

TOWN and AROUND

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First word



And all of a sudden it's May; on the cusp of spring and summer, and to my mind the most beautiful of months.

There is certainly plenty to do, and if you turn to pages 75-76 I'm confident that you'll find something to inspire you. Do check the T&A website What's On page too, as we add more events every week.

While international events seem to remain in turmoil, in our little corner of West Norfolk there

is much to celebrate, not least the confirmation of funding for a new hospital in King's Lynn. Turn to page 4 for more information.

News that Time Team will be returning to Branodunum this summer is welcomed by Geoff Wingrove in his article on pages 52-53. Last here in 2012, the dig was on a relatively small scale, and it is hoped this year will see a more extensive project. There is still so much to learn about Brancaster in the 3rd and 4th centuries!

My thanks to everyone who has contributed to this issue with articles, photos and information. Advertising revenue is the magazine's only source of income and the pages we print are thanks to the businesses that support us; please support them if you are able.

With best wishes for the wonderful month of May

Elaine

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Wild in Westminster and West Norfolk

When I was a guest on BBC Politics East recently the opening question following a survey on wellbeing was “where is your happy place?” Having grown up in North Norfolk, mine is the coast and Burnham Overy Staithe is a particular favourite place.

The recent appalling tanker collision off the East coast was a stark reminder of the vulnerability of our coastal area of outstanding natural beauty and vital habitats locally to pollution. I pay tribute to all those involved in the clean-up operation including the borough council, RSPB, National Trust, and others. That was particularly the case for the operation to remove as many of the smaller plastic nurdles from local beaches as practically possible to protect birds and other wildlife.

It is the coast and iconic landmarks along it that are a big part of the draw that brings people to North West Norfolk. One of those is the Tower Windmill at Burnham Overy Staithe and I know there is concern about the state of the building and the plans to restore it.

Having spoken to local people and the local



borough councillor, I met the National Trust who own the building to underline the importance of a clear timeline for the works and a firm commitment to reinstate the sails - while accepting specialist work is involved in their assessment and restoration.

In response, the National Trust assured me they understand the windmill's importance to the local community and recognise the need

to engage on the plans. Decisions on the listed building consent are due this month and I have raised the need for a commitment on the sails and supported English Heritage's position on this. I will continue to work to ensure local views are heard.

In my last column, I focused on the concerns of small firms locally about the increases in national insurance as well as a near doubling of business rates for hospitality and retail businesses.

Regrettably, the Chancellor did not rethink her plans in the March budget and companies are facing higher costs as a result with lower wages, higher prices, and fewer jobs predicted by the independent Office of Budget Responsibility.

With the turmoil unleashed by President Trump through his imposition of blanket tariffs the economic outlook is looking unpredictable and the government's plans leave little contingency to respond to the fallout. So I hope the Prime Minister is successful in securing a trade deal with the USA to benefit consumers and businesses.

And with that optimistic thought, it's time to head to the beach!

The Government has confirmed the available funding and size of the New QEH

By QEH Communications Team

Confirmation of funding available and the expected size of the New Queen Elizabeth Hospital (QEH) in King's Lynn from the Government marks a major milestone moment for local acute healthcare services.

Received on Wednesday 9 April from Health Minister Karin Smyth, the letter confirmed funding available for schemes in the first wave of the New Hospital Programme, including The QEH.

This news brings our new state-of-the-art hospital one step closer for patients and staff.

Confirmation of a funding envelope of £1bn to £1.5bn will allow us to deliver the right size hospital for our 330,000 population.

The Government has also stated the project is expected to move into the next stage of delivery with work scheduled to begin in 2027-2028.

CEO Alice Webster said: “This letter gives our team the certainty we need to progress our already developing designs with confidence, and bring a new hospital for our patients, our community and our staff closer than ever. We are pleased that the details given match with the vast work our teams have done in developing detailed report which outlines the space needed to deliver our services from the new building.

“We know just how much The QEH means to the surrounding community and this announcement will be welcomed by all those connected with the hospital.

“We now look forward to pressing ahead



CEO Alice Webster

with the design phase for our new hospital. There is still a thorough process to go through, but we are all committed to opening the doors to a New QEH as soon as possible.”

James Wild, MP for North West Norfolk, said: “This is a very important step on the journey to deliver a new QEH for patients, staff, and our community. Securing funding for a new hospital has been my priority since I was elected, and I will continue working closely with the Trust to ensure the plans proceed as rapidly as possible.”

Terry Jermy, MP for South West Norfolk, said: “This is very welcome news for my

constituents and the whole of West Norfolk. I know how crucial this rebuild is and I have been lobbying the government to ensure we move as quickly as possible to get the modern hospital that patients and staff deserve. I look forward to continuing to work with the hospital trust to drive this project forward.”

The New QEH will feature modern construction methods and healthcare innovations to meet the needs of the local population for generations to come.

The New QEH programme will now move into the delivery phase, with detailed designs being developed following national guidance from the New Hospital Programme. The programme will progress to construction with work on of the multi-story car park in early 2026. This key enabling project will allow for the new hospital to be built on the current main car park.

The QEH, as a Reinforced Autoclaved Aerated Concrete (RAAC), continues to work with the national RAAC team and New Hospital Programme to establish the implications around safety for the RAAC hospitals going beyond 2030. The Government has commissioned site reports for each Trust, and the findings are expected to be ready in summer 2025.

In June and July, the New QEH team will be hosting a series of public sessions across the area to give a first look at what the new hospital will look like. Details on these events will be release on www.newqeh.org.uk in the coming weeks.



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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgford and Fring

An even leaner month. I still have no knowledge of the tree removals that have taken place close to Heacham nor any idea of the work going on just past Lidl's towards Snettisham. I must say that whatever it is, the layout is very tidy. New trees have also been planted and I hope some native hedging might be considered – if you are the owner please get in touch.

The Cheney Hill development site is like an episode of Dr Who or a version of Groundhog Day. I expect we will wake up one morning to find houses have appeared only to see them blow away in the morning mist. I walk around that field and the adjacent one every day as do many others. The development will be a sad loss though it will provide some houses that locals may be interested in. However, given that the number allocated is twice that the Local Plan determined as necessary and given the ever-growing number of new houses popping up in Hunstanton, I think there will be an excess over demand.

This may already be happening as older properties up for sale seem to be on the market for a long time, sometimes a very long time. The new flats in Southend Road, Hunstanton, have taken an age to build and I have been told that there is difficulty in selling them. They were controversial when they came to planning committee some years ago as they are built on what was a major car park. Locals did not want to lose that facility for a load of holiday apartments. It took several attempts to get it through committee and I was instrumental in ensuring that they would be sold to locals and maintain their local connection. However, it has been whispered that the Borough will put them on the open market and, so, they will likely become holiday flats. They would not have got planning permission on that basis.

Land nestling between the Hopkins Estate and the A149 has been acquired by developers. This land was 'trashed' to an extent during Covid when no-one in charge was looking with trees and

hedgerows uprooted. It is a piece of land which maintains some separation between Heacham and Hunstanton which both the existing Neighbourhood Plans have as policy. The last thing the A149 needs is more traffic flowing onto it.

A couple of details in the Borough's budget have raised ire. Parish Councils don't like the very significant rise in fees for removing dog bin contents as they had set their precepts before knowing of the increases which doubled costs. Some Heacham residents don't like the huge rise in annual beach car park permits – from £58 p/a to £121.60 p/a. There is an online petition about this organised by Ms Nicky Bailey: <https://www.facebook.com/share/p/1BtBSsvJ3G/>

I have to put my hands up to missing this item when the budget details were revealed. I assumed car park charge increases were of the order of 10%. Years ago, I tried to get car park passes for residents which covered both Heacham and Hunstanton but it was refused despite such passes then being



available for visitors. Car park fees are a major revenue earner but I believe reasonable limits to their cost have now been reached, perhaps surpassed.

I now cast my mind back 6 years when the Independent Group was the principal opposition. One of my members was Cllr Bob Lawton, a man of varied and wide experience a little older than many of us, who brought simple common sense to many of the airy fairy debates politicians enjoy. Like me, he was not a politician and I enjoyed his blunt responses in planning committee debates. Bob was a valued member of the group which I led and, learning of his recent death, I offer my sincere condolences to his family and friends. He will be remembered by all who knew him at the Borough.

King's Lynn Ferry Campaign

Norfolk County Councillor Alexandra Kemp, Clenchwarton and King's Lynn South
01553 630 329 07920 286636

There is good team working between Norfolk County Council and the Borough Council to put the King's Lynn Ferry back on the river. I brought in technical assistance from the County to help the Borough Council, as a result of my meeting in February, with the County Council Chief Executive, Tom McCabe.

In March, I requested more help. The County Council has now provided financial assistance to the Borough for essential repairs. The campaigning and support across the Borough, shows how important the Ferry is and the importance of listening to residents.

I paid for a course that the Borough wants the Ferryman to take. I would like to thank Chris Starkie and Ian Parkes at County, Martin Chisholm, Kate Blakemore, Louise Gayton, Michael de Whalley at the Borough for their hard work focussed on bringing the Ferry back into operation as quickly as possible.

Everything now centres on the Rennie Jetty, the two-hundred-year-old structure, that protects the Ferry berth from strong tidal currents on the Ouse.

The Environment Agency met the Harbour Master in April. The Environment Agency went home to deliberate whether it was

responsible for the Rennie Jetty.

I sent the County Council Team back to the Borough Council Team, to push for a solution.

The Harbour Master met with the Borough's Health and Safety, a week after.

Both agreed that a new guard fence, above the new handrail on the West Lynn Side would be acceptable to allow the Ferry to re-open.

Now the work goes out to tender for all the repairs to the Landing Stages and associated works.

But the continued delay in the re-opening of the key Public Transport facility and transport route into Lynn from the west, raises concerns about routine attention to critical infrastructure and emergency response. Safety is an operational matter and should be embedded in inspection regimes.

A blast to the past. In the 1800's, the Borough Council (then called the Corporation) set up a special Ferry Committee from time to time, to repair the West Lynn Landing Stage. This local oversight enabled the Ferry to run for 700 years. In fact, there used to be two ferries. One for passengers, one for animals and carriages.

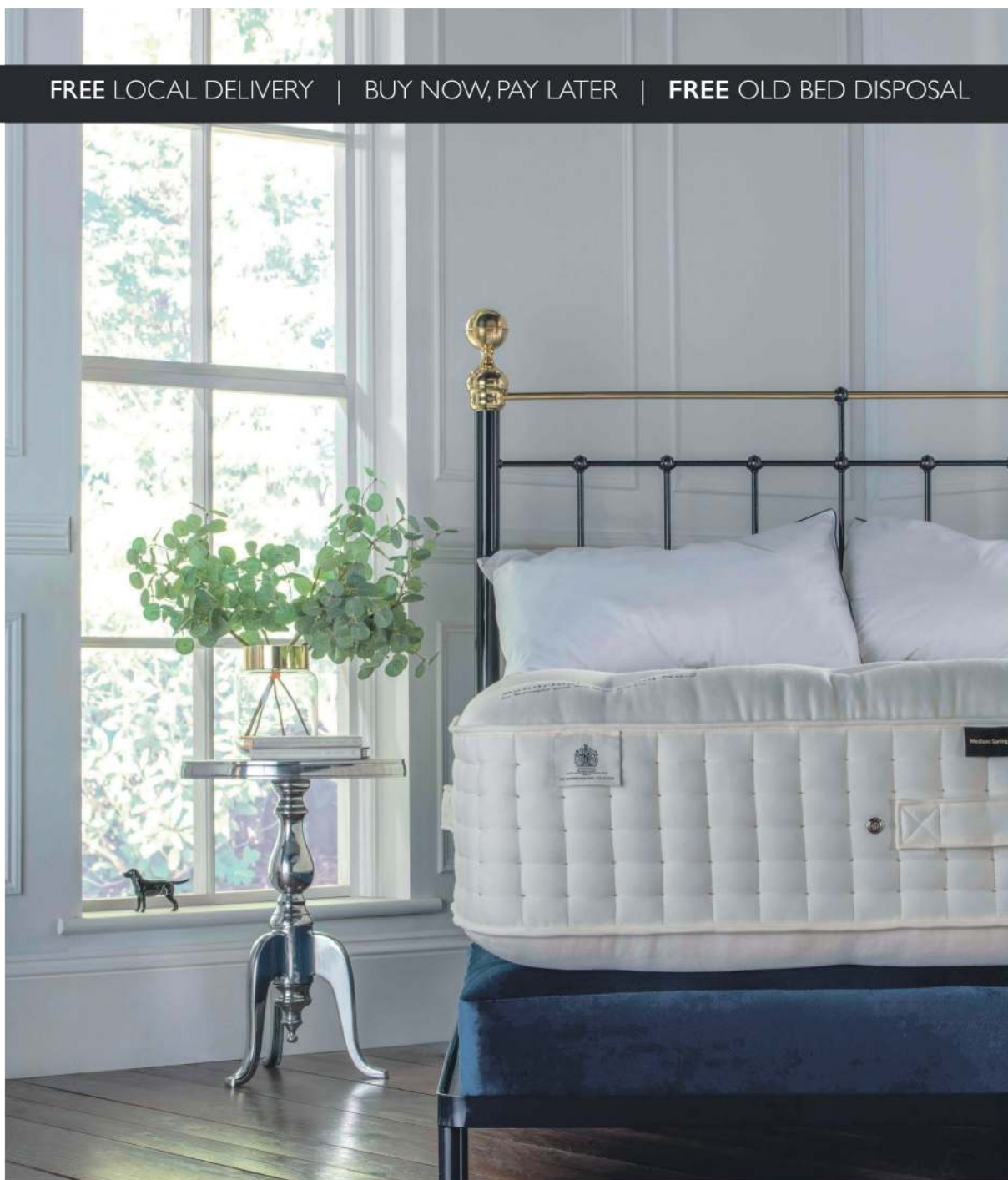
Residents and I were raising powerful concerns about the Ferry steps for 6 years. I



brought three Budget Amendments to the Councils, and four safety and feasibility reports followed, paid for by the County and Borough Councils. But when contractors moved in to repair the landing stages on 14

continued on page 8

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January, a step dislodged, and the Borough paused the Ferry. Frenetic activity followed, but the Ferry has still not re-opened.

The residents of West Lynn remain cut off, isolated socially and economically from the town they are part of. Increasing employment rates and improving access to the workplaces,

particularly in deprived areas, is at the top of government agenda. A ward in the Core 20% most deprived Suspension of a key route to work, the Ferry, is nothing short of an economic disaster.

A protest at the West Lynn steps, a presentation of residents' petition to the

Mayor, my Motion to the Borough Council Budget, to replace the West Lynn Ferry Landing Stage passed unanimously, but the proof of the pudding ...

I hope by the time I write again, the Ferry will be back on the water.

Jo Rust reports on YAB and RISE

I always consider myself very fortunate that I get to meet so many different people and groups, in particular, our young people. I sit on the local Youth Advisory Board and attended a meeting with them in mid-April which was really illuminating, interesting and informative.

For those of you who aren't aware of the work that the YABs do, they're a body through which young people, up to the age of 24, can work through to campaign, lobby and advocate to bring about the change that they'd like to see.

Our local YAB is for the young people who live or study in West Norfolk and they work alongside professionals and organisations like our borough council, to make sure that young people are able to have their say about the decisions which are made that affect them. A motion was passed at a full council of the Borough where Cllr Ben Jones proposed to set up a youth council. Now, working with the YAB we're in the process of doing just that.

This will be a vehicle where borough councillors will hear directly from young people who sit on a variety of different organisations, such as the QEH youth council, the College of West Anglia, young carers and others. We'll give them information about decisions made at scrutiny panels which will go to cabinet and then to full council, which they will then have the chance to influence and to shape. It's in the very early stages of formation, but I'm optimistic that with the input of our youth champion, Cllr Ben Jones, our brilliant officer team and the young people themselves, we'll have another way in which young people can shape their future.

The meeting that I had in April was really uplifting. These young people have the most amazing ideas, one of which has now turned into a campaign that's being taken up nationally, and I'm pretty certain that our council got one of the earliest presentations of



it. It's a campaign called Everyone Has the Right to Play. It was at least a year ago, but probably longer (time flies when you're having fun!) that the YAB board attended a King's Lynn Area Committee meeting and gave councillors in the wards of the unparished area of King's Lynn, a presentation about accessible play equipment. The presentation gave the wonderful example of a play area in Torquay which had been specifically developed to integrate and not merely include, accessible play equipment. Can you imagine turning up to a play park and not being able to play the same as your friends, or being unable to push your child on a swing? Or if there was nothing available that stimulated your sense of smell or touch. That's exactly what happened to one of our local young commissioners and as a result, she started this campaign. It then received a wider launch at Barnham Broom where we heard from groups including DRAGONS (disability real action group of Norfolk) who are an advocacy and participation group of young people aged between 13 and 25 with Special Educational Needs and/ or who are neuro diverse. All of the groups there were able to clearly articulate why play areas need to be better designed to take into account the differences in children and their carers and to accommodate them in an integrated way, not

just an add on. You can sign up to the pledge by going to righttoplay@map.uk.net.

As a borough we're committed to doing things better for our young people and they're at the heart of many of our strategies, whether that's our work around becoming a Marmot Place, our cultural and heritage strategy or the work taking place in North Lynn and the RISE Project. Part of the RISE project has been funded by the Community Alcohol Project (CAP), which looks to provide education about the harms of alcohol for teenagers and meaningful and engaging activities to stop boredom and the drive to drink when you're young. There's a survey that you can take part in here too – <https://www.surveymonkey.com/t/8CH7P5L>. The Pizza Project, funded by the CAP, has been a huge success and is helping to cut anti-social behaviour. I was proud to be one of many people, young and old(er!), volunteers and the dedicated clean up team, who took part in a community litter pick in North Lynn in April. The number of young people who attended and got stuck in, over their Easter break, was wonderful to see. We all worked together to make the area that we live, work, or visit, a nicer looking place. With the young people we have in our community, I think the future is bright.

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Setting up a trust – what to consider

By Jennifer Taylor, Associate Solicitor, Hayes + Storr



Setting up a trust can be an effective way to protect your assets and ensure they are distributed according to your wishes. Whether planning for your family's future, reducing tax liabilities, or safeguarding assets for vulnerable beneficiaries, tailored legal advice is essential.

What is a trust and why set one up?

A trust is a legal arrangement where assets are held by trustees for the benefit of beneficiaries.

Trusts provide flexibility in managing and distributing assets and offer benefits such as:

- Protecting assets for future generations
- Reducing exposure to Inheritance Tax (IHT)
- Safeguarding assets for vulnerable or young beneficiaries
- Facilitating charitable giving
- Ensuring assets are used in accordance with your wishes

Types of trusts

Different trusts serve different purposes. Common types include:

- Bare trusts - Assets are held for beneficiaries who are entitled to them outright.
- Discretionary trusts - Trustees decide how and when to distribute assets, offering flexibility.
- Life-interest trusts - A beneficiary receives income during their lifetime, with the capital passing to others later.
- Charitable trusts - Created to support charitable causes, often with tax advantages.

Each type has legal and tax implications, so seeking expert advice is crucial.

Setting up a trust in your will or during your lifetime

A trust can be created either during your lifetime (lifetime trust) or through your will (will trust). Each option has advantages and tax implications:

- Lifetime trusts - Useful for estate planning, as transferring assets more than seven years before death may remove them from IHT calculations. However, these trusts may be subject to periodic and exit charges under the 'relevant property regime.'

Understanding these taxes is vital before proceeding.

- Will trusts - These come into effect after death and can be structured to take advantage of tax reliefs such as the nil-rate band and residence nil-rate band. They can also protect assets, ensuring fair distribution in blended families by providing for a surviving spouse while preserving inheritance for children.

Careful consideration should be given to the structure of a trust, ensuring it aligns with your long-term plans, tax position, and financial circumstances.

Key considerations and legal requirements

When setting up a trust, your solicitor will need details about:

- The type and value of assets to be placed in the trust
- Intended beneficiaries and their specific needs
- Tax planning goals
- Family dynamics or potential disputes
- Who the trustees should be and their role
- Provisions for vulnerable beneficiaries
- How the trust should be managed and overseen

Many trusts must be registered with the Trust Registration Service (TRS) to comply with legal obligations. Failure to register may result in penalties, so it's important to determine whether this applies to your trust.

For more information or to discuss setting up a trust, contact Jennifer Taylor in our private client team on 01328 863231 or email: jennifer.taylor@hayes-storr.com.

This article is for general information only and does not constitute legal or professional advice. The law may have changed since publication.

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King's Lynn Community Choir gives a helping hand to two West Norfolk Charities

Jill Bennett

Two West Norfolk charities which have given vital support to local people have been given a boost by King's Lynn Community Choir.

The King's Lynn Food Bank and King's Lynn Blood Bikes have been given £1,000 each by the choir from the proceeds of their Christmas concert. The choir sang to a capacity audience in St Nicholas's Chapel, King's Lynn, in December.

Members chose the two charities because of their work in the community.

Sandy Gourlay, the chairman of Norfolk Blood Bikes, told the choir that the gift would help to keep the wheels of the blood bikes turning as they transport blood and samples out of hours between hospitals.

"We couldn't do any of this if it wasn't for this kind of support," he said. "You sing like angels and I shall be back in the audience for your next concert!"

The strategic project manager at King's Lynn Food Bank, Helen Gilbert, thanked the choir for their 'amazing' gift, which would help buy food for the increasing number of households needing the charity's help.

"We have given out 6,500 parcels in the last 12 months, and spent £27,000 on food," she said.

The cheques were handed over by Charlotte Sinassi-Hill, the musical director of the choir. She said the choir's connections with the community were at the heart of what it does.

"We are inspired by the fantastic work these of these two charities and we love to raise our voices in their support – and enjoy making some great music!"



The cheque presentation with the choir in the background shows choir treasurer Jude Ormston, (L) with Helen Gilbert (Centre) from King's Lynn Food Bank and Charlotte Sinassi-Hill, (R) musical director of King's Lynn Community Choir

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Simon Gourlay, chairman of Norfolk Blood Bikes, with Charlotte Sinassi-Hill aboard one of the specially-equipped bikes used by the charity.

DO YOU HAVE A 'SIDE HUSTLE'? HOW IS IT TAXED?

By Kathryn Gigg Chartered Accountants, Hunstanton

One of the consequences of the changing economy is that openings have for some years been appearing for 'side hustles' – a way of earning some extra money outside the normal environment of employment. There is an enormous range of opportunities ranging from selling one's old and unused possessions on eBay to full time online trading where goods are bought in bulk and sold on to create a profit, and it is sometimes hard for a "hustler" or someone with a "side gig" to know when HMRC need to be involved.

One of the consequences of the IT revolution is that HMRC now have access to hundreds of databases including those of online trading platforms so in some cases they will know more about the "side gig" (and particularly about the gross income) than you think – for example the online trading platforms will be providing HMRC with details of all those accounts selling more than 30 items a year.

In February HMRC issued some quite detailed guidance, identifying five key areas of interest:

- Buying or making things to sell
- A 'side gig' – e.g. driving or delivering outside your main job
- Self-employment with multiple jobs
- A 'content creator or influencer' making money for social posts or vlogs.
- Renting out property.

All these categories are likely to have a tax consequence. As a general rule, any activity carried out 'with a view to profit' is subject to tax. There is a limited relief where turnover from a trade or self-employment is below £1,000, but it is important to note that this threshold relates to gross takings, not profit, and the £1,000 applies to total income, not each source. Similarly, there is an allowance for gross rental income of £1,000 (which relates to total rents from all sources, not per property) and a rather more generous £7,500 'Rent-a-room' relief where part of your main residence is shared. Beyond these limits the income is taxable, and it is necessary to register the self-employment. Failure to do so can lead to interest, penalties and even worse, the stress of dealing with an HMRC enquiry.

