

TOWN and AROUND

ISSUE 211 MAY 2023
PRICELESS!

14,000 copies
distributed in
West Norfolk
FREE



Local News • Events • Great Outdoors • Features

First word



May 2023 - and what a month this will be with the Coronation and three bank holidays to look forward to.

Our diary of events can be found on pages 70-71, please note this is not an exhaustive list and new events are added almost daily so if you have computer access do take a look at our What's on page on the website (link below).

Smithdon student Faith Turner appears on our front cover and you can read about her sporting achievements on page 8.

Not sure what to wear for your neighbourhood Coronation event? Help is at hand, just turn to page 34.

For all the gardeners out there Louise Barby has supplied a sowing and cropping guide in her column on page 25 while on page 18 Wendy Warner suggests Petunias for a colourful garden this summer. Coincidentally they are available in red, white and blue if you'd like a patriotic display.

Thanks as always to all our contributors and advertisers. You are truly appreciated and one reader has written to tell us how much he likes the magazine and "surprise surprise I even enjoy reading the adverts." (p47)

Lastly, exams start this month for the students in the area - good luck to you all.

With best wishes for a wonderful May

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
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Tulips for Tapping Returns in 2023

The Norfolk Hospice Tapping House and tulip grower Mark Eves of Belmont Nurseries are thrilled to announce the return of Tulips for Tapping once again this Spring. The unique event, which will take place from Thursday 27th April to Monday 8th May (closed Tuesday 2nd and Wednesday 3rd May) is a rare chance to visit and walk through working tulip fields, taking advantage of special photo opportunities and enjoying a day out unlike any other in the country.

The tulip fields are located just off the A148, close to the Sandringham Estate in King's Lynn. The exact location will be given to ticket holders at the time of purchase. Tickets will be for 45 minute slots with first entry at 10am and last entry at 3.15pm. Adult admission is just £5 each, children (aged 5 to 17) are £3 each and under 5s are free. There will also be a special late afternoon/early evening opening on Thursday 4th May where the last entry will be 5.45pm.

Norfolk Hospice Tapping House invites everyone to come and join in this wonderful celebration of the tulip season. All proceeds will go towards the Hospice which provides vital services in the local community offering free care, comfort and compassion for people who are living with a life limiting illness, whilst also providing support for their families and friends.

Nicola Ellis, Chief Executive at The Norfolk Hospice said "This year's Tulips for Tapping event promises to be fantastic. The tulip fields are a spectacular sight and with local traders selling food and refreshments, it really is something a bit different for people to enjoy. We hope people will support the event as all proceeds will go towards the crucial services the fantastic teams at the Hospice provide."

To ensure entry, tickets must be pre-booked in advance, online at norfolkhospice.org.uk. Tickets go on sale on Monday 17th April at 10am. There will be local traders selling food and refreshments, toilet



facilities, free parking, and a stall selling merchandise at the event.

Nicola added: "We are so grateful for the support of the local community and we hope that by organising events such as Tulips for Tapping we are able to provide people with unique experiences, while fundraising for the Hospice at the same time. I would especially like to thank the team at Norfolk Tulips, Michael Rae and Roydon Hall Farms."

Dogs and drones are strictly forbidden on the fields, and wheelchair and pram use is discouraged due to uneven terrain. Please also note that the site is a no-smoking zone. The terrain is uneven and can be either muddy or dusty according to weather conditions - please bear this in mind before you visit and ensure you wear appropriate footwear.

For further information, please visit www.norfolkhospice.org.uk or contact The Norfolk Hospice Tapping House on 01485 601 701.

Coronation weekend 'Kings and Queens' Scarecrow Trail and Best Decorated House planned in West Norfolk Village

Following Buckingham Palace's announcement that ceremonial, celebratory, and community events will take place over the Coronation Weekend, North Wootton Village Hall will be holding a Coronation Big Lunch between 11am and 5:30pm on Sunday 7th May, with village-wide competitions in the run up to the big day.

The Village Hall has played host to many celebrations of royal milestones including last year's Platinum Jubilee celebrations, and was even the village's television hub for the Coronation of Queen Elizabeth II in 1953. (see the 1953 programme - right) The Coronation of His Majesty King Charles III will be no exception.

Taking place from 29th April until the day of the Coronation Big Lunch, a 'Kings and Queens' themed Scarecrow Trail will see scarecrows displayed in front gardens throughout North Wootton, as well as some in public areas such as the Village Hall. Once entries are confirmed, a map will be made available for download from the Village Hall's website.

The second curtain-opener to North Wootton's Coronation Celebrations is a Best Decorated Home competition. North Wootton Village Hall is inviting villagers to decorate the exterior of their homes in red, white, and blue for the Coronation weekend. Prizes are



available for the winners of both competitions.

The Coronation Big Lunch itself on Sunday 7th May will be a street party style event held at the Village Hall and will be FREE for villagers to attend. Between 11am and 5:30pm, there will be live music from The Eddie Seales Big Band and Claire Scollay, face painting by Rainbow Tiger Face Painting,

village fete style games to play, competitions, and food and drink.

Antony Lamb, North Wootton Village Hall's Events Organiser, said: "Given the many challenges we as a community and indeed the country as a whole has faced in recent times, the Coronation is a wonderful opportunity to come together to mark this historic occasion. Thanks to funding from The National Lottery, the Coronation Big Lunch will be free for all villagers to attend and promises to be a fantastic day."

The National Lottery Community Fund, the largest funder of community activity in the UK, has awarded a grant to North Wootton Village Hall which will fund the Coronation celebrations.

On Monday 8th May, the Village Hall will open once more between 10am and 2pm as part of The Big Help Out, highlighting the positive impact volunteering has on communities across the nation. Local charitable and voluntary organisations such as Wootton Park Association will provide an opportunity for villagers to find out more about the work they do in the community and to volunteer their time and help as an individual, business, or organisation.

More information on the Coronation Big Lunch can be found on the village hall's website and social media feeds.

CELEBRATE THE CORONATION OF
HM THE KING
&
HM THE QUEEN CONSORT
6 MAY
2023

WATCH THE BUILD-UP AND CORONATION CEREMONY
ON THE BIG SCREENS IN KING'S STAITHE SQUARE, KING'S LYNN,
AND THE GREEN, HUNSTANTON

Saturday 6 May
King's Lynn
King's Staithe Square

Midday – 10pm live music from DNA,
East Angles Brass, Vex and headliners
The Chebbs

Activities for children including crown
making, crafts and minesweeping
game through the afternoon

Fireworks finale

Saturday 6 May
Hunstanton
The Green

Midday – 4.30pm Family-friendly
entertainment including an
afternoon session from The Chebbs

Out of the Box interactive show

Pirate magic show

Sunday 7 May
King's Lynn
King's Staithe Square

Midday – 5pm A lazy Sunday
afternoon of live music and
children's activities

Bank Holiday Monday 8 May
Across West Norfolk – The Big Help Out

The borough council has issued small grants of up to £200 to help those organising their own Coronation related activities in west Norfolk, some of these will be held on the national Big Help Out day.

In addition to borough council organised events in King's Lynn and Hunstanton, financial support has been provided for other activities taking place in Downham Market and Hunstanton to mark the historic occasion.

Information correct at time of going to press



Please check online at
west-norfolk.gov.uk/events
for the latest updates

Borough Council of
**King's Lynn &
West Norfolk**



250-87

Hunstanton Lifeboat Station news

Your busy lifeboat station is set to lift the lid on its life-saving work for the town and surrounding coastline it serves.

Hunstanton RNLI will be revealing some of the exploits of the men and women on its lifeboat and hovercraft at a special evening at the town's community centre on Wednesday, May 3.



Photo: RNLI

Crew members will reveal the stories behind some of the rescues they have carried out, along with the work of the unsung heroes who ensure that they are always ready to launch 24/7, on every day of the year for those in peril at sea.

The event will also focus on some of the many roles which help to keep us ship-shape, from launch authorities and tractor drivers, to those who help out around the station and our souvenir shop or help to raise funds for the work of the RNLI.



Photo: RNLI

Ranging from their teens to their nineties, they all play a vital part in our work. Some will be honoured with special awards for long service and other outstanding efforts.



Photo: RNLI

Hunstanton RNLI chairman Charles le Strange Meakin, who took over the role just under a year ago, said: "What I've realised is just how

much the station is doing and how much greater the volunteers' commitment is than I'd ever imagined."

Our volunteer crew launched 49 times in 2022. Many were to assist people who had found themselves cut off by the tide at Brancaster and Scolt Head.



Debbie Carter De Bois and Sam Rouse from the RNLI's new shore team. Photo: Chris Bishop

A new shore safety team now patrols the beach to warn visitors of the danger. It was launched in partnership with the National Trust, Natural England, HM Coastguard, the National Coastwatch Institution and Brancaster Golf Club after the crew was called out nine times in a single week over the summer of 2021.

On their first of the current season on April 6, Debbie Carter De Bois and Sam Rouse spotted a woman and her son in danger of being stranded and guided them to safety.



The shore team on patrol. Photo: Chris Bishop

But our work is not just about rescues. Station personnel are also actively involved in promoting water safety, from our Storm Force which teaches young people how to stay safe by the sea during the summer holidays, to engaging with schools and colleges.

Some 17,000 visitors were shown around our station last year - around three times Hunstanton's population.

If you'd like to find out more about us, we'd love to see you on May 3.

The evening, which gets under way at 6.30pm, will also include an awards presentation and a performance by the legendary Nelson's Shantymen.

If you can't make it, crew members are at the station at Old Hunstanton most Sunday mornings and are always happy to chat about what we do and the ways in which you could assist us.

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From this...



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Smithdon student's sporting success

A West Norfolk student has been celebrating after representing both her Hunstanton school and the county at the Anglian Schools Cross Country Championships in Northampton.

Faith Turner is a Year 7 student at Smithdon High School, a member of the West Norfolk Academies Trust, and qualified for the championships by ranking highly in a series of events.

The 12-year-old began her winning streak when she came first in her school's cross-country competition, before progressing to the West Norfolk Schools Cross Country event, where she placed second.

She then made the top 10 in the next Norfolk Schools' event, going on to finish in the top third of runners in the Anglian Championships, where she was also in the top 8 of runners representing Norfolk.

Dan Ward, Head of PE at Smithdon, commented: "Faith was the only representative from Smithdon who qualified for the event, but there were a large number of students from schools around the Anglian region of the country.

"It is an amazing achievement for Faith to have finished where she did, and the school is very proud of her achievements."

As well as her successes as a runner, the young sports star plays netball, football and badminton at Smithdon, and, outside of school, has won prizes for her swimming and sailing.

Mr Ward continued: "Faith is a very good swimmer and has recently been moved up a swim squad due to her performances in counties' competitions – this means she is training five nights a week and shows outstanding dedication.

"Faith is also a very good sailor: she recently came second in a national event in her sailing class and has also been involved in regional and county races."

He added: "At Smithdon we promote as much involvement in sport and physical activity as possible, due to the benefits it has on our students' health, but also the characteristics they can develop through being involved in sport and physical activity.

"However, It is also really important to us as a school to celebrate sporting success, and we are proud of the achievements of our students. Faith has been recognised in school assemblies and will be recognised with sports awards throughout the year for her achievements."



*Faith with Mr Ward
Images: Ian Burt*

Appeal for volunteer beach wardens to support rare wildlife

Norfolk Wildlife Trust is on the search for volunteer wardens to help protect and monitor rare birds at NWT Holme Dunes nature reserve and its neighbouring beaches.

Over half of England's most threatened breeding birds nest on the ground and for some, including ringed plover, little tern and oystercatcher, Norfolk's coastline is a vital stronghold during the spring and summer.

After a long journey – in the case of little terns from Africa – the birds settle down on our coast to raise a family. During this time, they face many challenges including disturbance, rising sea levels and predators.

In the last 35 years, the population of ringed plovers in Norfolk has declined by a shocking 79 per cent, with just 123 pairs recorded in 2018.

Norfolk is the most important county in the UK for nesting little terns. In 2021 almost half of the UK population (roughly 691 pairs) of these birds were attempting to nest across the North and East of Norfolk.

Oystercatcher numbers are also dropping, seeing them join the little tern on the Amber



list of conservation concern.

To help beach-nesting bird populations to recover, organisations such as Norfolk Wildlife Trust protect and monitor these avian tourists during their annual visit to our shores, with the support of volunteer beach wardens.

To help give these special birds enough space to raise their families Norfolk Wildlife Trust are keen for Holme Dunes beach visitors to understand the need to keep a distance from special fenced-off nesting areas on the beach, to be vigilant for the tiny chicks that may be feeding on the shoreline, and to keep their dogs under effective control.

Tori Backham, Assistant Warden at NWT

Holme Dunes, explains: "Our beach wardens act as guardians to our vulnerable beach-nesting birds. They support our wildlife by patrolling the beaches, helping the public to understand the importance of looking after these special species, as well as recording bird behaviour and nesting activity.

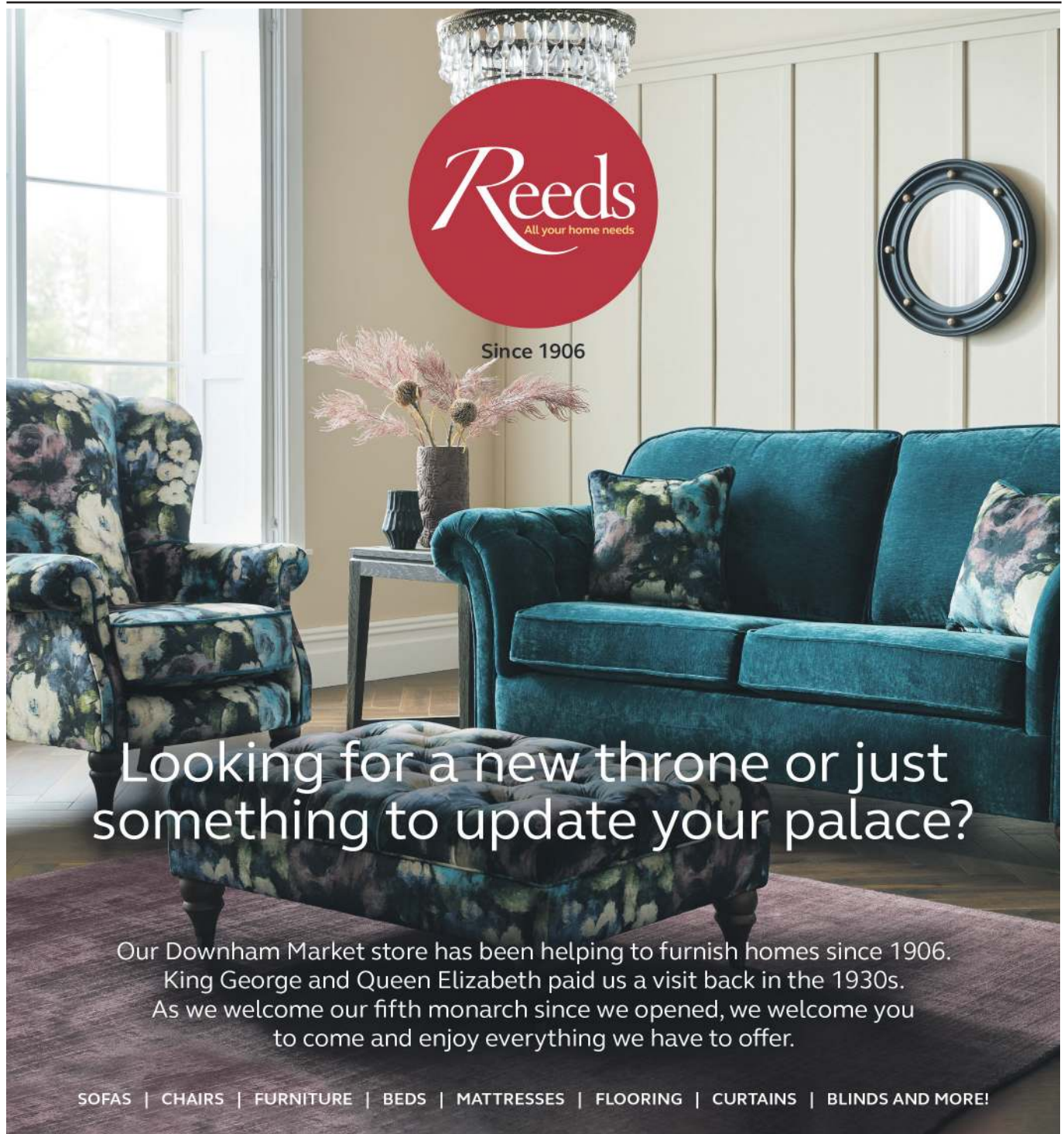
"This vital work would not be possible without the help of a band of friendly, enthusiastic and dedicated volunteers. If you feel passionate about making a difference and you have some spare time to give, we'd love to hear from you. It's such an important job and an incredibly beautiful setting – there's really no better place to be!"

Norfolk Wildlife Trust are looking for people with a passion for wildlife who enjoy talking to the public. The role doesn't require you to have background knowledge of the birds and their behaviours as training will be provided by Norfolk Wildlife Trust.

For more information, visit www.norfolkwildlifetrust.org.uk/volunteering or email

Alan: alanm@norfolkwildlifetrust.org.uk

Image: Lyn Ibbitson-Elks



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GLEBE HOUSE NURSERY RATED OUTSTANDING FOR THE SECOND TIME IN A ROW

Glebe House Nursery has been celebrating following its recent inspection which rated it as Outstanding for the second time in a row. The Nursery which operates three rooms and provides childcare for children from 6 months to four years was rated Outstanding in the quality and standards of its early years foundation stage provision.

Glebe House Nursery received a full inspection by the Independent Schools Inspectorate in January 2023 and were delighted in receiving its rating, meaning it had maintained the highest standard as set at their previous inspection in 2018. The 2023 inspection awarded an Outstanding rating for the quality of education, behaviour and attitudes, personal development of children, and leadership and management.

Nursery Manager Marie Day and her hugely dedicated team were proud to share their extremely well-deserved news with the children for whom they care. The children will be showing their appreciation for the work of the staff in the weeks following the



Easter holiday when a series of You Are a Star parties will be held in nursery. Parents and carers of children currently in the Glebe House Nursery were delighted to receive the report shared last month, reading about how their children consistently demonstrate that they feel secure, safe and happy, that the staff readily use praise and encouragement effectively to enable children to gain the skills they need to learn, and that children demonstrate excellent behaviour and show respect for one another throughout their day at nursery.





Family Fun Morning

Free!

Glebe House School, 2 Cromer Road, Hunstanton, PE36 6HW

Saturday 29th April 2023
10:00am - 12:00pm



Get up close to minibests, reptiles and invertebrates with Ed Mackay's Mini Monsters creepy crawly roadshow!



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A page from the Sage



01485 535658

Well here we are with the May 2023 edition of the Town and Around with my usual lot of West Norfolk squit and a bit of local news.

Potholes

I was listening to Radio Norfolk this morning and they said on there that in Norfolk there will be a lot more money available to councils like King's Lynn and West Norfolk to fill in potholes. A lot of this money is just wasted as you often see three men and a lorry filling in a pothole about one foot square!

I remember a few years back when an elderly lady was walking along Homefields Road when she tripped on a loose paving stone, the lady told me and I rang Highways and told them about it but it was a long while before it was repaired, there are many potholes around the town that have been there for many years.

A few years back you had Road Men or Length Men as they were called, they would be allocated a number of streets or roads to keep clean, the potholes filled in and out in the countryside they would cut the grass verges and keep the gutters clean. In Hunstanton we had at least two of these men they had a yellow wheelbarrow that they pushed around their allocated number of streets or roads. In this barrow would be a shovel, a stiff broom, a pot of tar and a block of tar and a gas stove to heat the tar up plus some road stone. Each day after work they had to take their large wooden wheel handcarts to the council depot which was right at the top of Westgate which was a long drag especially if you had been working down Southend Road or

on the Lighthouse estate those that worked out in the villages would put them in the nearest pub or garage yard, the ones that worked further out in the country lanes would find a gateway and put the cart behind the hedge. I never ever heard of any roadman having anything stolen not even a shovel or broom.

Keeping an eye on the beaches

I am very lucky in having a very large screen on my computer and with the help of a large powerful lamp, a headlight and various magnifying glasses I can still write my letters though it takes me a long while and also I am able to keep an eye on the beach through the web cams. As a lot of you know I spent a lot of time on the beach digging lug worms, cockling, getting mussels and shrimps. The beach got a right old knock about at the end of February when we had a 27 foot tide and two 25 foot tides with a bit of wind that washed a lot of sand up against the power boat ramp, this has covered up some of groynes [breakwaters] and some of the sand up near to the promenade has grass growing from it like it does at North Beach Heacham. The trouble is the area of promenade and beach from the south end of the fair to the hump (Heacham boundary) comes under the control of the Environment Agency and not the King's Lynn and West Norfolk Borough Council. The Borough Council control the beach and the promenade from the fairground [Rainbow Park] to the end of the cliffs. Old Hunstanton beach is a private beach as it belongs to the le Strange estate and it comes under their control. Maybe this new Hunstanton Advisory group will take note of the state of the promenade and beach when they walk along it. Hunstanton beach and promenade is our jewel in the crown and the greatest attraction that we have and it needs to be maintained a lot more in the present and future than it has in the past. Many people ride down to Hunstanton park up walk along the promenade get back in their cars sit and watch the sun go down over the sea in the west then make their way back home.

Tides

Before I go any further I would just like to explain a bit about the movement of the tides as it can do a lot to change the beach. As everybody knows there are 365 days in a year so that should mean with the tide going out twice a day that should mean 730 tides a year but there are not, as on one day each month there is only one tide due to the times of day so that makes 718 tides going in and out in the course of a year.

RNLI

In the Eastern Daily Press there was a write up saying that more volunteers are needed for the Hunstanton RNLI Lifeboat and the Hovercraft, they need crew men or women, tractor drivers, staff to work in the gift shop and others. On the next day they were having an open day in the boat house for anyone interested to go down look around and see what the jobs on the lifeboat entail I have not yet heard how many volunteers they got.

Whilst we are down on the beach I am going to mention once again a question that I first brought up many years ago; when is Hunstanton going to have RNLI lifeguards on the main beaches in West Norfolk in the summer months? When I asked the borough council this question, which has been many times, I always got the same answer, there is no need for lifeguards on West Norfolk beaches as they are all very safe beaches. There is not a safe beach in the world, if we did have lifeguards on our beaches it would take the pressure off our lifeboat crews in the summer months. Most people who walk along the promenade or beach must have noticed how many more large and small sandbanks there are now in the Wash and off Hunstanton. When I lived in Seagate I had a good view of the Wash as I did when I worked at the Kit-Kat; there was just one sandbank off Hunstanton and no more till you got to Heacham and then there were many sand banks as you entered the mouth of the Lynn river.

Books

I have many people ring me up about books about the local

villages and the town of Hunstanton. I had a bit in the March issue of Town and Around saying that I had a spare book to give away written by the late Mary Rhodes called the Hunstanton Story, it was snapped up the same day as the Town and Around was delivered. Mary was born and brought up in Seagate Road Hunstanton, Mary as far as I know wrote three other books, her first one was called Hunstanton Born and Bred, then the Hunstanton Story followed by another called A Hunstanton Miscellany. Mary also wrote a very good book about the 1953 floods, I had a copy of this book but I did the wrong thing I lent it out and I never got it back and I could not remember who I lent it to. There are many other books about Sunny Hunny, another very good book that is All of Hunstanton and Wells-next-the-sea, there are many pictures about then and now. Ken Arnott wrote a small but very interesting account of the town, there is a very interesting book with many pictures and information that was written in 1984 by a Mr Gore and I am very lucky to have a signed copy of this book. There is another small book that is all sketches of Hunstanton and there are books about telling you about Dersingham Ringstead and Thornham. The best places to find these books are car boot sales or book sales or even Witley Press. I also have in my possession a small booklet dated 1921 that tells what to do and see in Hunstanton in that year; I was very surprised to see an article in this booklet that told that you could go on boat trips from Hunstanton to shoot seals out in the Wash.

The changing face of pubs

I was talking to someone the other day and I asked him how he was getting on with playing crib when he told me that the crib league was no more, the Ingoldisthorpe and District Crib League was started in the early 1960s and in its prime there was two divisions with about thirty public houses having teams. The ones I can remember are

Dersingham: Coach and Horses, Albert Victor, Dun Cow,

Social Club, Ingoldisthorpe: Club, The Ship, Snettisham: Victoria, The Compasses, The Beach Club, Heacham: Bushel and Strike, Greyhound, Wheatsheaf, Social Club, Fox and Hounds, The West Norfolk, Hunstanton: Wash and Tope, United Services Club, Conservative Club, Bingo Club, Old Hunstanton Social Club, Holme: White Horse, Brancaster: Twenty One Club, Burnham Market: The Jockey, Docking: The Railway, King William, Hare, Bircham: Social Club, Grimston: Bell, West Newton: Social Club, Wolferton: Social Club, I make that twenty nine but if I have missed any out no doubt someone will let me know.

