, build confidence and have plenty of fun along the way!

If you've got time, energy, ideas or skills to share, we'd love to welcome you to the team! Whether you can help regularly or just now and then, there's a place for you at East Anglian Air Ambulance.

Find out more and enquire at eaaa.org.uk/volunteering, email: trevordane104@gmail.com tfaye.100@gmail.com

TREK 24 NORFOLK

Venue: Sandringham, Norfolk, PE35 6EH Date: 6 June 2026

We are looking for event marshals out on the route or supporting at our event village. For more information on volunteering at this event please email, sarah.nunn@eaaa.org.uk there is also detailed information on our website: www.eaaa.org.uk or call EAAA 03450 669 999.

This month's news

Thank you to the Kings Lynn Ukulele Group who got in touch after reading this column to offer to fundraise for us this year. They have supported us before, raising over £10,000- an incredible amount! We're delighted to have reconnected with them and the Kings Lynn Fundraising Group look forward to supporting them throughout the year.

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



The EAAA volunteers from left are Trevor, Terri and Nigel at the Hunstanton Carnival 2025 with Hunny Bear

Musical event raised over £1k for Save the Children

The soiree featuring Matthew Preston and Benjamin Howell - The Missing Coda, and the up-and-coming pianist of distinction, sixteen-year-old Iryna Oliynyk on Sunday 8th February at Hunstanton's Town Hall in aid of Save the Children was a huge success raising in excess of £1000.

Marie Jarvis said: "Our thanks go to the wonderful musicians who entertained us with such skill and artistry; our piano came alive with their musicality and skill. Enormous thanks also to Roger Dean who brought the music of Johnny Cash alive again for us.

"Especially thanks go to the fantastic team, in addition to the committee, who worked to make the event happen: collecting and returning chairs (with thanks to the Town Hall for their loan), moving our furniture, organising the raffle (£220 was raised), all aspects of catering - especially the washing up, serving the drinks. Wrapping the musicians gifts, especially the flowers for Iryna, U3A for the loan of mugs, and all of those who quietly worked to make the event a great success."



Matthew Preston with Marie Jarvis



Iryna Oliynyk

Debbie Lemay 09.08.1949 - 04.01.2026

The funeral took place on 10th February in Harlow, Essex, of Debbie Lemay, who died on 4 January, aged 76, at Croft Carehome in Braintree. Debbie lived in Cliff Parade, Hunstanton for seven years and had been a member of Hunstanton Community Choir, the Dersingham handbell group, the Sunny Hunny Belles and briefly, had served as a Town Councillor. She will be sadly missed

SOLAR-POWER YOUR LIFE

Established 2008 www.thesolarshed.co.uk

In-roof solutions

Field mounted

Commercial Installations

Solar Energy
At Affordable Prices

☒ Commercial
 ☒ Residential
 ☒ Garden buildings
 ☒ Personal / portable

SOLAR SHED

Solar Nation
www.solar-power.co.uk

0808 126 1289 • info@thesolarshed.co.uk
The Solar Shed, 67 Stow Road, Wigganhall St Mary Magdalen, Norfolk, PE34 3DJ

A.J. COGGLES

Family Funeral Directors

Family owned and managed - Established 1851

A complete caring and personal service offered by a local family business providing advice and guidance at your time of need when you need it most

- Day and night personal family caring service
- Individually tailored funerals at a competitive price
- Horse drawn and alternative funeral transport available
- 5th generation independent family service

FUNERAL PLANS FROM

Golden Charter

Smart Planning for Later Life

SAIF
INDEPENDENT
FUNERAL
DIRECTORS

40 Greevegate, Hunstanton PE36 6AG

1 Blackfriars Street, King's Lynn PE30 1NN

Also in Downham Market & Wisbech

Website: www.ajcoggles.co.uk

01485 534421

01553 766795

John Maiden discusses Mer People, Veganism and Pigs

In early February I happened to mention to Kate Dunbar the recent BBC television drama about mythical sea people, who were prepared to fight back against the human race for polluting their oceans with our rubbish. I could not stay with the series because it was too close to being the future of our planet.



On a brighter note, I had to congratulate Kate for her much more attractive Mer people and the colourful tiles on The Green toilet block and promenade. I knew about the way in which families have been involved in painting individual tiles, but after questioning Kate about some of the wildlife depicted on the tiles, I found it was very much a family

affair. Kate described their combined effort as follows:



"My daughter Fiona painted the Badger and Fox tiles. I painted the mouse eating blackberry tile. Here is Fiona modelling them. (left)

"She is of course vegan too and a doctor of ecology, so very passionate about our wildlife.

"Here are a couple of pics of some of the poor pigs outside Cranswick slaughterhouse, before going in to get gassed. 4,000 per day.

"Thank you so much for speaking out for suffering animals. I am sure the words are

having a positive influence on people.

"Apparently 12% of the UK population or thereabouts said they were planning to give Veganuary a go this year! (YouGov research). That's pretty amazing isn't it!

"You might like to suggest that people might like to watch the Pignorant, if they seriously think gassing is 'humane', plus of course how the poor creatures are forced to 'live' beforehand.



"I believe it's something the government are looking into stopping? Not sure of my facts there!"

*Editor's note: An independent report entitled 'Opinion on carbon dioxide gas stunning of pigs and alternative methods' was published on 16th October 2025 by the Department for Environment, Food and Rural Affairs and is available at: <https://www.gov.uk/government/publications/>

Mudpies & Butterflies

with Louise Barby

By March, something shifts. It may not be dramatic, especially in colder or coastal gardens, but it is unmistakable. The light changes first. It lingers a little longer in the afternoon. The air softens, even when winds remain sharp. And beneath the soil, far more is happening than we can see.

For many amateur gardeners, March brings a mixture of excitement and pressure. So let me begin by putting your mind at rest, March is not about catching up, it's about beginning gently.

If I could recommend one plant group to amateur gardeners wanting both structure and romance, it would be clematis; they climb without heaviness, they weave rather than dominate, they offer vertical interest without demanding space and perhaps most wonderfully of all, you can have clematis in flower somewhere in the garden almost every month of the year.

March Jobs - Gentle, Not Urgent

Your summer-flowering clematis (viticella, texensis, jackmanii types) can be cut back hard now. Reduce stems to around 30-45cm from the ground. This feels brutal — but it encourages fresh, flowering growth. If you've ever been nervous about pruning, these are the most forgiving plants to practise on.

Install trellis, wires, or obelisks now, before climbers surge into growth. Trying to add support later often means wrestling foliage rather than guiding it. Structure is always easier built early.

March is excellent for planting container-grown climbers and shrubs. Soil is workable. Moisture is returning. Roots establish before summer stress. If you've been thinking about adding vertical interest - now is a perfect moment.

Apply compost or organic matter to beds to feed the soil gently. Doing this also retains moisture, suppresses weeds and improves sandy ground. Spread around plants, not against stems. No digging required - nature will do the work!

Closing Thought

If you plant only one thing this March, consider making it a clematis. Not just for this year, but for the years that follow because once established, it will return season after season, weaving structure, softness, and continuity through your garden. A quiet thread running through the year. Much like gardening itself.

QUALIFIED ELECTRICIAN

Available for:

- Extra Sockets
- Lighting
- BT Points



No job too small - Free Estimates

No call out charges

Phone Owen on:

01485 572726 or 07813 173 446



@aptsurfacing

ASPHALT AND PAVING SERVICES EXPERTS
COMMERCIAL AND RESIDENTIAL

Specialists in asphalt surfacing.
All road surface work undertaken -
Driveways, car parks, footways and more...



ROAD PAVING



CARPARKS



PRIVATE DRIVES

FOR QUOTES & ESTIMATES
CALL: 07880 236702
EMAIL: aptsurfacing@mail.com



Local trustworthy builders in Snettisham



Over 20 years experience

We offer quality brickwork which includes Carrstone and all aspects of internal and external building work, including new builds.

Quality workmanship • Free quotations

Fully qualified and insured



For any questions or quotes please contact Steven on:
07790 716 521 01485 779 492
email: sm.builds@yahoo.co.uk

Take a look at our Yell or Facebook page where more pictures and reviews can be found.



SANDRINGHAM SAWMILL



Over 175 timber products for retail direct to the public, including sawn timber, fence panels and posts, creosoted poles, garden furniture and firewood that is available in full and half-loads. The on-site shop sells everything you need for your project including hand tools, ironmongery, paint and postcrete.



Admiral's Drive, Sandringham PE35 6EG
Monday - Friday 7.30am - 4.00pm and Saturdays 8.00am - 12 noon.
Contact the Sandringham Sawmill: sawmill@sandringhamestate.co.uk 01485 543641

Equine Assisted Learning & Therapy

The Magpie Centre in West Norfolk is proud to offer Equine Assisted Learning and Therapy (EALT), a gentle yet powerful approach that supports emotional wellbeing, confidence, and personal development through meaningful interaction with horses.

EALT is particularly beneficial for individuals who experience anxiety, difficulties with emotional regulation, challenges in communication, or who find it hard to thrive in traditional learning or therapeutic environments. Horses are highly intuitive animals and respond honestly to human behaviour and emotions, creating a calm, non-judgemental space where participants can safely explore their thoughts, feelings, and actions.

No previous horse experience is required. All sessions are ground-based, with no riding involved. Participants work alongside the horses in carefully guided activities, where the horse naturally mirrors human emotions and behaviour. This immediate feedback helps individuals gain insight into how they communicate, manage emotions, and build relationships, often leading to increased self-awareness and personal growth.

Through Equine Assisted Learning and Therapy, participants can develop confidence and self-esteem as they successfully interact with a large, powerful animal. The sessions encourage clear, calm communication and help individuals learn practical coping strategies for managing stress and anxiety. Many people also find that the trust, empathy, and respect built during sessions can positively influence their relationships outside the centre.

The Magpie Centre's EALT programmes support a wide range of people, including teenagers and young adults, individuals with Autism or ADHD, those facing emotional or social challenges, as well as



Jo and V

groups looking to develop teamwork, leadership, or confidence. Sessions are delivered by a qualified and compassionate team, with the wellbeing of both participants and horses at the heart of everything they do.

To find out more about Equine Assisted Learning and Therapy at The Magpie Centre, West Norfolk, please visit our website or get in touch directly.

www.rda-westnorfolk.org.uk

News from The Barking Bugle

Mud, Manners & the Great Grooming Reset

By Ziggy Bear

Hello again loyal readers, Ziggy Bear here — newspaper dog, occasional radio sensation and (briefly) a very important canine with a crown. February was rather glamorous for me. Cameras, interviews, charity work... honestly, it was exhausting being that fabulous!

March, however, has arrived with a firm reminder that no matter how famous you become, mud always wins.

With the days getting a little longer and the air starting to smell faintly of spring, walks have become extra exciting. Fields that looked innocent turned out to be deeply suspicious. Puddles appeared where no puddles had been before. And somehow, despite my best efforts, I returned home from every outing looking less like a celebrity and more like a walking compost heap.

Apparently — and I quote my humans here — “something had to be done”.

Which is how I found myself heading to the groomer.

Now, let me be clear: I am a naturally fluffy dog. My coat is a work of art. A lifestyle. But according to my pawrents, I was “bringing half of Norfolk home with me” and “no longer recognisable as a dog”. Rude, but possibly fair.

The groomer greeted me cheerfully, as if I was not about to undergo a complete loss of dignity. There was brushing. There was bathing. There was blowing, which I am fairly certain is an unnatural weather event. I stood bravely throughout, reminding myself that heroes often suffer for their art.

When it was all over, I barely recognised myself. Clean. Fluffy. Positively aerodynamic. My humans were delighted. Other dogs stared. Miss Zsa Zsa inspected me closely and announced that while I looked “acceptable”, she herself would never allow such a thing to happen. (We’ll see.)

Between dodging puddles and attending unexpected spa days, we’ve also been busy behind the scenes at The Barking Bugle. With spring approaching and more people heading outdoors, we’ve spent time updating our website — especially the walks’ section.

Where we can, we’ve added extra details about accessibility, because walks really are for everyone to enjoy. Whether you’re walking with a dog, a buggy, using mobility aids or just prefer flatter, easier routes, we want to help humans choose walks that suit them.

March is a month of change — longer days, muddier paws and fresh starts. Humans begin making plans while dogs focus on the important things: good smells, longer walks and finding the best puddle. And if a freshly groomed dog accidentally dives straight back into the mud... well, that’s just life!

So if you’re looking for new places to explore this spring, do have a look at our website at www.thebarkingbugle.co.uk. We’ll keep sniffing out walks, sharing useful details and repawting on all things dog — muddy or otherwise.

As for me, I’ve accepted that fame is fleeting, fluff grows back and baths are sometimes unavoidable. I’ll be doing my best to stay

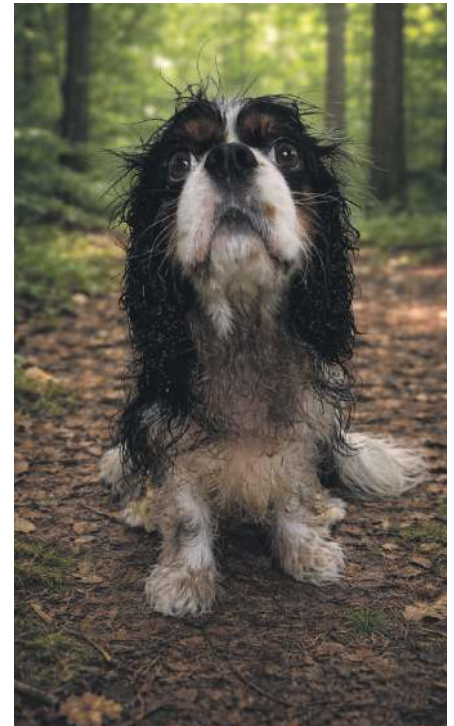
clean (no promises), enjoy the longer days and keep doing what dogs do best.

Until next time,

Woofs,

Ziggy Bear

Canine Repawter — thebarkingbugle.co.uk



Healthy Feet Footcare

Treatments we offer include nail trimming, corns, calluses, verrucas, thickened & fungal nails, diabetic footcare assessment.



Clinic Locations

The Therapy Shed - Heacham & Crystal Cave - Hunstanton

Home Visits Also Available

Contact Michele on: 07891 638812

michele@healthyfeetfootcare.co.uk

20% off your first appointment

Registered footcare practitioner and graduate member of The College of Foot Care Practitioners (Dip.TCFCP)

SN HANDYMAN

Services for all your general home and garden maintenance.

Painting & Decorating (interior/exterior)

Garden Maintenance

Gutters Cleared & Repaired | Pressure Washing Patios etc

Sealant Replacement | DIY and Improvements

No job too small

References available upon request.

Please call Steven Newton 07713 859712

or email: newton73@hotmail.co.uk

Sedgeford, Norfolk

Hoe Down

IT'S BACK!!

BIGGER & BETTER

FOOD SERVED
INDOOR & OUTDOOR BAR

FACE PAINTING
FAIRGROUND GAMES

DATE FOR THE DIARY

RODEO BULL

LINE DANCING

LIVE MUSIC

SAT 29 AUG

Briarfields
COASTAL HOTEL

t: 01485 210742
e: info@briarfieldshotelnorfolk.co.uk

w: briarfieldshotelnorfolk.co.uk
Main Road, Titchwell PE31 8BB

CYCLE SALES
CYCLE REPAIRS
CYCLE HIRE
CYCLE ACCESSORIES
A.E. WALLIS
HIGH ST, HEACHAM
01485 571683

www.aewallis.co.uk @heachamcycleman

01485 570303 **A.E.WALLIS** 34-40 High St Heacham
www.aewallis.co.uk

Over 20 years serving the local community

Internet prices with local service



**Whatever the weather,
come to us for
no fuss drying with a
new tumble dryer.**



Go to: www.aewallis.co.uk and follow the Euronics link or give us a call
No need to come in - we can take your order over the phone!

euronics

Skills & Solutions: King's Lynn Careers Event



King's Lynn's Corn Exchange was buzzing on 10th February at the Careers and Apprenticeship Event organised by the Borough Council and the Department of Work and Pensions (DWP).

Some fifty or so businesses were exhibiting their employment and apprenticeship opportunities together local with educational institutions, showcasing a diverse range of career and training options to the 800 visitors who attended the event.

CIlr Jo Rust said, "I got here before the event actually opened and you could sense from all the organisations representing various sectors that are offering skills training and apprenticeships how lively they felt and the young people, their going through the hall with parents and carers are really in what they are hearing here."



Sam Taylor (left) with Jo Rust

"This year with a bigger space we've been able to invite three times the number of employers and they've really stepped up and supported; not just for youth but all ages with training opportunities across all sectors including retail, hairdressing, and Estate Agents alongside manufacturing and construction, it's been incredible" explained Sam Taylor from the DWP's Employer Adviser team, "next year, bigger, better!"

BAE Systems representatives reported lots of interest and said they were actively looking for apprentices with at least 5 GCSE's to join them.

Trading on the North Lynn Industrial Estate for nearly thirty years, Dodman Ltd has 60

employees manufacturing machines for the food processing industry. On their stand was Workshop Manager Lawrence Foreman and Operations Manager Nathan Pack who said: "we usually take on two apprentices each year, the apprenticeship training is college day release and on-the-job, and with 5 GCSE's including English and Maths the career prospects with the company are excellent."



Lawrence Foreman and Nathan Pack



Shane Ballard and Sales Agent Zara Baker

Shane Ballard, Director at the Norfolk Agents said: "We're here looking for outstanding candidates to join us; communicators with drive and personality to represent our brand and we've found one already today!"

Rob Walton from Darby Wholesale Pant Nursery told me that the company produces 1.3 million plants a year for garden centres. His enthusiasm for the job was infectious,

"I'm looking for someone who is keen to learn and the possibilities in this industry are fantastic."



Rob Walton

Hayes and Storr's HR manager Michelle Lockwood was keen to describe the range of careers within the law firm saying that each of their five offices across North and West Norfolk has an apprentice.



Hayes & Storr team

With 206 employees of which 122 are on the shop floor, SKF Cooper in South Lynn currently have fifteen apprentices and they are looking for more. "Apprenticeships aren't just for school and college leavers", said Apprenticeships Manager, Gary Hellard, who indicted a video playing on the stand showing a female apprentice who had joined the company after a different career. "And we are encouraging more females to get into engineering." He added.



Paul Davidson (People Business Enabler) and Gary Hellard

M&D Construction & Property Maintenance




We are a professional Construction and Property Maintenance Company based in King's Lynn with a commitment to the same high quality standards as you!