On 12 March 2025 HMRC announced that the limit over which a 'side hustle' needed to be declared in a formal tax return would increase to £3,000 "by the end of this parliament", but it is unclear whether this means that the exemption will be increased or whether there will be a "simplified return" for such additional income only.

We are currently seeing an increasing number of clients with 'second incomes', some of which have reached a size where they become full time work. It is vital that you keep proper records from the outset. If you are just casually selling unwanted belongings from time to time it's unlikely you'll need to pay any tax on it, but buying and selling to make money is a different matter and needs to be taken seriously – it is always better to tell HMRC than to wait for them to come knocking.

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



N.B. Article written March 2025

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

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Sirens at the Helm fundraising for Purfleet Trust

Chief Executive of The Purfleet Trust, Paula Hall, was delighted to receive a cheque for £1,000 from local ladies' sea shanty group 'Sirens at the Helm'.



Formed just two years ago, the singing group chose Purfleet Trust as their charity for 2024 and collected donations from their generous audiences as well as giving part of their performance fees last year to this worthy charity.

Paula Hall said "I was so pleased to meet the ladies and accept the generous donation on behalf of The Purfleet Trust.

"We are delighted that Sirens at the Helm chose us as their charity of the year, and this donation will go a long way in helping our work supporting people experiencing homelessness in our area.

"Local support and fundraisers make a huge impact at Purfleet and we are so grateful to see incredible support from our community once again."

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



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

A selection of special meals are available each day.

Sundays - 2 course Roast Lunch.

Special events this month:

May 8th VE Day celebration meal food served at 6.30pm (pre book)

May 15th Spring Fling lunch (pre book)

May 17th Spring Fling Dinner (pre book)

May 24th Music Night Bee Gees tribute

Regular Events

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

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

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

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The Hunstanton Fun Dog Show - 10th May 2025

Come join us at Glebe House School & Nursery for a paw-sitively amazing day at the Hunstanton Fun Dog Show! Bring your furry friends and show off their best tricks, cutest outfits, and most impressive wagging tails. There will be prizes, treats, and plenty of fun activities for dogs and their humans. Don't miss out on this tail-wagging good time!

There are 14 fun classes to enter with loads of rosettes up for grabs to a massive 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 HUNSTANTON
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- Most Appealing Eyes (Boys)
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- Waggiest Tail
- Cute Crossbreeds
- Cute Pedigrees
- Happy Families
- Judges Choice
- Fancy Dress
- Dog with No Rosettes
- Best in Show

Entries and events from 11am
Judging from 12 noon

ENTRY FEES: £1.50 per class – Rosettes to 10th Place
Contact 01485 534481 E-mail: newsdesk@thebarkingbugle.co.uk
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As well as the fun classes there will be free onsite car parking and trade stands selling tasty goodies for both canines and humans, and also bedding, collars, leads and toys for pooches. Rest assured there will be ample refreshments for everyone. For children (and adults if you want to give it a go) there will be a giant inflatable obstacle course. We also have a doggy display team to entertain everyone and this year their theme is 'Grease'. Get ready to strut your stuff!

We welcome all well-behaved doggies to join in the fun, from the scruffiest to the poshest, from the tallest to the shortest, from the hairiest to the smoothest - it really doesn't matter what you look like, we would love to see you there! We look forward to seeing as many of you as possible. We guarantee that it will be a paw-some day!

The Hunstanton Fun Dog Show - Saturday, 10th May 2025. Entries from 11am, Judging from 12noon. Classes £1.50. Enquiries: Miss Zsa Zsa 01485 534481 or email: newsdesk@thebarkingbugle.co.uk



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Sedgeford, Norfolk

Charity Sea Dip in Hunstanton to support older people

On Friday 7th March, to mark International Women's Day, Wendy Knight, House Manager of Elm Tree Court in Huntingdon and Gwen Tack House Manager of Cranberry Court in Peterborough, both McCarthy Stone retirement developments, organised a fundraising event in Hunstanton.

Twenty-two McCarthy Stone employees, from all over the country, took the plunge, cheered on by their colleagues many of whom turned out in fancy dress, and one brave lady in nothing but a swimsuit, extremely brave as the sea only got up to 6°.



Lovely cakes were baked by the incredibly talented chef at Eastland Grange Hunstanton and enjoyed on the day.

All monies raised went to grassroot charities found by the McCarthy Stone Charity Foundation to support older people and try to combat loneliness and poor mental health, plus every penny raised was generously matched by McCarthy Stone themselves, making a grand total of £4,056.00 being raised on the day.

A huge thank you to Dave Cleland, Centre Manager of Oasis Live leisure centre for allowing us the use of their changing facilities. If you would like to know more about McCarthy Stone Charity Foundation which is dedicated to supporting grassroot charities for older people, then please visit www.mccarthyandstonefoundation.org

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OLD HUNSTANTON FLOWER FESTIVAL

Friday to Sunday 25 - 27 July 2025

Our 50th Flower Festival is fast approaching! Our talented and enthusiastic flower arrangers are planning their interpretations of the theme "Gold". Simon Carter is preparing a commemorative brochure which will go on sale at the end of June - make sure you buy a copy!

This is a huge community event so if you would like to be involved in any way - such as managing stalls, making cakes, serving teas, helping the flower arrangers - please contact Mike Tuffs on momtuffs@hotmail.com





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LOCAL BATON TWIRLER SELECTED FOR INTERNATIONAL COMPETITION

Marquettes Baton Twirlers athlete, seventeen-year-old Scarlette Burton from Salters Lode near Downham Market, has been selected to represent England this July at the forthcoming International Baton Twirling Federation Nations Cup being held in Turin, Italy from 2-10 August 2025.

Scarlette has been chosen to represent her club and her country in the Women's Solo Artistic Twirl, Solo Two Baton and as part of the Norfolk Twirl Team after beating other top class twirling athletes at the England International Selection competition on 15th and 16th March 2025. She has trained hard for this honour and will be stepping up her training to compete with the best twirlers from around the world.

Coach of the Downham Market based Marquettes Baton Twirlers, Charlotte Cornish, said: "We are immensely proud of Scarlette's achievement and can't wait to see her shine on the international floor."

"It's a huge honour to be part of the England team, to travel abroad and represent her country."

"She is a devoted athlete, and we are proud and excited for her future."

"Scarlette started twirling with the Marquettes aged four and competing aged eight; she is a natural at her sport and trains for hours every day to improve and develop her baton and bodywork skills."

"Scarlette has achieved National Champion, Foundation Cup and Talented Athlete titles over the last 9 years."

"She has achieved so much at a young age, and despite a hearing and vision impairment, Scarlette continues to develop her skills and has become an inspiration to the younger Marquettes athletes, who love to train alongside her, and she regularly makes time to help train new athletes to the sport."

The club are now upping their efforts to help fundraise for Scarlette's international expenses. Please help support their efforts. They will be holding raffles and a bingo amongst other fundraising ideas, and you can follow their Facebook page @MarquettesBaton to keep up to date with their progress.

"If anyone would like to help us with sponsorship, donations, or a raffle prize, it will be greatly received and appreciated; please contact us via our Facebook page @MarquettesBaton or email marquettes@outlook.com", Charlotte added.



BFH Presents: Big C's Health and Support Awareness Showcase

Kerry Allison

The Bridge for Heroes was delighted to present an evening showcase at Cornerstone, King's Lynn Baptist Church in March, which was open to the local community. Joined by representatives from the Veterans' Foundation and Norfolk's Cancer Charity, Big C, the Bridge Team hosted an information and education event where speakers from each organisation took to the floor.

Helen Taylor, CEO of The Bridge for Heroes, shared the story of an Armed Forces veteran, who had come to The Bridge in desperate need of help. His journey from initially crossing the threshold at the Bridge Drop-In Centre to where he is today was inspiring and illustrative of how the work carried out at The Bridge makes a difference to people's lives.

The Bridge relies on funding from grants and donations to carry out its valuable work. One of the organisations that makes this possible is the Veterans' Foundation. The Bridge were pleased to have a representative from Veterans' Foundation join them for the evening to explain how the Foundation raises funds through its Veterans' Lottery, which are then distributed to worthy causes supporting the Armed Forces community.

The stars of the evening were the guest speakers from Big C, Norfolk's Cancer Charity. Kerry Robinson, Support & Information Centre Lead at the Big C Support Centre in King's Lynn, explained the role of the charity and what support is available to people living with or affected by cancer. Molly Driver, Health Academy Support & Information Officer, gave an engaging and interactive presentation, busting myths and sharing facts about the causes, signs and symptoms of cancer. One of the key messages was the importance of engaging with NHS Screening Programmes, offered to men and women at various life stages. The audience were also able to get up close and personal with a selection of anatomically correct body parts with various lumps and bumps



Montage of the day's events

simulating what might be found on self-examination.

The event was drawn to a close by Steve Russell, beneficiary and trustee of The Bridge for Heroes, and recent service user at Big C. His personal insight into the support and services provided by both organisations was moving and a fitting end to the evening.

What was clear from the event was the similarity in approach to providing support to service users by both The Bridge for Heroes and Big C. The emphasis is very much on the individual and making them feel welcome and allowing them to access the service at their own pace, letting them know that there is a safe space for them when needed.

If you or your loved ones have been

affected by cancer, or you are looking for information and support, you can reach out to Big C online at www.big-c.co.uk or by phone on 0800 092 7640. If you are part of the Armed Forces community, you will be made welcome at The Bridge Drop-In Centre, 52A South Clough Lane, King's Lynn. The Drop-In Center is open Monday to Friday 10am until 4pm, and from 10am until 2pm on Saturdays. Feel free to reach out by email contact@thebridgeforheroes.org or phone 01553 760230.

Want to play the Veterans' Lottery? If you sign up at <https://veteransfoundation.org.uk/ATBH>, The Bridge for Heroes will receive £25! Sound's like a win!

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Sandringham Pageant of Motoring

The Sandringham Pageant of Motoring is set to return to the Sandringham Estate on Sunday, 25th May 2025, promising an even more thrilling experience for motoring enthusiasts and families alike. This family-friendly event will showcase a spectacular array of over 1,000 classic vehicles, alongside vintage traders, modern car manufacturer stands, and main arena activities.

New for 2025



Attendees can look forward to live music performances, creating a lively festival atmosphere throughout the day. Adding to the excitement, the event will debut the Holt Sunday Market, bringing its renowned selection of local artisans, independent businesses,

and specialty goods to the Sandringham Estate for the first time.

Modern & Classic Motoring Displays

In addition to the extensive classic car showcase, the Pageant will feature modern car manufacturer stands from leading brands, including Hyundai, Toyota, Skoda, and more. Visitors will have the opportunity to explore the latest vehicle models, speak with brand representatives, and learn about the newest automotive innovations.

More Than Just Motors

The Pageant also offers a range of engaging entertainment, including a craft and vintage fair. Visitors can indulge in a variety of culinary delights, with food vendors serving up delicious options to satisfy all tastes.

Pole Position Parking & Participation

Owners of classic, vintage, race, or rare vehicles are encouraged to participate by securing a spot in the exclusive

Pole Position Parking area, offering a prime showcase location for their vehicles.



Event Details

Date: Sunday, 25th May 2025
10:00 AM – 5:00 PM

- Advance Adult Day tickets: £18 plus booking fee
- Children under 12 years: Free with a paying adult

Tickets and further information are available on the official website:
sandringhammotoringpageant.co.uk



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Wendy Warner's plant of the month - Sambucas

During March I am looking out for the first signs of life in my deciduous shrubs to ensure they have survived the winter, and one of the later ones which always keeps me on tenterhooks is the Sambucus or Elderflower. The near black tips of my Sambucus nigra 'Black Lace' are more difficult to notice than those of other shrubs with their fresh green shoots, but I breath a sigh of relief as soon as I see them!

Elder or elderberries are relatively easy shrubs or trees to grow. The native elders in the countryside produce frothy creamy-white, musky-scented, flat flowerheads in May and June followed by clusters of tiny red berries that ripen to glossy black in late August. Many cultivars have dark purple leaves and pink flowers, whilst others have golden leaves. Traditional elders have strong smelling glossy green leaves divided into 5-7 leaflets. Some of the darker leaved varieties have more feathery or filigree foliage.

They suit most styles of gardening and can have an informal look in a cottage garden or the darker leaved types can be used in a more contemporary setting. They will withstand coastal conditions and are a welcome addition to any wildlife garden with the flowers being beneficial for bees, butterflies and moths and the berries attracting the birds – although beware, the after effects can cause stains on

patios and garden furniture!

Sambucus are quite vigorous so should be given plenty of space and grown towards the back of a border or as a stand-alone specimen. They can be pruned annually to maintain shape or to keep them to a manageable size. They will grow in most soil types, except very dry, and prefer full sun where they will exhibit the best leaf colour but can tolerate light shade. Due to their vigorous nature, Sambucus are best planted in the ground but could be grown in a very large container in John Innes No. 3 compost, and fed with bonemeal or fish, blood and bone in spring and autumn.



Sambucus nigra 'Black Lace' has very finely cut, almost black foliage with pink-

flushed blooms and Sambucus nigra 'Black Beauty' has the same pink flowers and dark leaves but the traditional elder shape – both grow 2.5 - 4m.



Sambucus racemosa 'Sutherland Gold' has bright golden-yellow dissected leaves and creamy-white flowers followed by glossy red berries in autumn. Sambucus nigra 'Marginata' has attractive green and cream variegated leaves with a yellow margin and white flowers followed by black berries.

If you have the space, add a Sambucus to your garden and if it produces enough flowers, you can always try making some elderflower wine or cordial in the early summer or elderberry wine with the berries in the autumn.



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Snettisham Gardening Club

Our meetings are held in the Memorial Hall, Old Church Road at 7.30pm on Wednesday evenings.

On the 28th May Barry Gayton will be telling us how to grow and care for Cacti.

Our Annual Village Show to be held on 12 July show schedules are available now from Stockley chemists or by coming along to our monthly meeting.

We welcome new members and for any further information please call Gail on 01485 541279 or Addie on 01485 544754.

John Harris presents VICTORY GALA on

SATURDAY 10th MAY 2025 at 2pm

to commemorate the 80th Anniversary of VE Day
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Downham Market and District Horticultural Society

Affiliated to The Royal Horticultural Society

Since reading about our Society in Town and Around, several new members have joined – welcome to you all! As members ask, where else can you get so much for just £10 per year?

What do you get?

- A different speaker each month, covering wide-ranging subjects with a horticultural theme
- Complementary tea, coffee and biscuits after each talk
- A chance to meet old friends and make new friends
- Enjoy guided walks during the year to local gardens (see photograph)
- Workshops, such as a very successful Christmas wreath-making workshop last year
- Christmas social event
- Discounts from Downham Garden Centre and Suttons Seeds
- The opportunity to help on (and buy from) local plant stalls
- Competitions



Our visit to West Acre Gardens last year, with guided walk by the Head Gardener

Our next two events

Monday 26 May (Bank Holiday Monday) – Carnival Day

We will have a big plant stall at the Howdale as part of the Downham Market Festival – do come along and say hello – and perhaps buy a few plants?

Saturday 12 July 2025 – our annual Summer Show, at Downham Market Town Hall

Look out for our free Summer Show programmes, which can be picked up from many local shops, including Downham Garden Centre, Downham Home and Garden and Downham Market Library. The Show is open to both members and non-members. Categories include flowers, pot plants, fruit, vegetables, preserves, baked goods, crafts, art, photography – so something for everyone. Have a think about what to enter – it's fun to take part, even if you don't win – but you never know ... Only 30p per entry – what a bargain!

When do we meet?

On the second Monday of the month in Downham Market Town Hall. Meetings are in the evening, starting at 7.15pm. Talks are about one hour in length, to include a short Q&A session.

How do I find out more?

If you are interested in joining our friendly Society, or to just find out more, Judith, our membership secretary, would love to hear from you. Contact Judith on 01366 501466 or email jt.mazur@tiscali.co.uk

'Gardeners fear unkindly May, frost by night and hail by day'

(with apologies to Flanders & Swan)

It is that time of year when gardeners do not stop. So why not take a break and visit someone else's garden. You might find inspiration for that tricky area..

Wednesday 7th May 1-5

STODY LODGE, Melton Constable, NR24 2ER. Adm £9, chd free. Home-made teas. Wheelchair access to most areas. Dogs allowed. Spectacular gardens with one of the largest concentrations of rhododendrons and azaleas in East Anglia. Created in the 1920s, these gardens also feature magnolias, camellias, bluebells and a variety of ornamental and specimen trees. Expansive lawns, Woodland walks with 4 acres of water garden providing a riot of colour.

Saturday 10th May 1-5

SHERINGHAM HALL, Upper Sheringham, Sheringham, NR26 8TB. Adm £8, chd free. Pre-booking essential. Light refreshments. An opportunity to visit this very private and wonderful garden set within Sheringham Park. Designed by Repton, the walled garden has been redesigned by Arabella Lennox-Boyd with restored glasshouses and cold frames. Replanted orchard, hornbeam temple, new herbaceous borders, parterres and a white garden. Wildflower meadow between hot and cool borders.

Sunday 18th May 10.30 – 4.30

BRACONDALE GARDENS: Norwich, NR1 2BB. Combined adm £9, chd free. Home-made teas at Southgate House. Tickets for all three gardens sold at Southgate House. Three attractive compact town gardens a short walk apart and each with a different character: Southgate House, the former Harbour Master's house is about an acre, half of which is formed on a steep escarpment providing woodland hillside walks. Garden rooms have ornamental beds and interesting plants. 14 Conesford Drive has a lush planting of fruit, vegetables and flowers which greet you at the side of this 1960s modernist house leading to a densely-planted cottage garden of carefully selected perennials and climbers. 1 Woodside Cottages is a very pretty, small cottage garden packed with colourful plants both ornamental and edible. Even the resident chickens are decorative. Fruit trees and vegetables grow side by side with perennial and annual flowers and a small pond supports a multitude of frogs each spring.

Sunday 25th May 10.30 - 5

HOVETON HALL GARDENS, Hoveton Hall Estate, Hoveton, Norwich, NR12 8RJ. Adm £10, chd £5. Light refreshments. Explore the 15-acre garden and woodland taking you through the seasons. Mature walled herbaceous and kitchen gardens. Informal woodlands and lakeside walks. Nature spy activity trail for our younger visitors. The gardens are accessible to wheelchair users.

Sunday 25th May 10.30 – 4.30

9 LE STRANGE CLOSE Norwich, NR2 3PN. Combined adm with 20 Le Strange Close £7, chd free. Enclosed by mature trees and yet still full of light, this garden is a tranquil oasis. Dwarf heritage apples, irises, mulberry and highly scented roses contrast with low maintenance borders for dry loving plants and pots of succulents. Wheelchair access via gravel drive. Garden on one level. 20 LE STRANGE CLOSE, Norwich, NR2 3PW. Combined adm with 9 Le Strange Close £7, chd free. Home-made teas. A city garden that is plant-filled and wildlife-friendly, with unusual materials and structures. The front garden is a mini allotment with crab apple arches framing the path. Designed and planted by the owner, garden designer, Rajul Shah. Access to back garden is possible via driveway and paved path. A very gentle slope leads to the rear. The front path has one step.

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Nature notes with Carrie Carey

The Wash and migration



Little Egret

The arrivals and destinations terminals at an airport paint a vivid picture of global connections with flights touching down from far-flung corners of the world. From business trips and holidays to long-awaited family visits, the rhythm of arrivals and departures never stops.

We're far from the only species using the skies for global travel. Every year, billions of birds migrate vast distances from breeding grounds to overwintering havens and back again. This annual pilgrimage isn't a walk in the park for birds, it's arduous and energy draining, so it's smart to take the shortest and most direct route possible. Typically, migration follows a north-south axis as birds move to milder climates during colder months. For instance, Pink-footed Geese follow a flight path from Greenland and Iceland via Scotland before reaching the shorelines of Lincolnshire and Norfolk. Other species, such as Knot, use a more complex figure of eight pattern to travel from Arctic breeding grounds to coastal winter retreats in western Europe and back again. There are also some species known to migrate from east to west. Unfortunately for the birds, annual migration is not as simple as taking a straight line from A to B. Covering vast distances, encountering unpredictable weather and braving harsh terrain are all par for the course. The skies can be treacherous, particularly for young birds where strong winds and turbulent air currents test flying ability and zap energy. It's an amazing feat of endurance as driven by instinct and millennia of evolution; birds push through the fatigue to reach their destination.

Just like human aviation, bird migration comprises of a system of strategies and route variations, but within these, there is a pattern of flight paths or flyways. There are eight recognised global flyways that connect birds with breeding, stopover and wintering sites. The East Atlantic Flyway is one of the most important, especially for waterbirds and waders. It stretches all the way from the Arctic tundra of northern Europe to the tip of South Africa. An estimated 90 million birds,

comprising of nearly 300 species, travel this route every year. But it can have a very quick turnaround, so why is that? Well in places like northern Scandinavia, Greenland and Siberia, the breeding season for waders is incredibly brief. During June and July, the long daylight hours coincide with peak numbers of insects giving parent birds a short window to breed and raise chicks. Triggered by dwindling food supplies and changing daylight, southbound migration begins in late summer. To give young birds the best chance of survival on their first long journey, the route includes vital stopover sites where flocks can pause to rest and refuel. These 'service stations' are vital if the waders are going to double or even triple their body weight to fuel the remainder of the journey.

One of these stopover sites, is The Wash, the largest estuary in Britain. Twice a day retreating tides uncover a rich feeding ground for migrating waders. As the mudflats emerge, they offer a banquet of marine worms, shellfish and intertidal invertebrates; and there's plenty for everyone. Adjacent saltmarsh provides even more feeding opportunities, along with safe sheltered spots for birds to rest before continuing their long journeys. Numbers peak in autumn and winter when The Wash and surrounding wetlands are prime destinations for more than 400,000 wading birds and waterfowl. Visit Snettisham marsh reserve at this time and you will see tens of thousands of birds congregating on the mudflats, shoreline and inland lagoons.

Many people visit Snettisham reserve over autumn and winter to watch large flocks of Knot as they whirl and wheel over the sea, creating magical patterns in the sky. But as spring arrives, it signals the time for these waders to begin their long journey back to their Arctic breeding grounds. So, what's on view at Snettisham Reserve as the seasons shift? Nature still has a lot to offer during summer as large numbers of Avocets, Black-headed Gulls and Terns gather on the lagoon islands to breed. Visitors can walk the network of paths that run along the sea wall and loop around hides and other observation points or just sit and

experience the dramatic vista of mudflats as tides ebb and flow. The innovative design of Knots Landing hide, allows close views of wading birds as they peruse the lagoons looking for a tasty snack. I love watching Little Egrets wading through the water, it looks like someone skiing! It's also fun to search for Little Grebes frantically diving beneath the water under the watchful eye of a stern Cormorant.

In the rare hush of a quiet airport terminal, time seems to slow. The usual hum of engines



Avocet

and hurried footsteps is replaced by the odd announcement or the distant clatter of a luggage trolley. A few travellers occupy the otherwise empty rows of seats, quietly reading or sipping coffee. And while the departure boards occasionally flick through destination, the terminal offers a peaceful pause between journeys. As summer approaches the dazzling displays of whirling waders pause, and the cheerful calls of Pink-footed Geese drift into memory. With the seasonal crowds gone, this is the perfect moment to embrace the stillness—a chance to slow down, soak in the scenery, and enjoy a peaceful interlude at Snettisham reserve.



Snettisham jetty at sunset

All photos: RSPB



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Isn't it time you had your say?

A call to arms!

Verity Mitchell, former Councillor at Hunstanton Town Council

Whilst serving on a Council as an unpaid Councillor isn't everyone's cup of tea (I lasted just over 12 months), if we fail to engage with those who give up their time to represent our best interests, then our Town Council is operating in a vacuum with no real understanding of what the community really needs.