Public houses have changed a lot over the years; you do not see many dartboards and you do not see any bar skittles or shove halfpenny boards. When you walked into a pub a few years back you would always see some old boys playing dominoes, crib or some other card games, snooker and pool still seem to be popular and so does poker. Food seems to be the biggest attraction in public houses today, I only know of one public house in this area that doesn't serve food.

I was asked the other day if I knew anything about the history of the Waterside Bar which is situated in Beach Terrace, Hunstanton with a great view over the Wash. It is right opposite the former entrance to the railway station. In the 1920s there was a cinema on this site that got burnt down then until the 1930s this site was empty then the railway company built the Refreshment Rooms there. In the early 1960s the building was bought by Brooke and Brooke caterers who also owned the Kit-Kat they changed the name from the Refreshment Rooms to the Three in One as there were three bars in building. The name was changed to the Top Twenty when a jukebox was installed. The name was then changed back to the Refreshment Rooms and after some time it changed hands and was then called the Waterside as it is now. Many bars and hotels over the years in Hunstanton changed names; the Golden Lion started off in 1847 when it was built as the New Inn then the Commercial Hotel later the Royal then in 1869 it became known as the Golden Lion and it has stayed

with that name ever since though over the years it had had many owners. There has only been one public house in Hunstanton and that was Kit-Kat all of the other drinking establishment were and are hotels, bars and clubs. Old Hunstanton had two or three public houses but now they have all gone.

Norfolk bridges

I have always been one for statistics, I often go on my computer and look through a list of five thousand public houses that have been or still are in Norfolk. I also have a small book that lists over seven hundred villages and hamlets in Norfolk. I was listening to the wireless this morning when a man came on telling us all about the new bridge that is being constructed over the River Yare at Yarmouth he also pointed out that there are already over eight hundred small and large bridges over rivers, railway lines and the such like in Norfolk. At one time we had three small bridges in Hunstanton, one in the Esplanade over the road to the Yacht Club another steel bridge at the bottom of Park Road that went over the Hunstanton railway line and another small bridge took you from the promenade over the boating lake to the cafe in the middle of the lake. The nearest bridge still in use near to Hunstanton is the bridge over the River Hun as you go along the A149 just to the east of Old Town. There are many small bridges if you travel along the A149 from King's Lynn to Great Yarmouth; the largest bridge near to us is the one that goes over the Great Ouse river on the western side of King's Lynn, this bridge has always been known as the Cut Bridge, of course there are many bridges in and around Norwich and the Broads. The very old bridge over the Little Ouse at Brandon marks the boundary between Norfolk and Suffolk

Well now, summer is on the way and we already have three kiosks on the promenade and the Rainbow Park was open for Easter and at weekends. Another three months and we will have some sanfar. Just you all keep on a troshin'.

All the best,

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Hearing Service at Hunstanton Eyecare

I'll let you into a little secret. About 12 years ago I started to wear hearing aids. Of course, I didn't think there was anything wrong except that folks wouldn't speak clearly. The problem first arose after my husband returned home from working abroad for several months. He kept complaining that he had to repeat everything to me, of course I said he shouldn't mumble, shouldn't expect me to hear him if he was in the other room and there was just too much background noise around including the TV being too loud. Well you know how it is, you have to go and get checked out, and to my disappointment my hearing was not A1. I am now on my third set of hearing aids and over the years I have found they have improved immensely with the quality of sound becoming far more natural. I can even programme them from an app on my phone, this is useful if I attend a talk and I have missed the seats at the front of the room, I can increase the volume a little and direct the focus of the aids to pick up sound from in front of me and decrease sound from the noisy folks behind me. I wear my hearing aids all day long, and I don't mind if people notice them with my short haircut as they are so small and discreet. The difference in the clarity of sound is wonderful. In the morning I can hear the radio switching on and I know the news is giving us the daily dose of doom and gloom, but it is only when my "ears" go in that I can actually hear what they are saying. Odd things I noticed were a funny whooshing noise in the kitchen, then my husband told me it was the kettle boiling, and that old clock made a right racket with all that ticking !!

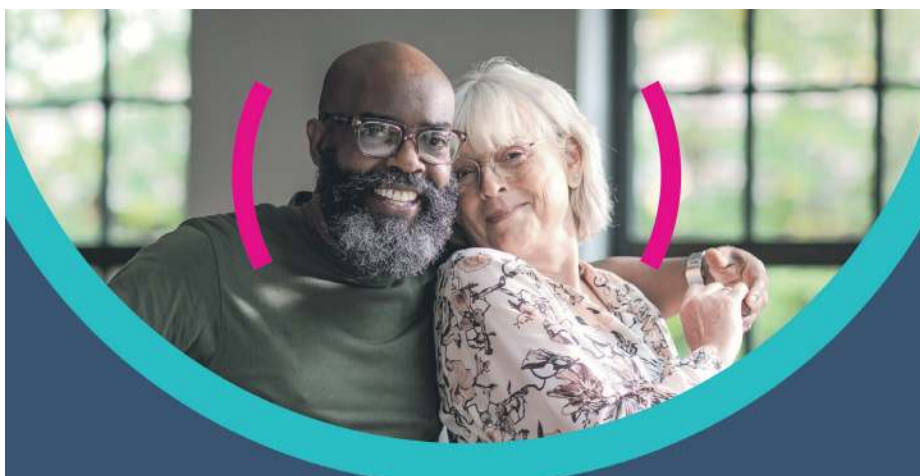
Sight and sound are our most valuable senses, and when they are not all they should be it impacts on many areas of our lives. At Hunstanton Eyecare we have looked after your eyes for many years, and feel that

hearing care is a very complimentary addition to our service.

We have teamed up with The Hearing Care Partnership, to provide a comprehensive audiology service. Like us they are a family run company and value the bespoke service which is so necessary in health care. They offer a FREE hearing assessment, a great range of the latest hearing aid devices should you need them, and on-going aftercare. There are payment plans should you wish to spread the cost too. Just like spectacles, there are many products to choose from so good advice is essential.

So don't say eh, what, pardon,! when you visit it us for your specs, why not book a hearing check too?

We look forward to seeing you soon



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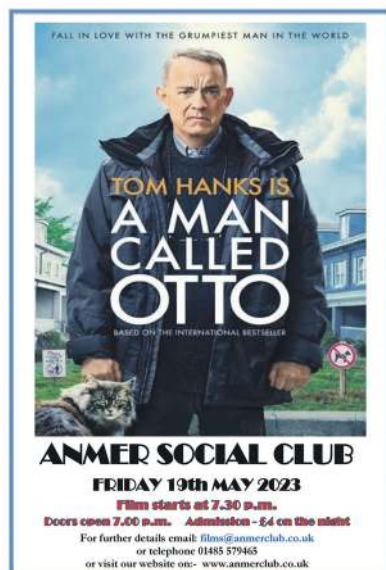


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Are mirror wills right for us?

By Victoria Wells, Solicitor, Hayes + Storr

If you are married, in a civil partnership or cohabiting with a long term partner, and thinking of making or updating your will, you may have heard the expression 'mirror wills' and wonder if this would be suitable for you.

Mirror wills are wills made by two or more people in identical or very similar terms – effectively mirroring each other's arrangements.

For many couples, mirror wills may be the most appropriate option, but you should always check with a legal professional as some circumstances might mean that mirror wills are not the best option for you.

What are mirror wills?

Mirror wills are used to ensure that everything you own passes according to the shared wishes of both parties. A typical set up for mirror wills is for everything to pass to the surviving partner, and then after they die everything will pass to those people or charities that you both chose together.

How are mirror wills used?

Mirror wills are particularly useful for those in second marriages or with children from previous relationships, as they help to ensure that both sides of the family are treated fairly and equally.

If you decide to make separate wills and you do not mirror your wishes, any money or property passing to the survivor after the first death, will then ultimately pass according only to their wishes.

Advantages of mirror wills

Mirror wills are useful to protect the interests of the survivor as well as the remaining family of the first person to die.

For married couples and those in a civil partnership, mirror wills are also likely to be beneficial for the purpose of inheritance tax, as including each other as beneficiaries initially allows you to take advantage of the tax free allowances available.

Disadvantages of mirror wills

Mirror wills do not come with any assurance that the survivor will not change their will, make a new will, or remarry following the first death.

Before making your mirror wills, it is imperative that you completely trust one another to stick by any joint decisions you make once one of you is no longer alive. As there is no legal obligation on the survivor to retain the terms of the mirror wills, they could simply make a new will leaving everything to beneficiaries of their own choosing, such as their own biological children. As such, mirror wills might not be suitable if there is any element of distrust or if your families do not get along.

It is also important to note that any later marriage or civil partnership would automatically revoke the survivor's will. As such, your jointly chosen beneficiaries could miss out even if this is not the survivor's



intention. If the survivor does remarry, they should seek legal advice to ensure that their will continues to accurately reflect your joint wishes.

How can we help?

Mirror wills are often a good option, but this is dependent on your individual circumstances, and you should seek legal advice before making any new will.

For further information, please contact Victoria Wells on 01328 863231 or email victoria.wells@hayes-storr.com. *This article is for general information only and does not constitute legal or professional advice. Please note that the law may have changed since this article was published.*

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Barking Bugle news

The Hunstanton Fun Dog Show, Saturday 13th May
At Glebe House School, Hunstanton PE36 6HW
Entries and events from 11 am

I cannot believe that another year has flown past since my sisters and I put together the last Fun Dog Show in Hunstanton! We have all been recently woofing with much excitement about this year's event because there will be even more classes and rosettes on offer. We are also going to start a little earlier than usual with Entries and Activities from 11am and the Judging at 12 noon.



This year there will be 14 fun classes to enter with rosettes up to 10th place, plus trophies for Best in Show and Reserve Best in Show. There is no need to pre-enter, just turn up on the day. The price for each class will remain at £1.50 – pawsome!

As we have barked in previous newsletters the Show is all about having a fun time and celebrating all things canine. We don't care how posh or scruffy you look, all of you will be welcomed at our event.

Doggies will have the opportunity to try out some activities and take part in a fastest recall competition and once again, K9 Capers display team will be there to entertain everyone. We are delighted that the fantastic Ruth will also be back with a fun demonstration.

For all those humans out there who fancy a bit of retail therapy there will be trade stands selling treats, bedding, collars, leads and toys. There will be ample refreshments, including vegan options. There is also free on site car parking and inflatables and games for the little humans to enjoy!

Here is our timetable of events:-

- 11 am - Show opens for Entries and Activities
- 11.30 am - Cavalier Meet Up Class
- 11.45 am - Display with Ruth
- 12 noon - Judging Begins

See you there! Woofs Miss Zsa Zsa & Ziggy Bear

For all enquires email newsdesk@thebarkingbugle.co.uk
or Tel: 01485 534481

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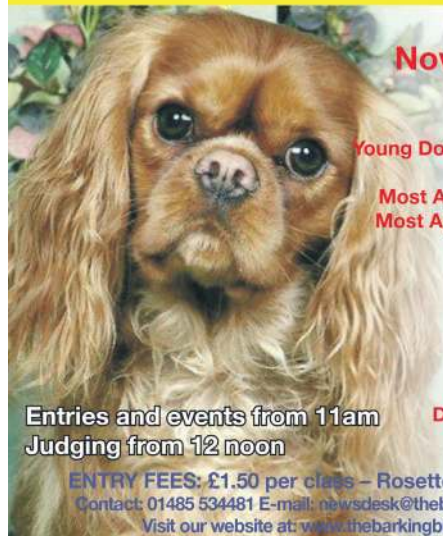
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Entries and events from 11am
Judging from 12 noon

ENTRY FEES: £1.50 per class – Rosettes to 10th Place
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Dates for the Diary

6th May

7th May

28th May

4th June

18th June

20th Aug

Kings Coronation

2nd Sunset (Live Music)

Claire Scollay (Live Music)

Bookfest

Father's Day

2nd Sunset (Live Music)



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COASTAL HOTEL

Plant of the month - Petunias

Wendy Warner

When choosing plants for summer bedding, containers and hanging baskets you can't go wrong with Petunias. There are shapes and sizes to suit every situation and they will give months of colour through to the first frosts, with minimal maintenance. All petunias prefer a sunny position and should be planted out once the danger of frost has passed.

For the fronts of beds and borders or low pots or containers choose the traditional bedding petunias which will create upright, compact plants. These are available in a selection of single colour flowers of white, through pinks to purple, red, blue and salmon and there are grandiflora varieties with larger flowers or multifloras with smaller flowers that hold up better in the rain. Star petunias, as the name suggests, have a defined white star over a deep blue, pink or purple base colour and can look striking on their own or mixed in with plain colours of the same shade. There are also double bedding petunias, in a variety of plain colours and even some bi-colours, which give the effect of a pompom of frilly petals.

For hanging baskets, taller pots or containers or windowboxes, trailing petunias will work best. Those with the largest flowers and longest trails are Surfinias, some which



will grow up to 90cm in length. They are available in a huge array of plain colours, bi-colour with a paler centre or veined with darker centre and highlighted veins on the petals. A hanging basket comprising just surfinias either in a single colour or a mix of toning colour can look very effective or allow them to cascade over a low wall.

Million Bells or Calibrachoa are the smallest flowering of the family and have masses of pretty, bell-like flowers that open up to look like mini petunias and come in a range of colours, including lavender, blue, pink, red, magenta, yellow, orange, coral and white. There are more colours being introduced every year with star, striped, bi-coloured with a contrasting eye and mini doubles. They have a trailing habit and look best spilling over the edges of window boxes, pots and hanging baskets. Often growers will supply them with three different coloured plugs planted into one pot to create the effect, when established, that all three colours are growing from one plant. These are known as trixi or triobells. One pot of these can be planted in a small pot or hanging pot and will make a lovely display.

In addition there have been some more special introductions including the "Sky Series" with dark blue, burgundy, purple and magenta petals speckled with white, looking like stars in a night sky. There are also some black petunias which is quite a rare colour in flowers, and others black with yellow stripes which look quite spectacular. Why not try experimenting with some different petunias for your garden this summer?



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Sedgeford Open Gardens

Church Lane PE36 5NA - 28th May

10 Gardens Open from 12 until 5 pm

There are boats on the lake, model railway, art exhibition, Ice cream and in the Church: Mid-morning coffee/snacks from 11 am – 12 noon, Lunches are served from 12 – 2 pm – lovely selection of Game Pie, Quiches, Ham, Coronation Chicken etc all served with salad - £7.50. Desserts are £3. If you have both this will be £10. Afternoon tea is from 2.30 – 5 pm with delicious cream scones and a variety of cakes.

Live music by 'Panama' will play from 12 – 3 pm

Stalls: Plants, Books, Puzzles, Crafts, Cakes and produce, Tombola and Raffle.

If you would like to book a table for lunch or would like further information please call: 01485 579002 or 07747126079

Entrance is £5 accompanied children under 16 free.

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How your dirty car can cost you money

Abigail Brown

If you're like me and really hate cleaning your car (!) you may be motivated to keep at least part of it neat if you know you could be fined up to £1,000. Now, I'm not saying you could get charged for having a dirty car - I'm ashamed to admit mine has been known to be offensively grimy - but you can get in trouble for having a mucky number plate amongst other things.

Your licence plate tells the police where and when the vehicle is registered and allows Automatic Number Plate Recognition cameras to do their job. Making sure the registration number is legible is a legal requirement. If it's hard to read or covered in dirt you could be stopped and fined anything from £100 to a grand on the spot. Not only should your number plates be clean, but they also need to be

made from reflective material. The front plate should display black characters on a white background, while the rear plate should display black characters on a yellow background, and neither should have a background pattern. 3D and 4D lettering is allowed as long as it doesn't compromise readability.

But, it's not just your registration plate that can get you in trouble. The Highway Code states that drivers must take special care to maintain their car and ensure it's working properly, stating "lights, indicators, reflectors and number plates MUST be kept clean and clear." It's amazing how dirty your lights can get and how much this can impact your vision in the car and how visible you are to others on the road. Many modern cars have built-in headlight washers - they

spray your lights at the same time as your windscreen. However, generally this only removes loose dirt so it's best not to depend on them. You can clean your lights simply by wiping with warm water, or you can buy dedicated cleaning kits. You can even clean your headlights with toothpaste! If you're worried about causing damage, head to your local garage. Your indicators and reflectors are just as important and also need to be kept clear. Be aware, if you've tried everything to clean your lights and they are still cloudy, discoloured or faded, it may be time to replace the bulb, or even the headlight unit itself. A garage will be able to advise you on this.

Of course, my little column doesn't cover everything you can be fined for on the road - a quick Google will open your eyes to so



many things you can get in trouble for if you're not careful. But, perhaps it has made you think twice about putting off cleaning your car again!

For more insights and advice visit www.kbrownautoskingslynn.co.uk.

HUNSTANTON & DISTRICT LIONS CLUB 10th CHARITY GOLF TOURNAMENT

Heacham Manor is the venue for the golf tournament on 12th May. Golf Tournament Organiser Gerry Desroches writes: 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 10th running at Heacham Manor on Friday 12th May 2023. This year we are proud to announce that a proportion of the funds raised will be donated to the Samaritans.

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 endeavour 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 below or if you wish to



take the opportunity to advertise your business/company, a form is also below to sponsor one of the 18 holes for £50.

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



Entry Form Lions Charity Golf Day Friday 12th May 2023

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.

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.

£200 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 £200 cheque made payable to: Hunstanton Lions, CO Mr Gerry Desroches, 28 Homefields Road, Hunstanton, Norfolk PE36 5HL

Closing date of entries Friday 5th May 2023

Tee times from 09:28 will be advised from 8th May 2023

SPONSOR A HOLE FOR £50

Lions Charity Golf Day Friday 12th May 2023

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 The Club House, Searles Country Park, South Beach Road, Hunstanton by 3pm Thursday 11th May 2023, at the latest.

I WOULD LIKE TO SPONSOR A HOLE ON 12th May 2023

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

A-MAY-ZING GARDENS OPEN FOR THE NATIONAL GARDEN SCHEME

During the month of May the days become longer and warmer and Summer is definitely on its way. Gardens are getting into shape with herbaceous borders coming into growth. There are 11 gardens opening this month providing a wide range of design and variety. Lakes and ponds come to life and azaleas, rhododendrons and bluebells bring a burst of colour.

Pre-booked tickets can be purchased online for all gardens listed, and at most gardens, it will be possible to turn up and pay at the gate.

Refreshments will be available at the majority of gardens, and entry for children is free unless otherwise stated.

Sunday 7th May

Kelling Hall, Holt Rd., Holt NR25 7EW.
10.30-3.30 adm £7.50 child £3.00.
Refreshments at nearby Garden Centre.

These gardens are seldom open, it will be the lower gardens with spring bulbs, the lakes, and beautiful mature woods. Meadows with views to the sea and a wonderful bluebell walk.

Sunday 14th May

Chestnut Farm, West Beckham, Holt NR15 1UJ. 11-4 adm £5 child free. Refreshments

Mature 3-acre garden with many rare and unusual plants and trees which include Handkerchief tree, Cercis and Camassias. Fritillary meadow and wildflower walk.

Holme Hale Hall, Swaffham IP25 7ED. 12-4 adm £7 child free. Light refreshments.

Walled kitchen garden with soft palette of herbaceous plants which include some

contd on page 21



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unusual varieties. Greenhouse, vegetables, trained fruits, and roses. 130-year-old wisteria. Wildlife friendly with wildflower meadow.

Quaker Farm, Quaker Lane, Spixworth, Norwich NR10 3FL 11-4 adm £5 chd free. Home-made teas

An acre garden made up with herbaceous borders, gravel garden, an avenue of shrubs, woodland garden and bluebell walk on farmland.

Wednesday 17th May

Stody Lodge, Melton Constable, NR24 2ER 1-5 adm £9 chd free. Home-made teas

Spectacular gardens with camellias, rhododendrons and azaleas providing a riot of

colour along peaceful woodland walks.

Sunday 21st May

Bolwick Hall, Marsham, NR10 5PU 1 – 5 adm £6 chd free. Home-made teas

Enjoy a woodland walk around the lake and a stroll through the working vegetable and fruit garden with its double herbaceous border.

Lexham Hall, Litcham, PE32 2QJ 11-5 adm £7.50 chd free. Light refreshments.

Mature garden of variety and year-round interest, with walled garden. Rhododendrons, azaleas, camellias and magnolias in woodland, set in parkland.

Warborough House, 2, Wells Road, Stiffkey, NR23 1QH 11-4 adm £6 chd free. Home-

made teas.

7-acre garden on a steep chalk slope. Many different aspects, woods, wildflowers, formal planting, fun for children

Sunday 28th May

Blickling Lodge, Blickling, NR11 6PS 12-5 adm £6 chd free. Home-made teas.

17 acres of parkland inc. cricket pitch, mixed border, walled kitchen garden, yew garden, and a woodland/water garden.

Ferndale, 14 Poringland Road, Upper Stoke Holy Cross, NR14 8NL 11-5 adm £4 chd free.

Light Refreshments. ½ acre packed with colour, and features seating areas, arches, flower borders, pond, vegetable plots & greenhouse.

Nature notes with Carrie Carey

Silence and Absence

A sweeping silence falls over Bali and the island comes to a full stop. I don't mean it slows down or runs on island time, I mean that for 24 hours it comes to a complete standstill. It is the start of Nyepi, the Balinese New Year. Contrary to other cultures that celebrate the day with loud and vibrant festivities, this is a time of quiet and rest. The literal translation for Nyepi is Day of Silence and it has its roots in ancient Hindu folklore. According to legend, the demon Nadi was running rife, causing havoc and disrupting the balance of nature. After consulting with a wise man, the king declared a day of silence and introspection to rid the island of negative energies. And every year since, Bali goes into hiding to protect itself from evil spirits.

Although Nyepi didn't set out to be an initiative that protects the environment, it has undoubted benefits for the planet. Everyone is required to stay indoors, including tourists. There's no traffic on the roads, airports and docks are closed, factories shut down and hotel kitchens are silent. Water and food consumption decrease, less waste is produced and the use of fossil fuels is reduced. Resulting lowered CO2 emissions, noise and light pollution are of course good news for wildlife, and residents acknowledge that without the clamour of human activity, birdsong is more distinct and the sound of waves rippling on the shoreline more noticeable.

The positive impact on the environment from this one day is profound and begs the question "What happens to the Earth when mankind is absent?"

During the peak of the Covid pandemic, when our human footprint was somewhat curtailed, nature in part thrived. Who remembers the images of dolphins playing in the canals of Venice and pumas roaming the streets of Santiago? There were stories of sheep pushing each other on a playground roundabout in Wales and wild boars happily snuffling for food in downtown Haifa, Israel. In zoos and parks, animals



Wader Flock credit: Phill Gwilliam

liberated from the intrusion of daily visitors settled into a more inherent regime with some species mating for the first time in captivity. It's almost as if wildlife noticed that people weren't around.

In return, nature itself was noticed far more by us. Global lockdowns increased our appetite to connect with the world around us. People exercised in their gardens, took up birdwatching, grew their own food, held yoga sessions on the lawn and took more walks around the block. The great outdoors really was great! It became abundantly clear that our physical, mental and emotional wellbeing was inextricably linked to time spent outside of our concrete blocks. And it makes sense that if we invest in nature, we are then investing in ourselves. Understanding that man's survival is dependent on the 'state of nature' should inspire us to leave the planet in the best possible condition for future generations. Over the last half century, world governments have begun to recognise the need to futureproof our most significant landscapes and habitats. Many of our special places are now safeguarded by internationally recognised treaties or designations. World Heritage Sites represent areas of the world that are of exceptional value to humanity. There are over 1000 of these globally important places listed under the umbrellas of cultural (such as a temple), natural (rainforest) or mixed (both cultural and natural).

In April 2023, the UK Government announced seven sites it is backing to receive World Heritage status, and this includes the East Atlantic Flyway. This avian 'superhighway' is used by around 90 million birds every year. Starting in northeast Canada and taking in the coastal wetlands of east England, it runs as far south as South Africa. Over one million birds visit these wetland sites each winter, some will stay in the UK while others travel on to Europe or Africa. In collaboration with other organisations, the RSPB has been campaigning for this designation for some time. Our reserves at Snettisham and Titchwell are key pit stops for overwintering birds using this flyway on route to and from Scandinavia, Arctic Canada and northern Europe. If the nomination is successful, the East Atlantic Flyway will be the first ever bird route to receive this international recognition sitting alongside other natural wonders such as the Great Barrier Reef and Yellowstone National Park.