Here's what we do:

- House Extensions
- Building Projects
- Open Plans
- Plumbing
- Plastering
- Boarding
- Ground Work
- Kitchen Installations
- Bathroom Installations
- Electrical
- Flooring (any kind)
- Patios
- Gardens
- Painting & Decorating

Call Mario on 07709 776 353 today
mdconstructionkingslynn@gmail.com
www.mdpaintanddec.co.uk



mdconstructionkingslynn

Trusted Experts For Over 40 Years





G W KEIR
Flat Roofing Specialist
Est. 1976

- ✓ All Aspects of Flat Roofing in Norfolk
- ✓ Residential & Commercial Roofing
- ✓ New Builds, Extensions, Garages etc..
- ✓ EPDM Rubber, Fibreglass & Felt Roofing
- ✓ Roof Replacement & Repairs
- ✓ Roof Maintenance & Cleaning
- ✓ Gutter and Fascia Cleaning & Repairs
- ✓ Fully Qualified & Insured

Free No Obligation Visit and Quotation

01485 571105 **07544 172133**
www.gwkeirroofing.co.uk info@gwkeirroofing.co.uk



SEMBA TRADING CO LTD

Timber, Building & Landscaping Merchants
Public & Trade welcome

SANDSTONE, LIMESTONE & PORCELAIN PAVING
STANDARD DECORATIVE SLABS
CONCRETE POSTS

Decorative Walling • Fencing Posts • Sleepers • Decking • Bricks • Blocks
Sand • Shingle • Premix • Topsoil • Cement • Roofing Felt • PVC Sheets
Insulation • Guttering • Underground Pipe • Ply • Timber

STATION YARD, STATION ROAD, DERSINGHAM

TEL: 01485 541394 

Celebrating Hannah who's raised more than £20,000 for cancer charity

Dani Crawshaw

Hannah Burton from Hunstanton has been fundraising since she was eight years old, pictured here with handmade silk roses

It's impressive, at 18 years old Hannah's raised more than 23 thousand pounds for Children with Cancer UK. Her efforts inspired by a desire to help others and support families, including her own, affected by the disease.

"It's good to help other people," she tells me. Which she's been doing since she was 8 years old - everything from selling handmade paper and silk roses, to dog walks and raffles.

And she's just handed the latest amount raised, over 3 thousand pounds, to John Barnes from Children with Cancer UK. John says, "This is the first time I've met Hannah, I think it's incredible, she's probably among our youngest fundraisers. She is really exceptional."



Hannah with John Barnes from Children with Cancer UK (left) and Cllr Mark Williamson Deputy Chair of Hunstanton Town Council

Her grandmother Monica says, "It's brilliant. I am incredibly proud. We've been doing the fundraising since she was little, it was just something that we did." Her mum Sally adds, "Very proud, she's got cousins that have Neuroblastoma and Leukaemia, and she really wanted to give back."



Hannah was in Penny Tong's Sunday school class from when she was 2, Penny says, "She is an absolutely amazing young lady, there aren't enough words to explain how wonderful and beautiful she is, everyone you speak to says Hannah is amazing. She just is."

On World Cancer Day (Feb 4th) we thought it was fitting to pay tribute to Hannah, who's determined to continue her efforts to raise money.

Her advice to other young fundraisers is, "Just do it, it's a good cause, go for it."

Images: Ian Burt



Hunstanton Road – Heacham – Norfolk – PE31 7JX

Entry Form**Lions Charity Golf Day Friday 24th April 2026****Lead Booker Details:**

NAME/TITLE:

ADDRESS:

POSTCODE:

TEL NO:

EMAIL:

TEAM NAME

FULL NAMES	H/CAP	CLUB	CDH No. (If Known)

Special dietary requirements:

Teams of Four: 18 Hole Stableford 75% of slope handicap allowance (maximum 28).

Scoring Format: Teams of 4 best 2 scores on each hole count.

Nearest the Pin on hole 7 & longest drive on hole 4, & hole in one competition.

£240 Per Team entry Fee is inclusive of: - Coffee and Bacon Roll on arrival, 4 ball playing 18 holes golf & lunch in Heacham Manor's Pavilion Restaurant.

Please return the completed form with a £240 cheque made payable to:
Hunstanton Lions, CO Mr Gerry Desroches, 28 Homefields Road, Hunstanton,
Norfolk PE36 5HL

Closing date of entries Friday 17th April 2026

Tee times from 09:28 will be advised from 17th April 2026

Hunstanton & District Lions Club 13th Charity Golf Tournament FRIDAY 24th April 2026

Gerry Desroches, Golf Tournament Organiser

Hunstanton & District Lions Club are proud to be celebrating over 40 years serving the community and to be once again holding their Annual Charity Golf Tournament. This year marks its 13th running at Heacham Manor on Friday 24th April 2026. Although this is the 13th running of the tournament it actually started 15 years ago only interrupted by the Covid pandemic. In those 15 years we have raised over £20,000. This has enabled us to distribute funds to numerous local good causes. Without your continuous support and generosity none of this would have been possible.

As with previous tournaments, we are inviting Teams of 4 to play 18 holes (Stableford) and enjoy a Breakfast of Bacon Roll with Tea/Coffee and lunch in the Heacham Manor Pavilion Restaurant.

With the increase in costs to host the day, to endeavor to keep these to a minimum we have made the decision to serve a single course lunch instead of the customary two.

There will be prizes for Nearest Pin on Hole 7, Longest Drive on Hole 4, a Hole In One competition and a raffle to be won on the day.

To take part please complete the entry form (top left) or if you wish to take the opportunity to advertise your business/company, (bottom left) to sponsor one of the 18 holes for £50.

Please send your completed forms to me,
Gerry Desroches at 28 Homefields Road,
Hunstanton PE36 5HL.

We sincerely hope you will be able to support this event and we look forward to welcoming you at Heacham Manor Hotel.

**SPONSOR A HOLE FOR £50****Lions Charity Golf Day Friday 24th April 2026**

If you are a local business, starting out or established, sponsoring a hole at a worthy charity event like this can help get you noticed!

Your sponsorship includes placing your company sign or banner on the Golf Course at any one of the holes.

If you would like to sponsor a hole please complete the form and return it as soon as possible to the address below.

Please Note: Your sign/banner needs to be delivered to the Club House, Searles Country Park, South Beach Road, Hunstanton by 3pm Thursday 23rd April 2026, at the latest.

I WOULD LIKE TO SPONSOR A HOLE ON 24th April 2026

Name:.....

Company

Name:.....

Please specify hole number if preferred

(It is your responsibility to deliver your sign/banner to the Club House as above).

Telephone

Number:.....

Email

Address:.....

Signature..... Date:.....

Please send this form along with your payment of £50.00 (Cheques payable to: Hunstanton & District Lions Club) to: **Mr G Desroches, 28 Homefields Road, Hunstanton, Norfolk PE36 5HL**

North Norfolk Properties Ltd Caring for your property



**Gutter Cleaning
with SkyVac**

Our camera assisted vacuum system clears gutters to a height of 50 feet and can even reach over conservatories and outbuildings



**Moss Removal
with Skyscraper**

Using our specially shaped scrapers and brushes to remove moss and prevent gutter blockages and damage to roofs

Driveway, Path and Patio Cleaning

**All garden maintenance and
landscaping services available**

Contact David on: 07584 088097

Email: david@nnpltd.co.uk



Life in full flavour Delicious frozen meals delivered to you



Pick from a wide range of comforting meals including delicious breakfast, lunch and dinner options as well as mini meals and desserts.

We understand everyone has different tastes, so our aim is to have something perfect, just for you, within our range of over 300 dishes.

All these delicious dishes will be brought directly to your door by a friendly, local, reliable delivery driver.



**IT'S
MADE
FOR
YOU**

Softer Foods Range

Over 60 dishes suitable for a Level 4 Puréed, Level 5 Minced & Moist and Level 6 Soft & Bite-Sized diet.

Made to home-cooked standards, they are tasty, full of flavour, and are perfect for any meal occasion throughout the whole day.



**OVER
300
MEALS**

**No
contracts
so order
when you
need!**

**FREE
delivery**
on orders of
£30 or more

Call us today to request your Oakhouse Foods or It's Made For You brochure

01379 870 117 LOCAL RATE
oakhousefoods.co.uk

SALE SALE SALE SALE SALE SALE

**25% off
HOUSE BLINDS**



Call 01953 544 050

norwichsunblinds

T&Cs apply, please visit: www.norwichsunblinds.co.uk



YOUR LOCAL PROFESSIONAL PAINTER & DECORATORS

Transform your home or business with B&F Decor, your local experts in painting and decorating.

**Interior & Exterior Painting
Dustless Sanding
Wallpapering**

**High-Quality Finishes
Reliable, Friendly Service
Repairs & Maintenance**

We are fully insured

Whether it's a single room refresh or a full property makeover, we deliver exceptional results at competitive prices. Get in touch for a no obligation quote.

Call us today: Billy – 07579 805746

Steve – 07775 729480

Email: BFDecor25@gmail.com

**Instagram: @BFDecorNorfolk
Facebook: B&F Decor Norfolk**

All Aspects of Roofing & Wall Repair Work

- Flat roof installation & repairs (felt, fiberglass, rubber systems)
- Chimney repairs & repointing
- Grinding out walls & repointing brickwork
- All aspects of wall repairs (structural & cosmetic)
- Cavity wall insulation removal
- Damp course installation & repairs
- Roof leak detection & prevention
- Full roof replacements (re-roofs)
- Wall rendering (sand & cement, coloured render systems)
- Chimney rendering & refurbishment
- Slate & tile repairs & replacements
- Fascias, soffits & guttering installation & repair
- Valley repairs & replacements (fiberglass, lead, dry-fix systems)
- Leadwork around chimneys, valleys & flashings
- Moss removal & roof cleaning
- Spray foam removal from £1995
- All leaks from £295



All Aspects of Groundworks

(Driveways, patios, drainage & more)



01485 789015 or 07478 266531

✉ contact@prestigerroof.co.uk

🌐 www.prestigerroof.co.uk



Premium Roofing, Without The Pressure



SPRING - it's the perfect time to check your roof

Winter weather can quietly take its toll on your roof. A spring inspection from **PRESTIGE ROOF LTD** can help identify small issues early before they turn into costly repairs.



- ✓ Roof repairs & replacement
- ✓ Slipped or broken tiles
- ✓ Leadwork & chimney checks
- ✓ Early signs of leaks or damp
- ✓ Gutters & roofline inspection

Spray foam in your loft?

Ask us about our professional removal service.

WHY TRUST PRESTIGE ROOF LTD



Prestige Roof Ltd isn't just a name. We are a family-run business, growing stronger day by day, while staying true to our values. From your first quote to the completion of your project, we take pride in our workmanship, our reputation, and the relationships we build with our customers.

No-obligation quotes just clear, honest and pressure-free advice.

Call today: 01485 789017

EMERGENCY CONTACT: 07478 266531



www.prestigerroof.co.uk
contact@prestigerroof.co.uk

Nature Notes with Carrie Carey and Hayley Roan

Norfolk's coastline has been in a state of continual change since the first Ice Age. From its origins as part of mainland Europe to the present day, it has been shaped by repeated cycles of glacial advance and retreat that continue to define its landscape. And although the last ice thaw belongs in the history books alongside dinosaurs and mammoths, Norfolk's coast is still under pressure from the relentless rise and fall of sea. And while we attempt to keep the tide at bay, climate fluctuations are quickening the pace of change. But change also brings creation.



Sandbanks, dunes and swathes of saltmarsh are born out of sediment deposited with incoming tides. These habitats not only support wildlife but also play a key role in enhancing coastal resilience. As part of the Coastal Change Project in 2010, some of Titchwell's most vulnerable seawalls were raised and fortified. Part of the eastern seawall was breached to create a new area of saltmarsh, named after the countless volunteers who had supported the reserve over the years. It can take decades for new saltmarsh to reach its long-term balance as creek networks settle. And since its creation, Volunteer Marsh has continued to evolve as an intertidal habitat; but it is still impacted by powerful tidal forces. Recent monitoring shows sediment isn't building as expected and the maze of creeks has deepened and widened, especially when storm driven tides surge in.

Meanwhile, the sea wall, the only barrier between saltwater and the freshwater lagoons, is slowly being undermined, leaving these habitats increasingly susceptible to flooding.

Backed by a WWF grant, the team at Titchwell Marsh joined forces with specialist engineers to find a long lasting, sustainable solution. Alongside cutting edge modelling, we rolled up our sleeves for some old fashioned fieldwork including "Operation Orange," where dozens of oranges were launched into the creeks and timed as they rode the tides. The findings showed that a combined approach was needed. First, the existing breach in Volunteer Marsh needs to be reduced in size, with pipes installed to help regulate tidal flow. This will allow sediment to settle and accumulate, creating the right conditions for plant life to take root and establish. At the same time, a section of the sea wall should be lowered and reinforced to form a controlled spillway. During the highest spring tides, water will flow over this engineered dip rather than building pressure on sea walls elsewhere.

Thanks to RSPB core funding and generous donor support, work began in early January. The first phase, creating the spillway, went smoothly, and we moved on to infilling the breach and establishing the regulated tidal exchange. The plan was to excavate material from Volunteer Marsh to reduce carbon costs while creating a deeper refuge pool for fish. However, the material we uncovered wasn't the firm silty clay indicated by our borehole data. Instead, it was black, sloppy and unusable. Before we could relocate and source more suitable material, heavy rain flooded the creeks causing our crossing point to slump dangerously. Machines slid, working areas flooded, pumps couldn't cope and morale took a hit.

And then came more rain.

Over time, the work we're doing will create a stable saline lagoon with open water, islands, channels, and muddy margins; a thriving habitat for fish, invertebrates, and



birds such as Avocet, Common Tern, Ringed Plover, and Oystercatcher. Nestled between the end of one breeding season and the start of another, this project was always going to be timely. But with nearly three weeks lost to rain, unsuitable material and flooding, we are really up against it. Contractors are working weekends, we've hired more heavy machinery, brought in tonnes of stone and excavated a new site for suitable material. Unfortunately, these setbacks have eaten into our contingency. And while we're managing costs carefully, we urgently need additional funding to finish this work without diverting money from other essential conservation across the RSPB.

We're incredibly grateful for all the ways you already support us — through your membership, your visits, and every purchase in our shop and café. If you're able to help again at this stage, your support would make a real difference. Every donation will help safeguard this remarkable place for the birds and wildlife that depend on it, as well as for the people who love and enjoy this iconic part of Norfolk.

Donations can be made during your next visit (just ask in the shop) or via our JustGiving page: Restore RSPB Titchwell's Volunteer Marsh - JustGiving. Every pound helps safeguard one of the most special places on the North Norfolk coast — not just for wildlife today, but for decades to come.

For affordable advertising in 14,000 printed copies of Town and Around each month, call us on 01485 540 620 or email editor@townandaround.net.

Thornalley
FUNERAL SERVICES

Local Independent Family Business

Pre-paid funeral plans - contact us
today for a face to face appointment

King's Lynn	01553	771399
Dersingham	01485	598598
Swaffham	01760	721305

www.tfs.co.uk



City of Edinboro

The Norfolk & Suffolk Boating Association Ltd (NSBA) hosted a Fundraising Supper recently to help to fund the restoration of one of the last remaining East Coast sailing smacks, the City of Edinboro, built in Hull 1884 by William McCann and now owned by the Excelsior Trust who owns and operates the Lowestoft sailing smack, the Excelsior, as a sail training vessel.



The Trust rebuilt the Lowestoft smack 35 years ago, and they now have extremely exciting plans to develop their shipyard at Oulton Broad as a maritime heritage skills centre.

Part of the development will be wooden shipbuilding, and it is proposed to use City of Edinboro as a vehicle for instruction. She has had a slipway built for her and lies in a dedicated temporary building.

The NSBA got involved in supporting this very worthwhile project for several reasons including the fact that one of the NSBA's affiliated Clubs is the Merchant Navy Assn Boat Club whose Commodore, Ian Pearson, happens to live in Hull and is involved in the project to restore the City of Edinboro.

The fund-raising supper, held in Horning Village Hall, was fully subscribed and attracted over fifty people. Not only was there a very enjoyable supper, including a delicious Boeuf Bourguignon, but there was a charity auction, including local artworks, a raffle, and the sale of books about the City of Edinboro signed by the author, Peter Norton.

The presentation, by the locally very well-known Jamie Campbell who is Chairman of the Trustees of the Excelsior Trust was fascinating and included the history of the 76-foot-long City of Edinburgh herself but also provided an interesting insight to the work of these large East Coast sailing trawlers which operated as far away as The Faeroes and Iceland in the nineteenth century long before many of them from about 1890 onwards, were sold and converted to steam, but City of Edinboro continued to operate under sail alone until 1924 when she was fitted with a small auxiliary engine, although she continue to operate as a gaff-rigged ketch.

During his presentation Jamie told us that Excelsior is not a viable business, the boat generates an operating loss every year. "If you think it through, a century-old, wooden hull – around 100 tons of oak with a full-time, qualified crew is unlikely to generate an operating profit – particularly when the customers are children with no money. Making up the shortfall with fund raising activity is where the rest of us come in – which is why we are a charity.

The Excelsior Trust was established in 1982, and Excelsior was completed by 1990. Despite the odds, we are still here and over the years we have taken around 11,000, often disadvantaged children to sea. What I am trying to say is that there is no crock of gold. There are no borrowings, but we must raise the money to do what we want to"

ASPIRE

SKIN • HEALTH • BEAUTY

Permanent Hair Reduction
Red Thread Vein Removal
Skin Rejuvenation Treatments

Bespoke Facials
Manicures / Pedicures
Waxing
Brows & Lashes

Hayley Watson
Advanced Skincare Specialist
CIDESCO, ITEC, CIBTAC
IPL & Laser Hair Removal
www.aspirenorfolk.co.uk

Lynton Approved Clinic
5 Lamsey Lane, Heacham, King's
Lynn. PE31 7LA
Call: 07568 566 400

When it comes to printing, let's keep it local.

Tel: 01553 760346
email sales@toastpromo.com
Please quote
Town and Around Magazine
when calling.

TOAST
 Promo & Print

Anita's Salon

Open Monday to Saturday
 from 9am to 4pm
 or at other times by appointment
 66 Westgate, Hunstanton
Tel: 01485 533736

Charity supports new-born babies

Paragon Charitable Foundation has once again demonstrated its commitment to supporting vulnerable families by delivering hundreds of pounds' worth of essential baby items to Baby Basics West Norfolk. This marks the Foundation's fourth significant donation to the charity.

The donation included much-needed Moses baskets and stands, changing mats, play gyms, bouncy chairs, baby baths, and baby sleeping bags - practical essentials that will directly support families across in and around West Norfolk who are experiencing financial hardship, or who are otherwise, through no fault of their own, unable to meet the practical and financial burden of having a new baby.

Trustees Gary Robinson, Sue Robinson, and Michael Massen personally delivered the items, carrying the donations up the path to St Nicholas Church in Dersingham, where Baby Basics West Norfolk is based.

Gary Robinson, Founder and Trustee of Paragon Charitable Foundation, said: "We're delighted to once again support families across West Norfolk, including Wisbech where Paragon Motors is based, through Baby Basics. It's incredibly rewarding to know we're making a real difference for babies and young families in our community."

Speaking about delivering the items in person, he added: "It's always nice to come over and see some friendly faces!"

Baby Basics West Norfolk provides Moses baskets filled with essential items for newborn babies, as well as larger equipment and clothing, to families referred through healthcare and social care professionals as well as other agencies such as schools and the local Refuges to name just a few.