For example, as a keen - and responsible - dog owner, like many of Hunstanton's residents, I was interested to read on Facebook about our Town Council's suggested plans for the Community Centre and Field, facilities I use on a regular basis.

Amongst other changes, the plans include adding an additional storey to the Community Centre housing business units, accessible meeting areas and a place for our Town Councillors to use, as well as cordoning off an area of the Community Field for 'safe dog-walking'. So far, according to the minutes of a Council meeting, just 72 residents have responded to the survey, which seems a pretty low number considering the population.

Fans of Facebook may have seen the survey on the Town Council's page, others may not even be aware these discussions are even taking place. It can be no coincidence then, why our Town Council are now posting (also on Facebook) a poster asking whether you care about Hunstanton, if you'd like your voice to be heard and suggesting you might like to become more involved in your community. If you haven't seen it, here it is.

The Council's plans - not just for the Community Centre but for all areas of the town - may be right up your street, but if not, then you need to get involved and have your say. As an ex-councillor, I urge you to support our Town Council by making your voice heard and help them to make the right decisions for all of Hunstanton.

As the posters says - Hunstanton Town Council needs you! - and that couldn't be more true in these challenging times.



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Burnham Market & Norton Village Hall

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

We are also looking for new trustees. Please contact Keith Morris – keith.morris@outlook.com – about any of these.

The community cinema at the Burnham Market village hall has now closed for the time being. The trustees wish to give their thanks to Diana Walker, ably assisted by Philippa Carling and Lucy Jacklin, for running this for several very successful years. We would be delighted to hear from any volunteers who might wish to run the cinema in future, for which some funding can be made available.

We are considering starting a Pickle Ball group at the village hall and would be pleased to hear from anyone who would like to run it. Equipment can be made available.

You can also view the information of our website:
www.burnhammarketandnortonvillagehall.org.uk

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Beach cleanup following the tanker collision

The beach clean-up operation that began on 19 March by the borough council and partner agencies, following the tanker collision in the North Sea, is to be scaled back as the operation moves from recovery to business as usual.

Plastic nurdles had begun washing up on the West Norfolk coastline and were being recovered by the clean-up team. Cllr Sandra Squire, Cabinet member for Environment and Coastal, said: "With many agencies scaling back their operational role here and moving from a proactive to a reactive response it is right for our cleanup teams and other departments, who have done exceptional work dealing with this emergency, to focus on their regular day-to-day responsibilities.

"790,000 individual plastic nurdles as well as additional burnt fused nurdle mats have been recovered from West Norfolk beaches by our teams, along with partner agencies and landowners. "While the primary responsibility for addressing this pollution rests with the polluter, there is likely to be opportunities for voluntary community involvement in future clean-up efforts. Given the nature of the pollution, any public participation would be supported with appropriate training and guidance from the council."

Officers from North Norfolk District Council helped West Norfolk Council staff plan and carry out a clear-up of Scolt Head Island last week. With an internationally important bird population, and with bird nesting season beginning, it was vital to carry this work out without disturbing the wildlife on the island.

If you find nurdle pollution, please report it online at west-norfolk.gov.uk/coastalissue.

Our cleanup teams will investigate and remove the pollution they find. The council still advises that you do not handle it and please do not let dogs ingest any of it.

EQUITY RELEASE MADE SIMPLE



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

When my business partner, Nigel Barrett and I first formed Barrett Batchelor Mortgage Services LLP, the aim was to not only be professional and efficient, but also to ensure that the service offered was personal and friendly. We firmly believed that this was required to make our company successful and is also what the people of Norfolk required. We were, and remain, determined to treat our clients with the respect they deserve and to ensure that they don't feel as if they are just a number, as can be the case when dealing directly with the big banks.

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

Important decisions have to be made when people are approaching retirement, and using your property to raise funds could well be the most important one of all. It's fair to say that Equity Release is not for everyone, and part of the process I guide people through is explaining other options that may be available to them. In addition to this, future plans and state benefits could be affected. It's not a decision that should be rushed into and it all depends on your individual needs and personal circumstances.

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

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

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

One thing I am very keen to do is to explain to people how the Equity Release market has evolved over the last 25 years. You no longer have to sell your property to the bank, so you still retain ownership of the property. Another important point is the "No negative equity guarantee", which ensures that the amount you borrow will never exceed the debt on your property.

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

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

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

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

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

If our service is of any interest to you, I'll be only too pleased to visit you in the comfort of your own home if you would prefer me to do so.



Evergreen Equity Release Solutions
27-28 Tuesday Market Place, King's Lynn, PE30 1JJ
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www.evergreenequity.co.uk
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Evergreen Equity Release Solutions is a trading style of Barrett Batchelor Mortgage Services LLP, and is a Limited Liability Partnership. Registered in England and Wales number: OC367701. Authorised and Regulated by the Financial Conduct Authority.

Tom Hickathrift

Russell Lyon

In my previous life as a veterinary surgeon I travelled most days around the fens and farms of Wisbech and Marshland St James. I often wondered about the Hickathrift name seen on so many sign posts, on local places and on properties. Was he a man or a myth? I was much too busy then in my day to day business to investigate further. But it did seem there was just too many references to him all over Cambridgeshire and Norfolk for him not to be a real entity. Now free from my daily job, I had no excuses now not to find out more about him.

Most stories about Hickathrift make great mention of his height and strength which was said to put to great effect in his fight for the common people against tyranny. There is an old rhyme which was still in common use in the 1920s to try and keep naughty children in line:

He ate a cow and a calf,
An ox and a half,
The church and the steeple
And then all the people,
And still had not enough.

It seems the legendary giant had a huge appetite and coupled with a prodigious strength made him a formidable opponent.

The most often related stories were found by Maureen James and Enid Porter. He was also mentioned in Tristram Shandy and by George Borrow in Lavengro. In most of the stories Tom lived in marshes of the Isle of Ely and was said to have the strength of 20 men.

But by all accounts, Tom as a young man was a bit lazy and no one knew whether he was as strong as he looked until one day his mother persuaded him to fetch some straw from a farm just down the lane to refill her straw mattress. It took a lot of begging and pleading but he did go and the farmer said he could take as much straw as he could carry and he took cartloads on his back. Fame as to his prodigious strength grew in the district and soon, he was being paid to complete tasks that was well beyond ordinary mortals.

He fought in many fights winning lots of contests and his fame spread so far that he was offered a job by a brewer in Kings Lynn to carry beer to Wisbech. He was promised new



clothes, a house for him and his mother and as much food and drink as he wanted. He took the job and was given directions of the route he had to take. But he realised that he was told not to go the most direct and quickest way but a circuitous road. Tom still had a lazy streak in him and didn't see the point of going the long way round but nobody told him the reason. The quickest route was blocked by a ferocious giant who killed anyone who dared to trespass unbidden. Tom didn't have a weapon against the giants club so he turned the cart over and used the axle tree as a club and the wheel as a shield. After a ferocious battle Tom was victorious. He took the giant's money which he had taken from other victims. There after the short cut could be used by a locals and it also gave access to good grazing land for their animals which they had before been too scared to use. This land apparently was known today as the Smeeth which was common land and shared by the people of Tilney, Walpole St Peter, Walsoken, West Walton, Terrington, Clenchwarton and Emneth.

There are very many legends about Tom and many must be based on particular incidents as is the case with most folklore. There is some speculation that the character of Tom must have been a real person. Sir Frederick de Tilney was a medieval knight and a giant of a man with prodigious strength who championed the rights of villagers of Marshland to use their common land against



local landlords who tried to stop them. Over time the story of wicked landlords being vanquished would be embellished many times in the telling.

The memory of Tom is still preserved in the road signs and village signs. Hickathrift House is a care home in Marshland St James and Hickathrift farm is nearby as is Hickathrift field. A round tomb stone in the graveyard in the churchyard is known locally as the giants gravestone.



Tom Hickathrift must have been a real man who protected his neighbours and its pity that the derivation of his name has not come down to us over the centuries. It is possibly Anglo Saxon or even Norse in origin but nobody knows for sure. Local accounts in Tilney tell of a man called Hickifric who had withstood the tyranny of the Lord of the Manor.

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Sunday 22nd June 2025 10am-4pm

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Tickets are £5 to visit the open gardens. Entry to the Village Hall and gardening stalls is free.

Info: Carol Greening at greeningcarolderek@hotmail.com

Free parking is available by the church for cars and minibuses only. Coaches should drop off passengers outside the village hall where we can advise on parking.

It is a 10 minute walk from the church to the village hall and there will be a free shuttle mini-bus for visitors at both.



Tickets £5 to visit the Open Gardens

Available from The Village Hall or St Mary's Church



FREE ENTRY to the Village Hall and garden for specialist nursery stalls, lunch & refreshments

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Hunstanton Society news

Talks

In March we had a visit by David Brooks of Thornham History Society to talk about the Thornham Ironworks that operated between 1887 and 1920. Seemingly, the operation was a lot larger than one might imagine. It was very interesting although the attendance could have been a little fuller.

As I write, we look forward to a visit on 16th April by local artist, Izzy Wingham, to talk about the work she does producing some extraordinary images of buildings in this region.

Events

Things are racing ahead for the VE Day celebrations. In conjunction with Hunstanton Town Council and the generous businesses in our town, we have put together a "ration book". Rather than having coupons, the book contains offers that many local businesses are putting on just for the VE Day weekend.

Within the Heritage Centre for VE Day, we are putting together the final touches on our WWII project with personal stories and how the war impacted the town. We will also have more information about rationing and recipes from the era. Again, we are going to be opening for extended hours on Saturday, 10th and Sunday, 11th May to coincide with the main Town activities, so are asking members and volunteers to assist us to cover the additional hours.

AN ITEM OF INTEREST FROM THE HERITAGE CENTRE GLASS BOTTLES

We have at the Heritage Centre many examples of beach finds. These include glass bottles with various manufacturers' names. Many of these are broken (as it happens, deliberately by children, keen to get the marble out from the top of the "Cod Bottles"). The bottlers would order bottles with their names embossed in the hope that they would get them returned (as well as to promote the product).

Famously known for its chalybeate springs, Hunstanton could provide a "constant supply of pure spring water from public works" (i.e. tap water). Mineral waters were produced in Hunstanton on several sites. This article looks at the history of the one at the top of Chapel Lane. This is to the rear of the group of buildings once known as Somerset Buildings – facing the south end of High Street and originating from before the road name "Westgate" was in use. The following picture is the site today:



Before 1888 the site was owned by Thomas Dungey Guy, who operated the bottling business at the rear. After his death, the whole site was sold to various buyers including James Lambert, the house used for years afterwards as a grocer's. They had their own labelled bottles, but the mineral waters we are concerned with continued to be made at the back, now owned by Nourse & Rowell who at that time were running the Golden Lion already bottling mineral waters there.

Now known as Rowell's Mineral Water Factory, the site on Chapel



*Warehouses/garages at the top of Chapel Lane.
The bottling plant is the building on the left.*

Lane survived Rowell's death in 1892 and was run by Mrs Rowell until she moved abroad in 1909. After this it was being run by the Watson brothers and known variously as Watsons (Hunstanton) Ltd and the Hunstanton Water Company Ltd – they appear to be contemporaneous and there are bottles with both names.

The Hunstanton Water Company was sold to a bottling business of Kings Lynn (Throwers) in 1924.



The Garage at the back of Haydn House (Avenue Road) sold as a part of the 1924 auction. The Throwers Bottling works ran alongside their other factory in King's Lynn until 1964. There was a wholesale unit running kept at that site until 1984.

SALE OF PROPERTIES.
INGRAM WATSON & SON
ARE instructed by the Hunstanton Mineral Water Co., Ltd. (the business having been sold) to Sell by Auction at the Town Hall (Lower Room), Hunstanton, on
THURSDAY, MAY 29, 1924,
at 3.45 in the afternoon precisely.
VALUABLE BUSINESS PREMISES
and 2 FLOOR GARAGE.

Residents' Interests - a priority for West Norfolk?

John Maiden

It was refreshing to read in the April edition of Town & Around, the leader of West Norfolk Council stating that in local government reorganisation, priority will be given to the interests of residents. If the leader, Alistair Beales, has read my humble offering on page 41 of April's Town & Around, he will not be surprised if I suggest that he must do better when it comes to giving priority to the thousands of Hunstanton residents and visitors, whose right to use the whole of The Green as an Ornamental Grass Green and public recreation ground, is clearly set out in the restrictive Covenant, imposed for their benefit by Bernard le Strange on July 20th 1955.

My research into this matter, using the Freedom of Information Act, has uncovered internal correspondence between council members and officials, which I believe proves beyond reasonable doubt that some have had to find alternative employment, or were offered early retirement on terms that were too tempting to turn down. I also believe that there is a current policy intended to discredit my research, which means that I am being treated like a persistent complainer, without anyone being stupid enough to admit that this is what is happening.

If no one at King's Court is prepared to take me seriously, I am tempted to do the same to them, but instead I will devote my time to notifying anyone in the media interested in exposing local government attempts at covering up mistakes, that they should help me to celebrate 70 years of The Green Covenant on Sunday July 20th 2025.

I would like to have a plaque installed on the site of the historic drinking fountain, but I fear it would end up being defaced like the one at the entrance to our recreation ground on the other side of town. Meanwhile, I went



The Green - no longer a Grass Green Only due to the non-pier!



Recreation Ground Plaque - June 1st 1949

for a walk on the beach recently, and found it was a lot lower than it used to be. The foundations of the sea wall are really exposed now and may soon crack up...



Steps from north prom have been extended to reach beach - credit: Caroline Allan

Helping Norfolk's disadvantaged young people

Henry Head

Stephen Cox: Myth. Sculpture Exhibition at Houghton Hall Reception and exclusive private view in aid of The King's Trust 5th June 2025 at 6.30pm By kind permission of The Marquess and Marchioness of Cholmondeley.

To raise funds for disadvantaged young people in Norfolk, the West Norfolk Committee of the King's Trust is holding a reception and exclusive private view with harp accompaniment on Thursday 5 June of Houghton Hall's major 2025 exhibition by the acclaimed British sculptor Stephen Cox RA.

The King's Trust event offers a rare evening opportunity to visit the exhibition, which represents the largest and most comprehensive group of work the artist has ever shown. Spanning over 40 years, and including pieces conceived and produced all over the world, it will be presented across the park, gardens and interiors of Houghton Hall, one of Norfolk's architectural gems. In addition, early June is a perfect time to enjoy the award-winning five-acre Walled Garden, which includes a 120m double herbaceous border and ebullient rose garden containing 150 varieties.

Stephen Cox is one of the most acclaimed British artists of his generation, best known for his monumental works in stone. His art is shown worldwide, with celebrated exhibitions including MOMA, New York and the National Gallery and Tate Britain, London. Using traditional techniques, he has carved marble, alabaster and porphyry. His pieces are in many private and public collections, with government and corporate commissions in India and Egypt as well as in Britain. He was elected a Royal Academician in 2006.

Clive Dodds, Chair of the West Norfolk Fundraising Committee for the King's Trust said: 'We are extremely grateful to Lord and Lady Cholmondeley, the owners of Houghton Hall, for allowing us this opportunity to raise funds to enable The King's Trust (formerly The Prince's Trust) to give a leg up to disadvantaged young people in Norfolk. In the last 3 years, The Trust has spent £68,000 supporting 240 young people in Norfolk, and in the last 10 years the West Norfolk Committee has raised over £250,000 to support its work.'

Tickets, priced at £75, will be limited to 200. Booking is available by contacting Mrs Tracy Long: tracy.long@stephenson-smart.com



Discover the Magic of Girlguiding:

Exploring North West Norfolk Division and their adventures!

Ruby Gould

Girlguiding is divided into different sections based on age: Rainbows (Age 4-7) Brownies (Age 7-10) Guides (Age 10-14) Rangers (Age 14-18)

Our North West Norfolk division have many units covering areas from Gayton, Dersingham, Snettisham and Sandringham.

Hunstanton, Heacham, Docking and we also have units in Fakenham, Wells and Syderstone areas too.

Through Girlguiding, the girls learn teamwork, problem-solving, and build confidence. They pick up essential life skills.

A safe and inclusive environment is so important. It allows girls to be themselves.

We pride ourselves on creating a place where every girl feels valued and supported. We've seen amazing friendships blossom within our units. The girls support each other through thick and thin.

This supportive community gives girls the confidence to try new things and be themselves. It's a place where they can laugh, learn, and grow together. Girlguiding creates a special bond, a sisterhood that lasts a lifetime.

Here is just a glimpse at some of the fun things we've all been up to recently.

Snettisham Brownies were lucky enough to have Dr. Clive Jonathon Bond from the West Norfolk and King's Lynn Archaeological Society visit them. This engaging session allowed them to explore the fascinating world of archaeology while working towards their Archaeology interest badge.



Early exposure to archaeology can have long-term benefits. Maybe some of these Brownies will become archaeologists. They might even make new discoveries! They also learned about their local history. The Brownies found out how exciting it is to discover stories under the ground.

In addition to archaeology, the

Snettisham Brownies enjoyed creative activities, transforming themselves into butterflies by crafting colourful wings and whipping up delicious Easter nest cakes followed by festive crafts.



"These activities help develop creativity and teamwork, which are essential skills for our Brownies," said their volunteer leader, Ruby. "It's great to see them engaged and enthusiastic!"

Meanwhile, the Heacham Brownies enjoyed an evening



focusing on well-being, where they were introduced to the art of Tai Chi by Glenn Belton from the West Norfolk Tai Chi group. The free taster session provided the girls with not only physical exercise but also a valuable lesson in mindfulness. "I loved learning the moves, and receiving a certificate made it extra special!" shared one excited Brownie.

The Gayton Rainbows unit has been buzzing with excitement and creativity lately - one of the highlights for the Rainbows has been working towards the communication badge. Rainbows had the opportunity to practice signing the promise, a moment that filled us with pride.

Learning to sign the promise was a fantastic exercise in communication. It brought a new dynamic to how they understand and share our guiding values. With each hand motion, our young members discovered the beauty of non-verbal communication. The smiles on their faces as they mastered the signs for the promise were priceless. It was heartwarming to see them immersed in learning, exchanging ideas, and motivation with one another.

Gayton Rainbows also Celebrated International Women's Day in a creative way by junk modelling and making inventions from their own recycling they were super creative and imaginative, and leader Immy said 'it was great to see all their ideas coming to life!'

Ten Guides from Heacham, along with six from Sandringham, including their leaders and young leaders, recently embarked on a special mission. They walked 5k from Heacham to Hunstanton on March 11th to raise money for the National Deaf Children's Society (NDCS) and East Anglian Air Ambulance.

The route from Heacham to Hunstanton took them along the beautiful Norfolk coastline. They passed the iconic Heacham beach, the vibrant Hunstanton cliffs, and the lively promenade. Each landmark marked another step closer to their goal, ending their walk at the beautiful Hunstanton lighthouse. Followed with a tasty reward of fish and chips waiting at the finish line!



Thanks go to Henry's of Hunstanton for having their order ready - they made it with minutes to spare before closing time!



Heacham Guides have also been learning sign language as part of their Guide Skills Builder badge and Sandringham have been completing the East Anglian Air Ambulance Challenge Badge over the past term too.

How Can You Get Involved with Girlguiding?

If you're interested in joining the adventure, it's easy to get involved with Girlguiding. Check out the Girlguiding UK website to find a unit near you. Volunteers are always welcome. Whether you're a parent, a former member, or someone new to Girlguiding. There are so many ways to get involved!

As the season progresses, the North West Norfolk Girlguiding community has an array of fun and educational activities planned, including summer camping and new adventures designed to enrich the lives of young members.

For those interested in joining Girlguiding as a young member or adult volunteer, registration is open at <https://www.girlguiding.org.uk/>

Or for more info contact : northwestnorfolk@girlguidingnorfolk.org.uk



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Just because they are called 'Road Pilot'.

doesn't mean you can only wear them in the car, they give great vision on many occasions, but especially for driving. If you should wear specs for driving then that same pair will be useful for other occasions such as cinema, theatre or TV. As Road Pilot covers the intermediate range it is great for shopping, it covers the arms-length distance so no need to take your specs off when you get to the supermarket, just keep them on for everything.

So, if driving, particularly at night, is a bit of a problem, pop into Hunstanton Eyecare and discuss our 'Road Pilot' lens.

Happy motoring!

Annette



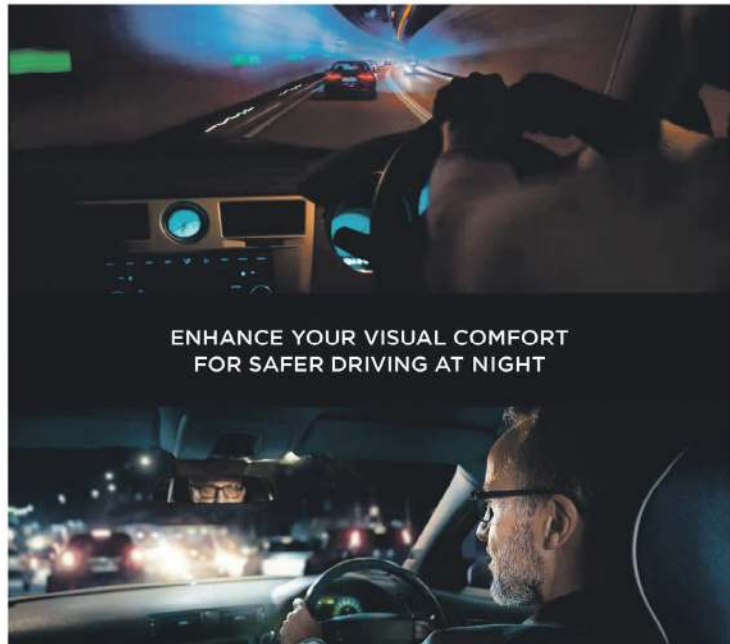
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Copy date for the June issue is
Monday 12th May.

Please send your copy to:
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Images should be sent as
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embedded in Word which
reduces the quality.

Thank you

THE HUNSTANTON ONE-ACT DRAMA FESTIVAL



The One Act Drama Festival returns to the Princess Theatre for 2025!

Thanks to the support of the management at Hunstanton's Princess Theatre, local theatre groups and you, the public, the One Act Drama Festival returns to Hunstanton for 2025.

Staged over three days from Friday 4th - Sunday 6th July 2025, the Festival sees upcoming playwrights and actors presenting and performing in a 40-minute play live on stage to a paying audience at Hunstanton's iconic Princess Theatre and awards will be presented at the Gala Awards Ceremony on

the Sunday evening.

The competition is open to any amateur theatre groups, with a separate category for Under 18s in the Youth entry group and performances can be of a short play (with or without musical numbers) or an excerpt from a longer play.

Festival Director for 2025 Verity Mitchell said: "This wonderful Festival has gone from strength to strength under the guidance and directorship of Stephen Hayter since Covid days and I'm thrilled to be given the privilege

of bringing the event back to our audiences in 2025. Sadly, the Borough Council of Kings Lynn & West Norfolk have withdrawn funding for this year, but with the continued support from the Princess Theatre, local theatre groups and an enthusiastic audience, we are able to stage the event once more.

Verity added: "We're also delighted to confirm that ticket prices remain at £7.50 per session, or just £20 for a weekend season tickets (all four sessions and attendance at the Gala Awards Ceremony) so please come and join us!"

For more information about the event and who is participating this year and for ticket release dates please go to our website www.oneactdramafestival.com

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Exhibition: 'Flights of fancy'

24-25 May 2025
Caz Appleby

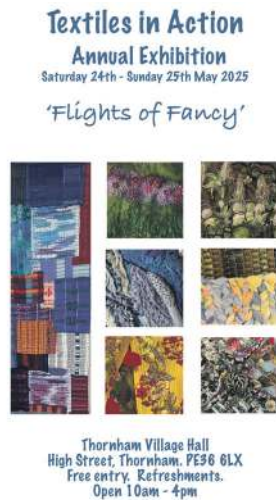
Textile artists from across North Norfolk and beyond invite you to their free Annual Exhibition, at Thornham Village Hall on the late May Bank Holiday weekend.