Of course, the rosette and ribbon won't resolve the issues that threaten this strategic migratory route. Natural World Heritage sites are all under increasing pressure from climate change, infrastructure development, air pollution and other dangers. But managed carefully and by investing in their protection, these places can be a litmus test for our ability to preserve our planet for the next generation. And wouldn't it be great to celebrate man's participation in the Earth's future rather than wondering if it would benefit more from our absence?



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BUSINESS RATING – A NEW MINEFIELD FOR FURNISHED HOLIDAY LETS

By Kathryn Gigg Chartered Accountants, Hunstanton

For some time, there has been an advantage for owners of Furnished Holiday Letting (FHL) accommodation (as defined for tax purposes) to register their properties for Non-Domestic Business Rates (BR) rather than Council Tax (CT). Indeed, in the past some councils have gone to considerable lengths to identify holiday cottages and insist on re-rating. More recently, switching to BR has generally led to a lower charge and where small business rating relief is available, no charge at all, along with the generous Covid Grant Support provided to the hospitality sector.

In the face of perceived abuse by owners of properties which were substantially used for personal occupation, it was announced at the Autumn Budget that more rigorous eligibility tests would be applied. However, now that the full detail has been revealed, it is clear the new rules will not only catch those at whom they were aimed, but also bring a considerable degree of complexity to many genuine FHL businesses. The new rules for BR are, inexplicably, different to those applying for Income Tax purposes so it is entirely possible that some qualifying FHLs will not be eligible for business rating or vice versa.

- The BR/CT definitions of occupation are based on nights rather than days, (so for example a property let out from Friday evening to Sunday morning would have been let for two nights for the purposes of meeting the business rates definition but three days for income tax purposes) and the relevant period is based on the year to 31 March rather than 5 April. Since Easter often falls within that period, this could be highly relevant.

- The “availability” period for BR/CT is 140 nights and the “actual occupation” period is 70 nights for both the current and previous years, compared to the equivalent periods of 210 days and 105 days respectively for FHLs for tax purposes which is looked at on a single tax year basis (except in year of commencement/cessation).



- FHL rules sensibly recognise that there can be fluctuations in occupation for many genuine reasons such as weather, timing of Easter, repairs and building up lettings in the early years of the business, and various mitigating elections such as averaging, and “periods of grace” reflect this. No such elections are available for BR/CT

Data to enable the transition to take place will be gathered by “requests for information” during the 2023/24 operating year “to check that the eligibility rules for self-catering properties are met”. Failure to return the form or completing it incorrectly can lead to a financial penalty or even prosecution.

The new rules are likely to be a real problem for owners of FHLs who will have to check that they comply with two significantly different sets of criteria on an annual basis. Given that some aspects of the BR/CT are less stringent than the existing FHL rules, it is a mystery why these were not simply replicated. In fact, it almost feels as if there is a deliberate policy to make compliance as difficult as possible with the intention of discouraging owners from claiming the treatment to which they should be entitled.

For further advice regarding the tax implications of FHLs please contact either of the partners Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.

N.B. Article written in April 2023

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

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"Be like a flower and turn your face to the sun" - Kahlil Gibran

Just five minutes... If you are lacking the energy or enthusiasm to get out and tackle garden jobs, just promise yourself you will keep going for five minutes. You can get a lot done in five minutes, sometimes in turns in to hours, sometimes five minutes is enough. Either way, you will achieve something and raise your spirits and energy in the meantime. Give it a go.

Flowers

If time is tight, clear a large pot. Sow black eyed susan (thunbergia), sweet peas and morning glory (ipomoea) are all stunning in a large pot with a few canes as a wigwam. They will flower until September and survive on a balcony, patio or in the garden directly.

Pots and hanging baskets can now be filled with annuals, plug plants are very effective and can be planted in sheltered areas or protected in the night time from frost. Try popping some water retaining granules in the compost mix as this ensures the baskets won't dry out if you forget to water them!

Plan

There is still time to plan a border or add further height to your garden. Think about clematis for a long season of interest. Ornamental grasses will also wow factor later in the summer. If planted now, keep well watered during dry spells in order to ensure the plants establish a good root system. Do it this month and you will reap the rewards throughout the summer.

Bugs

Keep an eye on new perennials and annuals, wash off bugs with your hose, treat with warm soapy water in a spray gun or a chemical spray before they consume all the new growth. Addressing bugs now will ensure your plants and flowers remain healthy throughout the growing season.

Lawn

It's the time to address moss by scarifying, use lawn sand, sow lawn seed and start to mow fortnightly to weekly. Do it gradually for a daily exercise until the whole lawn is complete.

Vegetables and fruit

Beetroot, spinach and similar, should be thinned out. Small plug plants of cut and come again crops can be purchased at this time of year. Alternatively, just sow at regular intervals for a crop of new baby leaf spinach and rocket straight from ground to table throughout the summer. For a bright show in a raised bed try Kale 'Redbor' or Nasturtium, lots of colours to choose from.

If you haven't mustered enthusiasm yet to get out in the garden, maybe try to grow a few vegetables. Here are a few vegetables to consider.

Calendar for the easiest vegetables to grow

Veg	Sowing	Harvest
Pink radish	April to Sept	May to Oct
Lettuce	Mid-April to Sept	Mid-May to Oct
Bean	March to June	May to Oct
Tomato	April to May	July to Sept
Pea	April to May	June to July
Carrot	March to July	May to Nov
Potato	April to May	June to July
Squash	April to June	Sept to Oct
Onion	March to May	July to August
Corn	April to May	August to Sept

Or you can purchase small plants locally from plant nurseries, garden centres and even car boot sale stalls.

Water

Pond or tub, large or small, water is great, you will be surprised at the. If you have a larger water feature, lift and divide overcrowded pond plants and introduce water lilies now for a great flower display.

Nature project

Try to introduce water in to your garden. Tubs, old containers or a full on pond, any water is appreciated and will bring so much wildlife to your garden. Make sure there is a shallow end for ease of access. Pebbles and wood to enable easy access would work well. Surrounding the area with shrubs or foliage is also good for cover. Even an old washing up tub will ensure you encourage dragonflies, pond-skaters and amphibians, even in the first season. Keep refreshing with a little new water, from a water butt if feasible.

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R&B IN TUNE WITH YOUR MACHINERY NEEDS

News from the Woottons

Richard Coates

Elections to the Borough Council come around every four years with the same predictability of a comet coming round! But not so for Parish Council elections. Read on for news about them!

"The Woottons" ward for the Borough Council consists of a little more than North and South Wootton because nearby Castle Rising is added in as well. With nearly 3,500 electors in South Wootton and approaching 1,900 in North Wootton, there's another 178 in Castle Rising. I'm told the Boundary Commission decided to put the two Woottons together four years ago. Before that, North Wootton (and Castle Rising) returned one councillor and South Wootton had two. But the Boundary Commission felt that the numbers weren't quite right and so put the two Woottons together as a three councillor ward. I doubt anybody on the Boundary Commission has ever tried to contact 5,500 electors because I'm sure if they had, they would appreciate there's more to local democracy than trying to make the numbers come out exactly equal!

So when the last day for the delivery of nomination papers closed this time, we finished up with six official candidates for the three councillor positions. In case you haven't seen them elsewhere, they are Paul Bland (Independent), Richard Coates (Local Conservative), Greville Lord Howard of Rising (Local Conservative), Graham Middleton (Local Conservative), Simon Ring (Independent), Peter Smith (Labour Party).

So you can see for those who vote by party, there's one that can have all three votes. Or for those voters who know or have met one or more of the candidates, they can pick and choose any number to vote for up to three. Polling day is Thursday 4 May with the count the following day. Four years ago, the count went to three recounts before the result was finally determined so don't think that your vote won't matter. That time just 11 votes finally separated the two candidates who were elected and were not elected so you'll have the chance to be part of democracy in action by voting!

But not for the Parish Councils. North Wootton was looking for 12 Parish Councillors but had only 11 valid nominations by the time that



nominations closed and, for South Wootton, that council was looking for 15 councillors but only got the same total of 11. You could be forgiven for interpreting that as citizen apathy but I prefer the alternative view that has been put to me: that local people are very satisfied with the way that these two parish councils have been run these past four years and have been content to leave well alone. If that's so, I don't know what the situation is in nearby Castle Rising. Now look back at my second paragraph and you'll remember there's only 178 electors in that parish yet that parish council has just 7 councillors but there's no less than 11 candidates seeking those positions! So that's 1 resident in every 16 looking to get elected. Probably, if you're not

standing for election yourself, you'll know someone who is standing. Shouldn't be too much of a problem, though, because you'll have 7 votes. Still, you'll have to ration out your votes to your closest relatives, decide who your bestest friends are ... (Now, I'll have to vote for Jim, and Auntie Maud. Then I see that Fred's standing, you remember, he's Jim's cousin's husband. Then there's the guy who helped me with my lawnmower when I couldn't get it to start, now what was his name ...?).

Castle Rising hasn't always been the smallest partner in The Woottons, it used to be the biggest with South Wootton the smallest! Until less than 200 years ago, Castle Rising elected two members of parliament although "elected" wasn't done in the same way as today. In those days, the Lord of the Manor owned most of the property that gave entitlement to a vote for one member of parliament so he could decide who that would be and the other member was selected by local influential families. This meant that you could buy your way to becoming a member of parliament if you had enough money and these seats were known as "pocket boroughs" or "rotten boroughs". It was all done away with in 1832 but not before Castle Rising had sent the great 17th century diarist Samuel Pepys to parliament and Sir Robert Walpole who was to become what was in effect the first prime minister. Perhaps we might have a future prime minister among those 11 candidates to be a councillor on Castle Rising Parish Council. Watch this space!

WALK BY THE SEA TO D'FEET MND - FROM HUNSTANTON, Sat 13th May

Motor Neurone Disease Association, Kings Lynn

You are invited to walk the Prom from Hunstanton to Heacham and back, for the Motor Neurone Disease Association on Saturday 13th May.

Their annual Walk To D'feet MND, to raise funds for the Kings Lynn Group of the Association starts at 10.30 from the South Prom Car Park, Beach Terrace Road, Hunstanton, PE36 5BQ. The Walk is along the Prom to Heacham and back – a total of 4 miles. As it's an 'out and back' walk, people can choose to return to the start at any point. A wheelchair friendly route, on the Prom all the way.

The group will meet between 9.30 and 10.30 in the car park, near the Alive Oasis swimming pool, for registration and t shirt distribution.

Oasis have kindly offered to open their café early at 9.30, so coffee & refreshments will be available there before the start if required. Toilets, including a wheelchair accessible option, are adjacent to Oasis. They expect to finish back in Hunstanton by about 12.30 – 12.45, depending on coffee or ice cream delays en route!

Dogs on leads are welcome on the Prom for the Walk, however, they are not permitted on the beach. (Bikes are not permitted on the Prom.)

Joining the Walk is free of charge, but donations will be welcomed on the day. If you already have an MND t shirt please bring it with you to save cost and planet!

For further information, please phone 07887 675458.

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- Has produced, despite a pandemic, war in Europe and resultant cost of living pressures a funded and aspirational budget for the next 3 years at a time when other councils are reporting financial difficulties and cutting back on services, events and investment. You can clearly see we've been bucking the trend.
- During the pandemic kept all your essential services consistently operating, provided support to the NHS, brought new services in place to support the vulnerable and all of us and administered over £80m of grants to support local businesses.
- During the recent cost of living pressures administered over £9m of winter support payments to local residents and put additional funding in place to support local charities and community initiatives.

We have proved you can rely on us to deliver for you

You can trust us to ensure we are financially fit to deliver and to continue improving

- Significantly invested in its protection of the Environment with a dedicated lead, delivery plan and £1m budget and invested in staff, funding and equipment in other essential areas.
- Continued to build low-cost, high quality housing developments to allow local people to buy or rent their own homes.

We have proved you can rely on us to deliver for you

We work well and will continue to work well with strategic partners who can help us

- Working well with partners has brought transformational investment of over £100m into West Norfolk, paid out over £4m to directly support 123 projects upgrading local facilities and over £100k in grants to support 'grass roots' good causes, whilst reducing children's fees at all its leisure centres during all recent holidays.
- Taken a positive, professional lead role with partners in offering first-class support to the QEH bid, opposition to the Wisbech Incinerator and support to Ukrainian refugees.

Use your vote wisely on May 4th

Vote for professionalism, joined-up working with partners and effective delivery.

We have proved you can rely on us to deliver for you

We have proved you can rely on us to deliver for you

The bad and ugly alternative

In contrast the opposition has:

- Failed to put forward a clear vision for the next four years.
- Failed to propose amendments or an alternative Budget to the Conservative one put forward at the Full Council Budget setting meeting of February 2023.
- Failed to put forward any workable alternatives to Conservative policies.
- No track record or management experience in controlling the Borough Council or working effectively with the many stakeholders the Borough Council operates with.

You cannot rely on the opposition candidates to deliver for you

Use your vote wisely on May 4th

Vote for professionalism, joined-up working with partners and effective delivery.

Vote for your local Conservative

We have proved you can rely on us to deliver for you



NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

April has been a busy month, with a number of activities scheduled, including a Beauty and Wellness Evening, the Easter Spectacular Pub Quiz and BVH Horse Racing Night.

Future events include:

- The Hot Spot Coronation Lunch on Wednesday 26th April, 12.00pm to 3.00pm.
- Coronation Celebration Sunday 7th May from midday until the evening, including a cake competition for adults and children, a barbeque, live music and – weather permitting – a game of pétanque.
- The screening of Eurovision on 13th May.
- Wine Tasting with Liberty Wines on Thursday 18th May.

For all details of these events and our regular activities please visit our website: www.brancastervillagehall.co.uk and for enquiries: brancastervillagehallcommunitybookings.co.uk

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: THE BOCKING FAMILY IN BRANCASTER

The Bocking family has been an integral part of Brancaster society for a very long time, as a walk through St. Mary's graveyard would attest. During their time in Brancaster the Bockings have made major contributions to village life, fulfilling many roles, including master mariner, policeman, school manager and Parish Councillor. Members of the family worked at Dormy House Hotel, which serviced the Royal North West Norfolk Golf Club; they have also worked at the Ship Inn, the Borthwick apple orchards and the local council, overseeing road maintenance.

Today Gary and Sarah Bocking continue to live in the village and make important contributions in the community. Gary is a successful florist and gardener who is renowned for his floral displays. He has also been a Trustee of the Simms Reeve Institute (the village hall and community centre) and a Parish Councillor. Sarah became the acting Headteacher of Brancaster School in 2010 and subsequently Headteacher in 2011. Although retiring from this role after a decade, Sarah continues to teach at the school.

Some years ago, as part of the Brancaster History Project, I interviewed Gary and his mother, Lorna, about their experiences at Brancaster School and the village generally. This item will deal with Lorna's recollections in the 1940s: its sequel will focus on Gary at the school in the 1970s and Sarah's experience as Headteacher.

SOME THOUGHTS ON ATTENDING BRANCASTER CE VA PRIMARY SCHOOL IN THE 1940s by Lorna Bocking

The school was divided into three departments – infant, junior and senior. Pupils left school at 14 from the senior department if they had not passed the scholarship examination at 11 and transferred to the Grammar School in Fakenham. There were about 100 children in the school. The three classes were strictly organised in rows of desks and the teaching was very formal. The Headteacher, who lived in the house next to the school, sat in a central position where he could view the activities of all three classes. Discipline was very strict, and those in trouble were often subject to corporal punishment, particularly the cane.

Pupils came from most of the villages and farms around Brancaster. In the absence of public transport, the children had to walk or cycle to school. The school day was much longer than at present and the school never closed, even in bad weather: pupils had to get there as best they could, notably in the deep snow of 1947.

The curriculum was very formal, with much emphasis on the “3Rs” – Reading, Writing and Arithmetic. Tables were still learned through

the whole class reciting together in a kind of chant. Writing was done using ink pens with nibs and each desk had an inkwell; it was the job of the ink monitor to fill each inkwell every day: when a ballpoint pen was brought into school the Headteacher was very cross and forbade the offending pupil to write with it. Pupils were required to do a lot of jobs around the school to ensure it could run efficiently. One of the strangest was that of pumping up water from the well for the Headteacher's house each day – a really hard task. At 11 years old all the pupils sat the scholarship examination and those who passed went to the Grammar School in Fakenham. They travelled by bus, which visited all the villages, collecting pupils. Very few children from Brancaster passed the scholarship.

Life at the school was not all hard, as the pupils enjoyed a lot of fun as well. Games such as hopscotch, conkers, skipping and tug-o'-war were commonplace; winter brought ice slides and snowball fights. There were also regular outings to the Common and the shoreline to study nature. Meals were very good, as they were cooked on site, using local produce, in what is now the school cloakroom. Lunches had to be eaten at the pupils' desks, and those who could had to make a contribution to the cost. Children received extra food if they helped in bringing coal to the stoves in the classrooms, which were the only means of heating. There was also a daily ration of 1/3 pint of milk, which was not usually liked, as it was placed next to these stoves, and was very warm when drunk.

The Church of St. Mary the Virgin played an important part in the life of the school. The whole school would attend on major festival days, marching down to the church in “crocodiles”; Ascension Day was a particularly important occasion. An inspector would come to the school regularly to quiz the pupils on their knowledge of scripture.

Wartime was a particularly interesting time, when there were regular air raid drills where everybody had to wear gas masks and take cover under their desks. We would play hockey on the field opposite the Dormy House Hotel and American soldiers would come and cheer us on, which is an abiding memory. The Reverend Tomlinson, who became Rector of Brancaster in the 1930s, visited the school in 1945 to tell the pupils that the war had ended; he was at that time a chaplain in the Guards.



My thanks to Sarah and Gary Bocking for their assistance in compiling this information, and to Lorna Bocking who has, sadly, died since the interview. The picture shows Lorna's school friends sitting in the senior classroom in 1948.

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Soap Box Derby returns to the streets of Hunstanton

Tim Keogh

After a three and a half year absence, the popular Soap Box Derby, organised by the Borough Council of King's Lynn and West Norfolk, returned to the Victorian holiday resort of Hunstanton.

To the delight of an estimated 5,000 spectators and onlookers, the event did not fail to deliver. A chicane and jump put all the drivers' skills to the test. Fortunately, the dry weather gave the racers some respite. The course weaved its way downhill from the town centre towards the promenade with many spectators taking advantage of an opportunity to view the creatively built carts close up on the green before the racing began.



The crowd erupted as Team Expro set proceedings under way. The debutants, who had travelled all the way from Great Yarmouth with their offshore winch designed vehicle, set a benchmark of 40 seconds. With carts reaching speeds of up to 40mph, there were certainly thrills and spills but, fortunately, no serious injuries.



The King's Lynn Army Cadets Soap Box driven by fifteen-year-old Aidan Beagles did come a cropper on its second run over the jump, ending up upside down. He was shaken up and had hurt his chin but after a check-up in the ambulance was pronounced ok.

One bystander was heard to quip, "you can't park there sir".

The wheels, unfortunately, fell off the Hunstanton Fire Station vehicle, although they did manage to cross the finishing line.

However, after two runs, the winning Soap Box built by Pat Richardson - with a time of 30 seconds - was Birkin's Boys. The team consisted of Charles Le Stange Meakin, Stuart Dark and local MP James Wild, with Charles taking the helm for the winning first run and the James the helm for the second run. The team of Peter and Karen Drew won the Veterans event with Soap Box RUBY, named thus as they were celebrating their 40th Wedding Anniversary. Team Eggy won the Under 16's race. The presentations were made by Borough

Mayor, Lesley Bambridge and Mayor of Hunstanton, Maureen Howard.



Birkin's Boys

Despite the chill, the sun shone and there was definitely a feel good factor about the place, with local bars, cafés and restaurants all busy throughout the day. This year also marked the 70th anniversary of the first Soap Box Derby, held in Hunstanton in 1953. The brainchild of Frank Hartnell, he arranged the inaugural event for the enjoyment of the boys of St. Christopher's Children's Home.

Organiser, Roger Partridge, was delighted with the event, saying: "Marvellous to see a successful day for the town of Hunstanton, blessed with good weather. Delighted to see even the Daily Telegraph got in on the action and featured the event. My thanks go to all the council staff, volunteers and behind the scenes helpers who made the day possible. See you all next year!"

"Thanks also go to King's Lynn & District Motor Club who marshalled the event, Tesco for the provision of staff lunches, Hunstanton Scouts who delivered road closure notices and Westcotec of Dereham who provided the speed monitoring device."

For the full results, please visit www.west-norfolk.gov.uk/soapboxderby.

Lining the route were 1000 straw bales. A quantity of these were collected by Moulam and Horn of Heacham and they are selling them for £1.50 a bale (with a discount for bulk loads) with all proceeds going to charity.



The event certainly lived up to expectations and is now firmly back on the annual Hunstanton Events calendar. The next Hunstanton Soap Box Derby is planned for September 2024.

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Vegan Runners provide food for thought

John Maiden

It was good to see my home town staging a soapbox derby last month, thereby recreating a sporting event that was first launched in 1956. Needless to say, the design and performance of the vehicles has improved on over the intervening years, but since aerodynamics is not my area of expertise, I will confine this report to just one entrant and its crew.



The justification for taking this stance is because the team behind "Vegbox 1" consists of Vegan Runners, who are doing even more to promote healthy, happy and ethical living, than engineers are managing to achieve in the quality of soapbox racers. However, before moving on to their success off the track, this is how some of them described the event itself.



Bryn Mays driving over the ramp

Andrew Millis, lead green machine engineer: "Having an entry is a wonderful opportunity for friends and colleagues to work together and pool their ideas and skills. I am sure we have learnt so much from our efforts, forging better relationships through competing, and determined to do better next time!"

Chris Lait: "As one of the drivers it was really exhilarating, especially with the roar of the crowd, and you could sense a real buzz from them and feel their anticipation, waiting to see if anything was going to go wrong. Never having done anything like this before, the chicanes and tight turns gave me plenty to think about. Our second driver, Bryn Mays took on the ramp and got airborne, even



From left: Beckie Lait, Kate Dunbar, Bryn Mays, Caroline Lait, Andrew Millis, in front Chris Lait, Sophie Lait.

though we had a slightly damaged wheel he managed to complete the course in good time. I thought the course was great."

Caroline Lait: "I would really recommend people to watch some of the fantastic movies that are available if they want to find out more about veganism."

Kate Dunbar, designer and veggie painter: "It's so good to be able to prove that contrary to what many people still think, being vegan can be super healthy and it powers athletes to achieve at an elite level in their chosen sport, including running! And of course motor sport where Lewis Hamilton is a passionate vegan.



All without causing unnecessary suffering to animals and with minimum impact on the environment. If we want a future for our children and grandchildren, then the consensus is that we must move towards a plant-based diet. People can find out about healthy vegan food online from Plant-Based Health Professionals UK. Vegan Runners UK is now the largest (and friendliest) running club at Parkrun with over 4,500 members."

This year's soapbox derby took place at the beginning of Holy Week, so Kate and I were soon discussing the apparent ease with which

meat eaters tuck in to roast lamb at Easter, in spite of the fact that this could well be the same adorable creature, which younger family members were encouraged to cuddle while posing for photographs earlier in the year.

Kate had been in Sainsbury's recently and noticed legs of lamb in the fridge, reminding her of the poor scared creatures photographed just days before outside a local slaughterhouse by her incredible friend Barney Sheldon. "Did those legs belong to these poor babies," Kate wondered, "or another of the countless lambs killed that day? It would break me," she said, "witnessing the endless parade of trucks bringing terrified, starved and exhausted animals to their deaths. All day, every day. Why do we celebrate Spring and new life like this?"

"Well," I replied, "It certainly seems contrary to the Christian description of Jesus Christ as the Lamb of God!" Food for thought



there perhaps?

The Vegan Runners thanked Rex Makemson who kindly took photos to remind them of a day to remember.

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Pocahontas Players raise £400 for The Nook children's hospice



A bucket collection at Pocahontas Players January pantomime, Jill and the Beanstalks, raised £400 in memory of Thomas Lichterfeld, from happy panto goers and cast members, for The Nook children's hospice, at Framingham Earl, Norwich.

Thomas, who had Hunter's Syndrome, died aged 11, shortly before last Christmas. He was the grandson of Pocahontas Players cast members Mick and Sharon Yates. Thomas's mum, Kayla and his siblings Tegan and Alex, (pictured presenting the cheque to representatives from The Nook) came along to enjoy the panto, as Thomas always used to do when he was able. They have been supported by the hospice for several years. The Nook is an amazing place full of light and colour, and totally dedicated to all the families of the sick children in their care.