Maggie Anderson, Centre Leader of Baby Basics West Norfolk, said: "We are profoundly grateful to the Paragon Charitable Foundation for this extraordinary donation. We are seeing first-hand how the rising cost of living is pushing local families to the brink; our referral rates are climbing steadily, and the need has never been greater. This donation allows us to meet that demand head-on and provide every baby in West Norfolk with the essentials they need and deserve, including a safe place to sleep. We cannot thank Paragon enough for recognising the urgency of our mission and stepping up to support our community's most vulnerable members."

As demand continues to rise, partnerships like this play a vital role in ensuring local families receive the practical support they need during one of life's most challenging transitions.

If you - or someone you know - is struggling with the birth of a newborn practically, emotionally, or financially, please speak to a health professional about a referral to Baby Basics West Norfolk.

For more information about Paragon Charitable Foundation, visit: www.paragoncharityfoundation.co.uk



Sue Robinson, Gary Robinson, Maggie Anderson and Michael Massen



Members of the Paragon Charitable Foundation with Baby Basics West Norfolk at St Nicholas' Church Dersingham

For more information about Baby Basics West Norfolk, visit: www.baby-basics.org.uk/centre/west-norfolk

"All Good Things must come to an End"

Geoffrey Chaucer

Sadly, after 20 years, the BagLadies' story is coming to an end. We feel justly proud of what we have achieved and our contribution to life in Thornham.

The £100,000 we have raised has been distributed throughout the years to a variety of village projects. A walk around Thornham is a testament to our success.

Following our final Winter Gift Fair in December 2025, contributions have been made to the following:

- Thornham Village Hall & Playing Field – children's picnic table for the play area.
- Thornham Jubilee Meadow – wildflower seeds for autumn planting.
- Thornham Bowls Club – help with maintenance of the bowling green.
- Thornham History Society – help with printing and exhibition costs.

Our successful Winter Gift Fair will continue to be a feature in the

village. The Gift Fair will, in future, be organised by Thornham Village Hall.

We would like to thank everybody who has given their time and support over the years. We have had the benefit of a large group of extra helpers at all our events; baking a cake or helping with the washing up. Our husbands have helped with the heavy lifting, putting up of posters and gazebos, and supervising the accounts.

Thornham Deli and Drove Farm Shop have enthusiastically sold our Easter, Halloween and Christmas goods and made a much-appreciated boost to our fundraising. A thank you to all our Thornham residents and second homeowners for your support throughout the years.

"Never doubt that a small group of thoughtful, committed, organised citizens can change the world: indeed, it is the only thing that ever has." Margaret Mead- anthropologist and author 1901-1978.

We may not have changed the world, but we do feel as though we have left our mark on the village of Thornham.

Farewell and thank you.

SLEEP BETTER SALE - up to 25% Off Mattresses | **FREE** Old Mattress Removal | **FREE** Local Delivery



Wrought Iron and Brass Bed Co.

Beds, mattresses and bedding- discover Britain's most iconic wrought iron and metal bed maker.

5 St Nicholas Court, Dersingham, Norfolk, PE31 6GZ

Monday to Friday: 10:00am to 4:00pm | Saturday: 10:00am to 3:00pm

www.wroughtironandbrassbed.co.uk | 01485 542516



Rotary Swimmarathon raises

On the same day that Hunstanton swimmers took to the Oasis pool (see page 12) thirty three teams of swimmers swam a combined total of over 4,000 lengths of the 25 metre pool, an impressive distance of more than 70 miles in a hectic 6 hours.



"The atmosphere is joyous," says Phil Davies, from Lynn Priory Rotary Club (pictured second left below), "It's obvious how much people enjoy themselves because they come back year after year, and they all say afterwards how enjoyable it was. It is brilliant."



"Special mention should go to one of the QEH Rehab teams, who managed an incredible 235 lengths, and to The Lavender Hill Mob Theatre Company, who had only 2 swimmers and still managed a courageous and highly creditable 38 lengths," says Phil.

Three primary schools entered teams, South Wootton Primary, Runcton Holme's Holy Cross, and Glebe House RotaKids at Hunstanton.

Charities entering teams and benefitting from the event included Break Children's Homes, Forward Day Centre, Homestart Norfolk, the Lavender Hill Mob Theatre Company, Little Discoverers, Little Miracles



West Norfolk Autism Group



Tapping House



MIND

King's Lynn and Fenland, Norfolk and Waveney Mind, The Papillon Project, the Purfleet Trust, the QEH Rehab Unit, St Faith's Church, Tapping House, West Norfolk Autism Group, and West Norfolk Riding for the Disabled.

"Donations are still coming in and have yet to be totalled, but we expected just over 20 thousand pounds," Phil adds.

The funds will be presented at North Wootton Village Hall on February 19th, when medals will also be presented to all the



South Wootton Federation pupils



South Wootton Federation pupils



Holy Cross pupil

children who took part.

Ken Banks, who headed up the event at King's Lynn, paid a special thank you to the pool staff from Alive Leisure, and to all the volunteers, "It was a fantastic day with a great atmosphere of fun and enthusiasm from all who took part.

"At the end of the day, the amounts raised for charity were well beyond our expectations, making the whole event incredibly worthwhile."

Next year's events will be on Saturday February 6th.

**Don't forget the power of advertising
in Town and Around magazine**

Reach your local customers

In our survey 97% readers told us they keep the magazine until the next issue is published and 80% have contacted an advertiser.

Advertising with us is affordable and effective

**Call: 01485 540620
or: 07533 088196
editor@townandaround.net**

Stanhoe Women's Institute

Julie Parker

The Stanhoe WI meets on the first Thursday of each month, 2pm 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 5th Nigel Morter: The Control Tower Bed and Breakfast

April 2nd James Chung: Barclays Scam and Fraud

May 7th Simon Smith: Owl Rescue

Contact: stanhoeandbarwickwi@gmail.com for more details.

Foodbank supported by Downham Market Rotary Club

Rotarian Tony Firrell recently met with Yvonne Moore of Downham Market Foodbank and pledged Downham Market Rotary's continued financial support. The Rotary club has been a long-term supporter of the Downham Market Foodbank and voted recently to continue the regular donations made to help with the splendid work the Foodbank is doing.

Yvonne from the Foodbank wrote: "Thank you so much for your wonderful donation and for your continued support of our Foodbank. Kind contributions like yours enable us to keep providing food to people in crisis and supporting the most vulnerable members of our community when they need it most"



Rotarian Tony Firrell with Yvonne Moore

P.D. BIRD

Plumbing & Heating Engineer
for Oil & Gas



**For All Your Plumbing & Central Heating Repairs,
Maintenance & Installation**

- Central Heating Systems
- Underfloor Heating
- High Efficiency Condensing & Combi Boilers
- Heating System Power Flushing
- Unvented Hot & Cold Systems
- Servicing & Repairs
- Complete Bathroom Design, Installation & Tiling Service

Professional Quality Work - Guaranteed

www.pdbirdplumbingheatingbathrooms.co.uk

Tel: 01485 579472
Mob: 07889 167063

Donation to the RNLI

Michael Walker

At a recent meeting of the Rotary Club of King's Lynn Kate Craven, the Visits Officer and Water Safety Lead at the Old Hunstanton RNLI station, gave a most interesting talk on the work of the charity and specifically on the part played by the local station which has nearly 40 volunteers and which deals with some 40 calls for assistance each year, the majority of which are from kite surfers.

The station has both a lifeboat and a hovercraft, one of only seven used by the RNLI. It is important because of the shallow-water rescues the crews sometimes have to deal with.

The RNLI, which celebrated its 200th anniversary in 2024, has some 458 lifeboats in the fleet, 163 of which can be used in all weathers.



At the meeting Kate was presented with some £80 in 5p coins which members had been collecting in small jars. Following the talk given to the Club by Kate, members and partners spent some time at the RNLI headquarters in Old Hunstanton on Sunday 8 February when President James Lee presented a cheque for £250 to long serving volunteer, Paul Stuart.

The photograph was taken by Chris Bishop on behalf of the RNLI shows volunteers and Rotary Club members.



S. LEVERETT Carpets & Blinds

Choose from a massive selection of carpets and vinyls to suit any room at any budget.

Specially selected ranges for
Holiday Homes, Caravans, Lets etc...

Contract vinyls / carpet / carpet tiles
for the office or workplace.

**ROLLER, VERTICAL, HORIZONTAL
AND VENETIAN BLINDS**



Tel 01485 518018 or 07760 462 788

to arrange a visit & free no obligation quotation

or e-mail: simonleverett@btinternet.com

WHY PAY HIGH STREET PRICES?

Trinity Rotary

Top Award for Showman 'Nipper Appleton'
Bob Foster

Nipper Appleton, Showman of King's Lynn, has been awarded the top Award from Rotary of Great Britain and Ireland for his work with The Showman's Guild, True's Yard and Rotary.

Lawrence or "Nipper", as he has been known all his life, is a member of Trinity Rotary Club of King's Lynn and is the Chairman of the Eastern Region of the Showman's Guild. In recognition of his work with both organisations he has been awarded the Rotary Paul Harris medal. This is granted to members who have rendered exceptional service to the community and Rotary, and is named after the founder of Rotary.



Club President, Peter Harris said "Nipper, has for years, organised "Kids Day Out" at The Mart every year where some 500 disadvantaged junior schoolchildren from King's Lynn enjoy free rides; something they may not otherwise be able to do. He also arranges a similar event at Cambridge Mid-Summer Fair, in conjunction with Cambridge Rutherford Rotary Club, for many more children. The Club is very proud of what he does for children and he could not be more deserving."

Nipper said "I am totally taken by surprise, I did not know about it. You do not think that what you do is extraordinary but you only have to see the children's faces when they are at The Mart and their delight. I am very humbled to receive the award and I thank the Club most sincerely".

Anyone who liked this article wishes to find out more about Rotary, please contact Malcolm Wood on 07710 762588.

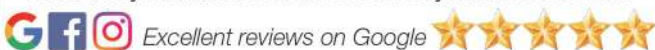
B WHYMAN BUILDERS

Extensions | Renovations | New Builds | Patios
Groundworks | Plastering | Structural Works
Quality local builders you can rely on | 30 years experience



Mob: 07875 830 606 Home: 01485 540 568

info@bwhymanbuilders.co.uk. www.bwhymanbuilders.co.uk



STEVE PENN DRIVEWAYS

PAVING AND GROUNDWORKS RESIN

ALL TYPES OF PAVING, SURFACING & BRICK WORK

**PART OF GOLD AWARD WINNING TEAM
AT THE CHELSEA FLOWER SHOW**

APPROVED RESIN MILL INSTALLER



**DRIVEWAYS
BLOCK PAVING
RESIN BOUND
PATIOS
BRICKWORK**

QUALITY WORKMANSHIP

MOBILE: 07712 244825 | 07867 868 561

EMAIL: STEVEPENNPAVING@AOL.CO.UK



Website: www.stevepennpaving.co.uk



Daniel Sharman

07554 018307

dan@dnscomputerservices.co.uk

- IT Support & Consultancy
- Apple and Microsoft friendly
- Virus/Spy/Ad-ware removal
- Wi-Fi Coverage solutions
- Home & Business networks
- Repairs & Maintenance
- Data Recovery
- CCTV Systems
- Multi Room Audio
- Tuition & Sales
- GDPR Compliant

Tapping Close, Snettisham

B | W Carpentry & Building

Established 2016

Your trusted Local Builder
Quality you can rely on

Extensions & Renovations | Garage Conversions
Loft Conversions | Kitchens & Bathrooms
Bespoke Carpentry & Joinery | Roofing & Flooring
General Building & Home Improvements

Why choose BW Carpentry & Building?

Over 8 years of experience
Professional, reliable and fully insured
High-quality workmanship guaranteed
Local friendly service with competitive pricing
Based in Norfolk - Proudly serving local communities

Call today for a free, no obligation quote

M: 07494 184 687

Email: bwilsoncandb@gmail.com07944 954455 | info@bristerdecorators.co.uk | bristerdecorators.co.uk

Veterans Central

The Veterans Voice project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

Veterans Central, as part of the Veterans Voice project, will be running a monthly drop-in hubs in Swaffham and Fakenham.

Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask question about veterans support.

Swaffham Venue: The Regency Room, Swaffham Assembly Rooms,

Dates: Tuesdays 24th March, 28th April and 26th May 10.30 – 13.00

The Assembly Rooms are located in the centre of Swaffham and there is adjacent 2 hours free parking (but use machine to get a ticket). You are welcome to bring partners or carers.

Contact: ops@veteranscentral.co.uk Mobile: 0771 3860040

Fakenham Venue: Fakenham Library, Oak St, NR21 9DY. 10.30 to 12.30. Dates: Thursdays 5th March and 2nd April.

Contact: loraine@veteranscentral.co.uk Mobile: 0771 3860040

Guildhall renovation project news



The Borough Council has announced that the £30million project, that initially was projected to cost £12million, with the ambition to 'breathe new life into St George's Guildhall in King's Lynn' has received an £800,000 grant from the Hermann Reemtsma Stiftung, a charitable foundation based in the Hansa City of Hamburg. This investment in the project from the German charity is the first private contribution following the launch of the scheme in July last year when the Full Council agreed to earmark the funding required to allow the works to go ahead on schedule.

The council plans to revive the medieval venue, empty buildings and courtyards creating a heritage destination, new food and drink offer, home for creative industries and year-round programme of performances, events and education programmes.

Historic England has supported the project with over £700,000 from its Heritage at Risk Capital Fund, and additional funding has come from the Norfolk and Norwich Festival and the Government's Shared Prosperity Fund amounting to some £10million. However, the current gap in funding, some £15million, has left some critics concerned that the local taxpayers could be left with a large bill unless more contributions can be secured.

The main works started in November 2025, with the site scheduled to reopen in 2028.



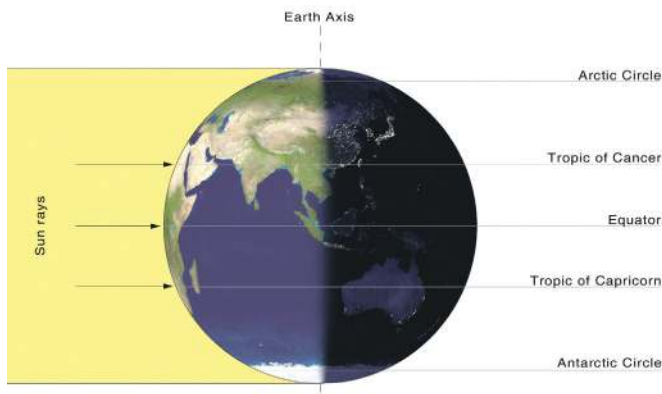
Dark skies of West Norfolk

Terry Parish



Sven Ziegler

March hares and spring forward. Metrological Spring starts on the 1st, Astronomical Spring on the 20th, the Spring Equinox, when night and day are of equal length and the sun rises due east and sets due west. A few days later, on the 29th, British Summer time starts. That extra hours sleep you gained last autumn has to be given back.



The Sun's rays fall at tight angles to the equator. Internet

Earlier in the month, Artemis II may have been launched; launch dates at the time of writing are March 6-9th and the 11th with the mission scheduled to last 10 days. People everywhere but Europe and Africa will be looking at the Moon on the 3rd as they will see a total lunar eclipse whereas we will have to be content to see the star Regulus (79 light years distant) emerge from behind the Moon on the 29th at 8.20pm.



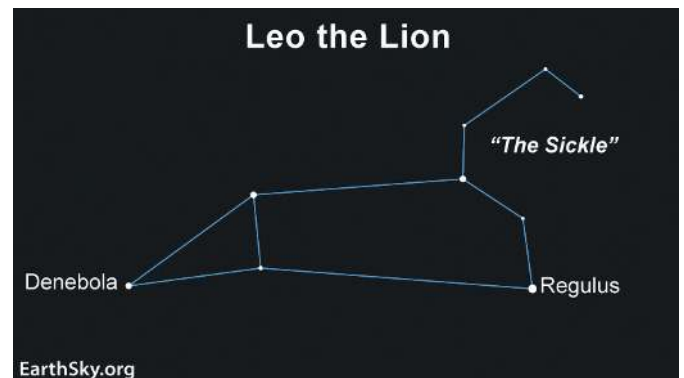
Artemis II. Artist's impression. Internet

Regulus will have been occulted, cut off by the Moon coming

between us and it from 7.13pm. Regulus A is a multiple star system and a fainter component, Regulus B, will appear 6 minutes before bright Regulus A itself. You get two for the price of one.

Both will emerge very close to the top of the Moon but Regulus B is very faint, magnitude 8.1, and you need good binoculars held steady, braced against a wall or similar. Regulus A has a magnitude of 1.4. This is 500 times brighter than its companion and makes the system the 29th brightest star in the night sky.

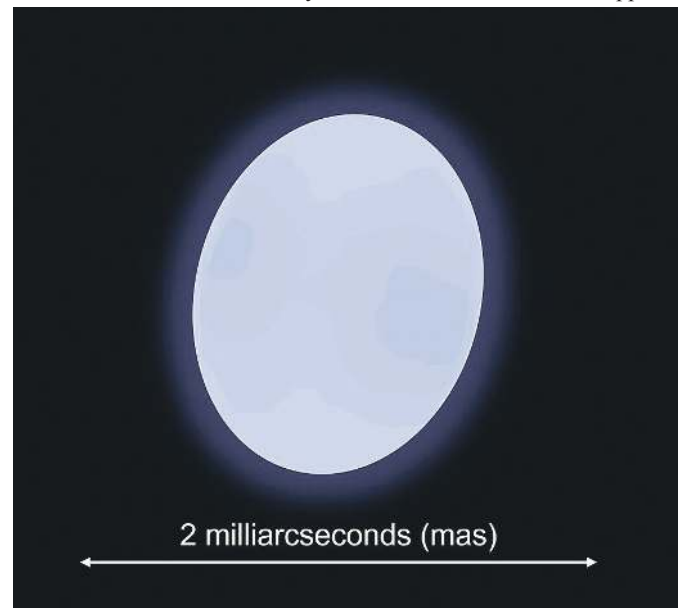
Regulus B is, itself, a binary and its companion, Regulus C, with a magnitude of 13.5, needs a substantial telescope to see it. Regulus A also has a close companion which has not been directly observed but inferred from spectroscopic analysis of light emitted from the star. There are two different spectra of light so there must be two sources.



Regulus is the foot of the constellation Leo. Internet.

The occultations of Regulus, by the Moon, occur around every 9 years and then happen regularly over many months. The last spate was in 2016 when the event occurred every month from Dec 2016 until July 2017. Do the maths, and 2026 contains another spate. Regulus lies in a direction very close to the ecliptic, the arc of sky the Moon and planets travel along. It was occulted by Venus in 1959 and it will be again in 2044, put it in your diary.

The Moon is close to the Earth and position is everything. Heacham is likely the furthest west and south that this occultation will be seen. Cross over the Wash or travel past King's Lynn and Regulus will graze the Moon but not be covered by it. Take a look and see what happens.



Regulus's oblate shape. Internet

The rotation period of Regulus. 15.9 hours, makes the gaseous body

egg shaped; the Sun rotates once in 25 days.