The exhibition theme of 'Flights of fancy' has allowed free expression across a range of textiles, and includes stitching, weaving, embroidery, applique, crochet, knitting, lockerhooking, bead work and dressmaking, among others.

Visitors will be inspired by the range of work on display, and some of the makers will be demonstrating their work, so you can chat to them about their designs and their inspiration and learn how they came up with their creations.

Venue: Thornham Village Hall, High Street, Thornham (Next door to Thornham Deli) SatNav: PE36 6LX

Free entry. Refreshments. Open 10am - 4pm



Five Churches Festival is back for its 3rd year!



Five Churches Festival Robert Cohen (photo credit Christine Lalla)

Once again, all five churches in the Glaven Valley on the North Norfolk coast, each with their own unique architecture and atmosphere, will play host to an exciting and varied programme of music from 9th- 13th July. Featuring musicians of international acclaim alongside established professionals from across Norfolk, the Festival provides five days of high-level concerts with something for everyone. Chamber music, jazz, brass, and an idyllic finale of English music for strings.

The Festival Launch in Wiveton Church on Wednesday July 9th, welcomes the sensational duo of international mezzo-soprano Lotte Betts-Dean and guitarist Dimitris Soukaras.

Their inventive programme 'Time Stands Still' brings together the music of John Dowland and Nick Drake and takes us on exciting musical journeys far and wide.

Thursday 10th will feature Norfolk Young Musician 2025, violinist

Tristan McCardel in Cley Church followed by 'Glaven Rhapsody' in Glandford Church - a specially composed multimedia performance by Ivan McCready (cello) and Rachel Stacy (viola) including live music, film, spoken word and pre-recorded soundscape. The day ends in style with Jazz@Bayfield - outside in the beautiful grounds of Bayfield Hall featuring the legendary jazz singer Barbar Gough with the Chris Cooper Trio.

Blakeney Church on Friday 11th sees festival artistic directors Brenda Blewett and Chaos Collective in collaboration with renowned international cellist, Robert Cohen.

'Schh....' features duos by Schubert, Schumann (Robert and Clara) and the great Schubert String Quintet.

Award winning London Central Brass Quintet will bring their amazing sound and energy to Letheringsett Church on Saturday 12th and then Cley Church hosts the Festival Finale

'An English Idyll' on Sunday 13th - music for string ensemble conducted by Stephen Threlfall.

Alongside favourites by Elgar, Britten and Holst, the Festival Finale features BBC Young Musician 2020 woodwind finalist Ewan Millar in Vaughan Williams Oboe Concerto.

Full details, online booking and how to become a Festival Friend can be found at fivechurchesfestival.com. The website and booking goes live in April.



Five Churches Festival London Central Brass



Ann McKimm

AVE Day Victory Gala will take place at Hunstanton Town Hall on May 10th as part of a weekend of celebrations in Hunstanton celebrating 80 years since the end of WW II.

The HDFA will be taking part in the Gala which starts at 2pm. This has been organised by Mr John Harris a well-known local musician who has raised thousands of pounds for charity over the years.

We will be appearing as the Platinum Players and hope to provide the drama and comedy content alongside the many other groups and musicians taking part.

If you enjoy the Last Night of the Proms type entertainment then this is for you.

It will be filled with patriotic songs, beautiful poetry, songs to sing a long with and a few comedy sketches to make you chuckle.

Other Groups taking part include The West Norfolk Singers, Concert pianist Loe Mai Yuen, Nikki and Dave Williams, The Zimbabwe Fellowship and a mystery guest artist yet to be announced.

John Harris himself will lead the sing a longs at the piano.

This concert will be held in support of the Royal British Legion with a Grand Raffle with many prizes so do come along and join in the fun.

Tickets cost £10 with £7 concessions and are available from By the Book in Hunstanton High Street.

Don't forget your jumper!

The old proverb says, 'Don't cast a clout 'till May is out', reminding us of the fickle British weather and its ability to bathe us in warmth one day and bring chilly winds the next.

In recent weeks the weather has been glorious and joyful, lighter, brighter clothes have been the order of the day, but morning frosts and chilly evenings demand an extra layer.

So, what's the solution when it comes to choosing what to wear in the morning? Allez Chic's Cheryl Daubney says: "pop on a light padded jacket like the very smart one in our advert, it will team perfectly with a skirt or trousers, and for a more casual look, jumpers made from a 50/50 cotton and polyester mix provide a light but warm extra layer.

"Micha is a Danish fashion brand for 'the woman who loves quality, colour and design.' The company has been producing knitwear in Herning, Denmark since 1932 and this season they have some stylish sweaters in really pretty colours to cheer us all up after winter. The quality of their jumpers is well known, and this year their colours and designs are exceptionally pretty.



Left: Micha 50/50 cotton and polyester mix jumper and above the same jumper in blue

"We have been busy preparing all the new stock of which there seems to be an endless stream of deliveries! However, it all seems to have been well received so far, and we have some lovely vibrant colours as well as a great palette of neutrals, so hopefully something for everyone."

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THE ARTS SOCIETY NORTH WEST NORFOLK

Is Photography Art?

Lesley Nadel

People have been asking that question for over 100 years. Some members of the Photographic Society of London, formed in 1853, believed the technique was “too literal to compete with works of art” because it was unable to “elevate the imagination.” Views have changed over time and with Andreas Gursky’s photograph Rhein II setting a record £2.7m for a photo sold at an auction in 2011, the question was settled.

Many art museums and galleries now show photographic exhibitions listed as photographic artworks. But many decades ago, the earliest photographers were looking to paintings when they were first exploring their technological potential. Paintings offered a diverse range of transferable subjects - still life to landscapes, nudes to portraits - which the early photographers could copy and adapt. The great masters were studied for the “simple, yet grand, method of composing a portrait.” The early photographers recognised very soon that photographs are like paintings, both are often artificially constructed portrayals, and their photographs needed to be carefully composed, lit and produced. Landscape photography emerged just as the impressionists were beginning to work in the open air and some believed that it would be a real challenge to their paintings, capturing the “natural combinations of scenery, exquisite gradation, and effects of sun and shade.”

Nowadays photography is identified within the category of “visual art” and has become part of everyday life. It has played a significant role in the modern and

contemporary art movements, Futurism, Pop Art and other schools of art. It has developed a changing role in other art forms such as drawing and painting. Most commercial art forms had historically been dominated by drawing and illustration. Owning a camera is no longer required, just a mobile phone. We are constantly bombarded with images on our computers, in magazines, advertising, etc. Photographs can accurately depict a person, capture a moment in time, record a document, a story. Their uses are many, including social, creative and technical. What one person gets out of a photographic image may be completely different to the next.

Some portraiture is considered Fine Art photography and regularly exhibited at the National Portrait Gallery. The work of some fashion photographers, working in commercial environments, may be considered photography artworks and will fetch Fine Art prices, for example Richard Avedon and Helmut Newton. Other photographic artists such as Ansel Adams, Man Ray, Irving Penn, Dorothea Lang, and Jonas Leriche are well-known and famous, along with photorealist painters such as Gerhard Richter and Andy Warhol. Indeed, it is Ansel Adams (1902-1984), one of the all-time great landscape photographers, a lifelong advocate for environmental conservation, who makes the case for photography as art: ‘It is the creative act of the artist-photographer who, in visualising a poetic or revealing image within the scene in front of him, anticipates what the final print must convey to express what he sees and feels’.



Have you always wanted to learn more about the arts?

Then start now with our next talk at Sedgeford Village Hall at 2:00pm on Monday 12th May



The Female Gaze - Photography from Julia Margaret Cameron to Lee Miller
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If you would like to know more about the arts, on a wide variety of subjects, come and join us, The Arts Society North West Norfolk, at Sedgeford Village Hall, PE36 5NG. The next of our monthly talks will be on Monday 12th May 2025 at 2:00 pm: The Female Gaze – Photography from Julia Margaret Cameron to Lee Miller. Details on our website www.theartsocietynwnorfolk.org.uk Annual membership £45. Large free car park. Our aim is more art for more people, with enjoyment and friendship.

The Arts Society King's Lynn

The Arts Society King's Lynn continues the 2024-2025 season on Thursday 8 May 2025 when they welcome Brian Slater to speak on the topic of “World Famous Photographs: Images that shaped our culture”.

Our lecturer will be Colin Shindler who has been lecturing on American and British social and cultural history for over 20 years. He was awarded his PhD at Cambridge University and subsequently lectured on film for their History Faculty between 1998 and 2019 exploring its relationship to modern British and American social and cultural history.

Between 1975 and 1999 he pursued a wide-ranging career as a writer and producer in television, radio and film. He has written three novels as well as numerous television Shindler scripts and radio plays but regards his greatest cultural contribution as choosing the title music for the police series Juliet Bravo. His most recent radio play Leni Goes to Hollywood, about the German film director Leni Riefenstahl, was broadcast on Radio 4 in August 2021. He is the author of Barbed Wire and Cucumber Sandwiches: The Controversial South Africa Cricket Tour of 1970 and his childhood memoir Manchester United Ruined My Life.

The lecture will take place in West Winch Village Hall where there



is ample free parking available and starts at 2.30pm. (Note new time). TASKL meets once a month on the second Thursday from September to May and anyone is welcome to become a member.

The annual subscription is just £55 or you can go along to individual talks as a guest for £10. Anyone interested in finding out more about TASKL can visit their website at www.theartsocietykingslynn.org.uk or to join the Society contact the membership secretary on 01366 328648 or via email at info@theartsocietykingslynn.org.uk.

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Schloßökonomie Gern Take Two!

In the March edition of Town & Around I wrote about my experience at the symposium at the Schloßökonomie Gern, Eggenfelden in 2005. Ten years later I was asked to teach at a Summer Academy on this same site that I had loved so much.

During the first week in August, four intensive workshops would be held by four professional artists: Etching and Experimental Printmaking, Creativity Through Drawing and Painting, Colour and Space and Working in Three Dimensions. I would run the 3D course.

The concept of the Summer Academy matched my teaching philosophy perfectly. Small groups of no more than 10, would allow for each person to develop their own artwork. In my group, any sculptural medium was allowed. I was able to liaise with everyone to prepare prior to the workshop. The range of ideas and materials used was as broad and individual as those attending.

So, now that all the course preparations were made, I would need to get myself to the Schloßökonomie! By this time, I was living in the western part of Germany which meant a 5 1/2 hour drive — which inevitably took longer due to traffic jams and construction on the Autobahn — but Bavaria was calling so it was worth it. I would get to see friends and relatives including artists I had met at the symposium ten years earlier — a working holiday — yay!

The Schloßökonomie was pretty much the same as it had previously been. The biggest sad difference was that the brewery was locked up for health & safety reasons. We discovered that we would be working in the garden of the Forester's cottage. However, making sculpture outdoors under natural light gave us the best working environment. There was space for us inside if it rained. Luckily, we were blessed with the best summer weather we could have ever wished for.

Everyone brought their ideas with them and worked intensively over the seven days to develop their practice. Wonderful work was created: a terracotta warrior, wood carving, an almost life-size figure made of breeze blocks, and plaster and wire sculptures were realised. There was also the opportunity for people who preferred to work in 2 dimensions to attend a life drawing session. I encouraged my 3 dimensional group to use clay to capture the life model's short poses. They were surprised at how much they could achieve in such a short period of time.

The feedback from the organiser was, "With great dedication, high technical and artistic competence Esther looked after the many participants. Her responsiveness and the ensuing dialogue and support led each individual to the successful realisation of their artwork."

Running this experience set the stage for how I teach now. It is also part of my vision for The Old Dairy. It would be wonderful to have not only year round 2 and 3 dimensional courses run by local, catering to individual needs, but also running a Summer Academy with guest artists offering a broad range of workshops.

Esther Boehm, Studio @ 55 •
<https://www.studioat55.com>
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Clockwise from top left: Breeze-block-figure, Wood Carving, Terra-cotta-warrior-realised and terra-cotta-warrior-in-progress



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A Thousand Birds of Hope

The community project has been the brainwave of artist Patricia Stewart. She took inspiration from a slate engraved tombstone in St. Lawrence Church Harpley belonging to the Raven family. An idea of hanging a thousand birds within the church as a sign of hope in such a troubled world.



Workshops have been held in the village, many people have become involved. Origami, paper mache, textile, many different techniques have evolved. We have received support from CTM a local business, and also from the Diocese of Norwich.

From 7-15 June 2025 the display will be in our village church, open daily with refreshments available throughout the day. In addition there will be a programme of events and speakers as follows

Contact Gina Wagg email: ginawagg@yahoo.com telephone 07821 622381

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VE Day Celebrations

Hunstanton Town Council



Thursday 8th May

9am Raising the flag - Cenotaph
9.30pm Lighting the Beacon - The Green

Sunday 11th May

11am VE Day Parade
Local Groups Welcome
to Join In Parade *leaves United Services Club and makes its way through the town, ending at the War Memorial)*
Service 11.30am

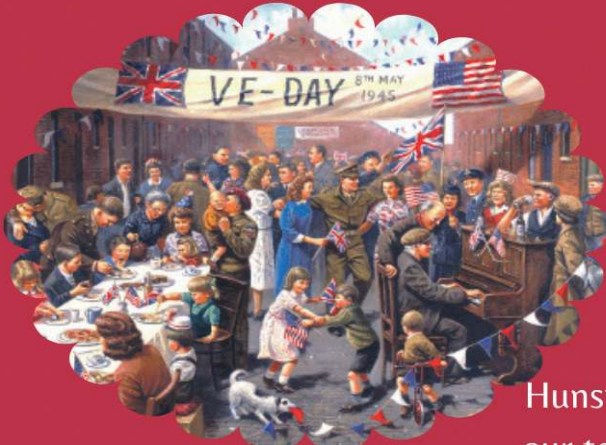
Saturday 10th May

2pm VE Day Gala - Town Hall



Sunday 11th May

Street Party from 12 noon
Hunstanton High Street
Live 40's Music at the Spinney
Street Entertainers
Ration Book Offers



Hunstanton Town Council are proud of the work our team put into these events, we hope you will come along and support us.

Tickets for the VE Day Gala - can be purchased at By The Book

All other events are FREE

HUNSTANTON Carnival Weekend

20TH - 22ND JUNE

Friday 20th & Saturday 21st
Live music 12noon - 10pm
ON THE GREEN

Sunday 22nd
Carnival Day
11am - 5pm

(Parade to leave
recreation ground
at 1pm)

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If you suspect you've been misled or had a poor-quality removal, act now! Contact us for a **FREE** survey and expert advice before it's too late.

Common Issues with Botched Removals:

Foam left behind in eaves:

Often hidden and hard to reach without proper access (scaffolding may have been necessary).

Torn or damaged roofing felt:

Careless removal can cause holes, leading to leaks and structural issues.

Foil tacked to rafters:

A common trick used to hide incomplete removal, preventing proper inspection.



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Have You Had Cavity Wall Insulation Installed?

Many homeowners are unaware that faulty or poorly installed cavity wall insulation could be the root cause of their damp and mould problems. Given the increasing awareness and reported problems associated with faulty cavity wall insulation, there is a growing demand for professional removal services. Homeowners affected by these issues require specialists to safely and effectively extract defective insulation and address the resultant damage.

This presents a viable business opportunity for companies specialising in cavity wall insulation removal, especially those committed to adhering to industry standards and providing quality service.



Your Property May Be Deemed Unmortgageable

If you're experiencing any of the following, your insulation could be failing: Damp or mould on walls, Cold spots & increased energy bills, Plaster crumbling or wallpaper peeling, A musty smell in your home.

The Danger of Faulty Insulation:

- Trapped moisture can lead to serious structural damage.
- Health risks from mould exposure.
- Your property could become unmortgageable.

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The Consequences of a Botched Removal:

- **Structural Damage:**
Undetected spray foam can weaken your roof over time.
- **Devalued Property:**
Incomplete removal may leave your home unmortgageable.
- **Higher Costs:**
A second removal job can be expensive if not done right the first time.

Recent reports indicate a significant increase in issues related to cavity wall insulation (CWI). Investigations have revealed that tens of thousands of homeowners who utilized government-backed schemes to insulate their homes now face risks of damp and mould due to poor-quality installations. These issues have led to structural damage and, in severe cases, rendered properties unmortgageable.



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





May marks the start of the King's Lynn Community Cinema Club's summer season for 2025. Once again, a mixed programme of films and events are being planned. There are the regular 7.30pm showings in screen 2 of the Majestic cinema on the second Thursday of the month with 2 additional screenings, the first is in August on 28th and the second in October on 23rd. There are two club social events and four additional events that will require a supplementary payment from members, in the planning.



Starting the season on the 8th May is *One Flew Over the Cuckoo's Nest*. It is the film's fiftieth anniversary. The second of only three films to have won the 'Big Five' Oscars, which are Best Picture, Best Actor (Jack Nicholson), Best Actress (Louise Fletcher), Best Director (Milos Forman), Best Screenplay (Lawrence Hauben), winning 9 in total. Getting less than a rave review by the New York Times when first released it soon became recognised as a classic.

The film took over 10 years to get made due to a miscommunication. The process started with Kirk Douglas who appeared in the stage version was taken up by his son Michael who was one of the film's producers. The story is set in 1963 when a Korean war veteran and criminal pleads insanity and is sent to a mental institution. Once there he unites the patients against the tyrannical nurse.

Films are free to members; non-members can attend for £6 cash on the door. Anyone over 18 is welcome to join. More information can be obtained by emailing communitycinemaclub@googlemail.com or on the club's website www.klccc.uk and Facebook page.



The prime reason for starting Music in the Burnhams was to bring high quality music into community spaces and this we have achieved successfully over the last four years. Churches, village halls and schools are our popular venues and our work with the schools too continues in 2025. This year we shall be launching a specially commissioned school production but more of that in July.

As well as working with Burnham Market Primary School with workshops and concerts, this year we are collaborating with Norwich School in what will be a unique "joining".

Our resident string quartet, The Victoria, will take a day workshop at Norwich School with a performance for parents followed by a concert at 7.30pm on May 10th at Westgate Church Burnham Market where the school's string quartet will perform the glorious Mendelssohn Octet with The Victoria String Quartet. How exciting for young children to play with such professionals! I think we may have some proud parents in the audience.

The programme will also contain Mozart's clarinet quintet. John Bradbury, the acclaimed clarinetist will be performing as well as being part of the workshop at Norwich School.

Slightly older but still young musicians come to Brancaster church on May 24th. Finding work after leaving college and making a mark in the music industry is very tough and so it is a huge pleasure to be welcoming the young mezzo soprano Bethany Borak-Hallett to perform with Ben Horden.

Ben of course is MD of King's Lynn Festival Chorus and a brilliant pianist and organist, and I first heard Bethany at one of KLFC's concert and was very impressed as was the audience at the time. Bethany will sing works by Elgar, Schumann, Greig and Mahler.

Now securely based within the precarious industry that is music it is a joy to see Bethany go from success to success dazzling the opera and oratorio world with her velvety mature voice. Another great recital at Music in the Burnhams.

Bethany Horak-Hallett (Mezzo Soprano) Ben Horden (Piano)



Saturday 24th May 2025

St Mary's Brancaster, Broad Lane, Brancaster, PE31 8AU

Friendly, informal and welcoming atmosphere in which to meet old friends, make new ones while listening to great music and supporting Music in the Burnhams and its work in the community.

All information and tickets for both concerts are available to book online at www.musicintheburnhams.com or ring 07989 177079



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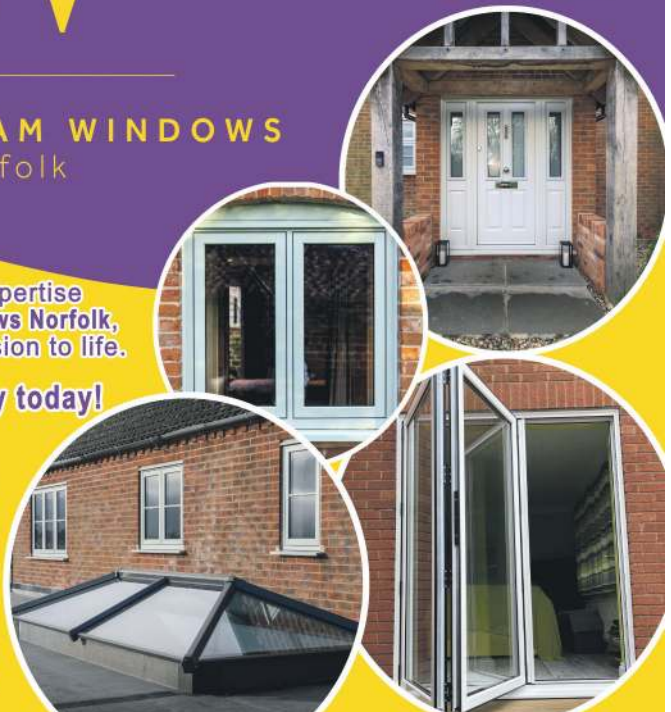
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Your Support Saves Lives 24/7

East Anglian Air Ambulance Kings Lynn Fundraising Group, by Trevor Dane, EAAA Volunteer

East Anglian Air Ambulance (EAAA) is a charity providing advanced critical care 24 hours a day, 365 days a year to the most seriously ill and injured people in the region by air and road.



The kit we carry



The high-tech equipment carried by EAAAs helicopters and critical care cars enables enhanced care at the incident scene – when the patient needs it most. This month we learn more about some of the latest equipment carried on board our helicopters and critical

care cars when the crew attend life – threatening emergencies.

Red and blue kit bags

The red bag is the Immediate Care bag, it contains equipment EAAA crews are likely to need to support the East of England Ambulance Service. This includes basic airway equipment, emergency medications and items which help to manage significant blood loss.

The blue bag is a Critical Care bag, which contains equipment for the A&E level interventions and care that EAAA crews carry out at the scene. We tend to use this bag more often because critical care is the usual reason EAAA is tasked. The bag contains a variety of extensive equipment that can give our patients the best chance of a positive outcome.

Zoll X Series Advanced Patient monitors

Patient monitors are used at every incident. This monitor typically performs two main functions:

Defibrillation of patients in cardiac arrest, or with life threatening arrhythmias

On-going multi-modality monitoring of critically ill or injured patients. These measurements allow the crew to titrate their interventions and provide similar monitoring and care to that of an emergency department. This monitoring also gives our crews the ability to download patient monitoring data directly and securely into the patient care record to provide a comprehensive record of the entire care episode.

Butterfly Point of Care Ultrasound

The internationally recognised acronym POCUS refers to Point of Care Ultrasound and is a procedure we carry out at the patient's side. It differs from diagnostic ultrasound as it is used to inform decision-making at the scene of a medical emergency. The handheld butterfly ultrasound probe can be attached to the crews iPad or iPhone, which acts as the display device. It can look deep within internal organs for signs of damage or internal bleeding, providing high-quality images to help transform emergency pre-hospital care.

I will cover more about the kit our aircraft and critical care cars carry in future issues and more about KLFG events attended and future events.

If you wish to learn more about EAAA and how you can support the charity, you can find the Kings Lynn Fundraising Group (KLFG) at events near you in May. KLFG will be attending the following local events to raise awareness and fundraise for EAAA.

May 4 and 5: NVTECH Rally, Stradsett, both days, all day

20 Hunstanton Town Hall indoor market - 10.00am to 2.00pm

25 Sandringham Car Pageant - all day

KLFG can be contacted by emailing

myself or my colleague Terri:

trevordane104@gmail.com

tfaye.100@gmail.com

EAAA enquiries 03450 669 999.