Sharon Yates, who wrote Jill and the Beanstalks, felt a collection for the hospice in Thomas's memory would be a fitting tribute to their lively, fun loving grandson.

A dress for every occasion

Well, hello May with strawberries, fizz, the Coronation and three bank holidays. What's not to love?

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This May bring on an air of elegance with a mood lifting Serengeti print dress from Adini that's cut from fluid viscose crepe for a weight free, drapey and cool finish. It comes in a tea dress silhouette with a



graceful swish and flattering fit. Wear with sandals for your street's Coronation picnic or strappy heels for an evening party.

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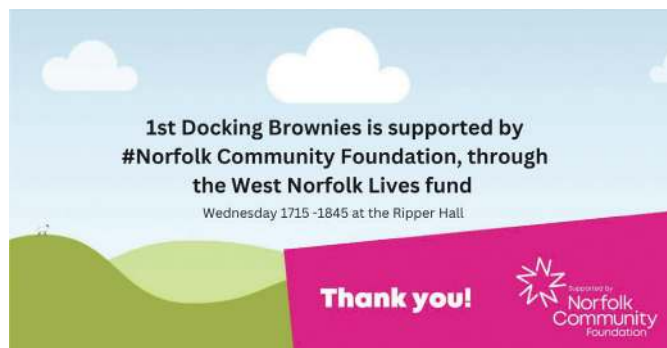
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1st Docking Brownies

We are pleased to announce that 1st Docking Brownies has been awarded a grant from the Norfolk Community Foundation through West Norfolk Lives fund. This will help us to recover from the effects of the pandemic and help families who are struggling with the cost of living #NorfolkCF.

Places are available for girls aged 7-9 yrs old. We meet on Wednesdays in termtime 1715-1845 at the Ripper Hall.

Anyone who wants to register their daughter's interest should go to www.girlguiding.org.uk and a leader will be in touch.



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Hydrotherapy Benefits For Users and Carers

Hydrotherapy, also known as aquatic therapy, is a type of physical therapy that involves exercising in water. It has become increasingly popular for people with reduced mobility, as it provides a low-impact exercise environment.

It is widely known that regular exercise is crucial for healthy living, but traditional land-based routines can be challenging and even painful. Water provides buoyancy, which can reduce the impact on the body while still allowing for resistance training. This means that disabled people can work on building strength without putting too much strain on their bodies.

Furthermore, hydrotherapy can help to reduce pain and inflammation. Warm water can be very soothing and can help to increase blood flow to the injured area. This increased blood flow can help to promote healing and reduce pain and inflammation. Additionally, the pressure of the water can act as a natural massage, helping to release tension in the muscles and promoting relaxation.

Another benefit of hydrotherapy is improved balance and coordination. Water provides a unique environment where individuals must use their muscles differently to maintain balance and stability. Improved coordination can help to prevent falls and other accidents, which can be particularly dangerous for individuals with already limited mobility or existing health conditions.

Finally, hydrotherapy can be a great way to improve mental health. It provides a unique supportive environment where individuals can exercise and socialise with others. This can help to improve mood and reduce feelings of isolation, which can be particularly important for those who are unable to participate in traditional forms of exercise or socialising.

Hydrotherapy can be beneficial for a wide range of disabilities and conditions, such as mobility impairments and injuries, chronic pain, neurological conditions and MS, sports injuries, and post-surgical rehabilitation.

For legal and medical professionals, there is evidence to suggest that hydrotherapy can be a cost-effective and beneficial treatment for clients and patients with certain injuries or conditions. For example, a study published in the *Journal of Rehabilitation Medicine* found that hydrotherapy was a cost-effective treatment for individuals with spinal cord injuries. The study compared the cost of hydrotherapy to the cost of traditional physical therapy and found that hydrotherapy was more cost-effective, with lower total costs and better outcomes.

There have been cases where hydrotherapy has been deemed a necessary and reasonable treatment for personal injury clients. For

example, in the case of *Thompson v. Everett* (2002), the plaintiff was awarded damages to cover the cost of hydrotherapy after a motor vehicle accident left her with chronic pain and reduced mobility. The court found that hydrotherapy was a reasonable and necessary treatment for the plaintiff's injuries, and that the cost of hydrotherapy should be covered by the defendant.

In terms of timescales, hydrotherapy may be able to speed up the recovery process for certain injuries or conditions. For example, a study published in the *Journal of Orthopaedic & Sports Physical Therapy* found that hydrotherapy was more effective than land-based therapy for individuals with knee osteoarthritis, with faster improvements in pain, function, and quality of life.

Home bathing carries with it similar benefits as part of a hydrotherapy recovery plan. There are a variety of home adaptation products available to assist with hydrotherapy, including products designed to make bathing safer and more accessible. Here are some examples:

- Walk-in baths are designed to make bathing safer and more accessible for individuals with mobility issues. These baths have a low step-in height or a door that opens, allowing individuals to enter and exit the bath safely and easily. Walk-in baths can also include features such as built-in seats, grab bars, hydromassage jets, LED lights, and non-slip surfaces for added safety.
- Bath lifts are designed to assist individuals with getting in and out of the existing standard bath safely. These lifts are placed inside the bath and can be raised and lowered using a remote control.
- Non-slip flooring can be placed inside the bathroom to reduce the risk of slips and falls. The non-slip surface provides added grip and stability even when wet, thus reducing the risk of accidents.
- Assisted baths can help improve the work environment for carers in more complex cases. They include height adjustable, tilting, dementia-friendly baths, and baths with inbuilt changing tables. Assisted baths can be used with hoists to facilitate a safer transfer into the bath, for both the user and carer.

In conclusion, hydrotherapy can be a cost-effective and beneficial treatment for certain injuries and conditions and may be deemed a reasonable and necessary treatment in some cases. To consider the potential benefits and risks of this treatment, and to select the best possible options to support your well-being in the comfort of your home, speak to an occupational therapist or a specialist bathroom adaptations company like EA Mobility.

MAGPIE EGGSTRAVAGANZA IS A HIT

An Easter holiday programme, piloted at the Magpie Centre, home of West Norfolk Riding for the Disabled, has proved a great success.

Seven groups of four participants, aged from five upwards, enjoyed Easter Egg hunts, held throughout the school holidays.

Starting with grooming 'their' ponies, the 'hunters' enjoyed a leisurely hack through the woodland tracks of Wallington Hall, following clues and collecting token Easter eggs.

This was followed by a craft session with an Easter theme, and finally, the token eggs were exchanged for larger eggs for the riders to take home.

The event was organised by Magpie Centre volunteer Abbie Stirling, who said: 'Everyone who came along said they'd had a fantastic time, so we shall definitely do it again – and

who knows what we can dream up for Christmas?'

A huge vote of thanks must go to Simon Rowe of Radio West Norfolk, who gave 28 eggs from the Easter Egg Appeal, and to all those individuals and businesses throughout West Norfolk, who generously donated eggs.

Dates for your diary:

Wednesdays from April through October: Tea With a Pony 11.00 am – 12 noon at Magpie Centre, Wallington Hall, PE33 0EP. An opportunity to have tea, cakes, a social chat and meet one of our gentle ponies in the wheelchair-accessible Sensory Garden (or in the marquee in bad weather). £5 per person. Booking essential. Call 01553 810202 during office hours.

Saturday June 3: Craft Fair and Have a Go Dog Agility 10.00 am – 4.00 pm at Wallington Hall, South Runciton, (on A10) PE33 0EP.

Stalls, under cover in Indoor School, £10 per 3m space. To book, call 07715 467866 or email magpiecccraft@outlook.com. Visitors: £2 entry; under 16's free. Free parking. Refreshments available all day. Dog Agility £2. Well-behaved dogs on leads welcome. No dogs to be left in cars.

Saturday June 10: Bingo evening at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PE. Doors open 6.30 for Eyes Down 7.00 pm. Light refreshments available. For more details see Magpie Centre Facebook page. Proceeds to West Norfolk Riding for the Disabled Assn.

Sunday June 11: Sponsored ride around Wallington Hall Estate. Rides of varying lengths, including a short route for lead-rein riders. No road work. For more details visit Hoofbeats Facebook page.

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parkrun Volunteer Celebrates 18 Months of Volunteering for Gold Duke of Edinburgh Award

King's Lynn parkrunner, Kacie Jackson-Cook, joined 28 other volunteers and 245 runners on Easter Saturday, for the parkrun, to complete 18 months of volunteering, as part of her Duke of Edinburgh's Gold Award.

Having first decided to complete the volunteering section of her Gold Duke of Edinburgh Award in October 2021, Kacie finally completed the 18 months of volunteering on her 68th event.

Surrounded by other parkrun volunteers, some of whom were completing their Duke of Edinburgh Bronze Awards, she was presented with a parkrun commemorative mug and certificate by King's Lynn Event Director, Gary Walker who said, "the Duke of Edinburgh Award volunteers play a vital part in ensuring the smooth running of parkrun and are responsible for a variety of tasks, all of which are important to the success of the event."

Since the start of King's Lynn parkrun, we have accommodated 57 DofE volunteers, covering each of the bronze, silver and gold categories, although this is the first time any of the DofE volunteers have opted for the 18 month volunteer category."

Kacie joined up on the scheme with her fellow Springwood student Alyssa Baptist, who was unfortunately away for the presentation.

Volunteering is an important part of parkrun



and it is incumbent on all who register to step up from time to time to fill the volunteer roster, with the Duke of Edinburgh volunteers playing a very important part in making the Run Directors job easier each week by helping to fill the mandatory volunteer roster.

Parkrun is a free, timed 5k run which takes place at 9 am each Saturday in The Walks. It is a run, not a race to which all are welcome, irrespective of age or ability. Anyone wishing to participate should first register with parkrun

at www.parkrun.org.uk/register/

The photograph shows Springwood Student, Kacie Jackson-Cook, being presented with her parkrun mug and certificate by parkrun Event Director Gary Walker, with other Duke of Edinburgh volunteers in the front row L/R – Katie Culyer, Alice Scott, Kacie Jackson-Cook, Gary Walker, Jessica Franklin, Bella Golden and Josef Fysh.

Round the bend with Dean Baker

To flush or not to flush, that is the question?



Not if you're a plumber – the answer is obvious. But it's been brought to my attention on several occasions that there are 'flushers' in the Baker household and worse still there are 'serial flushers' in the Hunstanton area, and we can't always blame the holiday makers!

It's not anyone's fault, because the information on the

packets in misleading. Often the wipes claim to be flushable, and indeed they are - it's easy to flush them. But, that's where the trouble starts. The problem begins as the wipes disappear out of sight, because that's as far as they go! They will lurk in your pipes, causing waste to back up. I don't need to paint a picture for you. Wipes have been found in pipes months even years later. In one test wet wipes were put in a blender for 10 minutes, even then, they still didn't break down. Wet wipes contribute to gruesome Fatbergs. In July 2019 alone, 23,000 wet wipes were found on the shore of the River Thames in Barnes, southwest London, depressingly within 2 hours of a volunteer clean-up. Wet wipes are currently one of the biggest contributors to river pollution.

'What about biodegradable wipes', I hear you ask? In order for something to biodegrade

Round the Bend



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according to UK standard testing it needs to be in an open space at 40 degrees Fahrenheit! Finally, last month the government announced that a ban on wet wipes could come as early as next year ... hooray!

Until then, you could wet normal toilet paper. Or if you still want to use wipes put the

used wipe in a nappy bag, tie it and put it in a bin beside the loo.

Finally, eBay and Amazon have a nifty range of signs about what to and what not to flush, for the holiday lets in town.

Until next month, take care.

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King's Lynn Sea Cadets Hosts Annual Awards Night

Kurt Massen | Petty Officer (SCC)



Colonel Tim Allen OBE with OC Jonathan, OC Theo, OC Louis

The Sea Cadets of King's Lynn were rewarded for their hard work in 2022 with the unit's annual Awards Night. There was an excellent turnout of parents and friends who have continuously supported the cadets.

Congratulations to Cadet 1st Jonathan, Cadet 1st Theo, Cadet 1st Louis, Cadet 1st Isabel, Cadet Harry, Cadet Archie, and Junior Cadet Amelia, for their achievements.



The Mayor with OC Harry (left) and OC Amelia

Many of the trophies presented on the night were kindly donated by ex-cadets and members of the Royal Navy. The Clayton Waterborne cup, for example, is awarded to the cadet who has excelled themselves in waterborne activities such as sailing and rowing and was donated by the family of Charles Duce Clayton RN, who sadly passed away when HM Sub Sidon exploded in 1955. Thanks are given to all donors for their generosity.

Special guests on the night included Mayor of Kings Lynn, Lesley Bambridge and Colonel Tim Allen OBE from the Reserve Forces and Cadet Association, who awarded the trophies to the cadets, and The Royal British Legion, who presented The Roe Youth Cup to the unit for continuously supporting the Royal British Legion in Norfolk.

Mayor Bambridge's closing remarks about the importance of the Sea Cadets to the community and the cadets themselves is greatly appreciated and as always, the King's Lynn unit is recruiting. Children from the age of 10 upwards can join, learning important skills that will stay with them for life.

Petty Officer (SCC) Kurt Massen, Commanding Officer, said: "To be able to give out all these awards, and additionally having the cadets gain their next rank and badges for good conduct and new qualifications shows the tremendous amount of hard work and effort put in by our cadets. Both the cadets and adult volunteers work hard all year and all the cadets should be proud of their accomplishments. It would be great to see some more cadets and adults join our ranks to continue to grow this fantastic Sea Cadet Unit."

King's Lynn Sea Cadets has been a charity for over 80 years, with the aim of teaching children the values and traditions of the Navy, passing on important skills and giving them exciting experiences that they may not get at home. Cadets are encouraged to take risks in a safe environment and try things they've never done before. For more information visit <https://www.sea-cadets.org/kingslynn>.



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ALL VINTAGE ROLEX WANTED



URGENTLY WANTED



TOP PRICES PAID

Wanted

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ALL OMEGA'S WANTED



URGENTLY WANTED



TOP PRICES PAID

MILITARY/AVIATOR



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We are interested in old wrist watches from Timex to Rolex, Oris to Omega



We wish to purchase all quality watches especially with box and papers

LADIES

Please look in your jewellery box, if you have any old rings, chains, earrings, brooches, necklaces, pendants, bracelets etc. Then please bring the box down and let us surprise you



War & civil medals wanted



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Parker, Sheaffer, Mont-Blanc



Old tin plate cars/toys wanted



Designer Perfume Fragrances or Aftershave

Part used or full Wanted



Old cigarette lighters

Dunhill, Cartier, Dupont, Ronson



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Wanted
Dinky & Corgi Toys



Gold top prices paid
All Gold coins purchased
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Wanted
Pre 1947 silver coins. Half crowns, Florins, Shillings and Sixpences. Five times face value paid



Wanted
all scrap gold and silver



Boxes of Costume Jewellery wanted



Sovereigns & Half Sovereigns



All gold and silver pocket watches wanted



ALL ITEMS OF CROWN DERBY WANTED— BEST PRICES PAID



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Foreign coins wanted



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So come on down, this is the Real Deal! From scrap gold to the finest antique jewellery, we'll take it. We purchase all quality watches and jewellery – gold and silver is at an all-time high, so cash in. From old silver coins to antique silver tea sets, we want them all.
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Old half pennies 1/2d £1 per kilo
Old pennies 1d £1 per kilo
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Old shillings 1/- 2p each
Two shillings 2/- 4p each
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ALL OUT OF DATE UK & SCOTTISH BANKNOTES URGENTLY REQUIRED ANY CONDITION



Damaged, creased, mouldy, battered, damp. No matter what condition we will buy! 10/- Shilling notes, £1 Notes, £5 notes, £10 notes, £20 notes. Large or small amounts required
ANY AMOUNT BOUGHT HALF FACE VALUE PAID!

David Elsey's cryptic crossword

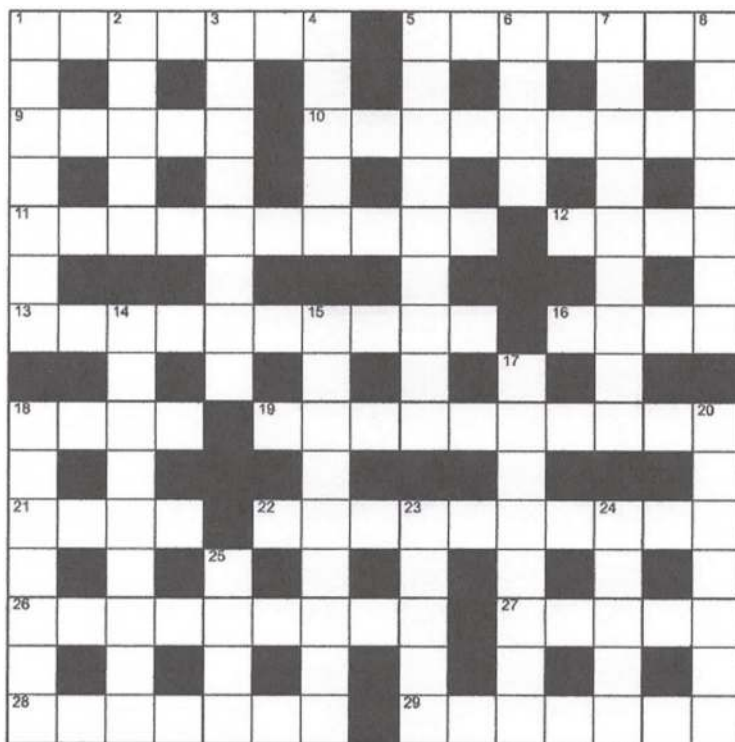
CROSSWORD CLUES

Across

1. Remove everything from bank with key – the lot! (4,3)
5. Fruit to which some people start taking a fancy (7)
9. Great entertainer shows spirit (5)
10. When second person gets an item that's broken, anything goes (3,4,2)
11. Undertaking to record award-winning vocal (10)
12. Turn up and throw stones at house (4)
13. Sheltered spot where I raced around with dog (4,6)
16. Jug handle (4)
18. Bachelor has arranged a social gathering (4)
19. Leaves noted panel before scores are displayed ... (5,5)
21. ... blooming woman! (4)
22. Slurs from people one cut after initially acknowledging some (10)
26. Wound up police officers unravelled (9)
27. The jockey on horseback is agitated (3,2)
28. Steadily eats meals – medium, not large (7)
29. Soldiers dress then withdraw (7)

Down

1. Dread a tap on shoulder (7)
2. Bounder joins good guy on settle (5)
3. Star shows there is more to come (8)
4. Film actor loses lead (5)
5. I've cut and run at eighty (9)
6. Stick with American exploring island in the Pacific (4)
7. Will managers become wasters? (9)
8. Time to back partner to the hilt (7)
14. While at home, sits around taking issue with demands (7,2)
15. Stickers he's saved I collected (9)
17. Pair of socks (could be a hole in one) (5,3)
18. Bang in the middle of 21 apathy ensues (7)
20. Access pitches located in waste area (7)
23. Upset wine? That is a downer (5)
24. Opened up about being OTT (5)
25. Leave the detail to old German (4)



Crossword solution is on page 46

Norfolk Goldwings Light Parade

On behalf of Norfolk Goldwings Light Parade, we would like to extend a big thank you to all the people of Hunstanton, and surrounding areas for supporting us on Saturday 25th March.

We raised £1741.77 for the East Anglian Air Ambulance.

Our next static collection for E.A.A.A will be in Kings Lynn, Conduit Street on the 20th May

Paula Penn (Events, Norfolk Goldwings)



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NORFOLK HOLIDAY HOMES

Does anyone give psychic lessons to a tortoise?

Sandra Hohol 01485 534267 info@norfolkholidayhomes.agency www.norfolkholidayhomes.agency

Easter has come and gone, the weather is very gradually getting warmer and we have had the experience of holidaymakers in shops in larger numbers for the first time this year. Let's hope with improving weather, our bookings will improve as they usually do and we will welcome holidaymakers to the area and our properties once again. That is, once we have answered their queries.....

Most guests are lovely, many have been booking with us for years and love to have chat and quick catch up or put the world to rights. But many people send emails just asking if 'our property is available?' We would love to help. However, which property and which dates please would be good so we know what you are talking about. I have said this before, all the information is in the description, so please just take the time to read it before wasting time for us all!! Other great demanding and so rude, are questions without any effort in being polite are; 'Dates?', 'Fenced in?', 'Dogs?', 'When's it free?', 'Can I put a tent up?', 'Arrival details?', 'Price?'. All individual questions from different guests and enquirers, for different properties from separate marketing sites. Plus, no reference to the property in question. I was always taught to be polite especially if you wanted help. We have been very tempted to answer in short shrift too..... 'Be specific'. 'Yes'. 'Summer'. 'No'. 'In the post' and 'When for?'. (In the same order as the questions above). My first reaction when seeing such messages

is to ask myself if I am supposed to be psychic? If we are to book someone's holiday, give them help, and assist the best we can, a bit more respect and courteousness would not go amiss from such people. The more info we are given, the better we can help and the sooner a holiday can be booked. Win, win situation for everyone. Simple!

From the email senders' point of view, maybe life is too short to explain exactly what you want so speedy writing to the point is best. You assume that the recipient will comprehend what you mean. Being blunt and omitting the important information certainly grabs attention. Maybe this is the way forward in a more modern world nowadays. Dotting the I's and 'crossing the T's' to make sure everything is right is long winded for some but appreciated and understood by many. It also saves going back to make further queries. I am afraid my powers of being psychic are limited but I am happy to help in a bit more long-winded manner. The story of the tortoise and the hare springs to mind in a strange way.

The above account describes just a small minority of enquiries we receive and I can confirm that they are all answered and dealt with professionally, personally and friendly. Which is how we deal with all our customers. I have let you in to our world behind the scenes in our office and no doubt many other hospitality businesses have similar experiences!

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HISTORY OF HOLME NEXT THE SEA

Some memories and ramblings, mainly from the beach road area 1940s - 1960s

By Terry Hegarty

Home Farm Riding Stables was started by Nancy Wheeler in the 1930s, it was by the 1950s and 1960s, one of the biggest riding stables in East Anglia, and by some way the largest one in Norfolk.

It would have been difficult to describe the operation as immaculate, but it was very effective, and the large number of horses and ponies were incredibly well cared for.

The riding stables provided the opportunity to learn to ride, hacks along the beach or inland, and also up to the mid 1960s one could hire a horse for a days fox hunting.

Nancy was passionate about horses, show jumping and fox hunting. It was never a viable business, and was supported/bailed out each year by the arable farming operation where my father was the foreman. There were more staff employed in the stables than there were working on the farm.

Nancy's three best showjumpers were Dan (named after my father), Lahowl (pronounced Laloo but I never established why), and Sola.

Nancy won countless rosettes throughout Norfolk, Suffolk and Essex on Dan and Lahowl. Never stylish, Nancy was however a committed, some would say aggressive competitor. She had many falls which probably accounted for her being a semi invalid for the last twenty to twenty five years of her life.

Sola was the best of the showjumpers. A small horse measuring only 15.1 hands, she was capable of competing at national and international level. Nancy arranged for her to be ridden by a younger, lighter lady, and quite a lot of success was achieved. The best result was probably the second place awarded at an international event at Hickstead.

Sola had a bad fall shortly after Hickstead, injuring her back to such an extent she was not able to be ridden again. She lived out over 20 years of retirement, in the stables during winter, but out to pasture in Spring/Summer. No wonder the business never made any money. There were always at least half a dozen animals in retirement at any one time.

Fox hunting was conducted in Winter/Spring. For a short period of time in the 1950s I helped out with the hunters in my Christmas and Easter school holidays. The pay was pitiful but it secured permission for me to shoot rabbits and pigeons on the farm for about forty years until Nancy's death.

There were very few foxhunting venues close to Holme, so the hired out hunters often had to be transported quite long distances. The Bedford horse box could only take three horses, but sometimes as many as eight or nine had been hired out. Other means of transport were needed.

The "Other means" sometimes included the use of trains. A couple of trips in the Bedford from Holme to Hunstanton would see as many as four or five horses standing on the platform. The horses would be led up ramps onto the goods carriage, some were none too keen.

Having boarded the train at Hunstanton, it was necessary to "change trains" at either Heacham or Kings Lynn, depending on the hunt venue.

It might sound interesting/exciting but the reality was that it was invariably cold, wet, dirty and downright bloody dangerous. A hunter went through weeks of fitness training and large amounts of high protein grub before the hunting season, so they were not easy to handle.