Look for the planets from 6pm. Venus is the brilliant light shining in the west, setting at 7.30pm. Its magnitude is minus 3.9 (remember the lower the number the brighter the object). On the 20th, Venus is below a crescent Moon. If you can get down to the beaches or top of Hunstanton cliff, Mercury might be visible in the first few days of the month. It is a little to the right of Venus but much fainter at magnitude 2.4. Earth's rotation takes it quickly into the afterglow of sunset and it sets by 7pm. Remember not to use optical instruments until after the Sun is below the horizon.

Whilst looking at Venus find Saturn. It will be above Venus on the 1st and just to the left on the 8th – one fingertip at arm's length away. Saturn sets at around 7.30pm. As Venus rises, Saturn falls and is lost in the Sun's glare by the middle of the month.

If you have a small telescope, Neptune can be found just to the right of Saturn. Its magnitude is 7.8. On the 7th it is in conjunction with Venus, just a third of a finger nail separates them. You can possibly see three planets at once in one eyepiece but they will be low in the west just after sunset. Depending upon conditions, after 6.15pm might be too late to look.

Wait until it's a little darker, 7-8pm and Uranus is in the WSW, immediately below the fuzzy glow of the Pleiades star cluster. At magnitude 5.8 it will need steady binoculars or a small telescope. A blue green dot hanging in nowhere.

Swing South and, high in the sky is brilliant Jupiter, magnitude minus 2.3. Well below this is a brilliant star, Sirius, the brightest star in the sky with a magnitude of minus 1.46.

No meteor showers this month but get ready for next,

Don't forget to dance on the beaches on the 20th, the Sun is dusting off its hat.

British Summer Time Sunday 29th March







- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road,
Heacham, King's Lynn, Norfolk PE31 7JT

OPEN: Monday, Tuesday, Wednesday, Friday 9.30am-3pm
(closed all day Thursday and Saturday)

t: 01485 572202 email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk



LEEMAC

CONSTRUCTION LTD

Block Paving | Landscaping | Patios | Roofing & Repairs | Flat Roofs | UPVC Roofline | Renovations
Extensions & Conservatories | Resin Driveways, Patios & Pathways



Proud members of



Where reputation matters






CALL JOE: 07555 730 857 - OFFICE 01485 558 582
www.leemacconstruction.co.uk
leemac ltd@gmail.com
52 Poplars Avenue, Heacham, Norfolk PE31 7EA

News from Brancaster Village Hall (BVH)

Geoff Wingrove

January has seen some significant successes for BVH, with a packed hall for the Mega Quiz and the talk by Steve Norris. The Management Group is currently working with the Brancaster Baby and Toddler Group to increase the range of activities for young children and to seek grants and donations to fund these events: further information will be provided in the next news bulletin.

DATES FOR YOUR DIARY

Saturday 14th March: Talk by Robert Cowell, one of the country's leading trainers of racehorses - "Behind the Scenes of British Horseracing": 7.00 to 8.15 pm.

Saturday 4th April: Easter Bash. Oz Unplugged will be playing between 4.00 and 8.00pm: Bardolis will be providing pizzas.

Saturday 23rd May: Thai Food night

Saturday 25th July: Brancaster Summer Party

BRANCASTER STORES AND POST OFFICE

A reminder that the Post Office provides core services from 9.00am to 5.00pm every day, including cash withdrawals/deposits/cheques, Mail Drop and Go, Special Delivery, Parcelforce Express, Pay Bills and Travel Money.

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 PARISH ARCHIVE: THE LIVES OF ORDINARY SEAMEN IN THE NAVY OF NELSON'S TIME: PART ONE

Norfolk, with its long coastline and strong fishing and merchant seafaring traditions, would have been the natural place to recruit seamen to crew ships in Nelson's time. A minority of men would have volunteered for service, either in search of excitement and adventure, or because such employment offered a measure of security not found in domestic life. In times when a large proportion of the country's population lived in abject poverty and sometimes starving conditions, the prospect of regular food, drink and wages – albeit often paid months in arrears – could seem attractive. Prize money for the capture of enemy vessels was also a powerful draw, particularly for frigates captained by those with successful reputations.



Most men in the Navy would have been conscripted or impressed. Conscripted was based on a quota system for each county and was an opportunity for the powers-that-be to get rid of undesirables and petty criminals. Impressment was carried out by individual ship's captains short of crew, who sent parties of "trusted" seamen ashore under a lieutenant to snatch any man who did not have a certificate of exemption; the lieutenant was furnished with a warrant issued by the Lords of the Admiralty. Men could also be impressed from incoming merchant ships, leaving just enough seamen aboard to make port; in Norfolk, this would have affected King's Lynn and Yarmouth.

In order to increase the number of impressed men, as the navy had to expand following the Napoleonic War, an Impress Service was

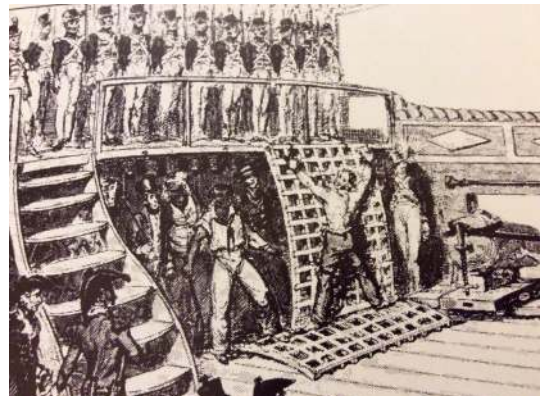
established in 1793 in poor parts of Britain and Ireland. Pressed men rounded up by the Impress Service were housed in hulks moored at one of the ports before they were moved to their assigned ships. The hulks were guarded by marines; the men were held in truly dreadful conditions, where a number of them died as a result of illness and neglect.

Once men had joined their ship they were not allowed ashore unless achieving trusted status, and when the ship decommissioned, they were transferred to another vessel. Each man was given a rate by the first lieutenant, depending on age and previous sea experience. The most common rates were ordinary and able Seaman, depending on nautical skills, although there would also be a proportion of landsmen and boys in the crew. Promotion from able seaman was to one of the twenty or so petty officers who looked after sections of seamen at the guns or sails or were mates of the standing officers.



Promotion from petty officer was to a warrant officer, of whom there were three in the seamen branch – boatswain, gunner and carpenter. These had separate cabins in the forepart of the ship, and stayed with the ship until it was scrapped or hulked. The other three warrant officers were the purser, surgeon and master, who were members of the Wardroom. Midshipmen, sometimes classified as "captain's servants" were aspiring officers and classified as senior petty officers; they berthed together in the gunroom in extremely cramped conditions.

The crew slept in hammocks, which were stowed away during the day; each hammock was allowed 14 inches of space. They messed at benches arranged between the guns in groups of 4 to 12. Friday was usually washing day, although there was no soap and only sea water. Clothing had to be paid for out of a seaman's wages; issued from the slop store, it was fairly basic; shoes were usually worn only when working aloft. Saturday was drying day, and Sundays were when the captain inspected the ship and men before the weekly church service; this was usually taken by the captain, as there was seldom a priest on the ship. After the service the captain read out the Articles of War issued by the Admiralty, which listed offences and punishments for seamen and officers. The pictures show a typical seamen's mess, a press gang and punishment by the cat o' nine tails.



NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

Thankfully, January has proved a fairly quiet time for the Brancaster Station, as the weather has kept crowds from the beach and coastal waters: nonetheless, the team of Watchkeepers has continued to maintain vigilance throughout the month. There was one reportable incident during Storm Goretti, when a channel marker buoy broke loose and washed up on the beach: this was seen by the Watchkeepers and duly reported to the National Trust, who dealt with it quickly. There are now thirty-six qualified Watchkeepers, with a further three under training, so we are close to our target of forty Watchkeepers.

There is a fundraising weekend planned for 30th/31st May at the Jolly Sailors pub in Brancaster Staithe involving the local shantymen, so do put this date in your diary. We are very grateful for the magnificent support the shanty groups give both to us and to the RNLI.

If you would like more information on NCI Brancaster, or to find out more about becoming a volunteer, please contact Richard Burrows, Deputy Station Manager, on 07535 612777. You can also find us on Facebook, if you search NCI Brancaster. This month's picture taken from the beach by Jo, one of our Watchkeepers, shows the Brancaster Station.



CJB COMPUTING

- New & Used Computers
- Tuition, advice
- Repairs & upgrades
- Broadband, Wireless
- Internet, E.Mail
- Laptop power supplies
- Screen replacement

No job too big or small,
give Chris a call

Office: 01553 606555

Mobile: 07447 748356

SUPER-FRESH OYSTERS



HOME DELIVERY
FRIDAYS WITHIN
30 MILES OF BRANCASTER

BRANCASTEROYSTERS.CO.UK

07503684849

BRANCASTEROYSTERS@GMAIL.COM

Looking for a Decorator?

Talk to us about our professional touch to your home or business..

PAINTING
DECORATING
DOMESTIC
FURNITURE

SPRAYING
WALLPAPERING
COMMERCIAL
RESTORATION

07495 704151

www.norfolkdecorltd.co.uk

07715 255581



NDL
NORFOLK DECOR LTD
decorating norfolk since 2002!

FREE
to watch

EASTER
SUNDAY

The
Lodge
Hotel & Bar

Live Music
**BLUE SATIN
SOULS**
FORMERLY
2ND SUNSET

Sunday 5th April
3-6pm on the Patio



WHY NOT DINE WITH US?

Join us before the event for something to eat.
Scan the code to **book now!**



t
w

01485 532896

thelodgehunstanton.co.uk



2-for-1
on Mussels

ALL DAY EVERY TUESDAY

Costa's Fundraiser for NCI Brancaster

Costa Coffee in Hunstanton High Street (franchise of Scoffs) will be supporting NCI Brancaster by holding a special Baywatch themed fundraising event in-store on 28 March.

The event aims to raise funds and awareness for the National Coastwatch Institution (NCI) Brancaster; a volunteer-led charity that helps keep people safe along the UK coastline. (Registered charity no 1159975) Customers visiting Hunstanton High Street on the day will be encouraged to get involved through special activities and donations while enjoying their usual drinks and treats.



Store staff at their Christmas fundraiser

Store staff are looking forward to welcoming members of the local community and visitors to show their support for the vital work carried out by NCI Brancaster. Volunteers from NCI Brancaster will be on hand to talk about the NCI and water safety, as will Barney, the Station's mascot (as seen on Facebook #ncibrancaster).

Costa Coffee's fundraising event reflects the company's ongoing commitment to supporting local charities and community initiatives, and customers are invited to stop by, take part, and help make a difference on 28 March.

Handy Dan's Home Maintenance

All aspects of home maintenance undertaken.

No job too small just give me a call.



07788 816340



GROUND SERVICES

Patios • Driveways • Brickwork • Drainage

ALL TYPES OF FENCING, BUILDING & PROPERTY MAINTENANCE

Over 25 years experience in the construction industry

Darren or Bob

01485 572730

07818 346015 / 07555 178016

groundservices15@gmail.com

Find us on 



Hunstanton Society

We were regally entertained by Ben Colson for his talk about the Succession following the reign of King Edward VII. Ben had clearly investigated much documentation surrounding the death of Prince Albert Victor supposedly of typhoid on 14 December 1861. The stories surrounding his death, or, more interestingly, about his life which appeared to be not very aspiring of someone destined to become King. This all led to Ben questioning the circumstances that led to Prince Albert Victor's death and Ben left us in little doubt as to how he actually died and who, if anyone, had a hand in his death. The audience were expecting a meaty novel to come out of all this although uncertain who would put their head above the parapet to attempt to write it!

The March Talk is set for 18th March when we shall have Rick Morrish to come to talk to us about his 40 years as a Landscape Architect.

After an exciting year in 2025, the Events Team are looking forward to the new season.

Easter weekend will see us opening the Heritage Centre for longer hours over the bank holiday weekend with games and activities.

Hunstanton Society

Presentation by Rick Morrish

40 Years as a Landscape Architect

Richard is a Chartered Landscape Architect and qualified arboriculturalist with 40 years experience in landscape design and urban and rural planning projects, and has previously held senior positions in design consultancies in the UK, Hong Kong and Australia.



Wednesday, 18th March 2026 @ 7.30pm
in the Heritage Centre, Hunstanton
Admission £1.00 Members, £5.00 Non-Members
Refreshments will be available

New features in the Heritage Centre for 2026

Overhead Railway in the Brian Holmes Railway Room

The day that we reopen for 2026, on Saturday, 14th February, we hope to be launching our new overhead railway track that runs along two sides of the room with an engine hauling two carriages backwards and forwards from one end to the other and back again. We have to thank the King's Lynn Model Railway Club and particularly Chris Evans who have not only set this up but provided much of the track, rolling stock and control gear to allow this to happen. They started to set this up just before Christmas and today (Thursday) managed to add some backing scenery behind the railway. It has been amazing to watch the project progress over the last two months. We hope to have Jonathan Holmes and possibly other members of the Holmes family at the Centre to help in the launch on Saturday.

Displays revamped

Some displays have been revamped, in particular, the boards opposite the front entrance with the Boating Lake and Blue Lagoon where we have added a section showing some of the World War II photos and memorabilia as well as the siting of the plaque that we organised last Summer in memory of Tony Armstrong along with the large files of photos and listings that Tony had left for us. Thanks must go to various members of the Society including Mags Armstrong and Jackie Cunliffe and some others for pulling all these together and presenting them in an impressive library.

We do have plans to create some new displays over the next month or two. One plan is to create a display about the Entertainment put on offer in Hunstanton since the start of the new town of 'Hunstanton St Edmunds'. This should be very interesting. If any member or others have any photos or material in this regard, we would be delighted to hear from you. We do have quite an archive of material so we are not short but it is always lovely to see what other stuff is available around and about.

Until next month...

Duck Decoys in Norfolk

Russell Lyon

Whave long been fascinated by duck decoys after I saw a short black and white film of a working decoy. I was a teenager then but I still see image of a clever little black and white dog pretending to be a fox luring unsuspecting mallards up a short watery ditch to their ultimate doom.

What is a duck decoy and why were they really important in a rural community? In the past decoys were ponds or lakes designed to attract and trap wildfowl. They were shallow meres usually surrounded by a small plantation to ensure peace and quiet and made to appear somewhere safe for wildfowl to land. Leading off this larger body of water were narrow curving channels (known as pipes) which were covered by hoops and netting which were used to trap the birds once they had swam far enough up the pipe. Tame ducks or carved wooden ducks were deployed in the pond to attract their wild compatriots. Once a good number had settled on the water the wildfowl being naturally curious creatures could be lured to follow usually a small terrier up one of the ditches. It was said that the dog trick worked better if it was red or brown in colour and resembled a fox but virtually any small dog would do. Even a pug and a monkey had been used to success. The dog was trained to appear and disappear at short intervals behind a screen which lined the "pipe" which would get narrower the further up the birds swam. Needless to say the humans kept well out of sight and down - wind until the last minute when simultaneously the nets were released and the man appeared to catch the unsuspecting birds. They were then killed and harvested and many made their way to market in London. Wentworth Day described the lay out of the decoys and the methods used to catch the birds. He reckoned that there were very many decoys working in the Eastern Counties – up to a hundred by one estimate. It was said that most decoys would take up to 5000 birds in a season which meant that up to half a million birds would be taken every year without a "shot being fired." This clever method of catching wildfowl was introduced from Holland in the 17th century and was very popular as previous methods of driving ducks when they were in summer moult and could not fly needed a large number of people for this method to work.

Fen men had a different approach for catching ducks on large waterways such as the flooded fen at Welney. They used flat bottomed boats and punt guns which could kill often large numbers of mallards, widgeon and teal with one shot. The result was the same with birds being sent to the London markets. The market was said to prefer birds from decoys as they did not have lead shot in the carcass.

Throughout Norfolk duck decoys were an important source of income in the winter months. Most of them have long since disappeared and any that still survive are now in use to trap record, ring and release wildfowl.



Decoy still showing outline of ditches and pipes

Looking at old maps made one realise the word "decoy" appears quite a lot and is a memory of times long gone by and it was only recently I discovered that Dersingham had a decoy built on the marshes and on land once owned by Doctor James Bellamy who lived in Ingleshorpe Manor. Research by Elizabeth Fiddick and Mike Strange for Dersingham History revealed that a George Skelton with his four sons were enticed to come from Lincolnshire to set up and work a decoy at Winterton. His son was also known as old George after his father died was invited to construct a decoy for Dr Bellamy. It was made in just two and a half acres of land on the local marsh land and despite local scepticism, the decoy was very successful.

The outline of the decoy pond can still be seen on OS and Google maps and is on Sandringham land. Visitors to the site will encounter a high security fence and padlocked gates but the layout of the decoy is still quite visible through the wire. The pond has become overgrown with vegetation and the outline of the ditch that filled the pond from the surrounding watercourses is easily traced. The ditches and "pipes" that George Skelton constructed are still very obvious and one can only admire the skill and ingenuity that made the decoy so successful. Now this relic of the past is sinking back into the marsh but is now



Decoy from a distance

a wild life haven which can only be good. The mass slaughter of wildfowl is long in the past. It was a different time and different values. It was reckoned that the Dersingham decoy harvested over 2000 wildfowl in a season. George died in 1867 and was succeeded by man called Sharp from Hilgay but he was never so successful and the decoy ceased working by 1870.

It must have been a very lonely life down on the marsh in the small cottage that Bellamy provided for the Skelton family. Georges second wife was born in Ingoldisthorpe and she always went back to the village to have her babies.

These days of mass indiscriminate slaughter of mallard, widgeon and teal and whatever else as silly enough to swim up a "pipe" is long gone and a good thing too but the decoy system was a very clever method for catching wild fowl. Fortunately these days bird are only caught in this way to be ringed, recorded and released and as far as I know the Wildfowl Trust decoy at Slimbridge is still working successfully.



Old George Skelton



Duck decoy pipe.



HEATING & PLUMBING SPECIALISTS • GAS & OIL HEATING

BOILER SERVICING • AIR SOURCE HEAT PUMPS

BATHROOMS • KITCHENS

Your Local Experts - Great Service - Competitive Prices

Contact us today!

Honeywell **Vaillant** **AQUALISA** **VIE MANN** **GRANT** **glow worm**

01328 862189 **www.dempseyheating.com**
George Edwards Road, Industrial Estate, Fakenham, NR21 8NL

CÖASTAL
Veterinary Group

16 Alma Road, Snettisham
King's Lynn, Norfolk, PE31 7NY

- ✓Caring, friendly and professional
- ✓Fully independent practice
- ✓24 hour emergency service
- ✓Full surgical facilities
- ✓On site x-ray facilities
- ✓Home visits available
- ✓Off street parking

Tel:01485 544201

Email: info@coastalvets.co.uk

www.coastalvets.co.uk



E. F. Snelling & Son

Boat and outboard - sales, service and repairs

Authorised dealers for

Yamaha outboard & Terhi boat

The Marine Centre
Main Road
Brancaster Staithe
King's Lynn
Norfolk
PE31 8BP

01485 210381

shop@efsmarinecentre.co.uk

www.efsmarinecentre.co.uk

Indespension and Snipe trailers and trolleys
Buoyancy aids, ropes, shackles, trailer parts,
marine paint and more

Snettisham Excelsior Bowls Club

The summer season for Snettisham Bowls Club is nearly here! We will be preparing the green for the coming season: scarifying, weeding, feeding and aerating in readiness for our practice sessions.