Website: www.eaaa.org.uk

Mintlyn Crematorium donates £12,500 to Tapping House

Mintlyn Crematorium, which is owned and managed by the borough council, has raised £12,500 to donate to the charity Tapping House.

The charity, based in Hillington near King's Lynn, provides free care, comfort and compassion to adults in Norfolk and North Cambridgeshire living with life-limiting illnesses and support for their carers, families and friends.

The money has been raised through a charitable scheme, operated by the Institute of Cemetery and Crematorium Management (ICCM), of which Mintlyn is a member. Under the scheme metal from medical implants is recycled after cremation, with the consent of the family of the deceased. Twice a year the institute asks its scheme members to nominate local charities, which help to support people to cope with the death of loved ones, to receive a donation.

Cllr Bal Anota, Cabinet member for Events and Open Spaces, at the Borough Council of King's Lynn & West Norfolk, said: "Tapping House are well known in West Norfolk due to the compassionate support they've given many members of our community over the last four decades.

"They bring joy to patients' lives and offer bereavement support for families and friends. I'm pleased to see that we can support this local incredible organisation."

Lindsey Atkin, Community and Corporate Fundraising Manager at Tapping House, said: "At Tapping House we believe in living life to the end and bringing joy to patient's lives. We work with everyone as an individual, supporting them on each step of their journey through

our outpatient unit, our inpatient unit, and in their own homes to live a good life and achieve a good death, in their place of choice. Each year the Hospice costs £5.7 million to run with less than 30% funded by the government - this means each year we need to raise £4.1 million to continue to provide care services to our local community. This year we have been serving the local community for 40 years, and now, more than ever we rely on the support of individuals, businesses and organisations within our community to continue our care."

To qualify for donations from the scheme, charities are selected on the basis they must assist the bereaved or those who are terminally ill.



Hunstanton Lifeboat Station

As our coast starts to get busy again, we're on call 24/7 and ready to launch whenever someone finds themselves in danger.

While we've got some of Norfolk's most picturesque beaches on our doorstep, those who venture out too far as the tide goes out risk finding themselves stranded as it turns.



Low-lying gullies in areas such as Holme, Thornham, Titchwell, Brancaster and Wells can quickly fill with fast-flowing water.

The large tidal range of the sea off west and north Norfolk also means the incoming tide can travel at well over walking pace.

Hunstanton RNLI water safety lead Kate Craven said some 250 people still drown around the UK coastline each year - half of whom did not even intend to get wet.

"We're blessed by our beautiful coast, but danger also lurks on even the sunniest of days, when it's so tempting to walk all the way across the sands to the sea," she said.

"But we'd urge anyone thinking of visiting any tidal area to check the tide times before they do so and ensure they have enough time to get off the beach safely, before the incoming tide floods and cuts them off."

Tide times are easy to check online by just entering tide times for [location] into your web browser, or going to the Met Office website and searching for the weather forecast for the area you plan to visit.

Hunstanton lifeboat operations manager Mike Gould said: "Always have your mobile phone with you and ensure it's charged before you visit just in case."

"If you see someone in danger, dial 999 and ask for the Coastguard. If you find yourself cut off, do the same and don't try to wade across any gullies or creeks filling with water."



During one of our most recent rescues, the hovercraft launched to the aid of three people

who had become cut off at Gore Point, near Holme as a tidal creek filled up behind them.



We're one of the region's busiest RNLI stations, with around half of the 40 or so launches we perform each year carried out to people who have found themselves cut off.

Training continues, with recent exercises including a member of our own crew finding themselves in difficulty shortly after a low-tide launch.

There were concerns for the plant driver who was feared to have collapsed, the team back at the boathouse heard over the radio.

Shortly after the lifeboat left its carriage to go afloat, the crew saw him lying on the sand near the rig and raised the alarm.



Roger that and understood. It was then a question of who could get there the fastest as the tide began to come back in.



The lifeboat held station in the surf in

shallow water, as two casualty carers jumped over the side with first aid kits and waded ashore to check over the driver.



Reinforcements rushed the half a mile or so on foot across the sands from the station with a stretcher.

Once the 'casualty' had been checked over and secured, the shore crew were back on their toes to carry them to safety, while a relief driver jumped aboard the tractor to recover the lifeboat.



If you'd like to find out more about what we do and how you could join us, either pop down to the station on a Sunday morning when we train or e-mail hunstanton@rnli.org.uk.

Stay Safe, Respect the Sea.

All images Credit RNLI/Chris Bishop



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Retiring ladies' golf captain tees off for Hunstanton RNLI

The ladies' captain of a Norfolk golf club presented £500 to a busy lifeboat station on 5 April to mark her retirement.

Teresa Hills is standing down as head of the ladies' team at Searles Golf Club in Hunstanton to spend more time on improving her own game.

After finishing the nine-hole course at the popular leisure resort in 27, she presented a cheque to the town's lifeboat station.

'The RNLI is very local to us,' she said. 'We were on the beach one day and my husband Rob had to call them out because two children were in trouble.'

Teresa has served as ladies' captain for six years at the club, whose neatly-manicured greens run along the sea defences towards Heacham.

'It's a beautiful club with a lovely course that's always in good condition,' she said. 'And the members are fantastic.'

She first began playing golf after a surprise present from Rob around 10 years ago.

'I came home one day and there was a set of golf clubs in the lounge,' she said.

'So I said I hope they're not for me. I was rubbish at it to start with but it's addictive and this is such a friendly club.'

As members gathered for the presentation, Hunstanton RNLI



From left, Helen Thory from the Hunstanton and West Norfolk Lifeboat Guild, Teresa Hills and Hunstanton RNLI treasurer Jackie Merralls. Credit RNLI/Chris Bishop

treasurer Jackie Merralls thanked them for the donation, which they had raised from a number of events.

'There are 235 lifeboat stations like ours and 95 percent of our crews are all volunteers,' she said.

'They couldn't do what they do without the kindness of people like you.'

NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

The major issue faced this month has come about as a consequence of a collision between a container ship and a tanker off the coast of East Yorkshire. This resulted in a reaction between the jet fuel carried by the latter and the sea water, creating plastic nurdles of various sizes that washed up on Brancaster and Titchwell beaches. These have the potential to be dangerous to animal and bird life, as well as polluting the shoreline.

Brancaster Station Watchkeepers reported the problem to HM Coastguard, as required by the protocols, and the Coastguard Rescue Team (CRT) was activated. Watchkeepers worked with the CRT to coordinate the clean-up, which also involved a number of volunteers; dog walkers were advised to keep their animals on a leash. Work is still continuing to complete the clearing of the beach.

One new volunteer, Mark R, has joined, and one Watchkeeper, Matthew, has passed

his certification. We wish them both well, and offer our congratulations to Matthew, ex-Royal Navy, on his rapid progress in training.



NCI Brancaster celebrates its third anniversary this month: many thanks for its remarkable success in such a short time go to the volunteer Watchkeepers who staff the

station and to the Royal West Norfolk Golf Club who host its premises. The photographs show the original mobile station (left) in 2022, together with the new one (below), opened last year.



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

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King's Lynn carer's award for Going the Extra Mile



A King's Lynn carer who served with the RAF has added to his collection of awards from the company he works for.

Trevor Diack took the Rising Star Award at Norfolk home care company Extra Hands just two years ago, and now he has been singled-out for the Going the Extra Mile (GEM) award for the Heacham office.

Having travelled the world before taking early retirement from the air force, Trevor was working as an exam invigilator when he decided that there was an alternative out there that suited him.

And it's the teamwork, training and support at Extra Hands that is so exceptional, he says, and knowing that there is always someone on the end of a phone to help if necessary.

"It's an incredible privilege to be able to go into someone's house and help them to stay independent and at home for as long as possible. I've worked with people aged 100 or more and it really is a privilege," he said.

"There is also a great deal of job satisfaction - and I know how families feel as my wife Siska has multiple sclerosis and my mum is 90 and in a care home herself. It's important to have the right carers around and to build that trust."

And the caring gene seems to run through his family as Trevor's mum was a nurse and three sisters are carers. Both his daughters, now musicians, were also young carers due to his wife's MS.



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www.extrahandshomecarenorfolk.co.uk

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



Living in King's Lynn, Trevor was nominated for the award by a service user and their daughter.

"We are both nominating Trevor. From dad's point of view, Trevor always makes sure dad has all his bits and pieces (hearing aids, caroline, teeth etc!). He does what is asked of him regarding dad's medication and dad says he always has a lovely chat with him and lets him know if there's anything in the diary for the day.

"From my point of view, Trevor always writes a good report and gives a clear picture of how dad is doing. Thanks Trevor!"

The relatively new technology of computerised notes means families get 'real time' updates about their loved ones wherever they are in the country, or even abroad.

"We are encouraged to write notes that we would want to both read and understand. With mum in a home down in Portsmouth, I understand how important that is."

Credit Barking Dog Media/Ian Burt Photography



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NEWS FROM BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

BVH is looking forward to the summer with a wide range of activities planned, in addition to the regular groups.

FORTHCOMING EVENTS

8th May Commemoration of VE Day: Live 40s music at BVH and illustrated talk about life in North Norfolk in 1945. Admission free - come along at 5.00pm for a complimentary drink. There will be the lighting of the Beacon on Barrow Common at 8.45pm, with the Community Choir performing music from the 40s at 8.30pm.

26th May Spud Bar and Solar Scoops with music by FOBs from 4.00pm

14th June Magician Nick Twist and Currylicious Banquet from 6.00pm

26th July Summer Party with Bordolis Pizzas & music by King and I

16th August VJ Day Commemoration (details to follow)

31st October Halloween and Bordolis Pizzas

REGULAR GROUPS

Bar 71 has a full programme of quiz nights, darts, pool and skittles.

Brancaster Stores goes from strength to strength, with the Shop/Post Office now open seven days a week, from 9.00am until 5.00pm.

Further information about these and other activities can be found on our website at www.brancastervillagehall.communitybookings.co.uk or on Facebook and Instagram. Enquiries: bvhsetup@gmail.com

FROM THE BRANCASTER VILLAGE HALL ARCHIVE: THE ARCHAEOLOGY OF BRANODUNUM ROMAN FORT

This is an article about the various archaeological digs that have taken place on the site of the Branodunum Roman fort over the last two hundred years.

The Romans constructed the Branodunum fort around 225/250 AD, probably replacing an earlier structure or structures; the settlement was on a strategic site, offering access to the sea to the north with a deep-water inlet. Its purpose was to guard against pirate attacks, support local garrisons in case of internal troubles and facilitate the movement of people and goods through the region; the fort would also have been a centre for collecting customs and taxes. There is evidence from the remains found on the site that the fort was garrisoned by auxiliary troops such as the Dalmatians and Gauls – in the main, cavalry troops. This enabled Roman forces to move swiftly along the coast if danger threatened. Branodunum was the most northerly fort built by the Romans in Norfolk, being one of three.

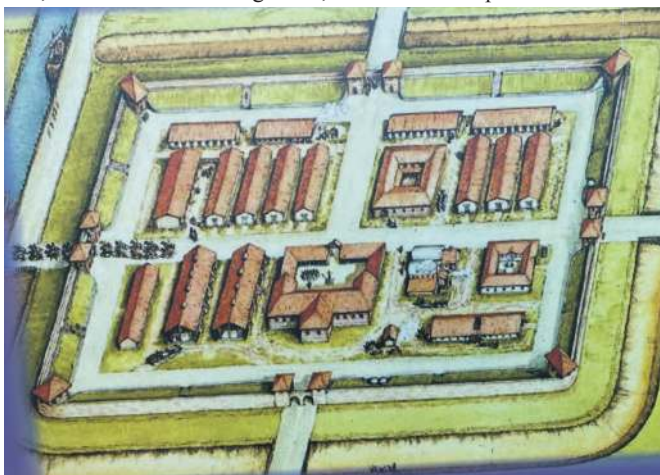
The Branodunum fort followed the common Roman pattern, with rounded corners, square turrets and a surrounding ditch. The fort was built of stone and so was stronger in defensive terms than the hill forts of wooden and earth construction which were common in East Anglia. The full extent of the fort and its surrounding support buildings was in excess of fifty hectares. The National Trust acquired the site in 1984, when it was about eight and a half hectares, of which two and a half contained the actual fort footprint. Today the site is mainly grass, although evidence of the original ditch surrounding the fort still exists, notably on the eastern and western edges.

The fort was largely extant up until the seventeenth century, but by the eighteenth century was in a dilapidated state, with a large number of the stone blocks removed. These went to provide building materials throughout the region, with many being used to construct the malt house at Brancaster Staithe and to repair St. Mary's Church in Brancaster.

The site has been the subject of much archaeological interest in the last two hundred years, and a number of excavations by both amateur and professional archaeologists have taken place. Strangely, in the early twentieth century, the site was under cultivation, and this continued until 1984, when the National Trust took over ownership.

In 1846, the Reverend Lee Warner conducted an archaeological dig on the site which located the remnants of a masonry wall and the base

of one of the corner towers. The first systematic professional excavation of the site took place in 1935, when several trenches were dug. This excavation established the approximate size and shape of the fort, as well as the locating walls, ditches and ramparts.



An artist's impression of the Branodunum Fort

In 1970 a much more extensive excavation was carried out, this time including an aerial survey. This work revealed a much more detailed plan of the fort's layout, including the position of the gateways and the location of the headquarters building. This survey also identified the settlements connected to the fort, to the east and west of the main site. It was found that these were more extensive than previously thought, including a beaching and loading area to the north of the fort connecting it to the sea for supplies and, when necessary, reinforcements.

In 1985 a further excavation took place; three trenches were dug on the western edge and across the defensive ditch. Neolithic and Mesolithic remains were discovered which provided evidence that the site had been occupied for hundreds of years before the Roman fort was built; Roman and Anglo-Saxon objects were also uncovered.

The latest excavation was carried out in 2012 by television's "Time



The Time Team dig in 2012

Team", in association with the academic expertise of Wessex Archaeology; this team excavated five trenches on the site and the surrounding area. They also carried out a geophysical survey, using the latest magnetometry and ground-penetrating radar. Three of the trenches were inside the fort, with one each to the west and north of

the site.

This dig was undertaken very quickly and, as a consequence, was relatively small-scale. The modern technologies used did, however, give a much more detailed plan of the fort and its internal buildings. The evidence obtained would tend to confirm that the fort was built on a much older structure which had been another fort or an enclosed camp. Furthermore, the location may have been affected by movement in the water courses in the area over the period. The main fort conformed to the usual Roman pattern in having four entrances, barracks, a commander's house, granaries, a bath house and officers' quarters; a hypocaust system that fed the bath house was also identified.

The finds from this excavation were relatively modest, and dominated by pottery, ceramics, building material, animal bones and a small amount of metal, including coins. The pottery was largely of local provenance, although there were also some continental imports from what we now know as France and Germany: this points to most

trade in England being internal, rather than international. The coins uncovered may point to the longevity of activity at the site and its environs, as well as to the use of coinage in trade and exchange.

Food was obviously a vital part of life at the fort, as the garrison needed to be fed, and foodstuffs had to be stored for the winter period. Excavations showed evidence of the garrison's diet in terms of the plant and animal remains found. As well as domestic and trapped animals, fish – together with sea and land molluscs – formed an important part of the menu. The dig also uncovered the means used to cook food, such as charcoal and wood.

Such an important site as Branodunum really merits more thorough investigation, lasting sufficient time to allow us to learn more about the Roman occupation of this area. It has been confirmed at the time of writing that the Time Team will return to the site in summer 2025, and it is to be hoped that a much more extensive archaeological dig will take place, to help understand the living conditions in the 3rd and 4th centuries AD in Brancaster and surrounding areas.

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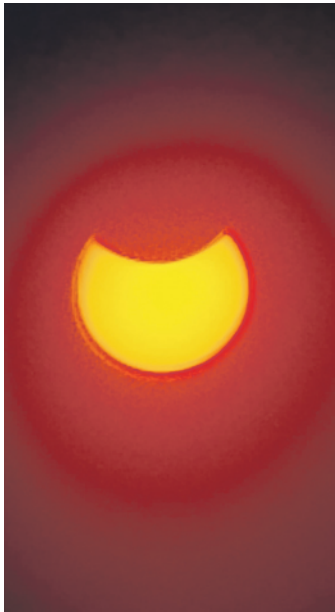
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Dark skies of West Norfolk

Terry Parish

I didn't see the total eclipse of the Moon last month though I did stagger outside early in an attempt to justify mentioning it in my article. I did see the partial eclipse of the Sun albeit as several glimpses between clouds or thinly veiled by them when eye protection was not needed (I don't advise you to do this). My son, in Essex, had clearer skies and saw the whole event, capturing some good images on his 'phone. See below.



'Phone, no filter. Oliver Parish



Not two Suns but a projection through normal binoculars. Unknown neighbour of Oliver Parish.



'Phone through hand held sun filter binoculars. Oliver Parish

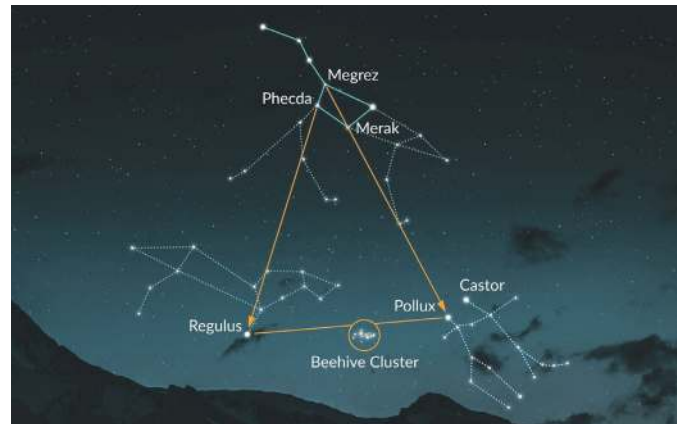
This month the light nights mean early evening observations have ended for several months and planetary positions, relative to Earth, are not good.

Jupiter is still with us but is low in the north-west setting about 11pm at the beginning of the month but getting lost in the evening twilight by the end. With a magnitude of minus 1.9, it is much brighter than any stars and easy to pick out. Remember to turn onto it any optical instruments you have to see if you can spot the sparks which are the four Galilean Moons. On the 28th, the thin crescent of Earth's Moon appears just above the gas giant.

Mars is up there too, though, with a magnitude of +1.1, it is on a par with a star. Sirius is much brighter at minus 1.46 and Antares is +1.1. The redness of Mars makes it easy to identify once you have found it and young eyes will help. This month the God of War will be in the same region as Castor and Pollux.

If you read this article as soon as print hits the streets then, on the 3rd, Mars will be close to a half Moon and also the Beehive star cluster (also known as Praesepe). It will appear close to this interesting cluster for the following two nights too.

The Beehive Cluster, Messier 44, is one of the nearest open clusters of stars to Earth. It is about 600 light years away so you are seeing it as it was around 600 years ago when the battle of Agincourt was fought. The Beehive consists of about 1000 stars with a mix of different types including red giants and white dwarfs. This fuzzy, nebulous, glow has been known about since ancient times when skies were darker. Good eyes in favourable conditions will see it but binoculars bring it out. Have a go.



Finding the Beehive. Internet



The bees buzzing in Messier 44. Internet

To see any other planets this month you will have to get up early. Venus rises low in the east at about 4am. It will be very bright with a

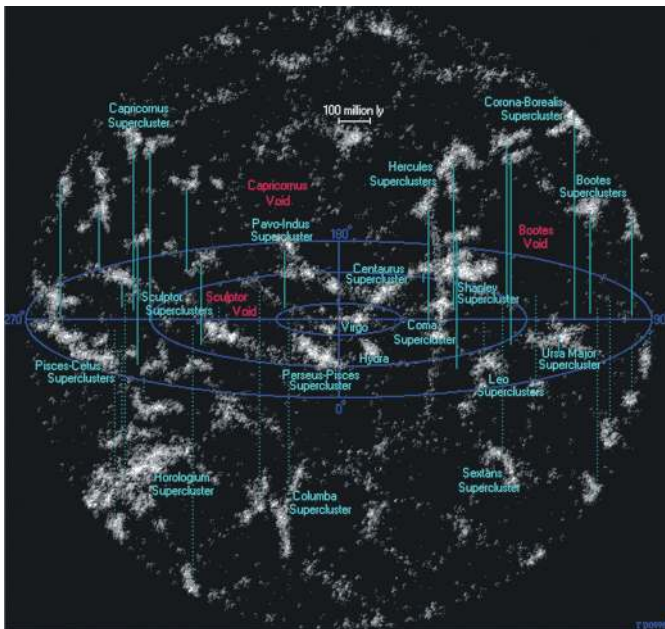
magnitude of minus 4.6. On the 24th, Earth's Crescent Moon will be in attendance.

Saturn pops up as a morning planet too. It starts the beginning of the month below and just to the right of Venus. As the month progresses it moves further to the right and higher. The rings are visible again, now seen from the bottom rather than the top as they were presented last autumn.

You might see some meteors after midnight of the 5th. They will be bits of Halley's comet burning up but moonlight will wash many out.

From the middle of the month, at 11pm, look due south into the sky and about a third of the way up from the horizon you will find a bright star, Spica. This is the bottom of the constellation Virgo and, close to that, is the Virgo Cluster. This is an association of 2000 galaxies which form the centre of a supercluster of which our galaxy, the Milky Way, is part.

The Milky Way contains between 100 and 400 billion stars and the Virgo Cluster, 2000 galaxies, contains trillions of trillions. The Local Super Cluster has an estimated 47,000 galaxies gravitationally connected. Work out the likely number of stars in our extensive back yard. And then, as there are an estimated 10 million observable galaxy super clusters, add another 7 zeros to your calculation.



Superclusters of Galaxies 'close' to Earth. Internet

Big up there isn't it? And that's just what we can observe at present. Say goodbye to Jupiter, keep Mars company for a while, and ponder the size of the Universe. Meanwhile, only another 7 weeks before nights begin getting longer.



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A Huge Thank You – It really does take a village



Tapping House thanks the community for the extraordinary support behind Tulips for Tapping and beyond.

Tapping House would like to extend a heartfelt thank you to our incredible community. The success of Tulips for Tapping and the ongoing support of so many has once again shown us the power of unity, generosity, and kindness.

This year's event, celebrating 40 years of Compassionate Care, was nothing short of magnificent, and it truly wouldn't have been possible without our army of over 200 volunteers, who gave more than 4,000 hours of their time across the ten days. From car parking and merchandise stalls to litter picking and selfie-snapping. We are utterly blown away by the dedication and energy shown by every single volunteer helping make lasting memories for thousands of visitors.

Rebecca Walls, Volunteer Services Manager, says "Our volunteers are the heart of Tapping House. Whether it's parking cars, selling tulip merchandise, or simply offering a friendly face – they show up, pitch in, and make an incredible difference. We genuinely couldn't do it without them."

And the support didn't stop at the fields. Our local heroes have been running marathons, hosting parties, planning quizzes, volunteering their time across all our Charity shops, and finding countless other ways to raise vital funds. Every penny raised helps us continue to offer compassionate care to patients and their families during the most difficult of times.

The Cost of Compassionate Care

To understand the true impact of your support, here's just a glimpse into how your donations help:

£100 – Provides 6 hours of care from a Palliative Nursing Assistant

£700 – This covers care for one patient on our Inpatient Unit for 24 hours

£1,000 – Offers 25 bereavement support sessions for grieving families

£3,000 – Covers the cost of one bed on our Inpatient Unit for five nights

£6,000 – Keeps our Hospice at Home fleet running for 6 months

The cost of running the Hospice each year is a staggering £6 million, with the Fundraising Team needing to raise £4.3 million annually. Every donation – big or small – plays a vital part in keeping our services going, which is why we are so incredibly grateful for all the continued support we receive from you, our Community.