I did not enjoy riding horses, they were to my mind, entirely unpredictable. The head groom, Walter Proudfoot was similarly minded, and never rode. We had to "Trot up" the hunters before they were allowed out on a days hunting, to make sure they were "sound". Trotting up involved running like hell up the road whilst leading the hunter and listening to the sound of their hooves on the road. A uneven beat usually meant they were lame so could not be used. Good job there was next to no traffic about.

Nancy loved dogs almost as much as horses, and she always had one or two house dogs plus a guard dog to ensure the safety of expensive saddles and other tack.

Nancy was a lady with, shall we say, an uncertain temperament, notably around the time of a full moon (I kid you not). Within days of joining the team at Home Farm any incoming dogs adopted her temperament.

The first of the house dogs I remember was a Bull Terrier named Nip. He was a stone cold killer, so his name didn't really do him justice. Any cat, or dog for that matter that came within his range was toast. Perhaps, somewhat fortunately he did not live to a ripe old age.

After Nip it was usually Jack Russells. The final three were Bertha, Scruffy and Snoopy. All were capable of giving a good account of themselves if provoked, Bertha in particular. For some reason Bertha hated the sound of the telephone, and at its sound would savage the nearest person animal or object.

Home Farm Stables always had somewhere between twenty and thirty free range bantams and chickens. They served a number of purposes including slowing down traffic, producing eggs (although finding the eggs was an uncertain business) but mainly they had a soothing effect on the horses. It was not unusual to find chickens or bantams perched on the heads of horses first thing in the morning. Often the horses heads would be covered in Chicken poo, but they didn't seem to mind.

The absolute best guard dog we had was Bruce. He was mainly Labrador Retriever but also had a bit of Rhodesian Ridgeback in him. Over the long number of years we had him, there were no thefts, probably because he was quite well known for biting people, although no one who was entirely innocent. You didn't have to actually do something dodgy to get bitten you only needed to look dodgy, and he would have you. He was a better judge of character than anyone I have ever known.

I had to defend him on a number of occasions, or plead for clemency, at the Hunstanton Police Station, or the Magistrates Court. We managed to get away with it on all occasions, but had some pretty close run things. The Magistrates seemed to better understand the purpose of a guard dog, with the police not helping at all. At the time I couldn't understand the attitude of the police, when they had tracker dogs which were also trained to attack, and encouraged to do so.

It probably all sounds a bit chaotic, and frankly it was. There are however undoubtedly a large number of former staff and clients who miss the place as much as I do. It was a great privilege to have been a small part of it.

BORDOLI PIZZAS

MON: RIPPER HALL DOCKING
TUES: INGOLDISTHORPE LAY-BY
WEDS: HEACHAM SOCIAL CLUB
FRI: OLD HUNSTANTON SOCIAL CLUB

**From
5pm**

T: 07565 754812

E: bordoli99@gmail.com



Mayors Report

Cllr Maureen Howard

Mayor & Chair of Hunstanton Town Council

Unfortunately, the time has come for me to write my final report as Mayor of Hunstanton. It has been an honour and privilege to represent Hunstanton at various functions throughout the year and I feel honoured to have been asked to represent the town in which I was born and lived all my life. I would like to thank all those who have supported me the past 12 months and I hope that the new Mayor gets as much satisfaction and pride out of the position as I have.



Local elections are due to take place 6th May, however, I was disappointed to receive notification that Hunstanton is an uncontested council.

The good news is, 11 of our present councillors have put themselves forward to continue to represent the residents of the town. This I was pleased to see but very sorry to see 3 members step back for various personal reasons. On behalf of Hunstanton Town Council (HTC) members and staff, I would like to thank Cllr Adrian Winnington, Cllr Andrew Murray & Cllr Andrew Jamieson for all their hard work, dedication and endless hours they have given to help the community over many years, they will be missed by all.

It would be good to see some younger fresh blood bring new ideas and opinions to the council. HTC will from May be 6 Cllrs short, so please think about coming along and joining us. Co options can take place throughout the year and you could have a say on behalf of the residents. Being a Councillor does take up a bit of time but it is well worth it for the satisfaction of helping the local community and help make a difference. Some may feel it is all about politics, but HTC is non political and is purely a voice for the local people.

HTC is proud of all the groups, events and activities it is currently organising, overseeing and promoting in the community.

On Mondays the Helping Hands Café, based in the Community Hub lower floor of the Town Hall, is open 10am – 12 noon offering a warm space for people to meet and make new friends over a cup of tea or coffee with light snacks available on a pay what you can afford basis. The Wells Community Supermarket visits each week where food and household products can be purchased at reduced prices, board games available to play and advice available from organisations if needed.

The Community Fridge takes place each Wednesday, again offering a warm safe space for people to meet and make friends over a cup of coffee in the Community Hub. Edible food, destined for landfill, is collected from local supermarkets and available to take home, a HTC initiative for help address environment issues. A warm welcome awaits all those who attend with your local Councillors available if you wish to talk or ask them anything.

Fridays at the Community Centre sees the Friday Friendship Group get together. A very active group who regularly hold a grub club, where members go out for a meal, or have fish and chips. Last year they arranged a coach trip to Springfield at a small cost.

All these groups are promoted by HTC for the benefit of residents so please support them.

On Tuesdays an indoor market is held at the Town Hall from 10am – 2pm with a variety of traders attending. Stalls are available for sellers of items not currently on sale in the market i.e cheese, clothing, pet food, veg and a fish van which could be situated outside the Town Hall in the car park would be a very popular addition. Indoor refreshments are available. If anyone would like to have a stall at this popular market please contact the Town Clerk on 01485 532402.

As you are all aware the Kings Coronation will shortly be with us and again your local council is offering things for you to get involved with. On Saturday May 6th, a screening of the King's Coronation is due to take place in the Town Hall on the new screen recently installed. For youngsters there will be inflatables which will be safely indoors,

games and a chance for those under 16 to become the King and Queen for the Coronation Carnival which is to be held over the weekend of June 24 / 25th. The carnival is promoted by the Town Events Team who are currently looking for more floats to take part in the parade. The team are also looking for stalls on the green, supporters for the day, or entertainers. If you feel you can help with this please contact clerk@hunstantontowncouncil.gov.uk for more information and relevant forms.

All the above are supported or organised by Hunstanton Town Council for your enjoyment or participation. If you would like to take part in the organisations of events, as well as having a say on local planning applications, the environment and lots more relevant to the local community, then please consider joining the Hunstanton Town Council and make a difference.

Watch out for regular updates on all the above activities as they progress.

Anita's Salon



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Hunstanton Society news

Talk

The final talk of the season will be on Wednesday, 17th May and is being presented by Terry Parish (Borough Councillor as well as a renowned writer about our dark skies and what you can see). He is joined by Alan Gosling who is Chair of the King's Lynn & District Astronomy Society.

Hunstanton Society

Presentation by
Terry Parish and Alan Gosling

The dark skies of West Norfolk and the proposed observatory behind Hunstanton Cliffs



Representation Courtesy of Outsideology

Wednesday, 17th May 2023 @ 7.30pm
in the Heritage Centre

Admission £1.00 Members, £4.00 Non-Members
Refreshments included

Apart from the dark skies, they will also talk about the new Observatory just below the Pitch and Putt course on top of the cliffs here in Hunstanton that has appeared over the last week or so. Our Chair, Amanda Bosworth has been out with her camera and captured a lovely photo of the observatory.



HERITAGE CENTRE

We were pleased to welcome Su Booth from SHARE Museum East to talk to the Committee about what we should be doing with respect to our new status of 'working

towards being an Accredited Museum'. It was very interesting and we have a slightly better idea of what we should be aiming to do. One of our first jobs is to reorganise the filing cabinets in the office in the Heritage Centre and we have made a good start. We then start properly recording the contents of the filing cabinets and also what we have on display around the Heritage Centre. Not a mean task by any means! And then we have to sort out our various policies and procedures most of which we don't yet have. We are given up to three years to get organised and we can see why it should take about that long.

HUNSTANTON SOCIETY HISTORY GROUP

Our History group met last week and some good discussions took place as to what subjects the participating members are wanting to work on. The reorganisation of the filing system in the Centre was addressed and a number of us are starting to tackle this. Others are carrying out investigations into particular elements of Hunstanton buildings and people. If you are interested in such satisfying work, please do contact the History Group Chair – Kath Fryer on kathfryer@aol.co.uk. The group's next meeting takes place in the Heritage Centre at 10.30am on Thursday, 27th April if you would like to get involved.

EXTRAORDINARY GENERAL MEETING of Hunstanton Society

This took place on 29th March at which a resolution was passed that approved the amendment of the Society's Objects which had to be processed after the Charity Commission had approved the change, something we failed to do before the Extraordinary meeting held in December. A large number of our members did the necessary and appointed a Proxy to vote for the resolution which, along with those present in person or via Zoom, was passed. Thank you everyone.

STEAM TRAWLER SHERATON

A former British citizen named Richard Young, moved away 50 years ago from Hunstanton to Connecticut, USA visited the Heritage Centre over Easter and reported to our volunteers that during visits back to

Hunstanton, he was told about the Sheraton being wrecked under the cliffs at Hunstanton in April 1947. He found the story of the wreck very interesting and with extra time available due to the Covid pandemic, he spent a considerable amount of time constructing a replica of the vessel using material he found online. After his return to the States, he sent a couple of photos of his efforts and one has to be amazed. So good were his efforts that we felt we had to include one of them below:

PHOTOS OF WESTGATE AND OTHER RECORDS ABOUT HUNSTANTON



We have been approached by someone buying a house in the top part of Westgate (East end) who wants to restore his house into something closely resembling what it formerly looked like. Are there any members in possession of any early photos of the top part of Westgate showing some of those houses in years gone by? An idea of the date would be helpful, of course.

For that matter, we would welcome any photos of any bits of Hunstanton in years gone by? As part of our efforts to improve what we have in the Heritage Centre we would love to hold copies of what people have stored away in their lofts, photo albums etc. We are more than happy to borrow for a very short time to enable us to scan and produce good copies for our records and then return them expeditiously.

Finally, Sheila Kent is trying to pull together a history of all the Schools that existed over the years in Hunstanton. We have heard of numerous small schools that existed for a time including some in Victoria Avenue and York Avenue in addition to the larger establishments around the Town. Please tell us more!!!

Every Saturday - parkrun

Hunstanton Promenade parkrun 5km run, jog or walk.

**Meet outside Salad Bowl Cafe, Cliff Parade,
at 8:55am for 9am start.**

hunstantonpromenade@parkrun.com

CROSSWORD SOLUTION

Across: 1. Bare all, 5. Figment, 9. Ghost, 10. You name it, 11. Enterprise, 12. Curl, 13. Rain shadow, 16. Toby, 18. Bash, 19. Sheet music, 21. Rosy, 22. Aspersions, 26. Dissolved, 27. Het up, 28. Munches, 29. Retreat

Down: 1. Bugbear, 2. Roost, 3. Asterisk, 4. Layer, 5. Fourscore, 6. Guam, 7. Excutor, 8. Totally, 14. Insists on, 15. Adhesives, 17. Smash hit, 18. Boredom, 20. Cesspit, 23. Elder, 24. Outré, 25. Goth



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Letters to the editor

Sports Trivia

I am writing to say thank you so much for the afternoon tea that I won by answering the competition in the Match issue of the Town and Around.

We thoroughly enjoyed it. It was a real treat. Everything was very tasty and well presented. Nothing was too much trouble.

I never win so was shocked when I received the call from Richard. Amanda thank you so much and we will be back.

Kathy and Jeff Brotherhood

Town and Around magazine

Thank you for your wonderful magazine. Although not "a local" I find many of the articles very interesting. For example the star writer is Boy Dick, Sunny Hunny. His April article led me to ring Dawson's (ex-Vegas Fish Bar Owner) brother and he is keen to read about the family connection with Hunstanton (no doubt he already knows the family history). Apart from that Boston Stump and other churches as well as the Holme Next the sea article - I laughed at the poor goat story. I could go on about the railway closure (close to my heart after working as a booking clerk with the LNER) And surprise surprise I even enjoy reading the adverts.

Congratulations to all.

Tom Wilson

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Borough Council News Heacham, Sedgeford and Fring

Terry Parish Leader of the Independent Group

(Note this is correct until May 8th when my current term ends.

Elections will determine whether I remain a Borough Councillor after that date)

May cometh and, perhaps, a new dawn. We shall see.

Starting where I left off last month. At planning committee on the 3rd April, I proposed that the applications for the Wild Ken Hill developments were deferred due to issues about road access off the A149. The applications could not be deferred for long due to planning rules and they will come before committee again on June 5th. Public comments can be made on the planning portal (Google King's Lynn Planning) or by letter to Planning at King's Court, Chapel St, King's Lynn, PE30 1EX, up until the 31st May.

The issue about the Lamsey Lane junction is clear. It has been awkward and dangerous for some years and gets very bad in the holiday season. The developments will attract an estimated 81,907 visitors/year, and an estimated additional 117 vehicles/hour will use the junction.

Highways accept that there is a problem, and appreciate the concerns of locals but have no objections to the development. When questioned they effectively said that the junction caused queues and problems anyway so it wouldn't be any worse. What highways are doing is evaluating how the junction can be improved in the future and, if they come up with a plan, they will seek funding to carry it out. Ken Hill are willing to provide land to enable work to be done.

I have asked for a better proposal with a time frame for such improvements and a solution which prevents traffic leaving the sites turning towards the village to avoid the difficulty of turning right out of the current Lamsey Lane /A149 junction. It has to be remembered that traffic from 135 houses off Cheney Hill will be in the mix at some point.

Both Heacham and Snettisham Parish Councils objected to the applications principally on highways grounds but officers were minded to recommend approval anyway and received support from a minority of

councillors including a very local one who spoke from the floor.

Other matters may be of interest and I suggest you read the application if you have not already done so. I continue to have meetings with the applicant who has always been keen to involve me and others with the plans. This is not common and I thank him for that.

Sedgeford experienced a bit of a glitch at the same planning committee and I hope that will be sorted by the time you read this.

I have no more news of the development going ahead at Fring and I hope to be able to chase that up.

Full Council was something and nothing at the end of March. It was agreed, after my motion, that the Borough Council would reserve its position on the 'County Deal' until after the elections, and officers would be asked to determine more details about its potential impact on West-Norfolk. I will have to be convinced that it will be good for those of us who live here and will certainly cause no detrimental impact.

Amendments to the draft Local plan were agreed after a lengthy debate. This might all change again after May.

Changes to the Code of Conduct for councillors were agreed. It is now modelled on the Local Government Association's recommendations.

It was the last Council before the elections and a number of councillors are stepping down so there will be some, perhaps many, new faces at the next Full Council which is not until June.

Roadside litter

Several months ago, I noticed extensive littering along the A149. Members of the public also complained about littering on other roads too. I found out that this was due to health and safety concerns raised by officers. This issue has now been, at least, partly resolved, the A149 was cleared first and

I understand that the situation is improving.

Litter on the Dunes between Heacham South Beach and Snettisham Beach. This was cleared at the end of March prior to the nesting of the Ringed Plovers. I collected litter kits from the Clean Up team in Kings Lynn and Wynona Legg of the RSPB got the volunteers. About 30 turned up and worked for several hours on a brilliant, sunny day. Many thanks to them, the Clean Up staff and the RSPB. And thanks also to the voluntary Heacham litter picking man who took the beach in his stride. I have a useful device for you Bernard, please get in touch.



The Plovers have clean nest sites now!

Best Wishes

Terry Parish



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Sedgeford, Norfolk

The dark skies of West Norfolk

Terry Parish

May, after the Greek God Maia who looked after plants. May blossom, the flowers of Hawthorn hedges and trees. May Bank Holiday or holidays this year, 1st, 8th and 29th.



May blossom. Internet

Anyway, enough of this, you can tell that lightening nights and the current positions of planets means this article needs some padding.

Early hours of the 7th, Halley's Comet returns! Not really, bits of it do in the form of meteorites, The annual Eta Aquarid shower is with us again. There will be bright moonlight but the Earth will be passing through a lot of the debris this year so get out there with your back to Selene and hope for a few clouds to blot it out.

Planets visible in the night sky this month are Venus and Mars. In the early morning sky are Saturn and Jupiter but both of these are towards the east so, realistically, often difficult from our area. Neptune is also rising in the east but will need a decent telescope to view. Uranus and Mercury will be hidden in the glare from the Sun.

I wrote a lot about Venus in the April edition which is available on-line. Suffice it to say it is a tad brighter with a magnitude of -4.2 (new readers, the more negative the brighter). Look vaguely west to the left of where the Sun went down and the bright thing in the sky is Venus. It doesn't set until after midnight which doesn't support its nom de plume 'The Evening Star'. At the end of August, it will be 'The Morning Star' again.

Remember to check out the Goddess of Love with binoculars or a small 'scope and see if you can discern her phase. If the sky is clear around the 19th (New Moon), find a dark spot and see if Venus will cast a shadow for you, it is that bright.

Between the 22nd and 24th a fattening crescent Moon lines up with Venus and Mars. It is below and to the right on the 22nd, just above Mars on the 24th

Mars is a whole lot fainter than Venus with a magnitude of +1.5. Look at Venus, shift several fists to the left and up a couple. An orange dot will be Mars, the God of War. It sets about the same time as Venus so plenty of time to observe both.

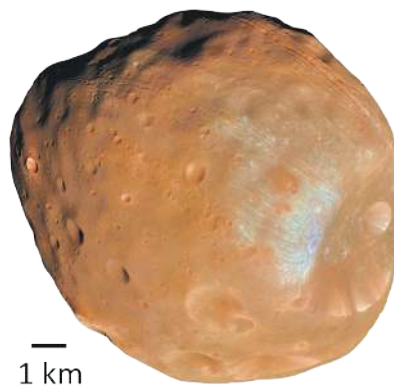
Mars will be in the news again soon as Space X should have launched its Starship for a test flight at the end of April. This is Elon Musk's rocket for Mars and beyond. The most powerful launch vehicle ever developed.



A proper rocket. Simulated launch of Starship. Internet.

The Space X website sells Mars really well. A little cold, so warm it up. Grow plants, compress the atmosphere. I would go there but I don't suppose he will give me a ticket. Remember that there are plenty of nations on and around Mars already. Orbiting satellites and crawling rovers, it has been a focus of exploration for 52 years. Musk may be the one to land the first people in his reusable rocket.

Mars has two natural satellites, Phobos, fear and panic, and Deimos, terror and dread. They were Mar's best mates. They are more like large rocks and are likely captured asteroids (large rocks in space). Phobos is 14 miles across and Deimos 8 miles

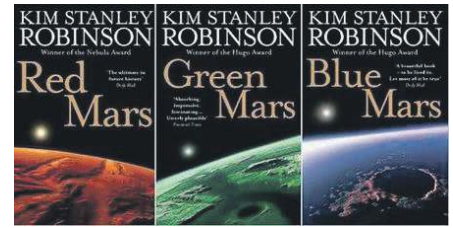


Deimos. Internet.

Phobos orbits Mars about once every 8 hours and Deimos every 30 hours. Phobos is moving ever closer to Mars's surface and is destined to smack into it or become a disc of dust. Kim Stanley Robinson, the author of the Mars trilogy, has future science turning it into a sun like object to remove the need for his Martians (colonists) to live in domes.

Remember, Mars is close to the crescent Moon on the 24th.

Saturn rises at about 3am in the ESE with a magnitude of 1, fainter than Mars, and will



The Terraforming of Mars. VG books. Image Internet.

look like a yellow spot. It is close to the Last Quarter Moon on the 13th and 14th.

In the middle of the month, Jupiter appears bright at magnitude -2.1, look NE from 4am if you are keen. On the 17th May the Moon will be close.

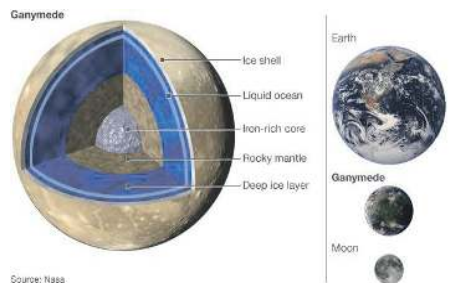
As I write, on the 13th April, Jupiter is in the news as the European Space Agency's JUICE mission is due to launch on its 8-year journey to the gas giant. The acronym stands for 'Jupiter Icy Moons Explorer' as the craft will take close looks at Ganymede, Callisto and Europa, three of Jupiter's Galilean moons.



JUICE mission. Internet

Regular readers will know that the Galilean Moons include Io and all are visible through powerful binoculars, a birding 'scope or a small telescope. Io is the closest to Jupiter and is a volcanic world not considered a potential abode of life. The other three are interesting because of the presence of water albeit under very thick icy surfaces.

Ganymede is bigger than the planet Mercury. It has a hot iron rich core, a weak magnetic field, and an ocean under the surface with potentially more water than the total on Earth. There is also a thin oxygen atmosphere.



A section through Ganymede. Internet

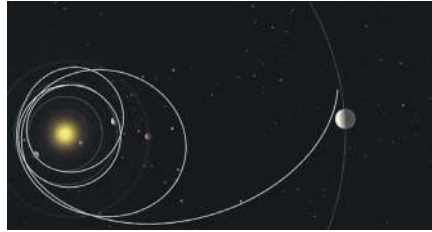
Callisto is just a tad smaller than Mercury and is the Galilean moon furthest from Jupiter. It is made of rock and various ices, is the most

heavily cratered object in the solar system and its density indicates it, too, has a subsurface ocean of water deep down, perhaps at 100km. It has a very thin atmosphere of carbon dioxide and possibly oxygen.

Europa has been one of the main contenders for extra-terrestrial life for several decades. It is smaller than our moon and very smooth with a water ice crust over a very likely water ocean. Cracks in the surface indicate activity below. Plumes of water vapour rise from the surface though these are not so obvious as those from a moon of Saturn, Enceladus. Europa has a very thin oxygen atmosphere.

The spacecraft will build up speed by using gravity assist, swinging past the Moon and Earth in 2024, Venus in 2025, Earth in 2026 and again in 2027 before heading out to Jupiter. This save a lot of fuel which can be used for manoeuvring at its destinations. It does, however, make the journey longer and the craft will pass through the asteroid belt twice. The New Horizons mission to Pluto, 7 times further away, took only 18 months longer but New Horizons didn't stop and hasn't stopped. It was a flyby so needed

limited fuel for manoeuvring.



The convoluted path of JUICE. Internet

It is a European mission so its instruments will be powered by solar panels which deploy after it reaches orbit in the Jupiter system. I always think this is an error as nuclear fuelled missions last much longer and don't have mechanical complications. The voyager craft still sending back signals 45 years later and New Horizons now in the depths of the Kuiper Belt are good examples.

So, get up early in the morning and find Jupiter and picture JUICE heading towards it or not, as you really have to look anywhere but towards Jupiter for some years.

Back to the Night Sky. Something easy to

find, The Plough, an asterism (pattern) which is part of Ursa Major. Look at the handle and find the middle star. This is Mizar and is a double that keen eyes or normal binoculars can separate. The companion star is Alcor.

The Plough (or Saucepan these days) will remain recognisable for thousands of years to come as most of its stars are moving away from us in the same direction and at the same speed. They were formed at the same time from the same gas cloud.

So, get outside on a few clear nights, enjoy Venus, find Mars and look at the stars. See who, in your family or friends can split Mizar. And don't forget those meteorites.



The Hunstanton Observatory should have had its launch event on 22nd April and I will have been there. News about that next month but look out for press releases about any events. These will likely be bookable due to limited space.

Hunstanton u3a

We will meet at the Community Centre, Avenue Road, Hunstanton at 2.00 pm on Monday 15th May when Andrew Jarvis will be "Looking Back and Dropping Names" from his experience in the Royal Shakespeare Company. You will be most welcome to join us. For further information please see our website hunstantonu3a.org

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NCI Brancaster



Accredited Watchkeepers

Congratulations to our most recently accredited Watchkeeper – Mark. This takes our number of Accredited Watchkeepers up to 14.

New joiners

We have had no new joiners since our last article, so our numbers remain static at 26. We had hoped to get to 30 volunteers in time for Easter so we have been a little stretched and not been operational for as many hours as we would have liked.

NCI Brancaster is 1 year old!

We celebrated our first anniversary on 15th April and it is amazing to think how far we have come from effectively not existing 12 months ago to having a great team of volunteers and supporters. John, our Station Manager, has been posting profiles of some of our members on Facebook. Please follow us NCI Brancaster | King's Lynn | Facebook and give John some encouragement for his literary efforts!

We have put out our banner overlooking the beach at Brancaster, now that the warmer weather is hopefully on its way. If you are passing, feel free to give us a friendly wave!

Fundraising

We want to get involved in more local fairs and events where we can raise funds by selling our goods. We attended a few last year (Hunstanton, Titchwell, Brancaster) and would like to do more. Please feel free to let me know if there are any coming up – contact details below.