Our summer afternoon roll-ups will be held on Sunday afternoons from 2.00 – 4.00 p.m. - weather dependent. If you are interested in giving bowling a try or have had previous experience of playing why not come a join us. We have sets of bowls that can be used.

As you come through the entrance gates you will see our fruit trees and flower beds. We are looking for help and support to develop this quiet space into a Community Garden area. If you have time, ideas or you are even a retired gardener who could help us develop our 'Community Garden Project' you would be warmly welcomed.

For further information please contact: Rod on 0771 264 8465 or Terry on 07766 243833

Hunstanton Sailing and Watersports Club

January at the Hunstanton Sailing and Watersports Club included a Charity Tea Party for the RNLI which raised £900. The event was supported by Deborah Matthews with her artwork sales all going to the RNLI

At the beginning of February the park run was supported with a "run for cake" theme. Hot drinks and cake were available after the first run of the month.

The next events welcoming members and non members include:
Tuesday 3rd March 19.00 – 21.00 Castaways singing and bar open
Saturday 7th March 09.00 – 12.00 Run for cake and coffee morning to support the charity Target Ovarian Cancer
Friday 3rd April 19.00 – 21.00 Bar open

Gavin Ashfield Soft Tissue Therapy



Gavin Ashfield ITEC L4 Dip MA

Sports & Remedial Massage | Dry Needling/Cupping

Call Gavin on 07808 861538

gashfieldsportsmassage@gmail.com

Clinics in Heacham | King's Lynn | Ely

Gary Kite
Computer
Services



Sales | Upgrades | Repairs | Home Calls for Tuition
Broadband Installations | General PC Maintenance

Tel: Gary on 07775 512 485 or 01485 544 606

gary@garykitecomputerservices.com

Hunstanton Croquet Club

Zena Penty

We are excited that the start of the 2026 season at Hunstanton Croquet Club is getting near and is scheduled to begin after the Easter break in April. Once again there is a great opportunity to take part in a 4 session 'Introduction to Croquet' course at the club in Hunstanton. It's been run over the last 3 years and proved very successful in preparing players to take part in club afternoons and many have enjoyed the game and subsequently joined the Club.



We are planning to run the course again this year and would love to hear from anyone interested in taking part (places will be limited). Here is a little information about the club and training.

1. Hunstanton Croquet Club is a very active club with good facilities (including 5 full size lawns and a Clubhouse) in Hunstanton.

2. Croquet is an enjoyable skilful and sociable outdoor activity. Most players at HCC play Golf Croquet, which is generally simpler to grasp than Association Croquet. It can also be a highly competitive sport, should you be looking for a new sporting interest.

3. We plan four sessions covering basic rules, mallet technique, tactics etc with the course conducted by a couple of experienced members and starting in mid-April. All you need are flat shoes as all equipment will be provided as are refreshments at the end of each session. The cost to cover the whole course is £20 (refundable if you subsequently join the club). The first course is scheduled to start Monday 13th April AM but there may be others depending on interest.

4. Anyone who wishes to, will then be welcome to join the Club for the season at a cost of £95 (Current annual membership fee £115)

If you like the idea of learning a new sport and meeting some lovely new people in a relaxed environment please contact Andrew Vickery by email abvickery@hotmail.co.uk and provide your email address and contact number.



WHAT WILL YOU DO AT HERITAGE HOUSE?

Enjoy a cuppa // Have a chat // Create a masterpiece // Listen to the band // Share your story // Do some magic // Day trip to Sandringham // Have a bath // Potter in the garden // Win at bowls // Dance to the sea shanties // Make a new friend // Sail to Scott Head // Sing a hymn

Wells next the Sea
01328 741333
heritagehousecare.org.uk Charity No 1062170

HUNSTANTON
DENTAL LABORATORY

**For Emergency Denture Repairs
Call: 01485 533 388**

For all your denture repairs come and see us in our new, larger, Dental Laboratory at:

6 Le Strange Terrace, Hunstanton PE36 5AJ
j.asman@yahoo.co.uk



Safe Professional Earwax Removal...
for your appointment at The Drift Complementary Health Clinic,
Station Rd, Heacham PE31 7DT
T: 01485 205085 or 07966 403517 E: bex.hearcare@gmail.com

Sandringham parkrun - Two events in 3 days at Sandringham parkrun

Malcolm Senior

A great start to 2026 with the New Years Day Inaugural Sandringham parkrun where tourists visited from Peterborough, Downham Market, Essex, Huntingdon, Cork Ireland, Shropshire, Bury St Edmunds, London, Cannon Chase. And the Fletcher family from Woodhall Spa. With 355 finishers the first finisher was Ben Keeley in a time of 19:07 and our first lady, in 4th position, was Marie Duhig in a time of 19:56 both regulars to Sandringham.

We had an excellent 77 First Timers to



77 First Timers to Sandringham

Sandringham and equally excellent 11 First Timers to parkrun (Thomas Sheils, Eve Crownshaw, Joshua Bowden, Jamie-Lee Bowden, Stephen Cooper, Anji Sivakumar, George Gale, Stephanie Morris, Nikki Simper, Matilda Woodford, Richard Malin).

Milestones were achieved by: Oliver King – 25, Simon Lee/Alan David Wells/Patricia Ann Wells – 50, Matt Cook – 150, David Ince/Carolyn Morley – 200, Claire Emery – 250, Tom Richards – 300, Martin Sheldrick – 350 parkruns. Six of today's participants were in the 500 Club: Richard Baggott – 511, Sarah Byatt – 522, Judith Webster-Sanders – 543 Kevin Sanders – 611, Linda West – 640, Ramona Thevenet – 898. In the age grading rankings Stephanie Mocatta came out top with a 72.81% and Bethany Wilcox came in 2nd spot with 70.93%. Well done to all finishers. An enormous Thank You to the 33 volunteers on this bright chilly morning. Volunteering

milestones Katy Gross 50 and Ben Talbot-Williams 25 times.



First Timers Welcome 01/01/2026



Volunteers prior to the start 01/01/2026



Snowy Conditions at Sandringham
03/01/2026

The decision to hold the parkruns events were made the morning of January 3rd due to the freezing overnight temperatures but

following safety course checks many went ahead. A freezing cold but so beautiful morning greeted 341 finishers to Sandringham parkrun on the 03/01/2026, and when it started gently snowing on the way round, it was just magical.



Dersingham Runners contingents
01/01/2026

First to the funnel was Mathew Feetenby, from Ely Runners, in a new PB time of 18:04 and out first lady, 6th overall, was Marie Duhig in a time of 19:37. We welcomed 58 First Timers to Sandringham including 10 First Timers to parkrun: Tom Simons, Nicholas Simons, Phoenix Monahan-Fairlie, Penelope Simons, Ami Monahan-Fairlie, Jeremy Brett, Natalie Taylor, Eve Bateson, Beth Green, Katy Green, thanks you for choosing Sandringham. Milestones were achieved by: Richard Head – 25 parkruns. In the age grading rankings Marie Duhig came out top with 80.97% followed by Warren Armstrong with 79.01%.

Well done to all finishers. Sandringham an amazing parkrun and our committed community of volunteers, who must have been really, really cold this morning are truly amazing.



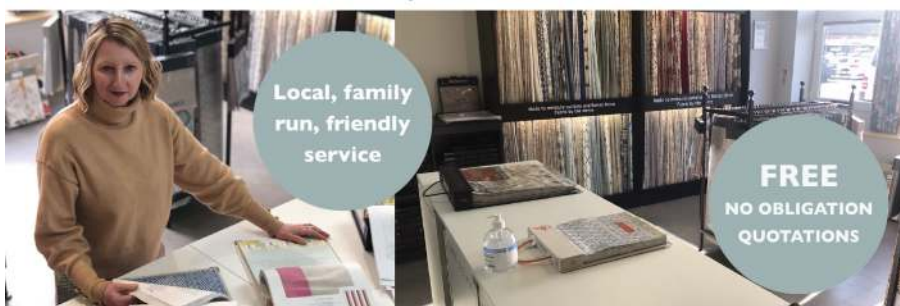
Volunteers 03/01/2026

FABRICS CURTAINS BLINDS

Christyana

OPEN
Tuesday to Friday
10am - 4pm
Saturday
10am - 2pm

BESPOKE CURTAINS, BLINDS AND ACCESSORIES



Local, family
run, friendly
service

FREE
NO OBLIGATION
QUOTATIONS

Showroom at I Poppyfields Retail Park, Snettisham

Contact Paula or Marcus

T: 01485 541111 • E: info@christyana.co.uk • www.christyana.co.uk



A Royal Cheer! King surprises Sandringham parkrun joggers

Dani Crawshaw

His Majesty clapped and cheered on runners early on Saturday 31st January.

"It was a huge buzz for the whole parkrun for him to be there," Malcolm Senior tells me, who volunteers at the event.

"The King was very upbeat about it all, clapping and cheering people along."

The event's organised with Move Against Cancer's 5K Your Way group, and takes place on the last Saturday of every month, encouraging anyone impacted by cancer to walk, jog, run, or volunteer.

His Majesty joined the charity's ambassador Sarah Byatt, as those taking part completed their first lap.

It's the second year in a row Charles has surprised the Sandringham runners ahead of World Cancer Day, the King's been receiving cancer treatment as an outpatient since early 2024.

Organisers of the event say they have been left 'speechless again', posting on social media, "A heartfelt thank you to His Majesty The King for greeting us on the first lap of Sandringham parkrun in the beautiful setting of the Sandringham Estate."

"Those running by maybe didn't realise,"



Picture credit Alamy/PA, His Majesty with Move Against Cancer's ambassador Sarah Byatt

Malcolm continues, "But for those that were walking, people stopped and talked to him, he's very open."

"To give his time when he's got lots of other things on, it's pretty unbelievable."

North Norfolk Coast shopping, food & drink

'Great little shopping precinct with good mix of shops. Well worth a visit.'

One Stop Nature Shop	Relish Boutique	Gone Crabbing	Fat Face	The Hare & The Hen
Driftwood Glass Studio	Deeppdale Café	Deeppdale Stores	Pop Up Shops	Information Centre

Tel: 01485 210305 **www.dalegatemarket.co.uk**

The Norfolk Mighty Hike

Tim Keogh

There are twelve Macmillan Mighty Hikes across the country in 2026, with the Norfolk event opening up the series.

The hikes help raise money to fund Macmillan's vital range of support services to help people living with cancer, with an amazing £85m raised since 2015. It is estimated around 3.5 million people are living with cancer in the UK making Macmillan's support even more important.

There are two events for the Norfolk Coast Hike, a Half Marathon and a Full Marathon (26.1 miles) that both start near Cromer and weave through the picturesque villages and scenic coastline before ending at Blakeney and Holkham Hall respectively. You can hike solo or with friends. All participants receive a Macmillan hiking top, whilst refreshments and support are provided en-route, with lunch provided at the end along with a glass of bubbly and a medal and a memorable photo to remind you of the day. Anyone wishing to volunteer can contact Daisy Dunn by email at Ddunn@macmillan.org.uk.

Registration is £25 with a pledge to raise £250. For more information, please visit mightyhikes.macmillan.org.uk/choose-a-hike where discounts are available if you register before the end of February or if you enrol teams of five or more.



P.H.

Plumbing & Heating

Your local quick response plumber

Small jobs specialist

Taps replaced,

showers and leaks

Drains cleared

Toilets fixed

Gutters cleaned

Heacham and surrounding area

07855 902358

Sporting corner with Tim Keogh

Focus on football

All local senior teams face tense promotion or relegation battles as they move into a crucial final third of the season.

After a winless streak of nine games, King's Lynn Town FC made it back to back wins for the first time since November with a hard earned and impressive 1-0 win at high flying Radcliffe and a 2-0 home win against Southport.



Terry Bondo - credit Tan Burt

Not a bad start to manager, Ian Culverhouse's recent claim that 'there is no way this club's going down'. New Blackpool FC loanee, Terry Bondo (18), came off the bench to net the winner at Radcliffe to secure three much needed points on what proved to be a difficult pitch. In fact, Bondo saved captain Michael Clunan's blushes after he had a penalty saved. With Culverhouse admitting the Linnets needed more firepower, he may have found the answer in the tricky, quick and strong Bondo. The edition of Festus Arthur from Chester FC has also bolstered the back line. It's amazing what a week in football can do to a club where there is plainly a more upbeat feel about the place.



Festus Arthur - credit Tim Smith/Kings Lynn Town

After staring down the relegation barrel - Lynn were just two points and two places above the drop zone at the end of January - the two wins elevated them up to 16th and seven points clear of the drop (at the time of going to print). 15 games and 45 points to play for, where an average of a point a game should see them to the expected 50 point safety mark.

They were, however, brought back down to earth after a 1-0 home defeat to a defensively tight Workson Town on the 10th February, who managed to contain Bondo's threat, highlighting that nothing can be taken for granted and every single point will need to be earned and fought for from now until the end of the season.

Heacham FC remain bottom of the Thurlow Nunn Premier Division but two crucial games against fellow strugglers - Lakenheath away (14th Feb.) and Hadleigh United at home (21st Feb.) - could well determine their fate. They, too, have added to their ranks with the



Tom Papworth-Boston photo credit Phill Gwilliam

signing of Tom Papworth-Boston from Thurlow Nunn Division One side, Whittlesey Athletic Heacham are a relatively young squad but do possess the talent to outscore opponents and will be relying on the likes of Colby Wood to find their scoring boots during the run in.



Colby Wood photo- Phill Gwilliam

In Division One of the Anglian Combination League, Dersingham Rovers remain in contention for promotion to the Premier Division after missing out on the last day in the 2024/25 season. It is an extremely tight division, with teams all capable of beating one another.

Derse played out one of the most unusual games of the season recently, beaten 9-1 at home by lowly Yelverton to hamper their promotion prospects. Amazingly Derse actually took the lead through a Sam Peck goal, but a red card for Lewis Curson saw the local outfit implode in the second half. Manager, Harry Collison, called the performance embarrassing and inexcusable. Dersingham slipped to 4th as a consequence but will bounce back. Their fate does still remain in their own hands as they face most of the teams around them in the table before the end of the season. They, too, will be relying on a potent front line in an attempt to secure one of the prized top two promotion spots.

In Division Four, Ingoldisthorpe FC are also very much in the mix for promotion, chasing an immediate return back to Division Three. There was upheaval in the Summer, but the new crop, with the likes of Shane Watson, have proved they are more than capable of achieving success. Just four points divide the top four, with Ingoldisthorpe still to face the three teams above them in the table, the results of which will define their campaign.

Dersingham Women FC continue to prosper in Division Three of the Norfolk Women & Girls' Football League. They presently occupy 2nd place, seeking promotion in what is their debut season at this level. It is no mean feat for manager, Georgie Archer, and her cohorts who have impressed at this level, spearheaded by goal machine Emma Leech and a well balanced squad that are difficult to beat.

Teenager planning sailing World Record attempt

Local youngster, Faith Turner (15), is looking at making a Guinness World Record attempt by crossing The Channel in her Topper sailing vessel.



The Smithdon High School student has decided to take on the challenge to raise money for the Breast Cancer Now charity, after her friend's mother was unfortunately diagnosed with cancer recently. Plans are already well underway with Marine Security, Rigid Inflatable Boat drivers, coaches and support crews already on board, whilst Topper UK have committed to support the crossing planned in for June. It is certainly no mean feat, with busy shipping lanes to navigate as over 400 vessels transverse the Channel daily.

Faith said, "My friend's mum has been diagnosed with breast cancer and I would like to raise money to go towards treatment research. Please donate to my page and help bring forward the day when all cancers are cured".

With over £1,000 raised to date, you can donate to this worthy cause at <https://fundraise.cancerresearchuk.org/page/faith-sails-to-france-in-a-topper>.

Faith and brother Toby (14), are also both gearing up for a key sailing season. They fly out to Mar Menor in Spain in April for the Europa Cup and European Championships where they hope to qualify for the World Championships in Denmark in the Summer. Toby is currently ranked 1st in the UK (and 3rd in the world), whilst Faith is ranked 3rd overall (1st in the female listing) in the their age group.



Toby

Leisure Club



a gift for
Mum

Purchase a Membership for Mum
this **Mother's Day** and receive a
FREE Aqua Aerobic Session*

* ADVERT MUST BE PRESENTED WHEN CLAIMING.



No joining fees
Free parking
Direct debits
**SCAN THE QR CODE
FOR MORE DETAILS**

**GYM & SWIM
MEMBERSHIPS**
From
**Only: £37
Per Month**

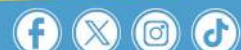
**Children's Splash
Pool Parties**
60 minutes play
2 course meal & cake
Birthday Child goes FREE!
£14.95 | Child* (£119.60 non refundable deposit)

**SCAN THE QR CODE
FOR MORE DETAILS**
*Min 8 paying children.
Not exclusive use of facility.

Aqua Aerobics
Mondays 6pm*
£4 Members | £5 Visitors
Per session, pre-booking required.
Loyalty scheme | Free parking
No membership required

**SCAN THE QR CODE
FOR MORE DETAILS**
*Not available in school holidays

For more info please call: **01485 536029** E: leisurepools@searles.co.uk



Indoor Bowls

Tim Keogh

Hunstanton men's Indoor Bowls team topped Division Four of the County Bowls League for the first time this season after a very tight 4-3 (66-65 aggregate) win at Norfolk BC 'C'. Leaders Lynnsport 'B's surprise 7-0 defeat at Wymondham 'C' meant Hunstanton leapfrogged their local rivals to top the table with just four games to go. David Greaves, Phil Granger, Peter Scott & Kev Johnson were the top performing rink, leading the way in the tense win with a 26-9 lane victory.

Lynnsport 'B' host Hunstanton at the end of March in a match that could well turn out to be a mouth-watering title decider.

The Ladies have also been performing well in Division One of the County League, topping their Division at the end of 2025. However, a poor start to 2026 has seen them slip to 2nd, although Margaret Dark's side do still have a realistic chance of promotion with four games to go.

Hunstanton Bowls Tournament 2026

Entries are also now being accepted for the annual Hunstanton Bowls Tournament at Cliff Parade Bowls Club (4th - 10th July).

The popular event, which has been taking place for over 40 years, attracts over 150 players who travel from far and wide to compete.

As well as the flagship Singles Open, there are also Pairs, Triples and Junior events.

For more information, please email community@alivewestnorfolk.co.uk. The closing date for entries is Friday, 1st May.

TREAT YOUR MUM TO THE MOST EXQUISITE OF
VINTAGE AFTERNOON TEA EXPERIENCES THIS
MOTHER'S DAY!

AFTERNOON TEA

1ST SITTING: 12PM-2.30PM

2ND SITTING: 3PM-5.30PM

01485 532288

bernibeans@gmail.com



BOOK NOW!

Armchair Sports Trivia

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

QUESTION: What caused the postponement of some of the matches in the 2001 Six Nations Championships?

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.
CLOSING DATE 15.03.2026.

Last month's question was: There are over 200 countries affiliated to FIFA. How many and who are the countries that start with an 'A' but don't end with an 'A'. the answer was Two - Azerbaijan and Afghanistan. The first correct answer pulled out of the box was Kathy Brotherhood.