Upcoming Events – Join Us in May!

We're excited to welcome even more supporters to our May events:

Whether you run, walk, party or quiz – your support makes an impact. Lindsey Atkin, Community & Corporate Fundraising Manager, adds, "Every coffee morning, cake sale, fun run, and generous donation adds up to something truly powerful. Our community's fundraising spirit is what keeps Tapping House going – it's a real team effort, and we're endlessly grateful for every bit of support."

Together, we really can make a lasting difference and we truly couldn't do it without you. From all of us at Tapping House – thank you for being part of this journey. And finally, don't forget to keep an eye out for our refreshed new look Hospice Lottery! It's a fantastic way to support us for just £1 a week/per entry – and you could be in with a chance of winning up to £5,000 on our rollover.

For more information about Tapping House and to find out that there's so much more to Hospice Care, please visit www.tappinghouse.org.uk or call 01485 601 700



1st May

Quiz Night at Whatahoot
Kings Street, Kings Lynn



12th May

Monthly Meet Ups
Morrisons Cafe, Kings Lynn



12th May

Compassionate Friends Workshop
Online Workshop



17th May

"Back to the Old Skool" Disco
Duke's Head Ballroom



18th May

Author Afternoon Tea
with Jeremy Page



21st May

Stoddy Open Gardens
Stoddy Estate, NR24 2EW



23rd May

Memorial Golf Day at Swaffham
Swaffham Golf Club



23rd May

Planning my Future Care
Tapping House, Hillington

Ringstead Open Gardens

Sunday 8th June 2025

A wonderful blaze of colour, cakes and community spirit raising funds for St Andrew's Church. Make a day of it touring a variety of gardens bursting with dazzling displays of flowers, shrubs and trees to inspire and delight. The ever popular and delicious home cooked 2 course lunches will be served in Ringstead Village Hall from 12-2pm @ £17.50 per head. Tea, Coffees and Cakes will be served from 2pm til 5pm. With the added bonus of traditional Cake and Produce stalls, Tombola, Raffle and the unmissable Plant Stall and live music, it has all the makings of a fun day out for all ages.

St Andrew's Church plays host to a Flower Festival across 3 days from Sat 7th to Mon 9th (10am-5pm) and this year's theme is 'All things bright and beautiful'. Nearby, you can walk in Ringstead Downs and Chalk Pit and Courtyard Farm.

Gardens open from 11am to 5pm Sunday 9th. £6 entry covers all gardens - Under 12s are FREE

Lunches served from 12-2pm – to prebook? email bonallack@sky.com

Tea, Coffee and Cakes 2-5pm, FREE Minibus round the village gardens.

Flower Festival at St Andrews Ringstead - open 17-19 June 10-5pm



Above: The Old Rectory garden Ringstead

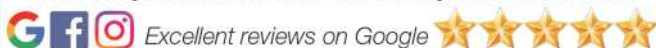
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EXCITING TIMES FOR THE MAGPIE CENTRE

Stop Press News: The Magpie Centre, home of West Norfolk Riding for the Disabled Association has joined the Pony Club as a Linked Riding Centre, joining a nationwide network of more than 400 riding centres working in partnership with The Pony Club to provide outstanding opportunities for young riders and their coaches.

As a Linked Centre, we can now offer Pony Club membership to our riders, so they can access internationally recognised Tests and Achievement Badges to help them progress their riding and pony care skills, plus the chance to participate in Pony Club competitions. These experiences help to build confidence, teamwork and responsibility.

As one of the UK's biggest RDA groups, with an annual turnover of £200,000, and no Government funding, the need to raise money is a continuing activity.

A team of intrepid runners comprising service users and volunteers will tackle the Mini-GEAR (Great East Anglia Run) in Kings Lynn on Sunday May 4, to raise funds for the Magpie Centre. The Centre, its staff, volunteers and 13 equines provide therapy, achievement and enjoyment to people in the community living with disabilities. Those wishing to support them can do so via JustGiving, send a cheque

payable to West Norfolk RDA – Magpie Centre or call the Centre on 01553 810202 to make a BACS transfer.

The Magpie Centre Craft Fair and 'Have a Go' Dog Agility, Saturday June 7 at Wallington Hall, South Runcton, PE33 0EP (on western side of A10, about three miles north of Downham Market), truly offers something for everyone. It is open to visitors from 10.00 am to 3.00 pm. Stalls are under cover in the indoor school, which is wheelchair accessible, as are the toilets. Admission £2.50 for adults and free for under-16s. Cash only. Free parking. Well-behaved dogs on leads welcome. Dog Agility £2.50, to include a practice round, plus advice from an experienced judge, followed by a timed round.

Added to a diverse range of crafts for sale on more than 35 stalls, ideal for those who want to start their Christmas shopping early! youngsters can get creative at the Children's Craft Stall. They may be the stallholders of tomorrow. Who knows?

And music will be a big feature of the day, with Your Choir performing 11.00 am – 12 noon and the U3A Ukelele Club playing sets at 12.30 – 1.00 pm and 2.00 – 2.30 pm plus performing as strolling minstrels in between.

A delicious BBQ will be provided by RRT. No set price. Give whatever you can. There will also be tea/coffee, snacks, cakes and cold drinks available all day.

To celebrate the 80th anniversary of VE Day, visit the Vintage Tea tent. Enjoy tea and cakes served with the elegance of yesteryear.

And for those addicted to forward planning, Save the Date: Saturday October 11 for our Quiz with Hog Roast Supper (with veggie alternative). Venue: Stowbridge Village Hall, Downham Road, Stowbridge. PE34 3PW. Doors open 7.00 for 7.30 start. Bring Your Own Drinks. Prices and how to book to be advised.

LADY DANNATT VISITS MAGPIE CENTRE

It was 'best foot forward' for the Magpie Centre, home of West Norfolk Riding for the Disabled Association, when the High Sheriff of Norfolk, Lord Lieutenant Lady Dannatt paid a visit to Wallington Hall, where the Centre is based.

Having met groups of staff and volunteers, Lady Dannatt enjoyed a trip round the paddocks and tracks where the Centre's service users enjoy rides and carriage drives with Magpie Centre Yard Manager Natalie Dade driving the 'Gator'.

Then WNRDA Acting Chairman Chris Hitchens escorted Lady Dannatt round the Sensory Garden, opened by HRH the Princess Royal in 2021. It now includes a classroom used by home-schooled children, many of whom have learning difficulties and who attend the Magpie Nest, a facility opened in autumn 2024.

Lady Dannatt was delighted with her visit and appreciated the many ways in which the Centre enriches the West Norfolk community.

'The Magpie Centre is amazing,' she said, 'it delivers on so many levels: to the service users, both physically and psychologically, and to their parents and carers, who also gain in confidence.'

'Then the volunteers,' she continued, 'who feel valued and combat loneliness by becoming a part of something.'

'You do it all beautifully,' she said. 'I am beyond impressed.'

As she departed for her next engagement, Lady Dannatt accepted an invitation from Natalie to enjoy a carriage drive during the summer holidays.



Inner Wheel Hunstanton news

Every year in the Spring, Inner Wheel in Great Britain and Ireland holds its annual Conference. This year, the Conference was held in the lovely old town of Harrogate. All members in Great Britain and Ireland are invited to attend.

Just under 1,000 women invaded Harrogate for the 4-day Conference.

We started a day early and indulged in a luxury afternoon at Betty's Famous Tea Shop. It was delightful, excellent food, wonderful surroundings with soothing music being played on the piano.

On Monday, we explored Harrogate, enjoying the old buildings, the beautiful flower displays and a walk in the Valley Park.

We registered in the afternoon in the Conference Centre. Our meetings took place in the Royal Hall – very elaborate décor. The evening saw us have a friendship meeting with members from our District 8 and District 24, which is our daughter district. It was lovely to meet up with old friends.

Tuesday started with a Service of Friendship followed by the main speaker – Angela Rippon – she was amazing! She told us all about her 59 years as a journalist. Not only had she worked for the BBC here, but also in America and Australia. She was a very entertaining speaker and spoke for over an hour without notes!

In the afternoon, we had two speakers – one on Smile Train – cleft palate and the other on Arthritis Action. Both were very enlightening.

Our evening entertainment was "A Night at the Proms" performed by a brass band – great fun! It was wonderful to see so many young musicians playing so proficiently.

Wednesday morning was the AGM, where all reports and proposals for change were presented.

In the afternoon we had a presentation on Medical Detection Dogs. Dogs from Rescue Centres can be trained to sniff out medical problems in lab samples, e.g. prostate cancer.

The Conference ended with a wonderful Ladies College Choir from Harrogate – a fitting end to a most enjoyable Conference.

Next year – Llandudno!



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Rotary Club of Hunstanton & District

To Be or Not to Be – A Rotarian – That is the Question?

Twenty years ago, a friend persistently encouraged me to consider joining Rotary. While I was somewhat familiar with local Rotary clubs, I had not fully grasped the extensive impact of Rotary's work both locally and globally. Eventually, my wife suggested that I attend a meeting to see if it resonated with me; if not, at least our friend would cease their inquiries.

I made the necessary arrangements and attended a meeting. I quickly realised the vast scope of Rotary's contributions, with 1.4 million members worldwide, making it one of the largest humanitarian organisations globally.

That was over 20 years ago, and I am now a proud member of the Hunstanton & District Rotary. I thoroughly enjoy the camaraderie and the opportunity to raise funds for both local and international causes.

There are several pathways to join Rotary:

- Join a local club
- Become a direct member – participating in Rotary without being affiliated with a specific club
- Corporate membership – please inquire for more information
- RotaKids – ages 7 to 12
- Interact – ages 12 to 18
- Rotaract – ages 18 to 27
- Rotary – ages 27 and above

Rotary is akin to a compelling book; you may have a general idea of its content, but until you delve into it, you cannot fully appreciate the narrative. If you wish to learn more about Rotary, please feel free to contact us at 07739 370 513 or visit our website at www.hunstantonrotary.co.uk. My name is John Greyson, and I look forward to hearing from you.

Priory Rotary Weightwatchers

Phil Davies



Pictured are Rotarians Alan Leventhal and Paul Batterham, Alzheimer's Society volunteers Jacky Phipps and Georgina Clark, and Priory President John Leonard.

The latest donation from Priory Rotary is £1000 to the Alzheimer's Society, following a sponsored weight loss challenge by Rotarian Paul Batterham.

President John Leonard nominated the Alzheimer's Society as his charity of the year, recognising the devastating effect this disease can have on sufferers and their families. This donation will help people with Alzheimer's to access potentially life-changing support when they need it most, as well as providing funds for vital dementia research and innovation.

This follows an earlier donation of £500 from fellow Rotarian Ken Johnson from his weight loss challenge to the St Faith's Church Friendship Café, which gives weekly support and companionship to local dementia sufferers and their partners/carers.

Rotary Indian International Evening

Michael Walker

Recently some 80 people attended a special evening of Indian music, dance and food at the Masonic Centre in King's Lynn. It was organised by Bill Irwin, Chairman of the Club International Committee and Dr Prabir Mitra in his role as a Director of the Sur Sarang Arts group. The purpose of the evening was to raise funds for a planned 3-month overland trip from England to India, in part following the old Silk Road route. The trip is to be undertaken this summer by Dr Mitra and his wife, Sanjukta, who teaches Maths at King Edward VII School. The aim is to raise awareness of diabetes, a global health problem affecting millions of people worldwide.



Traditional Indian music was provided by Saphwah Simab who plays on a rubab, a traditional string-instrument from Afghanistan, and by Amritpal Singh Rasiya on tabla drums. They also accompanied Sanjukta Mitra singing classical Indian music. Making it a truly international evening Sanjukta was also accompanied by violinist, Lin Hethrington, who also played some western folk music. In addition, Sangeeta De and dancers from her Taal Rasa Bhava Academy performed for the guests at this special evening.



Rotary donation to Lavender Hill Mob Theatre Company

Phil Davies

In a quiet corner of South Wootton, the Lavender Hill Mob Theatre Company (LHMTc) stands as a beacon of creativity, inclusivity, and celebration of talent.

As an organisation that specialises in original musical theatre (since 2001) they make it their mission to ensure that everyone, regardless of ability or background, has the opportunity to shine on stage.

This commitment to inclusivity is embodied in their work with British Sign Language (BSL), ensuring that their theatrical productions are accessible to the Deaf community. Whether you're a budding performer aged four upwards, or simply an enthusiast of the performing arts, Lavender Hill Mob welcomes you to join their vibrant family.

Recently, the company received a generous boost from the local community in the form of proceeds from a quiz evening organized by King's Lynn Priory Rotary. The decision to donate the proceeds to Lavender Hill Mob was met with overwhelming gratitude from the Theatre Company. This act of kindness not only highlights the generosity of our community, but also exemplifies the ongoing support for creative endeavors that foster inclusivity. Every penny raised goes directly toward supporting LHMTc's mission of producing original musical theatre.

The Lavender Hill Mob's commitment to inclusivity goes beyond mere participation; it's about recognising and nurturing unique gifts. Each individual who walks through their doors is seen as a valuable member of the group, contributing their talents and perspectives to create something truly special. This philosophy reinforces the idea that the arts should be something where everyone



feels empowered to express themselves, free from judgement or limitation.

The support from events like the quiz evening showcases not only a commitment to local arts, but also a call to action for community involvement. Participating in such events fosters a sense of belonging and encourages individuals to connect with one another through shared interests. LHMTc encourages everyone—whether through attendance, participation, or volunteer opportunities—to engage with their initiatives and help spread the word about their performances and workshops.

As Lavender Hill Mob Theatre Company continues to grow (following the lockdowns) they invite the local community to join them

on this exciting journey. With upcoming performances and chances to get involved, there is ample opportunity for residents of King's Lynn and surrounding areas to connect with this remarkable organisation. Keep an eye on any upcoming shows, engage with their events, and consider how you can support their mission of making theatre accessible and inclusive for all.

If you would like to know more about LHMTc, then please phone/text 07769177501, or email info@lhmtc.co.uk. You can also find them on Facebook and their YouTube channel, 'LHMTc TV'.

Pictured: Ken Banks from Priory Rotary, together with members of LHMTc

Tree-mendous planting in King's Lynn

New trees were planted in The Walks in King's Lynn by volunteers from the Gaywood Valley Conservation Group with borough council workers on Monday 31 March.

Cllr Michael de Whalley, Cabinet member for Climate Change and Biodiversity, said: "It's great to see many of the friendly faces from a group that I know well, the Gaywood Valley Conservation Group, who are passionate about the natural environment and am pleased to see that they are thriving. Around 20 volunteers have helped plant these new trees with the borough council public open space team. Five new trees have been planted, an ash, beech, lime, plane and Acer tree."

John Hayes, Secretary of the Gaywood Valley Conservation Group who helped plant the trees and cleared some foliage, said: "The Walks is an asset to the town and an asset for wildlife. I think many of the trees in here were planted at the same time and will gradually die off, periodic replanting is by far the best thing to do."



Exciting Spring Events at Hunstanton Primary

March was a month full of hard work, teamwork, and triumph at Hunstanton Primary. From dedicated volunteers transforming our Secret Garden to thrilling sports tournaments displaying our students' talent, there has been plenty to celebrate.

Football Glory for Years 3 & 4

Tuesday, 18th March, was a day to remember for our Year 3 & 4 footballers as they took part in the SSP Smithdon Cluster Football Tournament at Glebe House School. Our phenomenal team of ten boys showcased outstanding teamwork, skill, and determination as they faced off against seven other schools.

With two drawn matches and an incredible five wins, our boys kept the excitement levels high. As the final results were announced, tension filled the air – we were tied for first place on points with another school. It all came down to goal difference... and by just ONE crucial goal, Hunstanton Primary School were crowned CHAMPIONS!

Massive congratulations to our fantastic footballers for their hard work and brilliant performance. You played your hearts out, and we could not be prouder!

Netball Stars Shine in WNSSP Tournament

Well done to our Year 5 & 6 Netball team who competed in the WNSSP Netball Tournament at Hunstanton Recreational Ground. It was a challenging competition, but our team showed great resilience and sportsmanship, performing brilliantly and, most importantly, having lots of fun. A special thank you to Miss Holmes and Miss Stanton for their dedication and support in coaching the team.

Year 2 Shine at the WNSSP Dance Festival

A huge round of applause for our Year 2 dancers who performed brilliantly at the WNSSP Dance Festival at the Corn Exchange in King's Lynn. The children took to the stage with confidence and energy, delivering an incredible

performance to the classic hit Saturday Night Fever. Their enthusiasm and hard work truly paid off, and they wowed the audience with their amazing dance moves and teamwork.

A massive well done to all our young performers and Mrs Corby our resident choreographer – you lit up the stage and made Hunstanton Primary School proud.

Science Week – Get Ready to Blast Off

Hunstanton Primary had an out-of-this-world experience during Science Week. StarLines visited our school with their amazing mobile planetarium, bringing the wonders of space right into our hall.

The inflatable planetarium provided an incredible visual display of the night sky, allowing our students to embark on a magical adventure through space. They explored the mysteries of the universe, learned fascinating facts about the planets, and marvelled at the beauty of the cosmos.

Did you know that Neptune has

lots of storms? Our children do now. Their excitement and curiosity made this an unforgettable learning experience. A huge thank you to StarLines for inspiring the next generation of space explorers!

Exciting News – Tesco Stronger Starts Grant

We are thrilled to announce that, thanks to your votes, we have secured a Tesco Stronger Starts grant to go towards the refurbishment of our outdoor learning space. A huge thank you to everyone in our community who supported us. Tesco managers, Diana and Josh, joined our celebration assembly to present a £1000 cheque that will make this vision a reality.

PTA News - Easter Crafts Competition and Disco

A huge thank you to our incredible PTA for organising a fantastic Easter Craft Competition. The children had a wonderful time getting creative, designing beautiful Easter bonnets, decorating eggs, and creating stunning artwork. The

talent and effort from all the participants were truly impressive! Well done to all of our winners.

To wrap up the term in style, the PTA also hosted an end-of-term disco! The children danced the afternoon away, enjoying great music, fun games, and plenty of laughter. It was the perfect way to celebrate their hard work and achievements this term.

A big thank you to everyone who helped make these events such a success – from organising and decorating to keeping the energy high throughout the afternoon.

We cannot wait for more fun events in the future.

World Book Day – A Celebration of Stories.

The school had an amazing day full of stories, books, and exciting activities. Well done to our class winners for their fantastic efforts and creative costumes.

Each winner received a book of their choice to take home and enjoy. What a wonderful way to celebrate the magic of reading!



A Secret Garden Makeover

A huge thank you to Mr. Mott, one of our dedicated Governors, and a fantastic team of volunteers who generously gave up their Saturday to revamp the flowerbed in the Secret Garden. Their hard work has truly brightened up the space, making it a more inviting and beautiful place for the children to enjoy. We appreciate their time and effort in making our school environment even better and for our Gardening Club to flourish.

After School Club with Mrs Milner

March has been a whirlwind of creativity and care. The children have been working incredibly hard, pouring their hearts into beautiful arts and crafts for both Mother's Day and Easter. Their enthusiasm knows no bounds—they are always up for a challenge, always eager to try something new, and I could not be prouder of them.

However, that's not all—March also brought us a very special visitor. From the very start

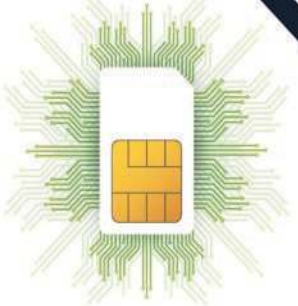
of the month, we have had a new-feathered friend in residence. Meet Daisy, our determined little duck, who has been carefully nesting on 11 eggs. The children have been wonderful with her—giving her space, making sure she has food and water, and watching in awe as nature takes its course. Daisy, in turn, has grown comfortable with their presence, creating a beautiful bond between them.

Through this experience, the children have learned so much about the circle of life, eagerly awaiting the arrival of Daisy's little ducklings. If all goes well, we should see some fluffy new additions anytime now. Just in time for the end of term, giving Daisy a well-earned moment of calm before her exciting new adventure begins. What a magical month it has been.

Throughout this Spring term, the children have shown months of dedication, teamwork, and achievement at Hunstanton Primary. Here is to more success and exciting events ahead in the Summer.



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David Elsey's cryptic crossword

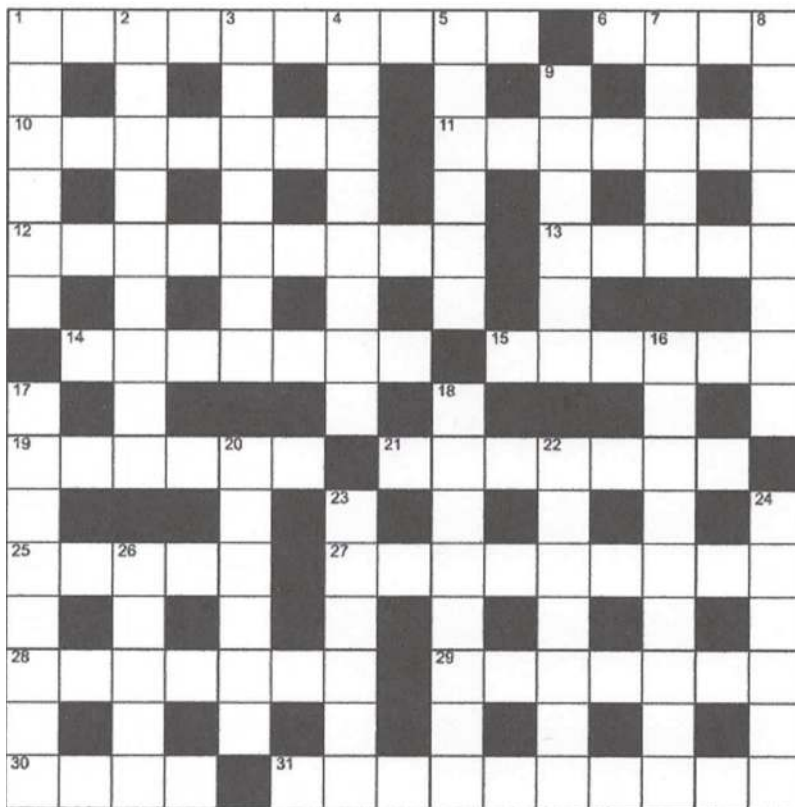
Cryptic clues

Across

1. I try and can do cryptic – this helps (10)
6. It's our responsibility (4)
10. Sound sleeper left aboard ship (7)
11. Heavily beat the French at home after dropping behind (7)
12. Bert rejected faulty chute for missile launcher (9)
13. Scared of being married to the firm (5)
14. Took one's time to return a lot of money and diamonds, but went ahead (7)
15. Kind of bowling, primarily right-arm, over, that can cause injury ... (6)
19. ... batter: "any use getting worried?" (6)
21. Pot smoker's instrument (7)
25. Unacceptable idea I am having no part in (3,2)
27. Chief accompanies new arrival, classy Joanna (4,5)
28. Free a tiger to start with, followed by jumbo (2,5)
29. Are fanciful stories told for effect? (7)
30. Table length is finally right (4)
31. Hold fast and mean to stay (5,5)

Down

1. Old coins featuring some French queens? (6)
2. We race with vim to correct a sharp rise in lawlessness (5,4)
3. "Single male ... putting on weight?". "Shut up!" (7)
4. Use the sonar to find main source of oil (5,3)
5. Tell uplifting story about boxing ... (6)
7. ... certainly not having the knack for oration (5)
8. Clashing with conservationists after walk (8)
9. Crackers and cheese at party leads to rash (6)
16. Cricketers might be heard doing this when winning (9)



17. Go off track and do a runner (4,4)
18. Two pubs – one cold and primitive (8)
20. Divers are warmer out of water (6)
22. Get a pan for cooking – what a performance! (7)
23. Sailor posted as missing (6)
24. Young chap scoring 50 – on green pitch! (6)
26. Bone doctor last seen around university (5)

Solution on page 68

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WIN CASH PRIZES

QUIZ May NIGHT

MAY 15TH
8PM START

Brancaster School news

We had a visit from Ofsted on 18th March. The Inspectors went out of their way to make the experience as painless as possible and we felt the day went well - although we are still awaiting the final outcome.