We are currently planning a presentation at Brancaster Village Hall to explain exactly what we do and to ask for support to raise funds for a new station. Please keep an eye out once we have finalised the details.

We are a registered charity (Number 1159975).

Finally

We are very grateful to our brilliant volunteers for all that they do and to The Royal West Norfolk Golf Club for their continued support.

If you or anyone you know is interested in volunteering or if you need any more information, please contact Richard Burrows (Deputy Station Manager) by email – richard.burrows@nci.org.uk

A recipe from the Prudent Pensioner

I did plan to share a recipe for a vegetable and lentil bake this month but I made a couple myself and I'm afraid they weren't a success so that is something I must work on. Hope you like this recipe:

Macaroni Cheese with Leek. Makes 2 generous servings.

150g/5oz Dried Macaroni pasta
25g/1oz Butter
25g/1oz Plain flour
300ml/ ½ pint Milk
¼ teaspoon mustard (I use powder)
100g/4oz strong flavoured Cheddar Cheese grated
Salt & Pepper
230g/8oz Leek sliced
You will need a 850ml/1½ pint ovenproof dish.

Put leek slices in a colander and rinse well with cold water then transfer them to a saucepan and add the milk, carefully bring to the boil, reduce heat and simmer until leeks are tender.

Bring a medium size saucepan of lightly salted water to the boil add the macaroni boil for 5 minutes then drain. Using a slotted spoon, remove leek slices from milk and place in an ovenproof dish spreading evenly. Mix mustard powder into flour. Melt butter in a saucepan; add flour and mustard powder beating quickly to form a smooth base for the sauce. Remove from heat while you carefully stir in milk a little at a time until all mixed then return to heat and bring to the boil still stirring constantly. Reduce heat to simmer, add salt and pepper to taste. Cook for 2 minutes stirring often. Add par cooked macaroni to pan, stir and cook for 4 minutes. The starches in the pasta will thicken the sauce as it cooks. Preheat grill to medium.

Remove sauce from heat and stir in 2/3rd of the cheese. Pour sauce over leeks, spreading evenly. Sprinkle over remaining cheese and grill for approximately 6 minutes or until cheese is browned and sauce is bubbling. Serve and Enjoy.

-o0o-

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Hunstanton indoor market and Robert & Christine home shopping. It is available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems & tales)

Copies are available to borrow from Heacham Library & Hinckley Library

See lots more recipes on The Prudent Pensioner Facebook page
Email: pru.pensioner@btinternet.com



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May 13th Coach Trip to Spalding Flower Festival

May 18th Special 'Kings Feast' Lunch served at 12.30 p.m.

May 20th Special 'Kings Feast' Evening Meal served at 7.00 p.m.

May 31st Cream Teas served from 3.00 p.m.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

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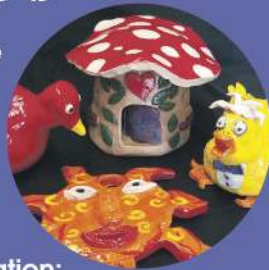


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by the book

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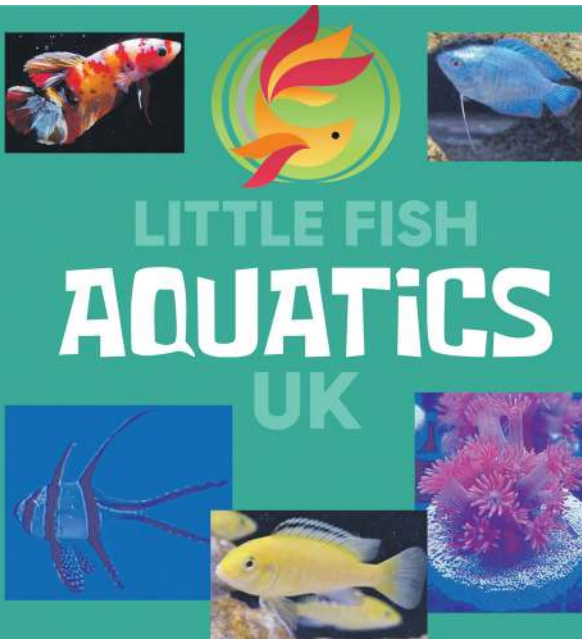
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HUNSTANTON AND DISTRICT INNER WHEEL

Sue Trewin, Club Correspondent



In my last article I mentioned our forthcoming trip to Blackpool Inner Wheel conference. Here follows some photos and snippets which I hope you will enjoy. I had never been to Blackpool and found it to be good in parts like the curate's egg. It is sad to see a town so neglected although there is some evidence of regeneration.

Most of the conference was held in the Winter Gardens where the new conference centre is. 1200 members from GB and I attended where friendships were renewed, new ones made. Apart from the more formal part of the conference we were entertained by Adam Henson of BBC Countryfile fame and 'yours truly', couldn't resist a photo shoot with him.



Lynne Baird MBE, whose son Daniel Baird who was a victim of knife crime, spoke movingly about her experience of losing him and the launch of a small machine that is capable of stopping excessive bleeding. We also met Andrea 'Chizzy' Akudolu, actress accredited with many roles on BBC, CBBC and ITV who spoke about her own struggle

with depression.

On the musical front James Lee Humphreys, vocal powerhouse and classically trained singer from South Wales entertained us one evening, and Anchorsholme Academy Choir, a primary school choir were a real hit.



We were able to visit the Tower Ballroom, of Strictly Come Dancing fame, where we danced the night away.



We were visited at our monthly meeting by John Linden Station Master of Norfolk Fire and Rescue service. He covered advice on fire safety in the home, what to do if fire breaks and what not to do. It was useful to be reminded that we should be vigilant in the home. I must admit that I was wanting to get home promptly to check all was well. Had I removed the tea towel from the top of the cooker, were my electric plugs overloading the sockets and had I switched my oven off?

I hope you have enjoyed Easter and if you have room for more easter eggs, there are plenty at reduced prices.

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Fishers, Hunstanton

6. Fishers, Hunstanton, Norfolk

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Brancaster School news

by Thrift Class



We are writing this just before our holidays. We have just been doing lots of exciting Easter things. We acted out the Easter story and had bread and wine (note from Mrs Bocking – not real wine, I hasten to add!) and washed our feet. We made an Easter Garden for Brancaster Church and wrote about why we put a cross in it. It is all about Jesus coming to save and help, to fix things, to give a second chance, to bring new life. That is why we have chocolate eggs because of new life. We did some Easter cooking and had an Easter egg hunt (thank you PFA)



We also just said goodbye to Mr King and gave him cards we had made and presents and we sang a song for him because we sing really well and it is a good way for him to remember us. We are looking

forward to our new Head coming and want to make sure she feels really welcome.



We have finished our work on "Our Wonderful World" and are about to start "Sun, Sea and Sand". We are hoping we can go to the seaside when it gets warmer. We are also going on planting. Our potatoes are chitting and we will plant them as soon as we come back to school.

We come back to school on 18th April. Half-term is 26th May -5th June and we finish for the summer on 21st July. SATS are 8th – 11th May so please try not to come and visit that week, as all hands will be on deck, supervising tests!




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West Norfolk Mayor quizzed by Heacham pupils

Pupils at a West Norfolk school welcomed a special VIP visitor for a guided tour as the Borough Mayor of King's Lynn and West Norfolk arrived at the gates.

Cllr Lesley Bambridge, who has been the mayor for the last year, was invited to Heacham Infant and Nursery School to meet staff and children, and to answer questions about her historic role as the civic figurehead of the borough council.

The pupils also had the opportunity to take advantage of the visit to draw Cllr Bambridge, complete with her eye-catching ceremonial robes.

Cllr Bambridge said she had thoroughly enjoyed her visit and was delighted the children had taken such an interest in the role of a Borough Mayor and all the regalia that goes with it.

"They asked some good questions about being Mayor and what it actually means, which led to an interesting discussion. I was equally interested in their school and the wonderful work they have been doing. They live in a borough which is steeped in history and we are very lucky to have kept some longstanding traditions and treasures - including the Mayoral Regalia," she said.

Aside from learning more about the school, a member of the West Norfolk Academies Trust, and having a close look at the children's work, Cllr Bambridge was also able to discover why it was awarded a Good Ofsted rating at the end of last year.

Executive Headteacher Louise Jackson said: "The Mayor got to meet all the children in the school and they asked questions about



her role. She explained the significance of the Mayor within the community and how she was voted in for one year.

"They also asked about her robes and chain - and they enjoyed capturing her ceremonial robes in drawings in their classrooms following the visit."

The school, a member of the West Norfolk Academies Trust, was praised for its curriculum, as well as the "admirable" behaviour and "positive attitudes to learning" of its 112 pupils, who range in age from two to seven.

"At Heacham Infant School, everyone is comfortable being an individual. Pupils treat

each other well, regardless of their differences," said the report.

The report continued: "Pupils demonstrate maturity in the way they behave. They are polite and friendly towards each other. Leaders make sure that everyone is valued. They help pupils to become ambitious yet well-rounded young people."

Ms Jackson, said at the time: "The rating reflects the continuing hard work of our staff and children, and we will continue to work to ensure our high standards are maintained and Heacham remains an enjoyable and nourishing environment for all."

Stanhoe & Barwick WI has had a great year!

Valerie Robson

We have grown our membership by 25% to 41, with ladies from all over North West Norfolk. We've listened to a variety of interesting presentations at our monthly meetings, been Ten Pin Bowling, set up a Book Club, got crafty with glassmaking and Geli painting, visited beautiful gardens and ate delicious cake and lunches.

What we don't do, is sing Jerusalem or hold competitions. (some of us do make jam!)

We have a great programme for the year ahead, plus lots of activities and visits planned, mostly involving tea and cake, of course.

We're a friendly and welcoming group, so do come along as a visitor and see what we get up to. (£5 charge, to include refreshments).

Our new membership year starts in April, so why not do something different and make this the year you join the WI?

Find us on Facebook and at stanhoe.org

Image: A few of our ladies on a Geli painting workshop with Lucy Jacklin of Up Jumped the Mackerel. We held two sessions in February and March.



All-star performance from Hunstanton students

The worlds of stage and screen came together in one musical extravaganza when Smithdon High School held its first Easter concert.



Young performers at school, which is a member of the West Norfolk Academies Trust, starred in 'A Night of Cinema and Stage: Celebrating the Arts', with all year groups taking part.



The evening's entertainment featured a wide range of musical offerings from ensembles to soloists, as well as drama, dance, art and even the school's cooking club.



Teacher of Music and event organiser, Andrea Miller, explained: "All of the songs in the performance were songs from movies, television or musicals, including the theme song of Netflix's Wednesday, 'The Eye of the Tiger', and a Disney Medley.

"In addition to this, we were celebrating drama, dance, art and even our seasonal cooking club, with students from all age groups participating in the performance from a variety of ensembles and private lessons, as well as the dance club, cooking club and art club."



Among songs and scenes from popular theatre, film, television and dance through the ages, highlights of the show on Wednesday 29 March included a preview of the school's next musical, Frozen Junior, while refreshments were provided by Smithdon's food department, headed by Rebecca Dibble.



Other staff involved in the event were trainee teacher Sophie Warwick, who ran the choir; drama and dance teachers Kayleigh Brown, Vicky Proctor and Sinead Vickers; and Laura Ruskin and Sian Wheeler from the Art Department.



"Music holds an important place within the Smithdon community," continued Miss Miller. "We hold musical events regularly and have music-related clubs running daily at school. WEB drama 39

"We have seen the power that music can have to change students' lives and instil them with confidence and pride – with that in mind, we want to give every student the opportunity to participate in performances."



Images: Ian Burt





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GLEBE HOUSE SCHOOL UPDATE

Spring is in the air...as were cheers of celebration, musical notes and sounds of Italian laughter this March at Glebe House School & Nursery. No two months are ever the same here at Glebe. Take a read and find out what we got up to this March!

Sport



U9 Football Winners

It's proven to be an exciting half term of sport. Our Division IV boys took part in the Smithdon Cluster U9s Football Tournament and without conceding a single goal, our team was proud to come away as competition winners, finishing the tournament with 5 wins out of 5 games! Earlier in the month we had two teams representing Glebe at the inaugural Smithdon Cluster Netball Tournament. Both teams, Glebe Storm and Glebe Thunder, played well and Glebe Storm were excited to come away as overall winners.

Slightly further afield, having qualified at



U10 Netball Winners

the area competition, our boys from Divisions IV, V, VI and VII travelled to Ilford for the East Region U12 Hockey Finals. The team gave a great account of themselves and ranked as the 12th best U12 team in the East of England. This was huge achievement. (See photo on page 61)

Music and Drama

The penultimate week of term saw months of hard work and commitment come together when the Senior Play, Paws and Claws, took place. We enjoyed two afternoons and evenings of top-quality musical entertainment from Divisions VI-VIII. These professional performances were followed by two lovely evenings of socialising over refreshments in



the Drawing Room. The annual senior production is the outcome of immense commitment from our drama and music teachers and volunteers, as well as dedicated parents, the Hunstanton & District Men's Shed and of course the children.

This half term's Informal Concert saw our youngest to our oldest pupils perform in front



Pre Prep Choir at the Informal Concert



Choir of siblings at the Informal Concert

of their families. The Concert included Pre-Prep's rendition of Spring Chicken, two sisters performing their own composed piece, a mother and daughter duet playing the piano as well as a choir consisting of two sets of siblings and much more! It's always such a delightful event as term draws to an end.

Pre-Prep

Throughout the year, all the Pre-Prep children can invite their families to lunch. This half term it was the turn of our Reception children to host their parents. It was a highlight in the Pre-Prep calendar and enjoyed by all!

Wellness Afternoons in Pre-Prep on a Friday continue to be embraced by the

children. It was British Sign Language week during March, so the children had the opportunity to learn how to sign the alphabet, their names and some greetings as an option in Wellness Afternoon. They finished off with some dancing, demonstrating what they had learned. The children were very proud to go home and share their new skill.

At the end of term, our Pre-Prep children enjoyed a fantastic trip to The Shrine of Our Lady in Walsingham. They were blessed with



a beautiful spring day and enjoyed walking through the tranquil gardens as well as exploring inside the Shrine. The children learned about how the Shrine came about, acted out key parts of the Easter story and got creative with Easter eggs and modelling clay.

No spring term could rightfully end without the annual tradition of the Easter Bunny coming to visit. After their final assembly, the Pre-Prep children enjoyed searching for hidden eggs in their gardens and the Forest School before being greeted by Peter Rabbit himself and rewarded with an Easter Egg to take home. There was such excitement in the playground that morning!

Prep

Several of our pupils took part in the Rotary Young Writers' competition and we were delighted to hear that Verity in Division V was the winner and is now through to the next round. All those who took part were awarded their certificates in Good Work Assembly by John Crofts from Hunstanton & District Rotary Club.



During March we welcomed two groups of visiting pupils from the Collegio San Carlo in Milan, Italy. The Prep children enjoyed the opportunity to buddy with their counterparts

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and introduce them to life at a Prep school in England. As well as enjoying a school timetable at Glebe, our Italian guests also enjoyed trips to Holkham Beach and Norwich. The presence of our Italian visitors has brought a new level of diversity to our school and it has been inspiring to see how warmly our children have welcomed their new friends.



Division III enjoyed a visit to Norwich Castle to find out more about Ancient Egypt. As well as learning a lot through role play and creative work, they had an insightful discussion about archaeologists bringing artefacts from tombs to museums, and ultimately learned it is best to respect the wishes of the Ancient Egyptians and leave the artefacts in place.

Nursery News

We hope you have had the chance to read our separate story about the amazing news that our Nursery was rated Outstanding for the second time in a row by the Independent Schools Inspectorate recently. Please see page 10 for the whole story.

This month our nursery children have enjoyed learning new skills based around

topics such as transport, colour and of course Easter. Our older children have also been further exploring their Jolly Phonics letter and sound knowledge whilst our younger children have been making the most of our outdoor spaces as they learned to explore colour. All our children also enjoyed the opportunity to spend time with their Mummies who were invited to visit for a stay and play hour as part of their Mother's Day celebrations. It was a wonderful time for everyone!

Glebe Community

One Sunday over 35 Glebe parents and their children took part in the Inaugural Glebe Community Afternoon. They worked together to transform the beds around the school entrance and carparks and proved that a mixture of weeds, brambles, forks, spades, children, adults, pizza, donuts, rain and sunshine equate to a fantastic afternoon of community spirit. Here's to many more such afternoons!

Midway through half term, it was our Annual Quiz Night when over 60 parents and friends of Glebe got together at Briarfields Hotel in Titchwell and had a blast at the first Parents' Committee social event of 2023. It was such a fun way to spend a Thursday evening, with great food, a lot of laughter and not to forget six quality rounds of questions that tested everyone, while raising money for the school.

Coming Up

You may have seen advertised that we are hosting a FREE Family Fun Morning here at



U12 Hockey team

Glebe House School on Saturday 29th April from 10am-12pm. It's open to ALL local families, so please do come along and take part in the fun activities we'll have available, including a Mini Monsters creepy crawly roadshow, the award-winning Hartbeeps sensory music classes, hands-on activities from the popular cBeebies Numberblocks series and much much more!

Come and see us!

We hope you have enjoyed catching up with our latest news! If you would like to find out more about life at Glebe House School & Nursery or to have a look round, please don't hesitate to contact us. We would love to hear from you!

Did you know we offer wraparound care from 8am to 6pm? And that we offer means-tested bursaries? **We are currently registering for Reception 2023 with limited spaces available**, so please do contact Tamzine Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk to register your interest!

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**Fun had by all at the
Friday Friendship
Group**

Members and guests of the
Friday Friendship Group had
a fun morning celebrating
Easter on Good Friday when they held
their traditional Easter Bonnet
Competition.

The Mayor of Hunstanton Cllr
Maureen Howard was pleased to be
invited along to choose the winning
bonnet made by Rosie, one of the
regular members.



Delicious cakes were kindly made by
Julie, one of the hard working
organisers of the group and a raffle was
held to win an Easter Egg.

The Friday Friendship Group meet
each Friday morning at the Community
Centre, Avenue Road, Hunstanton at
10.30am – 12noon. New members are
most welcome to come along.

The group hold various events
consisting of talks, demonstrations and
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For more information please contact
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Melanie Venes

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Friday 26th & Saturday 27th May 2023

Open 10am – 4pm Free Entry Cafe



Covid may have put a stop to meetings and public exhibitions but for many people learning new skills and creating beautiful things filled lockdown days with much-needed pleasure. Textiles in Action returns with a two-day celebration of textile skills and techniques. Come and meet our group of talented enthusiasts and be inspired.

Demonstrations include hand and machine embroidery, band weaving, felt making, locker hooking, spinning, dyeing, weaving and more. There will be some opportunities to have a go yourself and to get you started we have an exciting range of project packs filled with vintage and recycled fabrics, yarn and embellishments. Also on show will be sketchbooks, samples and exhibits responding to our rather apt Design Challenge 'On The Edge'

Open 10am to 4pm, Friday 25th and Saturday 26th May, Thornham Village Hall, PE36 6LX

Refreshments available, entry is free. Further details from melanievenes@btinternet.com

Textiles in Action

26th & 27th May 2023

Thornham Village Hall

High Street, Thornham, PE36 6LX

10am – 4pm Free Entry Cafe



Design & Inspiration on show and for sale

Demonstrations: Hand & Machine Embroidery, Felting, Knitting, Spinning, Weaving and more

Design Challenge Exhibition 'On the Edge'

West Norfolk Befriending

West Norfolk Befriending aims to reduce social isolation by providing a link to the outside world. We match isolated older people with a trained volunteer befriender who will visit or call on a regular basis. Our service helps clients:

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- Maintain their independence
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- Identify risks to health and environment

Typically, clients will receive befriending visits or telephone calls fortnightly. Due to the popularity of our service, we can only offer befriending for up to a year and we can only offer a client one service.

Clients and volunteers are closely supported in their befriending match. All befriending matches will be regularly reviewed by a member of staff throughout the years' service.

We facilitate reintegration to community life wherever possible. Clients are frequently signposted to other services and organisations that may be able to help them.

West Norfolk Befriending is a registered charity, and we offer our

befriending services to our clients for free. We raise our own funds and rely on grants and donations to offer our service.

We are also happy to talk to people about volunteering. You can volunteer to do face-to-face, telephone befriending or both. No experience is necessary as full training is given. If you have good listening skills, are honest, reliable and patient and enjoy being around people then give us a call. A friendly chat can make the world of difference to a socially isolated older person.

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Cromer Road Bowls Club Open Day

David Ilsley

Hunstanton Cromer Road Bowls Club invites you to its Open Day for new members on May 13th from 11.00 to 13.00. Come and give it a try, open to all ages. Bowls will be provided so all you need is flat soled shoes.

If you are unable to make it, just come along any Tuesday 14.00 to 16.00 where coaches will be available.

The club is situated in the Cromer Road recreation ground with bar and free parking.

We play in various leagues for men & ladies also friendlies at weekends & club night on a Friday night.

Looking forward to seeing you for further information email david_ilsley54@yahoo.co.uk.

Deepdale and Brancaster Staithe Tennis Club

Our two lovely courts in the middle of the village are available for play by both members and visitors. Have a look at our website: www.clubspark.lta.org.uk/DBSTennisClub Booking is available in half-hour slots for up to 90 minutes per person per day and is free for paid up members. For visitors the court fee is £10 an hour and you can pay online via Stripe. Log on to our website, go to the Court Booking tab and follow the instructions. You are welcome to join our Club. Again go to the website, click on the Membership tab and follow the instructions.



Junior Coaching

We are holding weekly tennis coaching sessions for junior members on Wednesday afternoons in the summer term between 3.45pm and 6pm starting Wednesday 19th April. We would really love to see some new faces.

Course fees vary from £6 - £18 for a 6 week course payable by BACS in advance. Essential to book in with our Junior Tennis Co-ordinator, Carrie Hendry, by email to juniortennis@brancasterstaithe.co.uk to book your place. 3 sessions for different ages:

10.45 - 11.15 am for 4-7 year olds £6 per course
11.15am-12 noon for 8-11 year olds £12 per course
12noon - 1pm for secondary school children up to age 15 £18 per course

Numbers strictly limited to 12 children in each group. Membership for primary school children is £6 per year; for secondary school children it is £12 per year.

Adult Coaching

Coaching for Adult Beginners or Returners is available with Becky Palmer on Monday mornings from 9.30 - 10.30am beginning on the 24th April. These will be arranged in short courses of 4 weekly sessions at £20 per course to be booked direct with Becky in advance. Please contact her by email tennismadbex@gmail.com for further details. Please note the course will only run with a minimum of 4 players.

Wednesday Ladies Tennis Mornings

These continue every week when the weather allows from 9-10.30am. We are a group of experienced players (not beginners) of a certain age and the emphasis is on fun. If you would like to join us please contact Verily Borthwick by email to DBSTennisClub@outlook.com These sessions are for members but you are most welcome to come along and try us out for free for up to 3 occasions each year.

Hunstanton Croquet Club

Firstly, apologies for the grammatical error in the opening sentence of last month's news. Very embarrassing for a former English teacher! Also apologies to Jonny for misspelling his name.

Thanks to all the volunteers who turned out to prepare the clubhouse and set the hoops - at least 100hrs of labour!

We enjoyed a super, sunny, crisp afternoon for the opening of the season on 27th March and are ready for an action packed April at the club.

In addition to our thrice weekly club afternoons, this month we are privileged to be having a coaching day led by our President Simon Carter - a top class croquet player. On Tuesday mornings we shall be delivering a four week course - an introduction to Golf Croquet - to a group from the U3A. And we shall be hosting the three day annual Robert Prichard Association Croquet tournament.

By the time this goes to print, we will have held our annual 'Come and Try' day. Fingers crossed for good weather and lots of people enjoying a taste of our beloved sport.

hunstantoncroquetclub.co.uk

Photo: Members enjoying the first club afternoon of the season.



Armchair Sports Trivia

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

QUESTION: How many different English Rugby Union teams have won the European Rugby Champions Cup ?

ANSWERS TO: editor@townandaround.net or by post to: 18 Tapping Close, Snettisham PE31 7FF

Sam Snead was last month's answer and Linda Petts was the lucky winner drawn from the hat. Congratulations Linda.