GLEBE HOUSE

SCHOOL AND NURSERY



Where every day is full of opportunity!

Independent Nursery & School for boys & girls from 6 mths to 13 years










Open House Fri 6th Mar

T. 01485 532809

Registering for September!

www.glebehouseschool.co.uk



Hunstanton Lifeboat Station

Friends, supporters and crew members threw a sell-out tea party for the RNLI at Hunstanton sailing club.

It was organised by club members Pru Fox, Lesley Parfitt and Julie Oughton, who not only waited on tables for the afternoon but also prepared the delicious spread of savouries, cakes and deserts beforehand.



From left, friends Julie Oughton, Pru Fox and Lesley Parfitt take a quick break from the kitchen during the tea party they organised for the RNLI at Hunstanton Sailing Club

Pru, who is also a volunteer at the nearby lifeboat station's souvenir shop said the trio decided to pull on their aprons again after last year's event sold out within days and raised more than £700.

They hope this year's event, attended by more than 50 people, will bring in a similar amount - whilst declining to say how long they had spent in the kitchen.

'It was quite a few hours,' one of the trio shrugged as they took a breather from the kitchen to get some fresh air down on the Prom.

'But it's such a worthwhile thing and it was so successful last year.'

As tea was served at the £20-a-ticket do, the pots it was brewed in weren't the only ones on show.

For Hunstanton RNLI treasurer Jackie Merralls - known as the Queen of Betty's Pots down at the lifeboat station - was also dishing out her trademark fundraising staple.

Jackie did a talk on the work of Hunstanton RNLI, the roles of some of its crew and what it costs to equip them to save lives, which Betty's Pots all help towards.

'They take 5ps, other shrapnel, anything at all,' she said of her beloved recycled jars.

'We'd love you to fill them up and bring them back to Hunstanton RNLI, but you can also take them to any lifeboat station.'

'Helmets for each crew member cost £350, so last year's tea party here raised enough to pay for two of those vital pieces of kit.'

After a round of applause, the dainty tea stands soon emptied. But



Pru, Lesley and Julie were bustling away in the galley, where a fridge was packed with home-prepared deserts to launch a second wave.

The sailing club lounge was awash with smiles as supporters tucked in.

As the Anglo-American author Henry James once famously observed: 'There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.'

Local freemasons have also dug deep for both ourselves and a host of other charities which operate in and around Hunstanton.

Members of the Martin Folkes Lodge staged a special presentation in their temple on Wednesday January 28.



Worshipful Master Steve Chalmers, flanked by (left) Senior Warden Warren McShane and Junior Warden Will Guy, presents a cheque to David Coggles from the Hunstanton crew.

The RNLI was one of seven charities given a share of £3,200 raised from lodge regulars reaching into their own pockets last year, as the craft - as members call it - does not solicit donations from the public.

Worshipful Master Steve Chalmers handed over the cheques from the imposing master's chair, from which he oversees meetings in the temple with its chequered carpet and masonic regalia.

Andrew Clifton, secretary of the 50-strong lodge, said: 'We don't go out rattling collecting tins or buckets, the money we give all comes from ourselves as members.'

'Our only criteria is you have to be a local charity and you have to be doing good in the local area.'

Peter Irons, its charity steward, said: 'We give what we can afford, we're not wealthy by any stretch of the imagination.'

'We're donating to the RNLI because of what it does, saving lives at sea.'

Crew member David Coggles spoke to lodge members before accepting a £500 cheque on behalf of Hunstanton RNLI.

'We're all volunteers, none of us gets paid for what we do,' David said, adding members also gave up many hours of their own time to train to maintain their skills and help run the busy station.

'And we're charity, so as a station we couldn't function without the support of people like yourselves who kindly give donations.'

One freemason replied: 'So you get no government funding, you don't even get paid a retainer.'

'I find that incredible for all that you people do, I will certainly think even more highly of the RNLI for that in the future.'

Other causes which received a donation from the lodge were the East Anglian Air Ambulance, the Norfolk Hospice Tapping House, West Norfolk Riding for the Disabled, Theresa's Tiny Treasures, Snettisham Sailing Club and the Hunstanton Scouts.

As ever, we're grateful for all who donate to the charity that saves lives at sea.

For the work of our station and more than 200 like it would not be possible without their kindness.

Stay Safe, Respect The Sea. Hunstanton RNLI

Photos Chris Bishop/RNLI



The West Norfolk Fund Raising Committee

A unique opportunity to see the one hour, one act, one person play 'Being Mr Wickham' the rogue of *Pride and Prejudice*. Written and performed by Adrian Lukis (*who played Mr Wickham opposite Colin Firth in the 1995 BBC production of Pride and Prejudice*) to 5 star acclaim in London and New York. Presented by The West Norfolk Committee of The King's Trust to raise money to support the disadvantaged young people of Norfolk.

The play reveals, 30 years later, what really happened to Mr. Darcy; how he felt about Lizzie and what occurred at Waterloo. As for Lord Byron.....

This single performance (and the only one to-date in Norfolk) will take place in the contemporaneous Assembly Room in the Town Hall, King's Lynn on Thursday May 7 at 1930.

The sponsors include Wines by Cobble Hill Vineyard, Gin by the local Brancaster Drinks with Canapes from Owsley Brown served to enhance the enjoyment of the evening.



Tickets are £45.00 each available from Tracy Long:
email: tracy.long@stephenson-smart.com

DIFFICULTY HEARING?



- ✓ Free hearing test
- ✓ Free hearing aid trial
- ✓ Home visits available
- ✓ Easy parking
- ✓ Local Independent hearing care
- ✓ Latest discreet & invisible hearing aids
- ✓ Rechargeable - no more batteries
- ✓ Wax removal service
- ✓ Personalised care plans

Your number one choice for hearing care!



SOUND ADVICE
hearing centre

101 High St, King's Lynn,
Norfolk PE30 1BW

also at

Downham Mkt Town Hall, Bridge
St, Downham Mkt PE38 9DW

(01553) 760250

www.soundadvicehearing.co.uk

Gardens open by arrangement 2026

2026 will see numerous gardens in Norfolk opening for The National Garden Scheme "By Arrangement" with a few exclusively opening for these bespoke visits. These wonderful, often hidden gems are really worth exploring if you are keen to return to a garden you love, perhaps missed a public open day or simply want to explore somewhere completely uncharted.

Full details are included in the Garden Visitors' Handbook or online at <https://ngs.org.uk/norfolk-by-arrangement/>. Why not contact a garden owner directly and enjoy a day out with your friends and family? Chestnut Farm, Beck House and Horstead House are all open by arrangement in March.

Of the 18 gardens opening By Arrangement this year, the following are not holding public openings making your visit all the more special. They include new and exciting gardens to explore as well as some firm favourites.

BECK HOUSE, Weston Longville, Norwich March to October for groups of 10+. Tirelessly updated by the current owners, this garden is bordered by shallow becks and has many different border styles. Large patio areas and lots of vertical interest with pergolas and specimen trees.

SOUTHGATE BARN, South Creake. May to June for groups of between 6 and 12. NEW! A 1 1/4 acre garden full of interest and a borrowed view. Recently restored with abundant planting and colourful herbaceous borders.

VICARAGE HOUSE, Great Holkham. May to September for groups of between 10 and 40. Developed over the past 35 years, this 6 acre garden includes a walled garden, gravel garden, sunken garden, cutting garden and small arboretum.

Before visiting a garden, it is advisable to check the website for up to date information at www.ngs.org.uk



SUMMIT ARCHITECTURAL LTD
 01485 570472
 07787568908
ivan@summitarchitectural.co.uk

CIAT affiliate



Simply CookIt

FREE LOCAL DELIVERY!

5 STAR HYGIENE RATED

**HOME COOKED, HIGH QUALITY MEALS
 DELIVERED TO YOUR DOOR**

Made by local chef Kat Asker
 Contact me today for more info or to request a full menu
Tel: 07767753413
Email: simplycookit.kat@gmail.com

Mann Made Developments Ltd
 Free No Obligation Valuation & Estimation for

Extensions, Garages, New Build, Conversions
 plus All Other Tasks including
 groundwork, brickweave, etc.

Family run business with over
 30 years' experience

Call anytime for your **Free Quote**
 07798 723 287 or 01485 540 008
 or email info@mannmadedevelopments.co.uk
www.mannmadedevelopments.co.uk

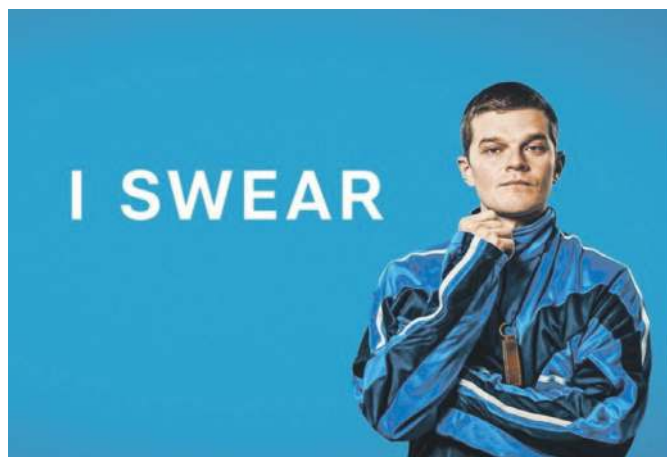
HUNSTANTON HARDWARE



Northgate Precinct, Hunstanton 01485 533968
 We're here to help you get the job done!



The King's Lynn Community Cinema Club is screening a biographical dark comedy on Thursday 12th March in Screen 2 at The Majestic at 7.30pm. The film *I Swear* was written, directed and produced by Kirk Jones and is the story of John Davidson who lived in Scotland and was diagnosed with Tourette's syndrome at a young age which alienated him from his peers. It charts his struggled



with a condition few people had witnessed.

On Saturday 28th March there will be a day school presented by Christopher Budd, who is always popular. The topic is Warner Brothers

and Paramount two rival studios who straddled the golden era of Hollywood and are currently in the middle of a takeover bid. To be held at the Friends Meeting house in King's Lynn between 10.30 am and 4pm and cost £30 per person. For more information or to reserve a place please call 01553 761890.

KLCCC is open to anyone over 18 and costs £20 a season. There are 2 seasons a year each with 8 scheduled films that are free for members. Membership can be arranged by emailing communitycinemaclub@googlemail.com. Alternatively, you can just come along to any film as a day member for £6 cash on 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.

KLSAS March Talks

Two talks bring our Kings Lynn Society for Arts and Sciences season to a close

Building on our February talk, on Tuesday 10th March, John Pyle, Emeritus Professor at St Catherine's College, will look at the science of ozone depletion and climate change comparing global response.

On Tuesday 24th March, Conor Jameson will talk about Saving Norfolk's Birds and the legacy of W H Hudson, author, naturalist and ornithologist.

All talks start at 19.30 at the Small Barn, Knights Hill Hotel where there is ample free parking.

Come early and enjoy a drink from the bar. Visitors are welcome £7 cash but why not join for the year at the current price of £27 for the next nine talks.

You will be very welcome.

Baaaaa-rillicant! Spring is almost here!

Dani Crawshaw

Snettisham Park welcomes these beautiful new lambs, and describe this time of year as 'magic'



I meet Issy, one of the farm workers, as she's busy bottle feeding a week old lamb.

"It is just phenomenal, you just get to see the little ones jumping about, and it's just magic. It is hard work, these rely on you, I'm here mornings, during the day and then late at night I come and feed them too.

A big commitment she tells me, but she agrees it's equally an amazing time of year.

Trevor Walters (*pictured on the cover*), who's the manager of Snettisham Park, agrees this time of year is 'magic'.

"The only reason I am in farming, is I love new life - this time of year signals spring is coming and so does the birth of new born baby lambs."

I comment it must be a busy and tiring time of year too, "Quite honestly I look forward to lambing because it gives you that bit of excitement that you don't get the rest of the year."



The lambs may take centre stage, but there're plenty of other new additions - including calves and piglets.

Coleen Walters, who also runs the farm, says, "After the cold, wet long winter it's the first sign that spring is on the way, how lovely just to see new life start to appear and it just brings joy to everybody, it brings the countryside back to life."



Trevor tells me, "It's too early for bottle feeding lambs by the public, but they can come and see and help us feed a few baby lambs."

It's official then - spring is almost here. What an absolute joy it's been meeting these new arrivals!



Snettisham Park



Interviewing Izzy for the video on the T&A website

Hunstanton Ski Cafe and Bar

For great meals and music by the beach

Traditional home-made food with Vegan and GF options

 TripAdvisor Top 10% Worldwide



Opening hours Mon-Fri: 9am-3pm Weekends: 9am-4pm

Sunday Roasts available up to Sunday 22nd March

Music every weekend 12-3pm | Free parking | Dog friendly

T: 01485 524475 E: enquiries@hunstantonskicafe.co.uk



The Courage of the First Cut

Esther Boehm

There is a particular hesitation that comes just before the first cut.

Whether carving wood, shaping stone or working into a piece of lino, there is always that small pause. The surface is smooth, unmarked and full of possibility. Once the tool touches it, there is no going back. Unlike drawing in pencil, carving is not easily erased. What is removed is removed for good.

Perhaps that is why printmaking feels especially appropriate at this time of year.



As winter loosens its grip and the first signs of spring begin to show — snowdrops pushing through cold soil, longer evenings, birds testing out their morning voices — there is a similar sense of beginning again. The landscape itself appears to take a brave first cut into the year.

Relief printing, the method used in linocut, is based on removal. The areas you carve away will not print; what remains raised will hold the ink. It is a simple principle that has been used for centuries. Early woodcut printmakers understood it well: the image emerges not only from what is left, but from what is taken away.

There is something quietly philosophical about that.

The first cut is often the hardest. Not because it requires great strength, but because it requires commitment. Yet once that initial mark is made, something shifts. The blank surface is no longer intimidating. It becomes a conversation between tool and material. Each line informs the next. What might have felt risky begins to feel absorbing.

Interestingly, the so-called “mistakes” — a line slightly deeper than intended, a corner that breaks away unexpectedly — frequently become the most characterful parts of a print. Limitation, it seems, can be liberating.

In a world where most images are produced instantly on screens and altered with a tap, the deliberate nature of carving offers a different experience. It asks for attention. It rewards patience. And when the inked block is finally pressed onto paper and lifted to reveal the print,

STUDIO @ 55

LINOCUT Workshops

15 or 22 March

2 - 5 pm

Limited spaces ... book now.



Contact me for more information:

Esther Boehm • 21 High Street, Heacham, PE31 7ER

www.studioat55.com • esther@studioat55.com

Phone 01485 779691 • 07538 986235

there is still a small moment of anticipation — a quiet unveiling.

Each print is similar, yet never entirely identical. Subtle variations in pressure or ink remind us that this is a handmade process. Repetition does not mean uniformity.

Spring, too, is a form of repetition. We have seen it all before — and yet each year it feels new.

If you would like to experience the process for yourself, I will be running linocut workshops on 15th and 22nd March. No prior experience is needed — just a willingness to make that first cut.

Find out more at <https://www.studioat55.com>

To sign up, contact me at eb@estherboehm.com • 01485 779691 • 07538 986 235

On behalf of the Save The Old Dairy Project team.

www.savetheolddairyheacham.org

Encouraging Individuality Acceptance and Understanding



Les Misérables comes to Lynn

The West End came to Lynn, when the talented students at Springwood High School staged their own production of an iconic musical-theatre favourite.

Les Miserables played to packed audiences in the school's Peter Hopkins Hall, with more than 740 people attending across the three nights, including the Mayor of King's Lynn, Councillor Andy Bullen.

"The three performances were all rousing successes, with standing ovations every night," said Springwood Director of Music Robin Norman, who directed and produced the show.

"The students really rose to the occasion and portrayed their characters superbly, telling a very difficult narrative with emotion and sensitivity beyond their years.

"We have had so many messages of support from our audience members since they watched the show. This has mostly been surprise and admiration as to how well the students performed, with many saying that they considered it to be at an almost professional standard, and they could hardly believe that the oldest member of the cast was 18 with the youngest being just 11.

"They also commented on how well the emotion was portrayed, making many shed tears."

Those taking starring roles included Hemi Grimsby as lead Jean Valjean; Callum Barber as Javert; Sam McHale as Marius; Rachel-Lee September as Eponine; Iamryl Faculan as Cosette; Poppy Patnell as Fantine; and Ella Reid as Thenardier.

Besides the 30 cast members, students also assisted backstage and front of house, helping with all aspects of the production at the school, which is part of the West Norfolk Academies Trust.

"Les Miserables is a production of epic proportions," continued Mr Norman. "The first half alone is 90 minutes long and, with the interval, the whole performance was around three hours in length. This includes more than 40 musical numbers, many of which are some of the best known songs in musical theatre and test the limits of professional singers.

"Every single member of the company, whether on stage or backstage, put in hours of work to learn the songs, lines, and procedures to make this whole show a success.

"Some members of the lead cast had never been in a show before, but they took to the challenge with real resilience and determination. They all performed amazingly, and they thoroughly deserved the admiration and appreciation they received from the audience every night."

"I have been fortunate enough in the past to work in the professional world, but the dedication to the show demonstrated by our students was up there with anything I have done or seen," he added.



"As I said in my speech on the final night, I bow my head to them and their achievements. They demonstrate the best in young people at a time when others their age get a lot of bad press.

"I could not have asked any more from them, and they have given me, and many of our audience members, an experience we will not forget."

Fire and Rescue teams attend over 10,000 incidents in 2025

Norfolk Fire & Rescue Service handled almost 18,000 emergency calls last year, an increase of more than 1,600 calls on the previous 12 months.

The service attended a record 10,024 incidents across Norfolk-dealing with everything from fires and water rescue to height/confined space rescue, animal rescue and public safety incidents such as dangers on the highway or with dangerous structures in towns and villages.

NFRS emergency call handlers answered 17,744 calls in 2025, the highest number on record. This represents more than 4,000 additional calls than in 2021 and an increase of nearly 1,000 on the previous highest number recorded which was in 2022.

The statistics show that firefighters attended the same number of road traffic collisions across the county as they attended fires last year (843 of each) and that the number of flooding incidents attended by emergency crews reduced from 74 in 2024 to 23 in 2025.

"We're a relatively small service compared to some areas, but our team consistently demonstrates their dedication and commitment to Norfolk, with increased emergency calls, incidents and focused prevention and protection work around the county. This 2025 data highlights a really busy year for our service, both on the frontline and also all of the behind the scenes work put in by teams across Norfolk," said Chief Fire Officer Ceri Sumner.

In 2021, NFRS attended 7,325 incidents, this rose to 8,756 in 2022-the year that saw a long, hot summer with wildfires in the county, then dipped slightly in 2023 to 8,681. In 2024, the service attended 9,352 incidents. Last year was the first time incidents have topped 10,000.

During 2025, NFRS invested in two new water carriers into service, representing an £850k spend to replace two smaller vehicles which were more than two decades old. The new vehicles offer a larger water and foam capacity and the ability to create dams to store water which allow them to move on and support the next incident during spate weather conditions.