As always we have been working hard. The Federation has started a new handwriting initiative and we are actually enjoying all the activities that go alongside this. Thrift Class have continued growing in science and we have now planted our potatoes. We look forward to trying them in the summer. In art, we have made clay goats and some animal houses for them. We are really lucky to have Mrs Parkinson, a specialist art teacher to teach us.

We held a special day to support Comic Relief when we all came dressed in red. It is important to us to help other people if we can.

We invited the Brancaster Baby and Toddler group in again and we had a really lovely time with them. We made chocolate Easter nests and did some Easter art as well as playing with them. We all hope they can come again soon.

We had our Mothers' Day Service in Church. We wrote special messages and poems and prayers and sang our favourite songs. Then we gave out flowers to everyone

to say thank you for being so wonderful and caring for us so well.



At the end of term, we made Easter Gardens and wrote about the Christian Easter



message. The children wrote that Jesus died on a cross although He didn't do anything wrong. He died to save us, to take away our sins to make our lives better. It was part of God's plan. He is risen again and we can have new life in Heaven. The message is love, freedom and peace. These gardens will be in Brancaster and Titchwell churches over Easter

We also decorated eggs, had an egg hunt and made eggmobiles for an egg-tremely egg-citing competition when we tested our home made vehicles to see which could transport an egg down a slope and along the playground.

Samphire class are looking forward to starting swimming after the half term, and the Year 6s also have a fantastic opportunity to attend the Crucial Crew event held at King's Lynn fire station - but more about that in next month's newsletter!

We are so grateful to everyone who supported our campaign to save our school as, without you, we would already be closed and would have missed all these lovely things. We have been told that DNEAT has now submitted a proposal to the DfE so we will hear our fate soon. But in the meantime we will go on working hard and doing our very best in everything, including SATs.



GLEBE HOUSE SCHOOL & NURSERY UPDATE

March was a lovely month of sport, visits, music, performance and a lot of literary activities! Read on to see what our pupils enjoyed before breaking for their Easter holiday.

Senior Prep Musical Production - Grease young@part



The term culminated with one of the year's highlights: our Senior Prep Musical Performance

of 2025! From the acting and singing, to the costumes and makeup, to the props and live band, it was an incredible show.



Huge congratulations to the entire cast and crew of Glebe House's presentation of Grease the musical. Admirable discipline, dedication and determination delivered the most amazing, enjoyable and inspiring experience for the rest of the Glebe House community, their families and friends to enjoy! We

extend our thanks to Searles Leisure Resort for their great support with our production.

Pancake Day Fun

Pancake Day was a flipping success at Glebe House! Our amazing kitchen team whipped up over 240 pancakes across the course of the morning and lunchtime, rightly earning three cheers from our delighted Prep pupils at the end of lunch. Ahead of lunch, both Pre-Prep and Prep pupils had raced in their respective Inter House pancake competitions. A lot of fun was had at this very spirited annual event. Winners of the Golden Frying Pan and Pre-Prep Trophies were awarded in the following Monday's assembly.

Glebe Book Week

Glebe House was buzzing with excitement during our much-loved annual Glebe Book Week, which wrapped up with a fantastic celebration of World Book Day. Pupils (and staff!) arrived dressed as their favourite book characters, from coral reefs



to caterpillars, superheroes to bananas in pyjamas, creating a colourful start to the week! Activities throughout the week included an exciting inter house book quiz, imaginative writing and character-themed games. Shared reading sessions between year groups were a particular highlight, helping our children bond through books. It really was a week full of creativity, fun and a shared love of reading!

Hunstanton & District Rotary

John Crofts Art Competition

The theme of the competition is

Beside the Seaside

Raising funds for British Divers Marine Life Rescue

Cash prizes to be won

Art Exhibition & winners announced: 27th June

Entry categories

Reception-Year 2 / Years 3-6 / Years 7-11

Organised by Glebe House School in partnership with Hunstanton & District Rotary, and supported by GroundWork Gallery and Nicola Hart. For more information, scan the QR code.



ENTRY DEADLINE:

2nd June 2025



GLEBE HOUSE
SCHOOL AND NURSERY
150 YEARS



Sporting Update

Norfolk U14 Tier 3 Hockey Champions!

Our senior boys headed to Gresham's for the Norfolk U14 Hockey Tournaments. These Year 7 and 8 boys were on top form, winning all their matches and being crowned Tier 3 champions, an incredible achievement especially as they were playing against older teams! Every player played their part, with a special shoutout to Toby, who was named Player of the Day. Huge congratulations to the whole squad!

Inter House Netball



This month we enjoyed our Inter House Netball competition! Juniors battled it out in 4 v BEE matches on the astro, while

intermediate and senior teams took to the MUGA courts next door on the Recreational Ground. The standard of play was fantastic across all teams, with brilliant performances from both girls and boys. We were very proud to see every Prep child take part with such enthusiasm!

Smithdon Cluster Football

Our Year 3 and 4 boys did a fantastic job representing Glebe House in the Smithdon Cluster Year 3 and 4 Football Tournament, which we proudly hosted here at school. Despite the cold and windy weather, both Glebe United and Glebe City played some great football, finishing 4th and 6th out of 10 teams. It was brilliant to see all our junior boys enjoying themselves in a Glebe House shirt, well done all!

Out & About

Year 1 Hunstanton Library Visit



Year 1 enjoyed another lovely trip to Hunstanton Library, where they were once again warmly welcomed by Helen Janku and her team. The children joined in some Easter-themed songs, did some topical colouring and chose their own books to borrow using

the hands-on electronic system. We are so lucky to have our fantastic library within walking distance. Since the sun was shining, the children also enjoyed some fun at the park on the way back for lunch.

Year 1 Park Farm Visit



Year 1 were fortunate enough to also have a fantastic trip to Park Farm in Snettisham to round off their topic on farm life. Farmer Trevor put them straight to work with feeding sheep, mixing milk for calves and bottle-feeding hungry orphan lambs. The children hand-fed goats, collected eggs and even went on the brilliant deer safari! After lunch and some play in the sunshine, they spent time learning about crops and wildlife. It was a brilliant, hands-on day full of learning and fun!

Prep 'Eagles' Starlight Express Trip



Some of our 'Eagles' performers had the fabulous opportunity to travel to London to see Starlight Express! These children had worked hard on their Starlight Express Megamix which they performed at the Christmas Show late last

November. These pupils, who have chosen our Performing Arts Eagles Club as part of their co-curricular commitment, were able to experience this fast-paced show in real-life and energise their performing aspirations! The show was a huge hit with both pupils and adults. Roll on the next trip!

Pre-Prep Lynn Museums Trip

Our Pre-Prep pupils all had a brilliant day visiting two of King's Lynn museums, where they joined a fun workshop called 'All the Fun of the Fair'. They followed the story of a Galloper horse, acted out a steam engine, played fairground games and even re-enacted Frederick Savage's mayoral procession. It was a very interactive day which truly brought this history topic to life!

Friends of Glebe House School Quiz Night

The annual FoGHS Quiz Night was a fun evening, with around 50 participants tackling the challenging quiz brilliantly created and run by our 'resident' quizmaster Mr Hawkins! Guests enjoyed delicious food from Eric's Pizza and the evening raised over £260 towards the School Hall walkway roof fund. Huge thanks to all who made it such a fun and successful event!

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

Did you know we offer a comprehensive co-curricular programme until 6pm? And that we provide daily transport from many convenient locations across North West Norfolk?

Find out more about life at Glebe House School. Contact Mrs Fraulo on 01485 532809 or email tjf@glebehouseschool.co.uk to book a visit.

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CROSSWORD SOLUTION

Across: 1. Dictionary, 6. Onus, 10. Clipper, 11. Leather, 12. Trebuchet, 13. Cowed, 14. Dawdled, 15. Sprain, 19. Uneasy, 21. Bagpipe, 25. Not on, 27. Baby grand, 28. At large, 29. Realize, 30. List, 31. Stick tight

Down: 1. Ducats, 2. Crime wave, 3. Impound, 4. North Sea, 5. Relate, 7. Nohow, 8. Strident, 9. Madcap, 16. Appealing, 17. Turn tail, 18. Barbaric, 20. Sundry, 22. Pageant, 23. Absent, 24. Advert, 26. Talus

Parkwalk at Sandringham

Walkers have always been welcomed at parkrun, but alongside parkrun headline partner Vitality they are encouraging more walkers than ever to join in with parkrun events! Walking offers many physical and mental health benefits. It's a chance to move at your own pace, enjoy the fresh air, and be part of a supportive community.

According to Vitality, it's an easy way to form a healthy habit. It's a great way to:



- Keep active and boost your fitness
 - Look after your mental health
 - Help manage health conditions
 - Boost your mood
 - Start your day off positively
 - Enjoy quality time with friends and family
 - Meet and chat to new people
 - Soak up the parkrun atmosphere
- Source: Vitality Habit Index 2024

Being active can make a big difference to your long-term health. At parkwalk there's no pressure to run, its free, fun, and a great way to stay active at your own pace. We'd love to see an increased number of walkers every week!

Sandringham parkrun

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

When: Every Saturday; Please arrive by 8:30 to 8:40 for the parkrun briefing, event start time is 9:00 am

Where: The event takes place at Sandringham Royal Park, Sandringham, Norfolk, PE35 6AB

We all take part for our own enjoyment. Come along and join in whatever your pace.

Sandringham parkrun started in September 2021 and has gained in popularity since then. We encourage participants to bring friends and family members and increase the number of walkers at parkrun events. Please register before you first participate at <https://www.parkrun.org.uk/register/>. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode. Car parking for parkrun is free for parkrun until 11:00 am.

Every parkrun and junior parkrun event has a volunteer tail walker, who wears an orange high visibility vest. Their role is to walk the course, providing support to all parkrun participants and they are always the last person to go through the finish.

Volunteer parkwalkers are a friendly face who walk the course with those walking at parkrun. They wear a light blue high visibility vest and provide support and encouragement along the route. The parkrun volunteers who are there to support you! parkwalk is all about celebrating those who choose to walk at our events.

Come and join us at Sandringham parkrun - and start walking your way to a healthier you. For more information email sandringham@parkrun.com

Sandringham 5K Your Way:

Welcomes anyone impacted by cancer - If you or anyone you know has been affected by cancer, please join us. Participants can walk, jog, run, cheer or volunteer or sit and have a coffee and enjoy the surroundings.

When: Last Saturday of every month. Time: 8:30 for a 9:00 am start

Where: The group meet at Sandringham Visitor Centre at the picnic tables underneath the stretch tent near the children's play park area. This is the only SKYW in Norfolk.

Move Charity is a supportive community that inspires and empowers people impacted by cancer, including their family, friends and healthcare professionals, to live an active and fulfilling lifestyle. We have ambassadors, from The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, there each month to welcome people and to walk and talk around the beautiful 5k route in the Royal Parkland.

Information from parkrun, Vitality and Move Charity



by the book

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Sporting corner with Tim Keogh

West Norfolk Rugby Club Cap Successful Season

It has been a hugely successful campaign for Wootton based West Norfolk Rugby Club. Both the men's and ladies teams are celebrating after each topped their respective divisions this season in what is their Centenary year.

The ladies went the whole season unbeaten and celebrated after their last league game against Southwold WRC. In a dead rubber - as they had already won the title - the local outfit put on an exhibition display for the spectators, running out convincing 42-17 winners. Although 3rd placed Southwold did put up a fight, scoring try of the match as Charlotte Smith picked the ball up on her own 20-yard line and weaved a path to the try line to touch down. However, a brace of tries from Woman of the Match, Cora Hunter and tries for Poppy Wakefield, Jade Nicholson, Ruth Denham and Amber Wadlow, as well as Nicholson kicking all six conversions, meant the Warriors ran out easy winners in the end.

Delighted coach, Jane Middleton-Jones, was wax-lyrical in her appraisal, saying, "I said to the girls before the game this game is no different. This is like the first game of the season again, you've got to go out and play our rugby, pass the ball, move it around, and score tries, and that's exactly what they did".

Middleton-Jones, added, "we knew the challenge at the start of the season and delivered. It has been an incredible Centenary season, to be champions is one thing but to be undefeated is whole other level. Today was the perfect end to a perfect season. I was delighted to see the player's huge smiles to accompany their deserved medals, all the coaches are so very proud".

The Men's team also topped the Eastern Counties Two Division. They won the championship after a decisive 66-7 win against Thurston in their final match. Coach, Jamie Williamson, was quick to praise the team and coaching staff as they bounced back from last season's relegation at the first attempt. A very modest Williamson said, "I don't take all the credit, I take very little credit. We've been blessed to have a really good quality side this year". Now, after a season of hard work, the only way is up. What a difference a year makes.

The club are inviting everyone down as they host the Norfolk RFU Rugby Big Weekend on Saturday, 3rd and Sunday, 4th May with the men in the Intermediate Cup Final and, as a season finale, a Rugby Sevens tournament later in the month.

For more information you can visit www.westnorfolkrugby.com or simply visit their Facebook page.



#	TEAM	P	W	D	L	Pts
1	<u>West Norfolk Warriors Ladies</u>	12	12	0	0	60
2	<u>Colchester Iceni</u>	12	10	0	2	54
3	<u>Southwold Women</u>	12	7	0	5	45
4	<u>Lakenham Union Women</u>	12	7	0	5	37
5	<u>Diss Women</u>	12	2	1	9	24
6	<u>Woodbridge Women</u>	12	2	1	9	10
7	<u>Crusaders Women</u>	12	1	0	11	5

Pos	Team	Pl	HW	Pts
1	West Norfolk	20	10	82
2	Ipswich Y.M.	20	9	80
3	Mistley	20	9	72
4	Woodbridge	20	9	65
5	Fakenham	20	6	51
6	Wisbech	20	6	47
7	Bedford Athletic II	20	8	44
8	Mersea Island	20	5	42
9	Wymondham II	20	5	40
10	Thurston	20	2	24
11	March Bears	20	2	11

Photos: Ian Burt

AFTERNOON TEA

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QUESTION: Which of the four teams in this year's FA Cup Semi Finals have never won the trophy?

ANSWERS TO: editor@townandaround.net or by post to:

The Editor, Town & Around, 18 Tapping Close, Snettisham PE31 7FF
Please note we do not accept entries by any social media channels or text message. **CLOSING DATE 15.05.2025.**

The answer to last month's question: Which horse has run the Grand National in the quickest time? was Mr Frisk in 1990. Carol Riddington from Dersingham is the lucky winner from a mountain of correct entries.

Get Soaked at Hunstanton Sailing Club!



Hunstanton Sailing Club hosted an Open Day and barbecue on Saturday, 12th April, with members demonstrating the various water sports on offer which include kite surfing, paddle boarding, wind surfing, kayaking, canoeing and sailing. The oldest water sport is believed to be wave riding, or surfing, which originated in Oceania and off the coast of West Africa over 1,000 years ago. Captain Cook discovered the sport on his travels in Hawaii in 1777, bringing news of it back to Europe. Present day water sports, particularly kite and wind surfing, descended from wave riding, experiencing a boom in the 1950's, whilst surfing is now popular at coastal spots throughout the world and is being inducted into the 2028 Olympics in Los Angeles.

Young or old, novice or experienced, the club invited all water sports enthusiasts alike down to their base at the northern end of the promenade to sample the facilities on offer. Membership starts at £20 a year for a social membership, £150 for a full single membership and

S

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£200 for family subscriptions. Social membership can also be purchased with free parking all year round for £90.

There really is no better vista in town to enjoy a beverage or two with views across the Wash. The bar is open to members and non-members alike throughout the Summer most weekend afternoons. The venue can also be hired out for private functions.

Commodore, Will Rockcliffe, said, "we are a really friendly bunch and are really excited about the new season. I'm inviting everyone down throughout the Summer to take a look at our wonderful facilities on offer".

For more information, you can contact Sebrena by email at events@hunstantonsailingclub.co.uk

Carpet Bowls at Sedgeford

Carpet bowls start up sessions at Sedgeford Village Hall on Fridays 2pm to 4pm. Tuition available. £2. 50 per person. Come along and give it a try at our mature, friendly, group. Further details from 07545 377 507

Sporting corner with Tim Keogh



Chris Holt In the spotlight

Chris Holt is Tournament Director of the Hunstanton Tournament. This famous event, which caters for over 1,000 players and is considered the largest participated in outside of Wimbledon, has been running for over 100 years. Whilst Chris's involvement does not quite extend that far back, he has been involved in some capacity for the past 50 years. In 2013 his work was recognised when he received the British Empire Medal in the Queen's Birthday Honours for services to the community and was more recently named Competition Organiser of the Year by the Lawn Tennis Association.



BEM Presentation

This year's event takes place from Sunday, 17th August to Saturday, 23rd August. It really is worth a visit, not only to watch the tennis on offer, but to sample the eateries on site or the local beverages provided by sponsors, The Hoste Arms from Burnham Market, as well as visiting the many boutique stalls. The tournament is open to juniors, adults and veterans with classes to meet all abilities. Entry for this year's event is now open at www.Hunstantonltd.co.uk (entries close on 1st July).

Chris, a former local teacher who specialised in Physics and Chemistry, is also an accomplished photographer. He is this month's In The Spotlight personality and gives some insights into his fascinating life.

Full Name: Chris Holt

Age: 78

Star Sign: Capricorn

Where born: Sea Lane, Old Hunstanton. I was

actually born at home as snow prevented travel at the time.

Where live: Snettisham, since 1974

Occupation: Teacher at Smithdon School, really enjoyed it. I worked at Searles in my early days which is where I met Linda in 1967. During the holidays I was a bus driver



At Buckingham Palace for Garden Party

for the Break charity and transported disabled and special needs children and adults about. Now retired (officially).

Family: Married to Lindy for 53 years this year. One son, Stephen and daughter-in-law Jenny (Stephen is actually replacing me as the tennis Tournament Director). I also have two wonderful grandchildren, Alfie and Emily.

A Cats or dogs person: Had both, so either. We once had a loyal dog who I took with me everywhere.

Sports Team Support: I went to college in Leeds, watching the Billy Bremner era, so Leeds and, of course, Norwich City.

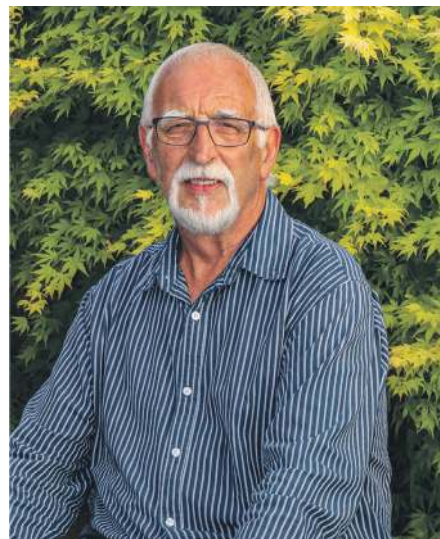
Worst injury: Only one, which ended my tennis career, funnily enough playing at the Hunstanton tournament! Torn/ruptured Achilles tendon.

Biggest Break: Meeting Lindy and getting into teaching on the advice of Eddie Pendall who encouraged me to follow in his footsteps.

Funniest memory: Losing my mast after capsizing in front of a packed Hunstanton Sailing Club balcony on a race day! Oh, and riding an elephant wearing just shorts, highly unrecommended.

Hero: I would probably have to say Eddie Pendall and my parents.

Hobbies/interests: Orienteering and map design, anything sport related, fishing, sailing,



stamp collecting and photography including weddings of ex pupils I taught. Nowadays I enjoy bowls.

Best memory: A school trip to Nepal and walking twelve students along the Annapurna Circuit. I returned several times and ended up sponsoring a young girl's education and she is now prospering in the US. She has also been over to Snettisham for a visit.

Little known Tennis Tournament memory: I do remember famous tennis player Ilie Nastase's nephew participating in the early 1980's, great player, won the tournament easily, never to be heard of again.

Favourite international meal/cuisine: A traditional bangers and mash or Italian.

Favourite drink: A fine red wine

Favourite band/singer: Bruce Springsteen

Favourite film: Schindler's List

Favourite book: I am generally interested in crime thrillers and history related novels.

Favourite holiday destination: Nepal, although Lindy would say Venice and Madeira.

Three items for a desert island: Good book, good food and sun cream.

Worst habit: Selective hearing!

Interesting: Fear of spiders, caving!

Pet hate in others: Rudeness and smoking.

Biggest achievement in life: Being awarded the British Empire Medal for services to the community with Lindy.

Best advice ever given: Eddie Pendall once advised, after I had returned to teaching twice after retiring, "learn to say no"!

Like to live forever: I would if we could stay in the era of the 1960's to the 1980's, the best times.

Final thought: A thanks to everyone who has helped me organise the "Wimbledon-on-Sea" tennis tournament over the years, as well as all the participants and spectators - it is you who have made it what it is.

Annual Campaign Care 94 Charity Golf Day Returns

The annual CC94 Charity Golf Day returns on Bank Holiday Monday, 26th May, taking place at Heacham Manor Golf Club from 9am.

This event has been running since 2007 and is now a firm fixture on the local golf calendar. Raising funds for the Norfolk Hospice Tapping House and the Bob Champion Cancer Trust. Always well attended and popular amongst golfers from far and wide, organiser, Jim Race is inviting teams to submit their entries, saying, “we welcome teams of four and individuals who we can assign to a team, so please get in touch as we expect this year’s event to be as popular as ever. We are also delighted to announce



All the 2024 winners



Bob’s attendance”.

One of the charities the day raises funds for is the Bob Champion Cancer Trust. Many will remember Bob winning the Grand National in 1981 on Aldaniti after returning to racing having recovered from cancer, whilst Aldaniti had experienced injury problems prior to the race.

The day involves tea and coffee on arrival, 18 holes of golf (with individual and team Stableford competitions), various competitions throughout the round and a two course meal followed by a presentation from Bob Champion himself.

The cost for visiting players is £60, Searles GC members £55 and Heacham Manor GC members £35.

To book your place, contact Jim on 07950 032292 or by email at jimrace@jayars.co.uk.



Bob with Aldaniti

A rear-view mirror take of the local bowls scene

A new monthly installment on the local bowls scene with inputs from Kevin Johnson

Way back last September a cadre of Oasis bowlers gathered at the Indoor Bowls AGM to discuss the lessons learned from the past and prepare for the coming season. Various members were press-ganged – sorry, volunteered – to take on roles within the club, from committee member to team captain and the myriads of other tasks vital to the club’s running. The warm glow at the end of the meeting augured well for challenges ahead.

Stagger forward seven months and the collective sigh of relief could be heard from the members, with thoughts turning to the Presentation Evening from 6.30pm on Thursday, 24th April at Searles Golf Club when those fortunate enough to win a league or competition will be lauded by their peers, and awarded an array of trophies gathered over the years, whilst those less successful can dream of what will be next season. The list of winners will, hopefully, be included with photos taken on the night in a later edition, but I must mention two areas that demonstrate how active the club has been.

Firstly, the Saturday County League teams, ladies, and gents, who again punched above their weight to achieve solid finishes in their divisions, despite having to play away games on surfaces far faster than ours. Kudos to captains Margaret and David.



Secondly, the friendly matches, against Lynnsport, home and away, which saw an overall victory for the club, and the Ladies vs Gents challenge match which was played for the second year. Now, best not say that the men were regularly reminded by the ladies that they were well beaten last year, and I am sure that captain Dave’s efforts to pick what he felt was the strongest side he could, many weeks in advance, was coincidental...and yes, the score is now one-all.