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Sporting corner with Tim Keogh



Finley Grief

Name: Finley Grief
 Age: 17
 Star Sign: Sagittarius
 Where Born: King's Lynn
 Occupation: Student / Beach Patrol Officer
 Family: Mum, dad and older sister
 A Cats or dogs person: Dogs, although I have a cat called Lemmy
 Hobbies: Indoor rock climbing
 Team Support: Norwich City
 Biggest achievement: West Norfolk Young Person of the Year
 Funniest memory (work/life/sport): Crashing my bike in to a swamp accidentally!
 Famous Idol: Ryan Reynolds
 Favourite meal: Tuna pasta bake
 Favourite drink: Dr Pepper
 Favorite holiday destination: Florida
 Three items for a desert island: Lighter, tent, knife
 Favourite band/singer: Tyler, the Creator (rapper)
 Worst habit: Dirty room
 Pet hate in others: Loud chewing
 Best advice ever given: Don't put all your eggs in one basket
 What would you change in the world: Always warm!
 Like to live forever: No

Finley drove the Police team soapbox in the Soapbox Derby (see report on page 30). The image below from left: A/Insp Howard Elvidge, Cllr Graham Middleton, Cadet Katie Hayes, Sgt Darryl Grief and Cadet Finley Grief. Car built by Finley with his grandad for the 2019 race.



And here's Finley at the wheel...



Leisure Club



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Sporting corner with Tim Keogh

A history lesson on the Leicester Tigers

Ian Smith is an former Scottish international Rugby Union player who now lives in Snettisham. Town & Around's Tim Keogh continues to delve into his exploits from his life as a rugby player, dentist and army officer. Ian has already released one book, *A Full Back Slower Than Your Average Prop*, and is due to release a second, *Have Teeth, Will Travel*, later this year.

Life does funny things, and, on this occasion, bearing in mind where my life has taken me, this bit of history is a somewhat of a coincidence.

During my first class rugby career, I played at one point for London Scottish against the famed Leicester Tigers, yet it was only today, some 54 years after the incident the photos with this article relate to, that the penny dropped about why Leicester Rugby Club has the name 'The Tigers'.

As a dental officer with the rank of captain, I was stationed in Aldershot in 1970 and had just hit the headlines because of my rugby. At that time I was partly responsible for the officer cadets who attended the Mons OCS. This college no longer exists but, at that time, it trained Short Service Commissioned Officers, as opposed to Sandhurst, where regular officers were taught.

The demonstration platoon who taught combat skills to the officer cadets were, from what was only known to me, as 'Tiger Company' and the army felt it would make for good publicity if, as an Army Rugby Internationalist, I could repair the front tooth of the Company Tiger.

The photographs show said tiger, and a very young army dental officer, who is me! (note the extremely old fashioned equipment we had to work with).

It is a remarkable coincidence, finding myself living in Norfolk for the past 46 years, that this brief tale would not be complete without a short history lesson which will explain why.

The regimental day of the Royal Leicestershire Regiment was, unusually, not connected with a battle, but, with the grant of an honorary distinction on 25 June, 1825 when, His Majesty King George IV, was pleased to approve the 17th (Leicestershire) Regiment of Foot



- bearing on its Colours and appointments - the figure of the 'Royal Tiger', with the word 'Hindoostan' superscribed, as a lasting testimony of the exemplary conduct of the Corps during the period of its service in India, from the period 1804 to 1823.

This long period had involved a great deal of active service, as British rule in India was consolidated and various lawless factions brought under control, with the Regiment being given much praise for its efficiency and discipline.

Now, the Royal Leicestershire Regiment had a history going back to 1688, but was amalgamated in September 1964 with the 1st East Anglian Regiment (Royal Norfolk and Suffolk). The 2nd East Anglian Regiment (Duchess of Gloucester's Own Royal Lincolnshire and Northamptonshire) and the 3rd East Anglian Regiment (16/44th Foot), to form the present day Royal Anglian Regiment, of which B Company of the 2nd Battalion continues the lineage of the Royal Leicestershire Regiment as the Tiger Company.

I could not have foreseen that Leicester Tigers were so named from this connection or the fact that I would end up in dental practice in Norfolk, and indeed have attended a Royal Anglian Regimental function without realising the significance of the Tiger Company.

The 8th Hanseatic Festival of Water Sports

Tim Keogh

The Hanseatic Festival of Water Sports returns to the South Quay in King's Lynn on Saturday, 27th and Sunday, 28th May.

This popular event attracts water sports enthusiasts from across Europe, competing in a number of competitions including Formula 1, 2 and 3 water ski racing, power boat racing and jet skiing across all age groups. Racing takes place from 10.30am to 3.30pm each day, with a schedule programme available to all spectators.

The beautiful setting on the Great River Ouse will once again have a number of gastro tents and bars in the quayside, along with a hospitality marquee. The high octane extravaganza normally draws thousands of people to the Norfolk town, with this year's event expected to be no different. There will also be a number of fun family activities available on the quayside, with music and a fireworks display on the Saturday evening.

Organiser, Tom Lumley, is delighted to return, "it only seems like yesterday when we



came back post COVID in 2021, but I am expecting this year's event to be even bigger and better". Having only just returned from organising the event in Liverpool, Tom, along with wife Michelle who helps organise the meeting, is quick to praise all the

volunteers, helpers and the Borough Council as well as the sponsors who come together and ensure the Festival can happen.

For more information please visit <https://www.facebook.com/hanseaticskirace>.

Sporting corner with Tim Keogh

The day Real Madrid came to Heacham Minors FC



Real Madrid sent two of their top coaches to humble Heacham Football Club on Monday, 3rd April. Sixty four budding young footballers - the majority from across Heacham's youth set ups - turned up to experience football, the Real Madrid way.



From left: Victor Lopez Pacheco and Eduardo Sánchez Torres

Top coaches Victor Lopez Pacheco and Eduardo Sánchez Torres were on hand with a team of coaches from Coerver, who manage the day, to put the 7 to 15 year old boys and girls through their paces and show them how it's done at the Spanish giant's academy.

This monumental day all came about due to Heacham Minors FC's recent tie up with Coerver. This football clinic was the first of several being organised around the country. Coerver - inspired by legendary Dutch coach, Wiel Coerver - is a globally recognised total club development programme powered by the world's number 1 soccer skills training method. Coerver use coaches from top clubs across Europe, including Real Madrid, Manchester United and AC Milan, to implement their methods.

Rick Gower, Director of Football at Heacham Minors FC, who initiated the tie up with Coerver, was delighted, saying, "the importance of applying these unique training methods is beneficial to the players and clubs long term". Experienced in introducing semi and ex professional footballers back into the game in New Zealand, Rick has a real passion for the Coerver method, understanding it's importance in improving training techniques to enhance player rehabilitation as well as applying it's ethos into youth football.

All donned in their Real Madrid kits, the youngsters all listened intently at the start of the day as Victor enthused, "we want to introduce you all to the Real Madrid way and bring our ideology and values into your training techniques. Enjoy".

Already a successful season for all the Heacham junior teams, this experience can do nothing but improve their game. The U13's girls



team have already responded to an early season defeat to top their division whilst the U10's are successfully punching above their weight, competing at an age level above.

Each participant also received a Real Madrid bag, pin and certificate. One thing is for sure, this day will live long in the memory for these youngsters, if not for a lifetime.



22nd April will be a big day!

At the time of going to print, Heacham FC are two wins away from winning the Thurlow Nunn Division One North title and, with it, promotion to the Eastern Counties Premier Division. Their remaining two games are a midweek away game against lowly Leiston Reserves and a final home league game against Haverhill Borough on Saturday, 22nd April (3pm kick off). Major threat, Downham Town, host third placed Framlingham Town on the same day, ensuring it will be tense final day of fixtures.

Images: Ian Burt

Support Local shop has 26 businesses under one roof

After the pandemic, and having her little boy, Lucy Johnson decided to pursue her passion in crafts and up cycling furniture and during her first year or so she found so many different talented people with the same passion in running their own small businesses that in 2022 she started organising craft fairs that soon expanded to the new weekly market in the street restaurant in King's Lynn Town centre.

It soon became apparent that the businesses needed a new and more permanent platform to sell their wares so the idea of Support Local Hunstanton was born.

The new shop is based on Beach Terrace next to the Oasis swimming pool, behind Elliott's fish and chips.

Lucy said "I met Elliott through a friend and once introduced we hit it off straight away with the plans for the new shop especially as this helps him in his new adventure covering costs for him to have storage and follow his dreams in the future of opening a fish and chip restaurant.

"The shop itself has over 26 local small businesses under one roof, from a local beekeeper, artists, Jewellery, something for the men (old vinyl's and a man cave) to skateboards and things for the children for a great day out at the beach - we even have a clothing line.

"I have a few of the traders working in the shop with me, they are always up for a chat and very passionate about their businesses.



(from left) Emily Ellis, Julia Preston, Lucy Johnson, Elliot Snart & Fran Paull. Credit: Ian Burt

"Keeping in line with Elliott's vegan fish and chips we are also catering for vegans, we have vegan ice-cream sweets and popcorn available instore."

Local Marketing Specialists Answer Canaries' Call

King's Lynn-based Steele Media have announced a partnership deal with Norwich City Women which will see the local marketing and web development company become a Founding Partner of the team.

Gary Pooley, Managing Director of Steele Media, said: "We are delighted to become a Founding Partner of Norwich City Women Football Club!"

He continued, "As a lifelong Canaries fan, I am extremely proud that Steele Media is able to support the women's team. The vision of the club and management team inspired me to get involved and commit to helping them reach their goals. Steele Media's aim is always to help our clients grow and outshine their competition, and it's part of our mission to support local charities and community organisations whenever possible.

"Norwich City Women plan to progress to the very highest level and their importance within the local community means our values are very much aligned. We hope that, together, Norwich City and Steele Media can form a winning combination and we look forward to sharing in their continued success."

Established since 2000, Steele Media is the area's longest-running creative agency, providing professional and experienced marketing support and consultancy. Acting as your dedicated marketing team they provide advice and strategic planning, as well as a complete range of award-winning branding, digital and print services, throughout Norfolk, East Anglia and beyond.

Norwich City Women General Manager, Flo Allen said: "Everyone at the club would like to welcome Steele Media as the latest founding partner of our women's team.

"We thank Gary and his team for their commitment and support to develop the team. We are looking forward to welcoming everyone from Steele Media to The Nest and Carrow Road to support the team."

For more information, please visit www.steele-media.co.uk.

Photo: Gary Pooley, MD of Steele Media and Flo Allen, Norwich City Women General Manager.



Environmentally friendly activities Terry Parish

Now that spring has sprung and summer is on its way, here are some environmentally friendly activities both old and young can take part in – mostly free!

Woodland

The Woodland Trust is asking for signatures to urge government to protect woods and trees from transport schemes. There is a lot of talk about planting tree whips to counter climate change but, at the same time, swathes of woodland, some ancient, are being removed or are planned to be. A signature requires no money!

<https://campaigns.woodlandtrust.org.uk/page/120772/action/1>

The Big Hedgerow Help Out during May

The Campaign to Protect Rural England, CPRE, is running a Hedgelife Help Out between 1st and 31st May. It is nothing strenuous as it requires a stroll along hedgerows and the use of your eyes to record what you see. There is the inevitable App to help you out. Google CPRE Hedgelife Help Out. Registration is via the national Big Help Out scheme which I found clumsy in April but it may be better now.

Hedgehogs

These creatures need all the help they can get and are out and about now. Supplement their diet, if necessary, with hedgehog food or cat food, not milk. Put out water which is essential as days get hotter and dryer. Make a gap under fences to allow them to move around and keep an eye out on roads. They won't damage your car but they are a sad sight the next morning.

The British Hedgehog Preservation Society, BHPS, is a good call if you are interested, and The People's Trust for Endangered Species, PTES, has a Wild Isles Community Fund which, until, 10th May will triple any contribution made to their Hedgehog Street Campaign.

Copy date for the June 23 issue of
Town and Around
is 12th May
Please don't be late!
editor@townandaround.net

Alba's coastal path walk to raise awareness for mental health charities

Alba Stogden is an eight-year-old girl on a mission to raise £100k, split into £500 per month targets, for Mind and each month she's putting on her walking gear and travelling around Britain.

During late March and April she's been in Norfolk and Heacham Manor contributed to Alba's adventure by giving her, and her mum Sophie, overnight accommodation.

The Manor's Carolyn Johnson said: "Sophie, Alba's mum reached out to us last year as she was looking for accommodation for the recent walk Withernsea to Hunstanton, when Sophie told us all about Alba we were delighted to be involved and to give them accommodation at Heacham Manor Hotel.

"Alba's walks are all about raising awareness of mental health and supporting the charity Mind, which is also a charity that is supported by Searles Leisure Group which Heacham Manor Hotel is part of. I met Alba for the last mile of her walk from King's Lynn to Heacham and wow what an absolutely amazing child she is, so full of energy and enthusiastic about what she is doing and creating so much awareness along the way."

Below: Arrival at Heacham Manor - from left Carolyn Johnson, Alba Stogden and Sophie Stogden.

Above right: Enjoying the swing.

Follow Alba's adventures on facebook: [Albasadventures](https://www.facebook.com/Albasadventures)



JOIN US FOR OUR 'TASTE OF THE GLOBE'

Italian Night

Friday 26th May - 6:00 - 8:45 PM

Join us in The Pavilion where we will be serving up dishes inspired by cuisine from Italy.

2 Courses **£17.95** | 3 Courses **£24.95**

To book simply call **01485 536030**

SCAN THE QR CODE OR VIEW ONLINE:
www.heacham-manor.co.uk/offers/offer/taste-of-the-globe



HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX



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May diary of events

Monday 1st

Craft Fair at the Royal British Legion Hall, Snettisham 10-4pm Free entry, donations to the royal British Legion.

Enquiries: Julia Quance 01485 542240

Wednesday 3rd

RNLI meeting at Hunstanton Community Centre PE36 5BW at 6.30pm when the life-saving exploits of the men and women on its lifeboat and hovercraft will be revealed. The event will also include an awards presentation and a performance by the legendary Nelson's Shantymen.



Friday 5th

Fincham Memorial Hall PE33 9EJ: QUIZ NIGHT is at 7.30pm. Entry £2 per person. 50/50 Raffle. Bring your own refreshments. Come join the fun - all welcome. Up to 6 in a team, either bring your own team or help make up a team on the night.

United Services Club Hunstanton entertainment: Travis all eras 8pm

Saturday 6th - Coronation Day

Fincham Memorial Hall PE33 9EJ: FREE live streaming of the CORONATION. Times to be confirmed on our facebook page.

Coronation dinner and Dance at Dersingham Village Centre 6.45 with dinner served at 7.15. Live music with 2+ONE. Dress: Smart. Licensed Bar. Tickets available from Dersingham Post Office. £15 adults £8 under 16s. Judy Collingham: 01485 543195.

Ingoldisthorpe Sports and Social Club: Live music by 2nd Sunset 8pm. Club opens at 7pm

United Services Club Hunstanton entertainment: DNA Rock & Pop 8.30pm

Sunday 7th

Snettisham Village joint Church Service 11-12noon in the playing field (St Mary's if wet).

Picnic on the field 1-4pm. BYO or snacks to purchase. Free games & Tug of War.

Ingoldisthorpe Sports and Social Club: King's Coronation BBQ, fancy dress, village games and scarecrow prize giving. 12noon-5pm

Family Fun Day and sports for all at Dersingham Sports Field. 1-6pm. BBQ available from 2pm

The Yorke Trust presents A Musical Tribute to Her Late Majesty Queen Elizabeth II in association with the Royal Over-Seas League. A programme devised by Geoff Parkin, Artistic Director of ROSL. George Todica and Dominic Doughty, two ROSL award-winning concert pianists, explore music with royal connections arranged for two pianos. Start time: 15:00 at The Old Chapel, Burnham Road, South Creak, NR21 9JF Tickets £12.00 from 01328 738482, Text 07899 771366 or email to carol.jennings2@btinternet.com.

United Services Club Hunstanton entertainment: From lunchtime Tombola, 4.30pm songs With Jammin Joe, sandwiches and cake 5.30pm, game of Cash Bingo 7.30pm, fantastic vocals From Tommy Baxter all eras 8pm

Monday 8th

The Arts Society North West Norfolk lecture by Helen Rufus-Ward: Bringing India to Britain – Queen Victoria's portraits and the Durbar Hall. Sedgeford Village Hall PE36 5NG

Anmer Social Club CORONATION B.B.Q. – Midday onwards – admission free. Entertainment with Roger Williams To book food please contact Dorothy on 01553 631349 or email anmerchair44@gmail.com or events@anmerclub.co.uk Licensed bar.

Thursday 11th

Stanhoe and Barwick WI Anne Guymer, "Endurance". An illustrated talk about Oxburgh Hall. This will be followed by our Coronation Tea. Members only. The Reading Room, Stanhoe. 2pm. Please contact Valerie (01485 576261) for further details.

The Arts Society King's Lynn talk at West Winch Village Hall 2pm. Speaker Sarah Lenton on VOX POP - Opera in England. Ample free parking.

King's Lynn Community Cinema Club present See How They Run. In 1950s London, plans for a movie come to a halt after a member of the crew is murdered. A puzzling whodunit set glamorous theatre underground. (Comedy/crime). Cert 12A St. George's Guildhall, King Street, King's Lynn 7.30pm. Membership £17 per year or day member £5 cash on the door. communitycinemaclub@googlemail.com

Friday 12th

Coffee and Brunch with stalls at Snettisham Memorial Hall 10am-1pm Refreshments, soup and rolls, cakes and more.

Music Night with Kevin Barry at Snettisham Memorial Hall in aid of the QEH Critical Care Ward. BYO Drinks. Entry £10 with sandwiches. Free parking. Doors 6pm for 7pm start

United Services Club Hunstanton entertainment: Race Night in aid of the Lifeboat Charity

Saturday 13th

The Hunstanton Fun Dog Show at Glebe House School, Cromer Road, Hunstanton PE36 6HW Entries and events from 11am, judging from 12noon. Includes novelty classes, demonstrations, trade stands and refreshments.

Royal Gala afternoon Variety Show at Hunstanton Town Hall presented by John Harris 2.30pm £10, concessions £7.

Fincham Memorial Hall PE33 9EJ: NTL encore performance of 'Othello'. Doors open 7pm, showing starts 7.45pm. Licensed bar available. Book through EVENTBRITE or pay at the door £5 entry.

Ingoldisthorpe Sports and Social Club: Bingo 7.30pm club opens at 7pm

United Services Club Hunstanton entertainment: Mike Shelby 60s & Rock & Roll 8.30pm

Sunday 14th

The Yorke Trust presents Music on the Edge.

A new project from an experienced ensemble based on Dartmoor, featuring music inspired by nature, prior to their educational work in Norfolk schools. Chris Caldwell and his team play classical guitar, flutes, saxophone and bass clarinet. 'Outstanding' RTE Lyric FM. 'Utterly captivating' The Independent. www.musicontheedge.com. Start time: 15:00 at The Old Chapel, Burnham Road, South Creak, NR21 9JF Tickets £12.00 from 01328 738482, Text 07899 771366 or email to carol.jennings2@btinternet.com.

Monday 15th

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 – Donations of prizes welcome. For information email events@anmerclub.co.uk

Wednesday 17th

Hunstanton Society presentation at the Heritage Centre by Terry Parish and Alan Gosling: The dark skies of West Norfolk and the observatory at Hunstanton. £1 members, £4 visitors. Refreshments included.

More events listed at: <https://townandaround.net/whats-on/may>

Friday 19th

An evening of Bach at Little Massingham Church PE32 2JT. The world-class conductor, composer and Cellist Orlando Jopling in a one night solo Bach Cello Concert. £25 Tickets: Eventbrite: <https://bit.ly/3YzCdbx>
The concert will be raising much needed funds to support St Andrew's.

Anmer Social Club FILM NIGHT – A MAN CALLED OTTO – 15 – Starring Tom Hanks as Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. The club opens 7.00 p.m. – Film starts 7.30 p.m. Admission £4 at the door. For further information email films@anmerclub.co.uk

Fincham Memorial Hall PE33 9EJ: BINGO NIGHT Cash bingo with raffle and other games. Just pay for the games you want to play. Doors open 7.30pm with eyes down 8.00pm. Bring your own nibbles & drink.

United Services Club Hunstanton entertainment: Quiz Night £50 first prize £4pp including supper 8pm

Saturday 20th

United Services Club Hunstanton entertainment: The Caveners 60s Tribute Duo 8.30pm

Music in the Burnhams at 5pm the Norfolk close harmony ladies' group, The Samphires will perform British songs of the last 80 years. Britten to Karl Jenkins, Vaughan Williams to the young composer Sarah Quartel. The recital is in All Saints Church Sutton cum Ulph and cakes and bubbly are on offer too. Admission is £10. Proceeds to the church.

Sunday 21st

Sunny Hunny Triathlon: 200m pool swim, 18k bike and 3.5lm run. Organised by King's Lynn Triathlon Club. A great event for new and seasoned triathletes. 6am <https://events.kltri.co.uk/sunnyhunny>

The Yorke Trust presents Double Double Basses! Two Menuhin School bassists trained by Caroline Emery play an entertaining programme including fireworks by the 19th century virtuoso Giovanni Bottesini and works by Andrés Martín, Gareth Wood and Reinhold Glière amongst others.

Nathan Perry began playing aged eight in the mini-bass programme at the Royal College of Music Junior Department. Levi Andreassen is from USA and both bassists

have scholarships to the RCM from September. They are semi-finalists in the forthcoming International Society of Bassists competition at the University of Michigan in June, Nathan being the youngest competitor in the event. Start time: 15:00 at The Old Chapel, Burnham Road, South Creake, NR21 9JF Tickets £12.00 from 01328 738482, Text 07899 771366 or email to carol.jennings2@btinternet.com.

Wednesday 24th

Ingoldisthorpe Sports and Social Club: Open Mic Night. Come and show off your talent. 7.30pm Doors open 7pm

Thursday 25th

New Hunstanton W. I. Meeting at Hunstanton Methodist Hall at 2.15pm. Resolution meeting followed with a picture quiz. New members very welcome, Visitors £5.00. Enquiries 01485 572027

Thursday 25th – Saturday 27th

Dersingham Methodist Church Flower Festival PE31 6HP 10am-4pm daily. Books, Cakes, Cards, Gifts & Plants. Refreshments. Free entry. Sunday service 10.30am Songs of Praise 4pm. Proceeds for Toilet, Twinning & church funds.

By the book's Tapas and Brain Teaser evening at The Terrace with Tapas. Tickets 01485 522349 adrian@buyanotherbook.com

Friday 26th

Fincham Memorial Hall PE33 9EJ: FINCHAM FILM FOR ALL Title to be confirmed on our facebook page. Doors open 7pm. Licensed bar available. Book through EVENTBRITE or pay at the door £3 entry.

Anmer Social Club QUIZ NIGHT – Club opens 7.00 p.m. Quiz starts at 7.30 p.m. Entry £2 per person Fully Licensed bar - Raffle

United Services Club Hunstanton entertainment: Live Music artist Tba

Saturday 27th

Community tai chi on The Green, Hunstanton, PE36 6BQ. This is a free introduction to tai chi and is suitable for all. 10-12 noon. Donations will be appreciated to the Hunstanton RNLI.

Music in the Burnhams at 7.30pm The Victoria String Quartet with Leon Bosch (double bass) and Peter Hewitt (piano) at Burnham Overy Staithe Village Hall. This warm very comfortable venue provides a perfect location for our more major events. It also houses a grand piano more easily than a church too! Tickets £25. The programme

will include a special arrangement for sextet of Beethoven's Piano Concerto No 1.. Ingoldisthorpe Sports and Social Club: Killer Pool 8pm. Only £2 to enter. All welcome.

United Services Club Hunstanton entertainment: Splash Duo all eras 8.30pm

Saturday 27th- Sunday 28th

Hanseatic Festival of Water Sports, South Quay in King's Lynn. Competitions including Formula 1, 2 and 3 water ski racing, power boat racing and jet skiing across all age groups. Racing takes place from 10.30am to 3.30pm each day. For more information please visit <https://www.facebook.com/hanseaticskirace>

Sunday 28th

RAF Bircham Newton Heritage Centre open day 10am-4pm. Free entry & parking. Satnav: PE31 6RH

Sedgeford Open Gardens 10 gardens open 12noon-5pm. Lunches, Afternoon Teas, Stalls, Tombola and Raffle. Bookings for lunch 01485 579002 or 07747126079. Entrance £5, under 16s free.

Sunday 28th - Monday 29th Help Holme Church Group Spring Plant Sale 10am-5pm at Berkley House, 13a Kirkgate, Holme-next-the-Sea PE36 6LH Great selection of annuals and perennials. Proceeds to St Mary's Church.