Flooding incidents dropped in 2025, to 23 recorded incidents, with this type of incident peaking in 2023 which was a wet year for the county with high rainfall and Storm Babet causing many localised flooding incidents that October.

Fires which are outdoors and affect grassland, heathland, woodland and crops are classified as 'Fires in the Open'. In 2025, NFRS attended 1,231 of this type of fire. This is the highest since 2022, when wildfires in Norfolk meant the service attended 1,417 'Fires in the Open' incidents.



Fires in the open - credit Ian Burt

A new £1m Aerial Ladder Platform vehicle was also brought into service, capable of reaching a height of 45 metres in the event of emergencies. The ALP enables teams to fight fires from above and also have situational awareness from above during ongoing emergencies. 160 new body-worn cameras were also introduced at the end of 2025, to assist with incident awareness and future training post-incident.

In 2026, The service will soon take delivery of new swift water rescue boats and there are proposals to commission work to start on a second batch of new fire engines, which would join the 22 introduced into service in Norfolk in the last few years.

Hunstanton sinkhole update - void underneath about the size of a single decker bus

Dani Crawshaw

West Norfolk Council says it's coming up with a repair plan after the sinkhole appeared last week on the South Promenade.

Ground penetrating radar surveys have been carried out, and environmental health manager, Dave Robson, says the hole leads to a 'much bigger void underneath' - measuring 3.5m deep and 14m wide in places.

Until repair works can take place, an area remains closed off - between the Waterside Bar and Oasis leisure centre.

Robson adds that continuing high tides and bad weather would make repairs difficult. The prom surface was built in the 1950s, the Borough Council received a geotechnical report last year that revealed the extent of the problems with the road.

A weight restriction was immediately introduced, and a feasibility study commissioned.

Cllr Sandra Squire says, "We simply ask visitors to follow safety guidance, avoid fenced off areas, and keep clear of ongoing works."

Image: West Norfolk Council



Exceptional car for sale

Beautiful Classic 1999 Jaguar XKR Convertible
Current approx mileage 24,500 from new
Registration: R4 EXR 4 litre supercharged



Our car since 2013, previously in a family collection
Regularly serviced
Probably best example anywhere
Lots of pictures and history
contact Richard on 07860 476 198
Price £13,999



Wild West Norfolk Festival 2026

This family-friendly country music extravaganza, presented by KL1 Radio in partnership with the Rotary Club, promises a full day of toe-tapping live performances, Wild West adventures, and community spirit from noon until sundown at the scenic Glebe House School field.

Headlining the main stage is powerhouse country artist Jade Helliwell, delivering an unforgettable set of hits and high-energy showmanship. Joining her on the bill is an exciting lineup of talented performers celebrating both new and classic country sounds:

Tennessee Twin

Adam Brucass

Lincoln Skins

Scarlett Whincup (appearing as Scarlett & Her Rednecks)

Owen Morton

Country Chicks (Country Chicks UK)

Guy Surtees

P and J

Buckin' Boots Line Dancing

Attendees can look forward to a packed schedule of activities suitable for all ages, from beginners to seasoned pros.

Highlights include:

Almost non-stop line dancing sessions throughout the day

Thrilling rodeo bull rides

A vibrant fun fair and kids' activities

Authentic Wild West shows, staged gunfights, and sideshows

Delicious cowboy-style food and drink options catering to all tastes and requirements

Craft stalls, a Trading Post, and an American Car Show.

This one-day celebration is designed as a proper family day out—children under 10 go free with an adult ticket, kids are actively encouraged to join the fun, and friendly dogs on leads are welcome too.



KL1 Radio Presents
July 4th 2026
Glebe House School, Hunstanton

The best country music festival for the whole family

JADE HELLIWELL

BUCKIN' BOOTS • COUNTRY CHICKS
OWEN MORTON • GUY SURTEES
ADAM BRUCASS • LINCOLN SKINS
SCARLETT & HER REDNECKS • TENNESSEE TWIN

Plus..... Fun Fair Craft Stalls Trading Post American Car Show
Kids Activities Wild West Show
Line Dancing Rodeo Bull & More....

wildwestnorfolkfestival.co.uk



Images from the 2025 WWN Festival

AMERICAN CAR SHOW!



**FREE ENTRY
FOR CAR OWNERS**

Display your American car
at the festival and get in FREE!

WILD WEST NORFOLK FESTIVAL – 4TH JULY
2026, GLEBE HOUSE SCHOOL, HUNSTANON

wildwestnorfolkfestival.co.uk

MUSIC AS ART

Lesley Nadel

Remarkable musicians write incredible compositions which somehow form the art we carry with us. We carry it in our memories, our playlists, our rituals, our celebrations. It accompanies us through grief and joy, solitude and community. It shapes our inner landscapes and colours our perception of the world. In an age saturated with images, music remains a reminder that art does not need to be seen to be felt. It is the invisible thread that binds us to our emotions, our histories, and each other.

Walk into any gallery and you'll see art framed on walls, sculpted in stone, suspended from ceilings. But some of the most powerful art we encounter is invisible — carried on air, vibrating through space, slipping directly into our emotional bloodstream. Music is one of the oldest and most enduring artistic languages we possess, and in the contemporary arts landscape, it remains one of the most dynamic. If visual art often appeals to the eye, music goes straight for the heart. It is one of the few art forms capable of triggering immediate emotional response. Neuroscientists have shown that music activates the brain's reward centres, releasing dopamine and forging deep emotional associations. But long before science explained it, humans understood intuitively that music could move us in ways nothing else could.

To speak of music as art is to acknowledge its ability not only to entertain but to provoke, to challenge, to heal, and to transform. It is a medium that refuses to sit still, constantly reinventing itself while remaining deeply rooted in the human experience. Music is intangible yet can evoke deep connections without painting a storm or writing a word. It has become an essential art form within other art forms such as film, theatre, dance etc.

Music is art that travels — across borders, across generations, across social divides. It is often the first point of cultural contact and the last surviving remnant of cultural change. All cultures have musical memories going back centuries and form the living archive of tradition and identity. The music of many indigenous cultures contains the records of their history, cosmology and communal knowledge. Music is often the first point of cultural contact and the last surviving remnant of change.

Art is a process of creation, invention and reinvention. Think what possibilities came with the invention of the piano, the growth in recording technology which transformed music from a live event to a portable experience, and now, today, the digital tools shaping the landscape of authorship and creativity. Music is now 'painting on a much bigger canvas', allowing artists to explore and experiment in ways

previously unimaginable. Music lovers are no longer confined to the concert halls. It is art not because it fits neatly into the category, but because it expands it. It challenges our understanding of what art can be. In an age saturated with images, music remains a reminder that art does not need to be seen to be felt. It is the invisible thread that binds us to our emotions, our histories, and each other. Music is art that must be experienced, not merely observed. It often says what words cannot. It can be deeply personal yet unite people across time and place.

The Arts Society North West Norfolk will be hosting a talk by Emma Johnson MBE on 'Tales from Vienna', on Monday 9th March 2026, at 2pm in Sedgeford Village Hall. Mozart, Haydn, Beethoven, Schubert, Brahms, Bruckner, Strauss, Mahler and Schoenberg all lived and worked in Vienna. Emma will be revealing what made Vienna so perfect for musicians. New members are welcome to join our friendly Society. www.artsocietynwnorfolk.org.uk.



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 9th March

Tales from Vienna

Lecturer:
Emma Johnson MBE

Mozart, Haydn, Beethoven, Schubert, Brahms, Strauss, Mahler, Bruckner and Schoenberg all lived and worked in Vienna. Emma considers what made Vienna so perfect for musicians.



Benefits of membership:

- * A varied programme of art talks
- * Trips and tours in the UK and abroad
- * In depth Special Interest Days
- * Regular newsletters and magazines
- * A social event with a warm welcome

For more information and how to join, visit
www.theartsocietynwnorfolk.org.uk
Registered Charity Number 1105490

Sirens At The Helm sail to the aid of Dementia Research UK

After their third year of fundraising, Sirens at the Helm, North West Norfolk's foremost ladies sea shanty group, were delighted to donate the hefty sum of £1,300 to Dementia Research UK. The singers donate 50% of their performance fees and collect wherever possible for their annual charity of choice.

Sirens at the Helm will be singing at 3 p.m. at Heacham Manor's "Mussel Day" festival on Saturday 14th March and they're supporting the Ely based shanty group "Isle 'ave a Shanty" at Ferry Lane Social Club, King's Lynn on the evening of Friday 27th March.

The group sing shanties and songs of the sea and are available to hire for events. Contact them at sirensatthehelm.co.uk for further details.

sirensatthehelm.co.uk





**BRANCASTER
Open
Studio**

**ETHICAL LOCAL ART
TUESDAY TO SUNDAY
10AM-5PM
BRANCASTER VILLAGE HALL
PE31 8AA**

**SEE
YOU
THERE!**



by the book

March / April Events

Thursday 12th March 7pm

A Night at the Oscars

at the Terrace Hunstanton

Canapes, bubbly and red carpet. £23

Friday 27th March 6.30pm

Clare Warren Calligraphy

Beginners Workshop –learn, then practice with
a beautiful starter kit to take home. £42

Thursday 2nd April 7pm

Stitched Soundscapes

An Interactive Session

with Anita Rayfield, Eau Brink Studios. £6

Contact Adrian at the bookshop

9 High Street Hunstanton

Tel : 01485 522349 email adrian@buyanotherbook.com

Quality preloved and new books in the heart of Hunstanton

COASTAL MAINTENANCE

HEACHAM

— OVER —
**30 YEARS
EXPERIENCE**

- Home Repairs and Improvements
- Wall and Floor Tiling
- Guttering
- Fencing
- Lawns and Hedges
- Garden Clearance

**CALL RYAN
07900890976**

**Don't forget the power of advertising
in Town and Around magazine**

Reach your local customers

In our survey 97% readers told us they keep the
magazine until the next issue is published and 80%
have contacted an advertiser.

Advertising with us is affordable and effective

Call: 01485 540620

or: 07533 088196

editor@townandaround.net

Great Radio For West Norfolk

KL1 Radio Monday to Friday
7am: The Paul Baker Breakfast Show
10am: Backtrax 70's & 80's
11am: Much More Music Daytime
1pm Afternoons with
Ian Campfield / Tim Lee / Chris Osler
4pm Richard Dix Drives You Home

New this month. Join Nick Franklin with
KL1 Country. Tuesday from 8pm

Listen to us where you find great radio



Your Sound. Our Pleasure.

The One-Act Drama Festival finds a new home!

Hunstanton's One-Act Drama Festival is moving to a new venue - the iconic Hunstanton Town Hall - so it's all systems go for this popular local event which will be held over the weekend of 3-5 July 2026.

Festival Director Verity Mitchell said: "It was touch and go whether the festival went ahead this year, so we'd like to thank Hunstanton's Town Council for supporting the event and giving our participating groups the chance to perform to our loyal audiences on their state-of-the-art theatre stage.

Verity added: "We already have commitment from eight groups with a couple waiting in the wings, so I'm delighted we are able to continue to support and encourage the performance of live theatre by giving these amateur groups the opportunity to be involved in this fun and friendly event."

The Hunstanton One-Act Drama Festival is a celebration of amateur theatre with groups from all over the region and further, competing with each other over three days in front of a paying audience.

There will be four sessions of performances over the weekend (Friday evening, Saturday matinee, Saturday evening & Sunday matinee) and a Gala Award Ceremony on Sunday evening. Ticket prices will be held from last year with

£7.50 per session (at least two plays, possibly three) or just £20 to include all sessions and attendance at the Gala Award Ceremony.

For more information, including ticket availability, performance times and facilities at the Town Hall, please visit www.oneactdramafestival.com

Note: The Hunstanton One-Act Drama Festival is a not-for-profit community event and is run entirely by a committee of volunteers and helpers. Anyone interested in being involved in this year's festival, please contact us via email on admin@oneactdramafestival.com



PHILLCOOK
 HUNSTANTON
CARPENTER & JOINER

Built-in furniture and
 kitchen fitting services

📞 07393 897 219

✉ phill.cook451@gmail.com

🌐 pjcookjoinery.com

Professional, Eco-Friendly Deep Oven Cleaning

Ovens, Cookers, Hobs, Extractors
Ranges, Gas & Everhots
Fully Insured

OvenGleamers (Kings Lynn & West Norfolk)

Peter Edge-Partington
YOUR LOCAL CHAP
Call 07946 455 645

*More 5 Star Reviews on Yell and Google
 than anyone else in Norfolk!*



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.

An ideal background for lunches/dinners, hotel/restaurant venues family celebrations, care homes etc..

A playlist is available on request.

Have a chat with David on 07754 497562 or 01485 534220
 or email solosaxclarinet@btinternet.com.

More information on www.solosaxclarinet.com



March events - see also <https://townandaround.net/whats-on/march>**Sunday 1st**

United Services Club Hunstanton
01485 533360 Find the Joker
draw followed by live music with
Mischieff all eras 3.30pm
Karaoke with Mick Covey 8pm

Monday 2nd

Anmer Social Club Coffee
Morning 12noon. Coffee; tea;
cakes & biscuits available to
purchase. For info email:
lee.suckling78@outlook.com or
07899 872351

Anmer Social Club Bingo Night
-Club opens at 7.00p.m. "Eyes
Down" at 7.30 p.m.
Fully licensed bar and Raffle
enquiries@anmerclub.co.uk or
telephone; text or WhatsApp
07899872351

Tuesday 3rd

Anmer Social Club Norfolk And
Waveney Mind Group Meeting
11:00 a.m. to 6:30 pm. For
further information and to book;
westnorfolkcommunitygroups@
norfolkandwaveneymind.org.uk
or telephone: 0300 330 5488

Hunstanton Sailing and
Watersports Club, North
Promenade, 7-9pm Castaways
singing and bar open

Thursday 5th

Stanhoe & Barwick WI 2pm
Stanhoe Reading Rooms.
Speaker: Nigel Morter - The
Control Tower B&B
stanhoeandbarwickwi@gmail.com

Friday 6th

Open House at Glebe House
School - registering for
September! T 01485 532809

RNLI Fish & Chip lunch with
guest speaker Rt Hon Dame
Patricia Hewitt at Sedgford
Village Hall £20pp. Booking
essential: Helen Gillett - 07867
554486 Deborah O'Brien -
07903 322469

Ingoldisthorpe Sports & Social
Club Music Night with 'Harry
Murrell' Performance starts at
8.00pm. Members free £2.50
Entry fee for Non-Members
For directions or details please
contact Diane on 07901924223

Saturday 7th

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start First Timers
Briefing 8:45 am. Start and finish
on the vista near children's play
area. Car parking for parkrun is

free until 11:00 am. To mark
International Women's Day
Soroptimist Int King's Lynn
members will do a takeover at
Sandringham parkrun. (IWD is
actually 8th) To volunteer or for
further information contact:
sandringham@parkrun.com
07913 439222

Hunstanton Promenade parkrun
9am Starting at the Salad Bowl
(summer course while prom
unavailable - see page 14) The
organisers will assess the course
each week in case it's too
muddy/slippery and parkrunners
are advised to check the
Hunstanton Promenade parkrun
facebook page each week for
updates and to wear appropriate
footwear for wet grass! Info:
07804 927764

Hunstanton Sailing and
Watersports Club, North
Promenade 9-12noon Run for
cake and coffee morning to
support the charity Target
Ovarian Cancer

Help Holme church Group
Beetle Drive and Fish and Chips.
6.30pm start Village Hall,
Kirkgate Holme-next-the-Sea
PE36 6LH. £13.50 with food, £5
Beetle Drive only. Tickets - Sally
on 01485 525246. BYO Bottle.

Ingoldisthorpe Sports & Social
Club. Bingo Eyes down, Cash
Prizes, including Raffle Doors
Open 7.00pm All welcome.
Contact Diane on 07901924223

United Services Club Hunstanton
01485 533360 KCR Duo All
decades 8.30pm

Sunday 8th

Norfolk's Weekend Walkers:
Great and Little Massingham 6
mile walk commencing at the
pond Great Massingham starting
at 10 am New Walkers welcome.
See full details on Meetup.com
Norfolk's Weekend Walkers

Marriott's Trust talk 'The hidden
histories of King's Lynn high
Street 2.30-4pm. Free entry,
donations gratefully received.
Marriott's Warehouse PE30 5DT

West Norfolk Methodist Church
Circuit Musical Celebration of
Twinning with Zimbabwe and
World Missions with
Dersingham choir, Zimbabwean
singers and FenSong performing
arts. London Rd Methodist
Church. Refreshments from 4pm

Service 5pm. Illustrated talk by
Rev Dr Andrew Ashdown. Info:
07963 181573

United Services Club Hunstanton
01485 533360 Find the Joker
draw followed by live music with
Glen Cooper all eras 3.30pm
Karaoke 8pm

Monday 9th

Downham Market and district
Horticultural Society talk will be
'The history of Peckover
Garden' by their Head Gardener.
7pm for 7.15pm at Downham
Market Town Hall, Bridge Street,
PE38 9DW (Free parking)

Tuesday 10th

Norfolk And Waveney Mind
Group Meeting 11:00 a.m. to
6:30 pm. See Tues 3rd

King's Lynn Society for Arts and
Sciences talk by John Pyle,
Emeritus Professor at St
Catherine's College, will look at
the science of ozone depletion
and climate change comparing
global response. 19.30 at the
Small Barn, Knights Hill Hotel
where there is ample free
parking. Visitors are welcome £7.

Thursday 12th

Holme-next-the-Sea History
Group talk by Susanah Farmer
'Elgoods Brewery - A local and
family history of the oldest
brewery in Cambridgeshire. Free
entry, donations welcome.
Village Hall, Kirkgate PE36 6LH

King's Lynn Community Cinema
Club presents 'I Swear' in
Screen 2 at The Majestic, King's
Lynn at 7.30pm £6 on the door

The Wolf Folk Club 7.30pm at
Fritcham Village Social Club
PE31 6BU. All genres and
abilities welcome to sing say or
play or just listen. Free admission
and bar available. David Potter
07803 725583

Friday 13th

Snettisham Memorial Hall PE31
7LX Cambridge Coins. Coin
Collectors and traders selling and
buying gold. 10am-5pm Rebecca
07491 643807

Anmer Social Club Film Night -
The Ballad Of Wallis Island -
12A Comedy. Club opens 7.00
p.m. - Film starts 7.30 p.m.
Admission £5 at the door. For
further information email
enquiries@anmerclub.co.uk or
telephone 01485 579465



Scan here for
up to date
event
information

**Saturday 14th**

Hunstanton Promenade parkrun
9am See Sat 7th

Sandringham parkrun
Sandringham Royal Park at 8:40
for a 9:00 am start First Timers
Briefing 8:45 am. Start and finish
on the vista near children's play
area. Car parking for parkrun is
free until 11:00 am.

Exhibition of paintings by the
late Ena Layton at Heacham
Methodist Hall 2-4pm with the
opportunity to own your
favourites. Refreshments
courtesy of Oakhouse Foods.
Donations for Chapel funds.