Looking forward to June

FINCHAM VILLAGE FETE this year will be on SATURDAY JUNE 3rd. Enquiries to Anne Saxelby - asaxelby@sky.com



Old Hunstanton Village Hall
Saturday 17 June, 6pm
Supper from 7pm

2 course supper £28.50 per person
with music from Goz Unplugged

Booking essential, please contact:
Helen Thory:
07796 278999 | hvtbubblly@aol.com
Angie Coker:
07775775362 | angiecoker1@yahoo.co.uk



THE ARTS SOCIETY NORTH WEST NORFOLK

THE MAGIC OF INDIAN ART

Lesley Nadel

On Monday 8th May 2023, The Arts Society North West Norfolk will host guest speaker, Dr. Helen Rufus-Ward, published art historian, in Sedgeford Village Hall at 2 pm. "Bringing India to Britain: Queen Victoria's Portraits and the Durbar Hall." She will focus on Victorian encounters with India. How Britons fell in love with India's cultural influences, food, fashions, jewellery, architecture and how the prompt came from the very top. Queen Victoria couldn't travel to India, so India had to come to her – at the house she and her beloved Prince Albert created, Osborne House, on the Isle of Wight. There she could relax, unhampered by the pressures of her royal duties and decorate the corridors with authentic portraits, representing many of the various types and nationalities of her Indian subjects. The Queen commissioned the works from the Austrian artist Rudolf Swoboda (1859-1914) and referred to them as her 'Beautiful Things'.

From the dawn of civilisation there has been a rich heritage of Indian arts and culture. The few remaining examples of the artistic tradition of the Bronze Age Indus Valley Civilisation (3300 BCE – 1300 BCE) - sculptures and carvings in bronze and stone - reveal the distinctive, sophisticated and long held beliefs and customs that have been passed on from generation to generation. The holistic approach of integrating space

(architecture), colour (painting) and the display of form (sculpture), would have been a significant influence on the shape of the environment. Just look at the great stone fortresses of Rajasthan, Mandu and Hampi, or the many breath-taking temples and palaces carved from rock.

Early influences from Greece, Central Asia, Persia and Turkey can be seen, but it is believed that the true, profound influences have been Hinduism, Buddhism and Jainism, India's three great religions. The focus in the art would be idealism, the spirit and essence of the creation. Artists would reveal their mastery of space, form and colour but remain anonymous. The true skills of Indian painters came to the fore in the 11th and 12th centuries with illustrated manuscripts from the schools of miniature paintings. Their fusion of Hindu and Islamic influences developed a unique Indian art form – the Raga Mala Paintings - a series of paintings depicting a range of musical melodies, known as ragas, classified according to such characteristics as mood, season and time.

India has a rich and unique artistic heritage in the traditions of handicraft and folk art. Madhubani paintings are one of the most famous crafts of India, usually painted with fingers, twigs or matchsticks. Travellers to India wonder at the visual arts, inlay work using precious and semi-precious stones on

We meet at Sedgeford Village Hall at 2pm.



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



Next lecture:
Monday 8th May 2023
Bringing India to Britain: Queen Victoria's Portraits and the Durbar Hall
Lecturer:
Helen Rufus-Ward

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www.theartsocietynwnorfolk.org.uk

display at the Taj Mahal, the colourful Jaipur pottery, the intricate and complicated motifs on Indian textiles, not just silk. The ancient Romans called India's finest cottons 'Woven Winds' because of their airy lightness.

Both Colonialism and Independence have resulted in significant influences on Indian Art. You can explore how Victorian paintings communicated 'the hopes and desires of a mighty England redefining itself in shifting tides' with our accredited lecturer, Dr. Helen Rufus-Ward.

Exciting year ahead for Music in the Burnhams

Music in the Burnhams moves into the community in 2023 with concerts in Burnham Market Primary School, All Saints Church Sutton cum Ulph and Burnham Overy Staithe Village Hall.

It was always the intention to bring a broad range of music of the highest quality to a wider audience and our successful Music Supper Clubs through the winter at the village hall in Burnham Market has proved that.

This year we have Bach to Beatles, Baroque to Beat and we kick off the season with a celebration for the new reign of King Charles 111.

On Saturday May 20th at 5pm the Norfolk close harmony ladies' group, The Samphires will perform British songs of the last 80 years. Britten to Karl Jenkins, Vaughan Williams to the young composer Sarah Quartel. The recital is in All Saints Church Sutton cum Ulph and cakes and bubbly are on offer too. Admission is £10. Proceeds to the church.

On May 27 at 7.30, The Victoria String Quartet with Leon Bosch (double bass) and Peter Hewitt (piano) will be at our new venue of Burnham Overy Staithe Village Hall. This warm very comfortable venue provides a perfect location for our more major events. It also houses a grand piano more easily than a church too! Tickets £25

The programme will include a special arrangement for sextet of Beethoven's Piano Concerto No 1 and we are fortunate to have one of the top exponents of Beethoven to play this. An exciting duet for cello and double bass is also on the programme.

Two great contrasting events to kick of 2023 with.

More information on musicintheburnhams.com

Cellist Orlando Jopling's solo concert

The world class and highly acclaimed Cellist Orlando Jopling has agreed to hold a very special one night solo Bach Concert on 19th May in St Andrew's Church Little Massingham. This unique event is happening as a result of an initiative between local landowner Oliver Birkbeck and the Friends of St Andrew's Little Massingham - FOSALM - with Orlando.

Orlando is well known for his performances with the Royal Philharmonic Orchestra, the Royal Ballet, The English Chamber Orchestra and the Royal Opera House.

Oliver Birkbeck said: "Ancient churches are part of our National architectural heritage and form a focal point in rural villages. They should be used more than just for Church services on Sundays, and there are just so many opportunities for them to be used to bring communities together for educational, cultural and other purposes supporting local people."

The Friends of St Andrews Little Massingham - FOSALM.org - which is a registered Charity was formed three years ago by a group of individuals with family and other links to the church in Little Massingham, in order to help the local community with fund raising initiatives. The Chairman of the Trustees of FOSALM, Terry Holloway said: "We are working very hard to help and support local people in their efforts to keep this beautiful Church at the heart of their community. Like so many other Churches in rural communities St Andrew's has suffered from decay over many years and a few years ago lost its lead roof to thieves. The maintenance and repair of Grade One Listed Churches is a complex and costly business, and we are delighted that this world-class concert in May will be raising much needed funds to support St Andrew's."

Tickets priced at £25 which includes a glass of wine can be purchased from the FOSALM website - www.fosalm.org - in cash at the door on the night, or through Eventbrite: <https://bit.ly/3YzCdbx>

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The One-Act Drama Festival is back for 2023

THE HUNSTANTON ONE-ACT
DRAMA FESTIVAL



Hold on to your hats Hunstanton! The One-Act Drama Festival is back at the Princess Theatre for 2023 and it's going to be better than ever! Amateur drama groups will be putting on 10 plays over three days in a unique competition, where all the plays are open to the public so you can be part of the event and even vote for your favourite play in a new award for 2023, 'Audience Choice'.

Last year, we enjoyed performances from drama groups across Norfolk including 2022 prizewinners The Wisbech Players and The Boston Playgoers as well as our very own drama group from Smithdon School who entertained us with an excerpt from the play 'Bang Out of Order'.

As before, some of the drama groups will be bringing a brand new play to the stage and some are acting their hearts out in a well-known production - you never know quite what you're going to get but if last year is anything to go by, it'll all be amazing, we're sure of that!

What's more, ticket prices have remained the same as last year, so you can still buy a ticket for just one of the five sessions (of at least two performances) for only £7.50 - or for just £20, you can buy a season ticket for the whole weekend and decide which plays - maybe all of them - you want to watch and when!

Don't miss out on this wonderful opportunity to see the stars of the future and book your tickets today by calling the Princess Box Office on 01485 532252.

Find out more about the event by visiting www.oneactdramafestival.com

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THE HUNSTANTON ONE-ACT DRAMA FESTIVAL



30TH JUNE, 1ST & 2ND JULY

10 plays... 3 days...

Come on down to the Princess Theatre for a feast of amateur entertainment from local theatre groups as they present a series of One-Act plays over the three days. Each session will consist of one, two or three short plays with an interval between.

Performances:

Friday 30th June 7.30pm (including Opening Ceremony), Saturday 1st July 2.30pm & 7.30pm, Sunday 2nd July 2.30pm & 7.30pm

Tickets £7.50 per session or £20* weekend season ticket

*Season tickets include entry to the Gala Award Ceremony at the theatre on Sunday 2nd July at 7.30pm



Contact the Box Office on 01485 532252
www.princesstheatre.co.uk



Yorke Trust Benefit Concerts

With the profession in unprecedented turmoil, aspiring young musicians are in desperate need of encouragement. This second series of benefit concerts takes place against an uncertain background and is supported by generous private sponsorship and also some seasoned professionals giving their services for which Trustees are extremely grateful.

Founded in 1984 the Trust's first project was to develop an innovative scheme The Yorke Mini-Bass Project to enable children to take up the double bass using specially designed equipment suitable for small people. On the eve of the Trust's fortieth anniversary year I am proud to present some highly talented young bassists who, forty years ago, would not have had the opportunity to take up the instrument before their teens.

Rodney Slatford OBE, Founding Chairman

Sunday 7 May

A Musical Tribute to Her Late Majesty Queen Elizabeth II in association with the Royal Overseas League

A programme devised by Geoff Parkin, Artistic Director of ROSL. George Todica and Dominic Doutney, two ROSL award-winning concert pianists, explore music with royal connections arranged for two pianos. Repertoire includes works from Elgar to Peter Maxwell-Davies, with solos the Queen Mother would surely have enjoyed during her long patronage of the King's Lynn festival from 1951 until her death in 2002.

Sunday 14 May

Music on the Edge

A new project from an experienced ensemble based on Dartmoor, featuring music inspired by nature, prior to their educational work in Norfolk schools. Chris Caldwell and his team play classical guitar, flutes, saxophone and bass clarinet. 'Outstanding' RTE Lyric FM. 'Utterly captivating' The Independent.

www.musicontheedge.com.

Sunday 21 May

Double Double Basses!

Two Menuhin School bassists trained by Caroline Emery play an entertaining programme including fireworks by the 19th

century virtuoso Giovanni Bottesini and works by Andrés Martín, Gareth Wood and Reinhold Glière amongst others.

Nathan Perry began playing aged eight in the mini-bass programme at the Royal College of Music Junior Department. Levi Andreassen is from USA and both bassists have scholarships to the RCM from September. They are semi-finalists in the forthcoming International Society of Bassists competition at the University of Michigan in June, Nathan being the youngest competitor in the event.

Sunday 4 June

A violin recital by Carys David Carys, has been a regular visitor to South Creak on her mother Vanessa's annual violin course. Her programme comprises English works including rarities by William Alwyn and William Reed.

Friday 25 June

Purcell School Impulse Outreach Team

Alison Cox OBE, Head of Composition at The Purcell School and Founding Chairman of The Commonwealth Resounds, brings another group of talented young students to work in schools during their brief but hectic annual visit to Norfolk. They use the Yorke Trust's Old Norwich Arms and Old Chapel as their base.

Sunday 2 July

String Quartet programme with Carys David to be advised

Sunday 16 July

A piano recital by Sam Bishop Sam is studying at the Royal Birmingham Conservatoire, his grandmother lives in Heacham and used to have a holiday home in South Creak. Programme to be advised.

All concerts begin at 15:00 and are in The Old Chapel, Burnham Road, South Creak, NR21 9JF

Tickets £12.00 from 01328 738482, Text 07899 771366 or email to carol.jennings2@btinternet.com.

All programmes subject to change. Please check with the Yorke Trust website.

The Yorke Trust is Charitable Incorporated Organisation No.1158927

Classical Music Rocks Concert Series 2023-24

2023 concerts

Friday 9th June, St Nicholas' Chapel
Gabriella Dall'Olio (Harp) & Klio Blonz (Flute)

Friday 30th June, St Mary's Snettisham
Phillipa Mo (Violin) - Guest Artists

Friday 8th September, St Nicholas' Chapel
Yu-Wei Hu (Baroque Flute) & Johan Lofving (Theorbo/Guitar)

Friday 13th October, St Mary's Snettisham
Klio Blonz (Flute)

Tuesday 7th November, King's Lynn Town Hall
Anthony Flaum (Tenor) & Siobhain O'Higgins (Piano)

Tuesday 5th December, King's Lynn Town Hall
Grace Mo (Piano) & Klio Blonz (Flute)

2024 concerts

Tuesday 9th January, King's Lynn Town Hall
Rebecca Hepplewhite (Cello)

Tuesday 6th February, King's Lynn Town Hall
Johan Lofving (Theorbo/Guitar)

Tuesday 5th March, King's Lynn Town Hall
Siobhain O'Higgins (Piano)

All concerts run, 19:30-20:30, followed by a drinks reception.
Subscribe for £7.00 pcm. At the door £12.00. Free to under 21s.

'JOURNEYS'



Classical Music Rocks is delighted to present...

the first concert in our 2023/24 concert series, 'Journeys': an enchanting programme for flute and harp, taking the listener across the continents and through time.

Featuring music by Mozart, Shankar, Debussy, Alwyn and more, given by internationally renowned harpist and CMR's patron, Gabriella Dall'Olio, and flautist & Classical Music Rocks' Creative Director, Klio Blonz.

Friday 9th June • 19:30
St Nicholas' Chapel, King's Lynn

Annual membership (£7 pcm) or £12 on the door, including a glass of wine. Free for the under 21s.
Alternatively, prebook via the Corn Exchange Box Office (01553 764864).
For membership enquiries, please contact cmrwestnorfolk@gmail.com



A Royal Gala Afternoon at Hunstanton Town Hall

To celebrate the Coronation of King Charles III Hunstanton & District Festival of Arts will host an afternoon of Variety entertainment on Saturday May 13th at 2.30pm.

This Coronation Gala is presented by Mr John Harris well-known local pianist and charity fund raiser who has raised thousands of pounds for charities throughout the years with his Music Marathons and Variety Concerts.

John has presented a Royal Variety Gala from the late Queen Elizabeth's first silver Jubilee celebration in 1977 through to the Platinum celebrations last year. The last Concert raised over £800.00. No mean feat as John is now in his 81st year.

Taking part in this fun Variety Show will be, The West Norfolk Singers, The Zimbabwe Fellowship, The Kings Morris, The Platinum Players, Jenny Beake and Jef Manhattan and of course a sing along with John himself at the piano. Audience participation will be expected, and flags waved in the patriotic Finale.

Tickets cost £10.00 or £7.00 concessions and are available from the bookshop "by the book" in Hunstanton High Street telephone 01485 522349 or at the door. Further information from the HDFA website www.festival3.com

The Gala starts at 2.30 and will last approximately 2 hours. There will be light refreshments available and a fun raffle with many prizes. All profits will again go to charity.



For the second year running the Hunstanton and District Festival of Arts are holding an Art Exhibition on 9th - 11th June 2023 at Hunstanton Town Hall.

Highlighting a mix of local artists showing off different styles, mediums and artistic techniques.

The Exhibition builds on last year's success and allows you to view these work of art in comfort and a relaxed manner. As we will be providing seats, so you can contemplate the splendours, while sipping on a cup of tea or coffee.

We are looking for local artists, to add to the diversity of the display and would like to hear from anyone. Especially if you are new, and just starting to try and exhibit.

Please Contact Bob Davies at: art@n-train.co.uk if you want more details.

KLCCC NEW SEASON

May marks the start of a new season for King's Lynn Cinema Club. Over the next six months members will be able to see eight film screenings in the historic St George's Guildhall for the bargain membership fee of £17 - that works out at just £2.13 a film. The club has been running for 13 years and is once again going from strength to strength after a couple of difficult years during the pandemic. In any season the club will screen a wide variety of films usually including a classic, an international film, films often not on general release and always plenty of award winners. Club chairman, Ian Barton said "We always try to offer an eclectic mix of films that reflect the tastes of our members. But we offer so much more than the films. Our busy social committee organise regular pre and post film meals and there is always a group of members who enjoy a post film drink in Ferry lane Social Club where sometimes they even discuss the films! In addition, we have regular, informal talks by film experts on a broad range of film related topics and this season we are also having an extra event where we will be showing films by local film makers. We shall also be having our annual day trip in July which this year will be going to Southwold to visit the wonderful Electric Picture Palace complete with it's mini Wurlitzer!"

Anyone over 18 is welcome to join the club and details of how to become a member can be found on the club website, Facebook page or by emailing communitycinemaclub@googlemail.com

The first film of the new season is the crime comedy 'See How They Run'. Set in the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered. Thursday 11th May starting at 7.30pm. Come along to any film as a day member for £5 cash on the door.

The Arts Society King's Lynn

On Thursday 11th May The Arts Society King's Lynn will be presenting the final talk of their current season on "VOX POP - Opera in England". The talk will be given by Sarah Lenton who has spent her whole working life in the theatre, principally at the Royal Opera House, Glyndebourne and the English National Opera. She writes articles for their programmes, books on opera, radio and play scripts, gives lectures on the operas and ballets in their repertoire and does live opera broadcasts and podcasts for BBC Radios 3 and 4. In addition she has written and directed many shows, including more than twenty for the Royal Opera House Linbury Studio Theatre and for Glyndebourne Touring Opera. As if this wasn't enough, Sarah is also a cartoonist.



Her talk will be focussed on opera in England where although it is a popular art form, it is mostly European opera that is performed. However, it is European in a peculiarly English way. We sing Verdi in English, Wagner in Italian, and completely rewrite the plot of the Mozarts, but it is generally accepted that we do all this brilliantly. Also all of the great theatre innovations have happened in England including ghost traps, coloured lighting and dazzling spots. And, in spite of our waywardness, some really serious work was done. Sarah's talk will highlight the exuberant native tradition of opera in this country.

The talk will take place in West Winch Village Hall where there is ample free parking available and starts at 2pm. TASKL meets once a month on the second Thursday from September to May and anyone is welcome to become a member for £52 a year or can go along to individual lectures as a guest for £10. A full list of the next season of lectures can be found on the website at www.theartsocietykingslynn.org.uk where you can find out more about TASKL and how to join. Alternatively, you can contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk. For anyone interested in the arts, the society offers much more than just the monthly talks - TASKL has various volunteering groups which in recent years have worked in historic houses and with local schools, created art packs for our local foodbank to distribute as well as having a group of artists for members to get involved in. It also organises regular social events and outings and is always happy to welcome new members.

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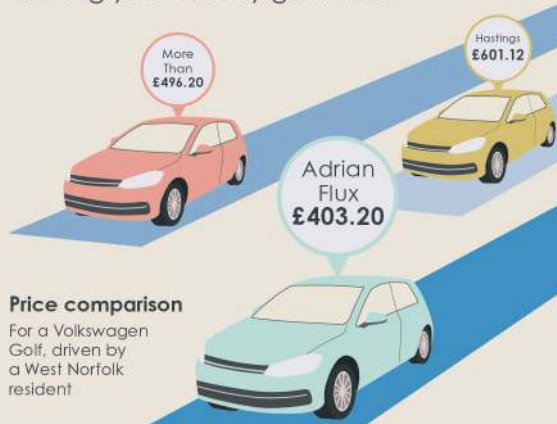
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Behind the Scenes...

Welcome back to May's edition of Behind the Scenes! As the days become longer, and the sun stays up, our Theatre continues to buzz with energetic shows for all. April brought Easter fun, with the likes of *Alice's Adventures In Easterland*. A full auditorium resulted in the laughter of families and friends which echoed throughout the room, everyone having a fantastic time. Looking at what's next to come this month, in this edition we will talk about a variety of shows, alongside this we will discuss a conversation with Jimmy Jemain, who brings his tribute to Sir Cliff Richard to our Theatre on the 19th of May.

Something that is always interesting to learn about performers is how their personal paths have resulted in where they are today, and what inspired them to take their first steps. This is why when talking to Jimmy Jemain, I first asked him what inspired him to start his ventures as a Cliff Richard Tribute Act.



Jimmy Jemain – Tribute to Cliff Richard

Jemain explains that he first saw Cliff Richard himself perform at his school for the pupils. At this time Jemain was 15 years old – from here he created his own band when he left school. At this time, with encouragement from his parents, he also trained to be a motor mechanic. However, he continues, “my love of music was so strong that I carved a career in the music industry too!” If you’ve seen Jimmy perform before, it’s clear that he captures the essence of Cliff in both his sound and stage presence, and this is supported by Jemain as he notes, “people constantly told

me that I looked and sounded like Cliff, therefore I put a 20-minute slot in my show performing Cliff songs”. After doing this for some years, Jemain then appeared on the hit show, *Stars In Their Eyes*.

Speaking on Jemain's experience on *Stars In Their Eyes*, he describes it as exciting, and that it was “a great opportunity and after an emotional win (he) grabbed it with everything (he) had and just ran with it!” From this Jemain explains that with this opportunity he then spring boarded to where he is today.

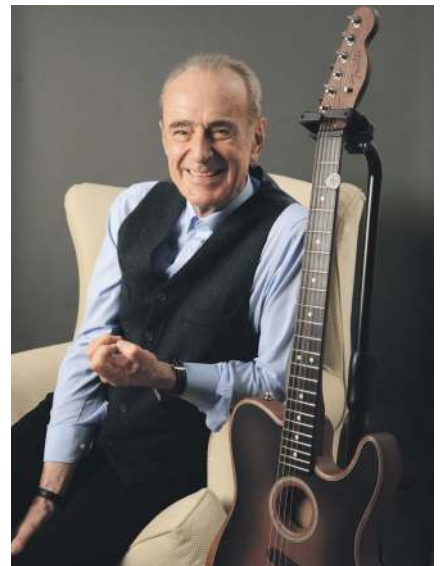
Moreover, I had recently seen that in one of Jimmy Jemain's interviews whilst on *Stars In Their Eyes*, he mentioned that a dream of his was to meet Cliff, and I asked if this had come true. Jemain notes that he first met Cliff to speak with a few months after the show. Jimmy quotes that Cliff said to him “I saw your performance and you were spot on - a bit too good!” The meetings didn't stop there, Jimmy continues, “over the years I have met Cliff numerous times and have performed for him personally on two occasions. Once to celebrate his 50 years in show business and the second time for his 70th birthday. Both performances had audiences with many star celebrities!”

Finalising the conversation with Jimmy, we can expect the ultimate tribute to Sir Cliff for his performance here this May. “A spectacular show with a musical and visual journey through six decades” to celebrate Cliff, whilst also featuring classics from The Shadows. So, make sure you have your tickets booked for the 19th of May!

Throughout the rest of the month, we continue to have many great acts that you don't want to miss. From the disco scene with Disco Inferno performing on the 20th of May. They will be celebrating everything Disco through artistes such as the Bee Gees, Village People, Jacksons, Sister Sledge, Rose Royce, ABBA, Donna Summer, Barry White, and many more. Continuing, come late May, get ready for Francis Rossi, as he brings his *Tunes and Chat* show to the Princess. A unique evening with both his acoustic guitar intertwined together with musical discussion based around



Jemma - Author



Francis Rossi – Tunes and Chat

his remarkable 50+ year career, all of which is available for viewing on the 26th of May.

That concludes this month's edition of Behind the Scenes, thank you very much for reading. We hope to see you this May, whether that be enjoying the sunnier weather on our terrace at the Sunset Wine Bar or viewing one of our fantastic theatre productions. But, until next time, break a leg!



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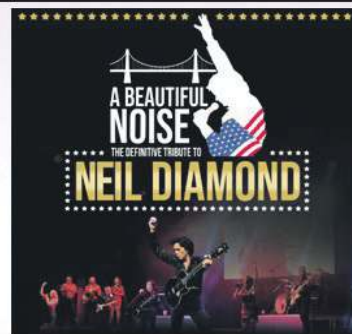
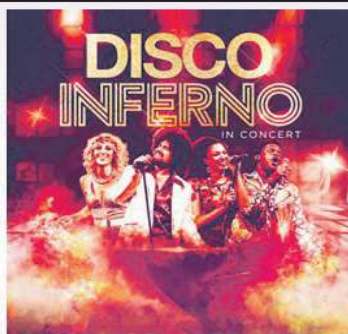
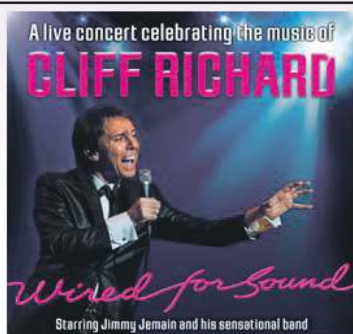
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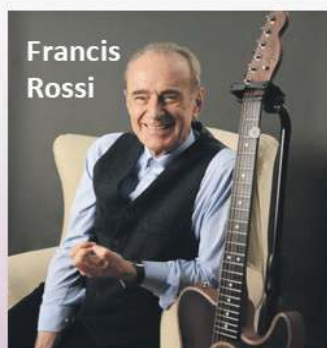
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