Brancastr Village Hall talk by
Robert Cowell, one of the
country's leading trainers of
racehorses - 'Behind the Scenes
of British Horseracing': 7.00 to
8.15 pm. Enquiries:
bvhssetup@gmail.com

United Services Club Hunstanton
01485 533360 Brian Mann 60s
& some Irish Tunes 8.30pm

Sunday 15th

United Services Club Hunstanton
01485 533360 Find the Joker
draw followed by live music with
The 3 Originals all eras 3.30pm
Karaoke with Mick Covey 8pm

Monday 16th

Anmer Social Club Coffee
Morning 12noon. Coffee; tea;
cakes & biscuits available
lee.suckling@outlook.com or
telephone, text or WhatsApp
07899 872351

Rotary Club of King's Lynn
Priory Senior Citizens Film Club
at King's Lynn Corn Exchange
Cinema. 'H is for Hawk' Meet at
10am, Film 10.45 with 12.40
finish. £4 Booking essential:
Bharti.Patel@west-
norfolk.gov.uk
07375 375404.

Continued overleaf

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

Hunstanton u3a 2pm at Hunstanton Community Centre (parking available) Author & freelance writer Gillian Harvey shares her insights from her fifteen years in rural France, her author journey and the inspiration for her 13 published novels. Followed by tea & coffee

Tuesday 17th

Knit and natter. Old Hunstanton Village Hall 10-noon. Coffee & cake provided £3. Info Carol 07763 466325

Norfolk And Waveney Mind Group Meeting 11:00 a.m. to 6:30 pm. See Tues 3rd

Creative Arts East workshop 'Singing and songwriting with Kimberley Moore at London Road Methodist Church King's Lynn PE30 5EJ 1-3pm for people aged 50+ Info: 01953 713390

Curry and Quiz night at The Golden Lion Hunstanton 8pm Info 01485 532688

Wednesday 18th

Rotary Club of King's Lynn Priory Senior Citizens Film Club at King's Lynn Corn Exchange Cinema. 'H is for Hawk' Meet at 10am. Film 10.45 with 12.40 finish. £4 Booking essential: Bharti.Patel@west-norfolk.gov.uk 07375 375404.

Hunstanton Society talk by Rick Morrish about his 40 years as a Landscape Architect. The Heritage Centre, Hunstanton 7.30pm

King's Lynn Town Guides Annual Memorial Lecture by Ben Colson, MBE, former senior guide at Sandringham House, 'The Making of King Edward VII and his Sandringham Estate' King's Lynn town Hall 7.30pm. Info 01553 774297

Thursday 19th

Thornham Village Hall Film Night 6.30-9.30 A World War II film based on the true story of one man who saved Jewish lives. See p20

Friday 20th

Old Hunstanton Flower Festival Quiz at the Village Hall 6 for 6.30pm Cottage Pie or veggie alternative. £15pp, teams of six. Raising funds to buy flowers for the festival. Tickets: Simon

Carter on 07941 521860 or OH Village Shop.

Massingham Historical Society. An illustrated talk and short film by Paul Hewitt. The story of T R Wagg the Baker. Village Hall 7.30pm. Guests £3 Bar.

Tittleshall Village Hall, High St, Tittleshall, King's Lynn PE32 2PJ Flix in the Stix Cinema 7.30pm Only the River Flows (15) £6 incl refreshments. Box Office 01328 700952

Bingo in aid of The East Anglian Air Ambulance at Knights Hill Great Barn. Eyes down 7.30pm. Info Monica on 07765 170135.

Ingoldisthorpe Sports & Social Club Open Mic Night St Patrick's Week Irish Eyes are smiling! discounted Guinness! Comedy, Poetry Singing Musical, whatever it maybe! All welcome! For directions or details: Diane on 07901924223

United Services Club Hunstanton 01485 533360 Quiz Night, £50 First prize. Teams up to 4 persons. £3 pp. 8pm

Saturday 21st

Sandringham parkrun Sandringham Royal Park at 8:40 for a 9:00 am See Sat 14th

Hunstanton Promenade parkrun 9am See Sat 7th

Snettisham Fleamarket at Snettisham Memorial Hall PE31 7LX 9am-3pm. Antiques, Vintage & Retro, Collectables & Curios. Admission 50p, u16's free. Refreshments Available. Supporting Ravenswood Pet Rescue. Debbie 07790 789235

Norfolk Goldwing Motorcycle Club Light parade in Hunstanton see page 12.

Tittleshall Village Hall, High St, Tittleshall, King's Lynn PE32 2PJ Flix in the Stix Cinema 7.30pm The Choral (12A) £6 incl refreshments. Box Office 01328 700952

United Services Club Hunstanton 01485 533360 Dr Phil Motown & Soul Man 8.30pm

Sunday 22nd

Norfolk's Weekend Walkers: Wells and Holkham 8 mile walk starting 10am commencing at the Buttlans Wells next the Sea.

New Walkers welcome. See full details on Meetup.com on Norfolk's Weekend Walkers

United Services Club Hunstanton 01485 533360 Find the Joker draw followed by live music with Mike Fox 3.30pm

Tuesday 24th

Norfolk And Waveney Mind Group Meeting 11:00 a.m. to 6:30 pm. See Tues 3rd

King's Lynn Society for Arts and Sciences talk by Conor Jameson will talk about Saving Norfolk's Birds and the legacy of W H Hudson, author, naturalist and ornithologist.. 19.30 at the Small Barn, Knights Hill Hotel where there is ample free parking. Visitors are welcome £7.

Wednesday 25th

Snettisham Gardening Club meeting at the Memorial Hall, Old Church Road. Re-use and re-cycle in the Garden by RHS listed speaker Pauline Harper 7.30pm For info please call Gail on 07899933840 or Addie on 01485 544754

Thursday 26th

New Hunstanton WI-Open meeting 2.15pm at the Methodist Church Hall, Austin St Hunstanton PE36 6AJ. A talk given by Liz Scott entitled 'Living History' - Blickling Hall. This is the Scullery Maid's memories of her employment in the 1930's for the 11th Marquis of Lothian. All based on Kath who was the Scullery Maid and almost reached her 100th birthday in 2020. Talk includes refreshments. Visitors £5. WI members £4. Contact 07789 687893 or 24wisec@gmail.com

The Wolf Folk Club 7.30pm at Flitcham Village Social Club PE31 6BU. All genres and abilities welcome to sing say or play or just listen. Free admission and bar available. David Potter 07803 725583

Friday 27th

Ingoldisthorpe Sports & Social Club presenting Funny Comedian:- Russell Valentino Hall with Adults Brutal Bingo Party Night. Funniest Bingo you will ever play Remember this is however for Adults only! Tickets can be acquired behind the bar of the club. £10 non members £5.00 members. For further details contact Diane on 07901924223



Scan here for up to date event information



Anmer Social Club Quiz Night – Club opens 7.00 p.m. Quiz starts 7.30 p.m. Entry £3 per person. Fully Licensed Bar Raffle For information email : enquiries@anmerclub.co.uk or telephone; text or WhatsApp 07899872351

United Services Club Hunstanton 01485 533360 Charity Duck Race in aid of Home Start Norfolk. Come & have some fun while supporting this worthy charity. £5 entrance fee. 7.30pm

Saturday 28th

5K Your Wy – Move Charity. 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 & cake & be part of the parkrun community. For further information email: sandringhamgroup@5kyourway.org 07913 439222

Hunstanton Promenade parkrun 9am Starting at the Salad Bowl See Sat 7th

Hunstanton Craft Fair. Hunstanton Town Hall PE36 6BQ 10am-4pm Handmade crafts made by talented Norfolk craftspeople. Dogs welcome. Free entry. 07708 186372

Sisterhood Drum Circle – Heacham fundraising event for Nelson's Journey, a charity (no. 1170605) that supports children and young people in Norfolk who've experienced the death of a significant person. It's a social gathering for women at Heacham Scout Hut PE31 7DU 2pm - 3.30pm. This is a prepaid event. £10 per person. To book your place: Contact Margaret on 0795 140 2717 or email Tranquilitytobe@hotmail.com

Deepdale Barn Dance at Deepdale Granary PE31 8DD 7.30pm. Info 01485 210256.

United Services Club Hunstanton
01485 533360 Travis Great all
round performer 8.30pm

Sunday 29th

Snettisham Memorial Hall PE31
7LX Easter Crafts Family Fun
with Easter Crafts and Easter
Bonnet competition, Raffle.
Spring quiz £1 to enter with a
chance to win limited edition 3d
printed eggs. Refreshments and
Bar open on the day and easter
cakes and bakes for sale. 2-5pm.
Rebecca 07491 643807

United Services Club Hunstanton
01485 533360 Find the Joker
draw followed by live music with
Stevie B 3.30pm. Karaoke with
Mick Covey 8pm

Thornham Village Hall National
Theatre Live – The Audience 4-
7pm Tickets £10-£35 see p20

Clocks forward tonight for BST

Monday 30th

Anmer Social Club Coffee
Morning 12noon. Coffee; tea;
cakes & biscuits available to
purchase. For information please
email:
lee.suckling78@outlook.com or
telephone, text or WhatsApp
07899 872351

Snettisham Memorial Hall PE31
7LX Bingo 6.30pm Doors open
at 6.30pm. Eyes down at 7.30pm
Bar open. Teas, Coffees and all
other refreshments available.

Books, 2 flyers, lucky number
and raffle all available to play on
the night. Rebecca 07491 643807

Anmer Social Club Bingo Night
–Club opens at 7.00p.m. "Eyes
Down" at 7.30 p.m.
£6.50 for a book of 10 cards;
£1.50 for a "Flyer Card" & £2 for
a "Cash Accumulator" card.
Fully licensed bar and Raffle For
information email :
enquiries@anmerclub.co.uk or
telephone; text or WhatsApp
07899872351

Tuesday 31st

Norfolk And Waveney Mind
Group Meeting 11:00 a.m. to
6:30 pm. See Tuesday 3rd

Editor's note

Please send details of your
events for publication in the
April issue of Town and Around
to editor@townandaround.net
by 12th March, and remember to
include a contact telephone
number for each event.

Between each printed issue we
update the events listings on our
website at
townandaround.net/whats-on
or you can scan here:



Love is in the air

Betty's Club, which supports those with dementia and their families, celebrates Valentine's Day
Dani Crawshaw

George and Belinda tell me they were
married 63 years ago.



George and Belinda on their wedding day

"We were invited to the same party, in a
house in Essex, and there was my wife to be,
on the opposite side of the room," says
George, "I can tell you now what she was
wearing, a green dress, off the shoulder. And
I announced very firmly to myself that I must
make sure I marry her one day!"

"A green organza dress," adds Belinda.

"It took us 8 years to get around to it but we
made it in the end," adds George. I ask what
they remember from their wedding day, "A
big blank!" Jokes Belinda, "No, it was
wonderful."



George and Belinda

The couple are celebrating Valentine's Day
at Betty's Club in Burnham Market, a group
they joined after Belinda was diagnosed with
dementia.

Today isn't about the syndrome, it's about
celebrating love and loved ones. And the key
to a long, happy marriage the pair tell me is,
"Hard work, patience, laughter."



There's a love tree decorated with heart
shaped messages, memories from when the
couples first met, one reads, "What did I think
of him when I first saw him 56 years ago? I
thought WOW!"

Sarah Reed, who started the support group
a few years ago, says, "What we've done is
we've asked people to bring in their wedding
photographs, and then we have people's
memories of courting on the love tree, and we
also have a jar of messages.

"We've been singing love songs this past
week and today we'll hopefully have a dance."

Pam, whose husband Graham has
dementia, describes the club as "Fantastic, for
the carer and the person who has dementia, it
puts some normality into life, these people are
a new gang."



Graham and Pam

She married Graham in 1971, "My mother's
zip broke, so we were nearly 30/40 minutes
late, we had to sew her back in. It was just
such a joyous day, really lovely."

Her husband, who's chatting to some other
members, smiles at her from across the room.

Before the singing I quickly chat to Peter
and Shirley, who married in 1952.



Peter and Shirley in 1952

"Next month, it'll be 75 years. He's looking
at me thinking, what?! My father was a
photographer and he took the photos, it was
still ration time really."

Peter adds, "I still fancy her now."

The music starts and the group begin to
sing 'Love Me Tender' by Elvis.



Phil and Judy on their wedding day



Phil and Judy now

I see Phil take Judy's hand and sing, "For
my darling, I love you, and I always will."
The singing continues, I'll admit at one point
I get emotional.

There's such a great amount of love in the
room, it's heartwarming - and coupled with
the emotive words of the love songs, I'm not
the only one whose eyes get watery.

In the Limelight

March is a time to look for Glimmers -did you know, a "glimmer" is a moment that cues your nervous system to feel calm, and connected, acting as the opposite of a stress-inducing trigger. Glimmers are all around us when you really look for them. Theatre is a Glimmer, it's something special, joyous and intended to entertain, provoke thought and emotion. We have made it through the darkest part of the year and now heading into spring. So, let's spring forward to together, emerge into the Limelight and discover what's on our doorstep and more so, what we have lined up at the Princess Theatre Hunstanton. If you haven't been for a while or never stepped foot into our venue, make March the month to do just that. We will welcome you!

As a Theatre, Musicals enthusiast, I am making this show MY pick of the month. Thursday 5th March – come and enjoy Movicals! A movie musical extravaganza like no other.

The ultimate lights, camera, action experience! A breath-taking, whirlwind journey through the musical decades. Prepare to be transported to a world where the magic of the stage meets the glamour of the big screen. You'll be taken on a journey through some of the most iconic movie musicals of the last 50 years. From the heart-wrenching drama of Les Misérables, to the infectious beats of Fame to the irresistible charm of Mamma Mia, this show has it all and more! Sit back and enjoy this spectacular evening of entertainment, with a tribute to the movies and musicals that you all love.



Friday 6th March we have the return of Totally Tina, the award-winning tribute show that recreates Tina Turner's electrifying live performances.



On Saturday 7th March, British rock favourites Lindisfarne appear with their distinctive blend of folk, rock and blues, delivering the classic songs of writers Alan Hull and Rod Clements.

Sunday 8th March sees Endless Love – A Tribute to Diana Ross and Lionel Richie, a glamorous, feel-good celebration packed with iconic hits and singalong moments from two of soul and pop's greatest stars.

Soul music takes centre stage again on Friday 13th March with That's What Friends Are For, celebrating the timeless music of Gladys Knight

and Dionne Warwick. From the creators of several acclaimed Motown and soul productions, this show offers a heartfelt journey back to a golden era of music.

On Saturday 14th March, The Ultimate Mod Revue delivers a high-energy night of Mod anthems from the 1960s to the 1990s, featuring hits by The Who, The Kinks, The Jam, Ocean Colour Scene and more.

Folk rock legends Fairport Convention arrive on Thursday 19th March. Winners of a BBC Lifetime Achievement Award, they remain one of the most influential bands in British folk music.

The month concludes on Saturday 21st March with Wonders of Our Universe, a visually spectacular, cinematic journey through space and time that offers a fresh perspective on the night sky and our place within it.

Families, Kids and Big Kids, you will be delighted to see we are welcoming back an old friend to the Princess Theatre. Sooty! This is a real treat! Join Sooty, Sweep, Soo and friends in their spectacular new show. There's guaranteed giggles for the whole family! Joining the fun will be the Greatest Showman - Michael Jordan, Singer - Miss Kazia and Mr Brown the Magical Caretaker. Expect jaw dropping juggling, singalong favourites and amazing magic. Plus the return of international blacklight speciality act "Fantasie De La Nuit".

All tickets include a free meet and greet with our Sooty mascot after the show. Unmissable! Izzy Wizzy Let's Get Busy by booking seats for Sunday 22nd March either the 11am show or 2.30pm show.

Candlelight performances seem to have become all the rage recently. But to be serenaded by a tribute to Luther Vandross under the glow of candlelight certainly will be an opportunity to feel the love, the soul, and the music on Friday 27th March. The month ends with The Soul Brothers Syndicate, featuring Darrell Smith and Grace Curran, bring to you a breathtaking live show with their Northern Soul Orchestra playing less tribute and more homage to the music known as Northern Soul. Tickets selling fast for Saturday 28th March.

Get ready to rock as we head into April with the smash-hit musical We Will Rock You, running from 9–11 April. Packed with more than 20 iconic Queen anthems including Bohemian Rhapsody, We Are the Champions, Somebody to Love, Don't Stop Me Now and We Will Rock You, this high-octane musical delivers pure adrenaline from start to finish.

Set in a post-apocalyptic future where music is controlled and individuality is outlawed, the story follows two young rebels determined to save rock 'n' roll. Bold, funny and fist-pumping, this electrifying celebration of freedom and self-expression has thrilled over 16 million fans worldwide and remains the longest-running show in the history of London's Dominion Theatre.

Presented by The KLODS Theatre Company, (Kings Lynn Operatic and Dramatic Society), who have been entertaining audiences for over 125 years, this explosive production is a must-see for Queen fans and musical lovers alike. Don't miss it!

My weekly newsletter lands every Monday at midday. We also post this to access on our Princess Theatre Facebook page. Each week the newsletter highlights what's coming up, new shows on sale as well as handy information and news from our Theatre. If you would like to receive these please get in touch by emailing boxoffice@princesshunstanton.co.uk

Finally, it's back! with new dates added The Great British Seaside Summer Special. Now on Sale.



In the meantime, thanks for reading - have a month full of Glimmers!
Anna H



Anna



Hunstanton
EyeCare | Audiology

IN PARTNERSHIP WITH

**Dipple AND
Conway**



Clinical Innovation • Independent Brands • Exemplary Customer Care

01485 532326 | 44 Church St, Hunstanton PE36 5HD | www.eyecarenorfolk.co.uk



What's on March

Thurs 5th March — Movicals—The Best of Movies & Musicals

Fri 6th March — Totally Tina

Sat 7th March — Lindisfarne

Sun 8th March — Endless Love, The Tribute to Diana & Lionel

Fri 13th March — That's What Friends Are For

Sat 14th March — The Ultimate Mod Review

Thurs 19th March — Fairport Convention

Sat 21st March— Wonders Of Our Universe

Sun 22nd March — Sooty & Friends 11am & 2.30pm

Fri 27th March — Luther By Candlelight

Sat 28th March — Soul Bro's Syndicate—Northern Soul Orchestra

Live Music, Concerts,

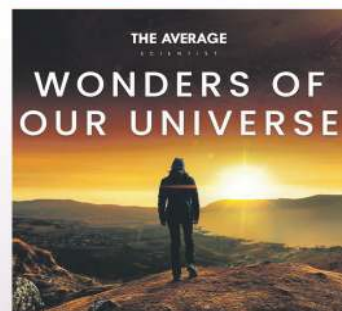
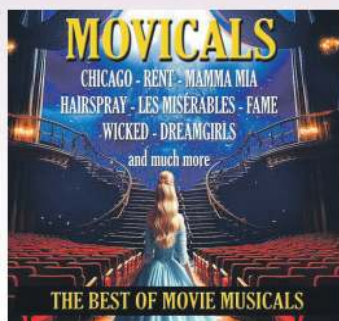
Tributes, Plays & Comedy,

All here to Entertain you!

Book your seats and

support

your local Theatre.



Sunset Wine Bar & Box Office

Open 7 days a week.

www.princesshunstanton.co.uk

01485 532 252