The shadow hanging over the club has been the uncertainty around the future of the centre and any redevelopment plans, with things not being helped by inaccurate rumours becoming ‘truth.’ We are assured that the process is still ongoing and no decision has been made. Chair Colin deserves much credit for his efforts to steer the club through this worrying time, and into the future. For the time being things will continue as they are. Now thoughts turn to the outdoor season and rain and wind and... Oh, when is the next Oasis AGM?



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Searles Golf Club donates £6000 to NARS

Searles Golf Club held their annual Captain's Day on Saturday 6th April with a record turn out of 60 club members raising over £600 for their designated charity, NARS on the day.

Fundraising throughout the season totalled £6,000 and a cheque was presented to Stephen Yaxley by the Club Captains.

NARS posted: "A huge thank you to Searles Golf Club at Hunstanton from all of us at NARS!

"We were incredibly proud to be the chosen charity for this year's Captain's Tournament.

"Special thanks to Club Captain David (pictured on the right), who has led these efforts with real passion.

"The club's ongoing support is nothing short of inspiring — even collecting and cleaning lost balls from the lake and woods to sell in the shop and raise further funds for us!

"Thank you all for your continued dedication over the years. Your efforts help us reach those who need us most."



*Pictured : Seniors Captain, Bob Higginbotham, Stephen Yaxley,
Ladies Captain, Teresa Hills and Men's Captain, Dave Cox.*

Credit Chris Bishop/RNLI

The Big Walk
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King's Lynn 10am
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bigwalk@cinnamon.org.uk
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40 YEARS

May events - see also <https://townandaround.net/whats-on/may>

Friday 2nd

The Whybelong Social Group 2-4pm at St Cecilia's RC Church, Mountbatten Road, Dersingham PE31 6YE Music, singing, reminisce and prizes.

Fincham Memorial Hall Quiz night - BYO refreshments and nibbles. 7.30pm Anne/Peter-finchamhallbookings@gmail.com 07782 335165

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Friday night special. Mike Shelby. His tribute to Elvis. He is in the building at 8pm

Saturday 3rd

Sandringham parkrun
Sandringham Royal Park at 8:40 for a 9:00 am start. First Timers Briefing 8:45 am Start and finish on the vista near children's play area. Car parking for parkrun is free until 11:00 am. To volunteer or for further information contact: sandringham@parkrun.com 07913 439222

Hunstanton Promenade parkrun 9am. starting outside the Salad Bowl Cafe running towards the lighthouse. Volunteers 8.30am. Info: 07804 927764

BagLadies of Thornham Coffee Morning and Sale at Thornham Village Hall 10am-1pm. Home-made cakes and lots of bargains! Info: Sue 01385 512546

Ingoldisthorpe Sports & Social Club - Bingo Eyes down Cash prizes & Raffle Doors open 7.30pm Please contact Diane on 07901924223

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Steve Moyse. Talented vocalist all ears 8.30pm

Sunday 4th

Glebe House School Car Boot Sale Hunstanton PE36 6HW 7am-1pm. Info: Chris on 07774 650606 or chrishdms7@gmail.com

Wereham Village Hall PE33 9AP Indoor Car Boot Sale 8.30am. Café from 8am. Contact Philip on 01366 501330 or 07759 033492

RAF Bircham Newton Open Day PE31 6RH Info Jamie Heffer 07807 098348

Live Music from 2nd Sunset at The Lodge, Old Hunstanton 3-6pm. 01485 532896

Sun 4th - Mon 5th

Local History Fair; Docking Village Hall 10-4pm. Come along and meet with many local history, heritage and archiving groups; get help with your family history and learn about local projects to uncover our history. Contact Helena Aldis 07767462488 heritage@dockingnorfolk.co.uk

Monday 5th

The Big Walk celebrating 40 years of the Cinnamon Trust at Bawsey Country Park PE32 1EP at 10am. Info 01736 758701

Thursday 8th

The Arts Society King's Lynn Brian Slatertalk: World Famous Photographs: Images that shaped our culture. West Winch Village Hall (free parking) 2.30pm. Info: 01366 328648 or email info@theartsocietykingslynn.org.uk.

Sedgeford Village Hall VE celebration and beacon lighting at 7pm. Music from the King's Lynn Town Band.

Adults £5, children free, to include a hot dog, BYO drinks. Book call 07545 377507.

Thurs 8th - Sun 11th

VE Day Celebrations in Hunstanton from 9am organised by Hunstanton Town Council see centre pages for full information. 01485 532402

Friday 9th

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Diamond Paul's mixed bag disco.

Saturday 10th

Hunstanton Promenade parkrun 9am. See details on Sat 3rd listing. Info: 07804 927764

Sandringham parkrun
Sandringham Royal Park at 8:40 for a 9:00 am start. See details on Sat 3rd listing information sandringham@parkrun.com 07913 439222

Snettisham Flea Market at Snettisham Memorial Hall 9am-3pm Admission 50p. Debbie: 07790 789235

Fun Dog Show at Glebe House School PE36 6HW Entries and events from 11am. Judging from 12noon Enquiries 01485 534481 newsdesk@barkingbugle.co.uk

VE Day Victory Gala at Hunstanton Town Hall at 2pm. Tickets cost £10 with £7 from By the Book in Hunstanton High St

VE 80 Anniversary. 1945 themed evening with live music from Miss Sarah-Jane at Dersingham Village Centre 7pm. 1940s dress welcome but not compulsory! Street party finger food. Licensed Bar. Booking essential: Call Graham Eley 07901 896102

Fincham Memorial Hall National Theatre Live TBC. Doors open 6.45pm, screening starts 7.15pm. Admission £5, licensed bar available. Contact Anne/Peter-finchamhallbookings@gmail.com or telephone 07782 335165

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Dr Phil Motown & Soul man 8.30pm

Sunday 11th

Glebe House School Car Boot Sale Hunstanton PE36 6HW 7am-1pm. Info: Chris on 07774 650606 or chrishdms7@gmail.com

Sunny Hunny Triathlon starting at The Oasis, Central Promenade PE36 5BD organised by King's Lynn Triathlon Club raising funds for Hunstanton RNLI. 200m swim, looped 18km cycle around Hunstanton town centre and 3.5 km finishing on the green Starts 7.45am

RSPCA Sandringham Sponsored Dog Walk 10am Info: 01553 618889

King's Lynn Young Musicians' Showcase 3pm at All Saints Church King's Lynn PE30 5HD. Info: 01553 764864 Tickets from https://uk.patronbase.com/_KLCE/Productions/3AM/Performances

Wereham Village Hall VE Day 80th Anniversary Village Cinema 'The Great Escaper' starring Michael Caine and Glenda Jackson. Tea and cakes 3pm, Movie at 4pm. Bar. Admission by ticket only - £5 per person. Tickets available from the Village Hall Office (01366 502214)

Monday 12th

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

Arts Society NW Norfolk talk at Sedgeford Village Hall 2pm. The Female Gaze - Photography from Julia Margaret Cameron to Lee Miller. Info: 07768 821737

Anmer Social Club Bingo night 7pm Fully licensed bar and Raffle. 07899 872351



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

Friday 16th

Anmer Social Club Film Night A COMPLETE UNKNOWN - 15 - Starring Timothée Chalamet as Bob Dylan Doors 7pm Film 7.30 £5 at the door. enquiries@anmerclub.co.uk or telephone 01485 579465

Massingham Historical Society 7.30pm at the Village Hall. Tales of a Grocer's son by Chris Boxall. Guests £3. Bar open. Membership fees due. Jeanne Robinson 01485 520455

Fincham Memorial Hall Cash Bingo & Games Evening Doors 7.30pm, Eyes Down 8pm. BYO drinks and nibbles. Anne/Peter-finchamhallbookings@gmail.com or telephone 07782 335165

Saturday 17th

Sandringham parkrun
Sandringham Royal Park at 8:40 for a 9:00 am start. See details on Sat 3rd listing. Info: sandringham@parkrun.com 07913 439222

Hunstanton Promenade parkrun 9am. See details on Sat 3rd listing. Info: 07804 927764

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Quiz night first prize is £50. Teams up to 4 persons. £3pp 8pm

Sunday 18th

Glebe House School Car Boot Sale Hunstanton PE36 6HW 7am-1pm. Info: 07774 650606 or chrishdms7@gmail.com

RAF Bircham Newton Open Day PE31 6RH Info Jamie Heffer 07807 098348

Monday 19th

Hunstanton Town Hall Community Day 11am-3pm. Organisations and groups present their activities. Refreshments. Info: 01485 532402

continued on p 76

Monday 19th

Hunstanton u3a at the Community Centre Avenue Road, Hunstanton. 2pm. Sandra Foley will be talking about Poetry and her life which will include reading some of her own poems. For further information please see our website hunstantonu3a.org Telephone 07443763679

Tuesday 20th

Old Hunstanton Village Hall Knit and Natter 10am-12noon. £3. Coffee and cake provided. Contact Gail Doherty 07536 022176

Thursday 22nd

New Hunstanton Women's Institute 2.15pm at Methodist Church Hall, Austin St, Hunstanton PE36 6AJ. A talk on deafness and hearing loss, given by Leslie Collett. Visitors welcome. £5 to include refreshments. 07789687893 24wisec@gmail.com

Theatre in the Barn – Sense and Sensibility 7pm Burnham Deepdale Camping & Rooms PE31 8DD Info 01485 210256 <https://www.tickettailor.com/events/the-pantaloon/1463747>

Thurs 22nd – Sat 24th

Dersingham Methodist Church PE31 6HP Flower Festival. Theme: Biblical occupations. Books, Cakes, Gifts, Plants, Refreshments. Proceeds to Leprosy Mission & Church funds

Friday 23rd

Ingoldisthorpe Sports & Social Club - Open Mic Night come & share your talent or enjoy being part of the audience & listen to our ever surprising local talent! Doors open for this event at 7.30pm Please contact Diane on 07901924223

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Diamond Paul's mixed bag disco. All requests played 8pm

Dersingham Social Club PE31 6LX 'The Last Train to London' top rockin' duet Guests £2 Members free. 8.30pm Info 01485 543380

Saturday 24th

Hunstanton Promenade parkrun 9am. See details on Sat 3rd listing. Info: 07804 927764

Sandringham parkrun Sandringham Royal Park at 8:40 for a 9:00 am start. See details on Sat 3rd listing. sandringham@parkrun.com 07913 439222

HDFA Craft Fair at Hunstanton Town Hall PE36 6BQ 10am-4pm Info: 07729 952297

Music in the Burnhams: Ben Horden (piano) and Bethany Horak-Hallett (mezzo soprano) at St Mary's Brancaster 7.30pm. Tickets £20 under 18s Free. book online at www.musicintheburnhams.com or ring 07989 177079

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Mike F. Talented singer & saxophonist 8.30pm

Sat 24th- Sun 25th

Textiles in Action Annual Exhibition 'Flights of Fancy' at Thornham Village Hall PE36 6LX. 10-4pm. Free entry

Sat 24th- Mon 26th

Beer and Cider Festival at Le Strange Arms Hotel and Mariner Inn Enjoy street food, live music and plenty of pints from noon until 8pm 01485 534411

Sunday 25th

Glebe House School Car Boot Sale Hunstanton PE36 6HW 7am-1pm. Info: Chris on 07774 650606 or chrishdms7@gmail.com

Heacham Village Yard Sale 9am-3pm and table top sale at Heacham Infant & Nursery School. Maps available from Breakfast & Brownies on the day. Register your yard/Enquiries 07746 725319. Donations to Heacham Parish Church.

Sandringham Pageant of Motoring. Over 1,000 classic vehicles, Craft & Vintage Fair. Tickets and further information are available on website: sandringhammotoringpageant.co.uk Live Promotions Events Ltd: 01775 768661

Live Music from 2nd Sunset at The Lodge, Old Hunstanton 3-6pm. 01485 532896

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Music in the garden with John Carr guitarist & talented vocalist all eras. 3pm (indoors if inclement weather). BBQ 12pm.

Sandwiches & cake pm. Few games of cash prize bingo 7pm. Dancing in the lounge to KCR duo 8pm.

Monday 26th

Anmer Social Club Coffee Morning 10am-noon 1: farmboy24@sky.com or telephone 07899 872351

Wednesday 28th

Snettisham Gardening Club at Memorial Hall, Old Church Road at 7.30pm Barry Gayton will be telling us how to grow and care for Cacti. We welcome new members and for any further information Gail 01485 541279 or Addie 01485 544754.

Friday 30th

Gillian McClure reading from her new book "Don't eat Granny!" perfect fun for young and older readers at Write Around the Corner, Hunstanton at 11am. Contact Adrian at 'by the book' 01485 522349 email adrian@buyanotherbook.com

Fincham Memorial Hall Film Night - TBC. Doors open 6.45pm, Film starts 7.15pm. Admission £3, licensed bar available. Contact Anne/Peter-finchamhallbookings@gmail.com or telephone 07782 335165

Anmer Social Club QUIZ NIGHT – Club opens 7.00 p.m. Quiz starts 7.30 p.m. Entry £3 per person. Fully Licensed Bar Raffle For information email: anmer.club@outlook.com or telephone; text or WhatsApp 07899872351

Ingoldisthorpe Sports & Social Club - Bike Night come & have a chat & a relaxing drink! Doors open 7.30pm Please contact Diane on 07901924223

United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. Jamm'in Joe singing songs from all eras 8pm

Saturday 31st

5K Your Wy – Move Charity Last Saturday of every month.

Sandringham Royal Park 8:40 for a 9:00 am start. For anyone affected by cancer, friends and healthcare professionals For further information email: sandringhamgroup@Skyyourway.org 07913 439222

Hunstanton Promenade parkrun 9am. See details on Sat 3rd listing.. Info: 07804 927764

Hunstanton Methodist Church, Austin Street. Afternoon Tea for Marie Curie 3-6pm with music, quizzes and free raffle. £7.50pp Please call Val on 01485 298316 to book and to specify any dietary requirements.

Ingoldisthorpe Sports & Social Club - Musical Night with a very talented young vocalist Lucy West covering classics & pop. Doors open 7pm 07901924223 United Services Social Club, Homefields Road, Hunstanton PE36 5HL 01485 533360. DNA band rock, blues & soul 8.30pm

Dersingham Social Club PE31 6LX Live music from 'Style' Guests £2 Members free. 8.30pm Info 01485 543380

Looking forward to June**Sunday 1st**

Barton Bendish Open Gardens (PE33 9GF) 11am-5pm £5 (Children free) Enquiries: bartonbendishevents@gmail.com 01366 347549

Sunday 22nd

Old Hunstanton Open Gardens Show 10am-4pm Tickets £5 available from the Village Hall and St Mary's Church.

STOP PRESS: North Wootton Village Hall Announces VE Day Anniversary events, including a Battle of Britain Memorial Flight flypast

Kickstarting the village's VE Day 80th Anniversary Celebrations will be a Scarecrow Trail Competition taking place from 3rd May until 10th May.

On Thursday 8th May, North Wootton will be joining the nation in coming together in celebration at 9am and raising the unique VE Day 80 Flag outside the Village Hall. This will be followed by the VE Day 80 Proclamation. Later the same day, there will be a beacon lighting ceremony and "The Tribute" will be read aloud. The song "I Vow To Thee My Country" will then be sung.

On Saturday 10th May, locals are invited to party like it's 1945! Concluding the VE Day 80th Anniversary Celebrations will be a street party style event at the Village Hall from 11am until 5:30pm.

Priory Lane will be closed to traffic outside the Village Hall, and there will be live 1940s music from The Eddie Seales Big Band and Kelly Ann Music, food and drink concessions, and even a Hurricane Flypast by the RAF Battle Of Britain Memorial Flight.

The Mayor of King's Lynn and West Norfolk will be in attendance, and the winners of the Scarecrow Trail Competition will be announced.

In the Limelight

Behind the Scenes, the Team at the Theatre is always up to something. This month I wish to share the Limelight with Jess. Head of all things Technical and Production, Jess is a bit cooler than most are led to think. Her “Biker” alter ego is taking part in “The Distinguished Gentleman’s Ride” in Cambridge, on her rather snazzy Suzuki TS185.

The Distinguished Gentleman’s Ride unites classic and vintage styled motorcycle riders from all over the world, to raise funds and awareness for prostate cancer research and men’s mental health. Jess has a goal to raise £1,000 and we invite anyone wishing to sponsor Jess to access the link via The Princess Theatre Facebook page. Or use this link - <https://gfolk.me/JessicaSmith625359>

VE Day 80th Anniversary - the Princess Theatre is supporting Hunstanton’s celebrations from 8th - 11th May. The Theatre will be red, white and blue from sunset. Half a Crown for a pint of *Belhaven Best* & enjoy *Live Music* from the 1940’s onwards on the Terrace with saxophone musician David Young on Sunday 11th May from 12:30pm

Hitting the stage this month on Friday 2nd May, The Rozzers – a Tribute to Sting & The Police. Fronted by Sting look and sound-a-like Owen James. From *Roxanne* and *Every Breath You Take* to *Fields of Gold* and *Englishman in New York*, all the hits are reproduced with stunning authenticity and vocal accuracy.

If you prefer to “Go Your Own Way” we have a brand-new spellbinding show featuring the music from the legendary multiple Grammy Award Winning Fleetwood Mac Tribute on Saturday 3rd May.

Aled Jones joins us on Wednesday 7th May with Norfolk’s Your Choir.

Fans can prepare to hear him as they’ve never heard him before. Looking back on a remarkable career with a one-man show, that will feature never-before-heard music, tales from the decades and for the first time, his story told in his own words. The choir, led by Mike Tandy will be performing on stage with Aled in the show. We have a Meet & Greet option for this show with a Goody Bag.

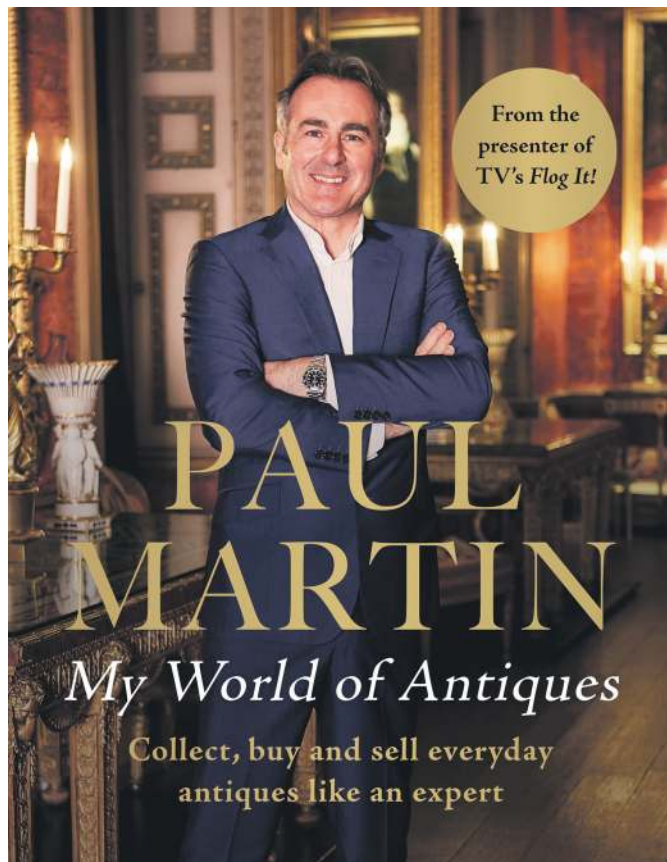
“The Real Thing”, pioneers in soul, funk and dance music, the two original members – Chris Amoo and Dave Smith – are now celebrating over 50 years in the music industry. Best known for their legendary hits ‘You To Me Are Everything’, ‘Can’t Get By Without You’ and ‘Can You Feel The Force’, as well as their ground-breaking 1977 song, ‘Children of the Ghetto’. Enjoy this show on Friday 9th May.

For Folk Music fans – we have “Steeleye Span” appearing on Saturday 10th May.



Coming up on Sunday 11th May we have a real treat! Calling all “Flog It” fans, are you an antique enthusiast or fancy yourself as a bit of a dealer? We are pleased to announce that television personality Paul Martin, from ‘Flog It!’, ‘Make Me A Dealer’ and ‘Paul Martin’s Handmade Revolution’ is coming to the Princess Theatre.

It’s going to be an enjoyable afternoon when, at 1.30pm Paul will walk around the foyer and select 30 interesting hand-held items to discuss during the show. He will give cards to the owners for completion with their details. The owners will then pass their items and cards to one of our volunteers at the auditorium doors to be put on stage, ready for Paul to talk about during his show. Show starts at 3pm.



Paul Martin – meet him on 11th May

The array of music and shows we have has always astounded me. We try to offer as much variety as we can. For a little theatre with BIG shows, we look at comedy, music, nostalgia and like to celebrate the music artistes from all the decades.

Jimi – The Legend Lives On is the perfect example of featuring one of the world’s best tribute artistes and featuring his all-star band. John and his band take us on a musical trip through Jimi’s short career. From the casual listener through to the ardent fan, you simply cannot afford to miss this one on Sat 17th May.

We love the Grimethorpe Colliery Band and welcome them back on Sat 24th May.

Finally on 25th May – Martin Fry – A Lexicon of Life. The hits earned their place in pop history. From Poison Arrow to The Look Of Love, from All Of My Heart, and Be Near Me, to When Smokey Sings. His intimate show follows a sold-out tour of the UK, which included three sell out nights at London Palladium, and coincides with the publication of his autobiography, ‘A Lexicon of Life’.

Film Club this month – once again, a selection of films for your enjoyment. Each Tuesday at 7pm. Tuesday 6th May Rosalie, 3th May CinemaLive Screening of Bonnie & Clyde Musical, 20th May Maria & Tuesday 27th May TBC

Looking ahead... “Beautiful Noise” on the 22nd June the Definitive Neil Diamond Tribute. Experience the Magic of Neil Diamond: Step
Continued on page 78

into a world of musical brilliance with this internationally acclaimed production, celebrating the legendary Neil Diamond.

Looking back, March was fan-filled at shows, Arsenal Legends and John Power from "Cast". Adam Brown, Head of Entertainment & Production at Searles Leisure Resort was overjoyed to meet his fellow "Liverpudlian" and shared his meet and greet moment with us. Adam said "After being a fan of the Band "Cast" since a child, it was an absolute surreal moment to finally meet John Power, two scousers very far away from home."



Adam Brown and John Power

We love to hear about who you are a Fan of and are happy to celebrate this. Please do keep mentioning and sharing these happy moments by posting on social media.

Finally, as I write, we have just experienced our first Family Friendly Matinee. With the screening of the film "Wicked" the sing-along version. Let's hope we didn't blow the Princess Theatre roof off with our vibrant voices. Families enjoyed a meet and greet with Hunny Bear, there were some gorgeous face painting and dress to impress moments. It was a "Popular" and it really was wicked!

Have a wonderful May and don't forget to support your local theatre, we are overjoyed to have so many regulars in our venue and look forward to welcoming you back soon.



Best Wishes Anna H

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Music from David Young - Solosaxclarinet

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

An ideal background for lunches/dinners, hotel/restaurant venues family celebrations, care homes etc..

A playlist is available on request.

Have a chat with David on 07754 497562 or 01485 534220 or email solosaxclarinet@btinternet.com.

More information on www.solosaxclarinet.com





Saturday July 5th from Midday

Glebe House School, Cromer Rd Hunstanton PE36 6HW

**Live Country Bands : Line Dancing Marquee
Trading Post : Wild West Food & Drink
Rodeo Bull : Fun Fair : American Cars**

Live performances include

**Rusti Steel
Lee Ann Kelly
Joe & Mary
AGS Connolly**

**COUNTRY
CHICKS**



More bands to be announced

In association with
Rotary
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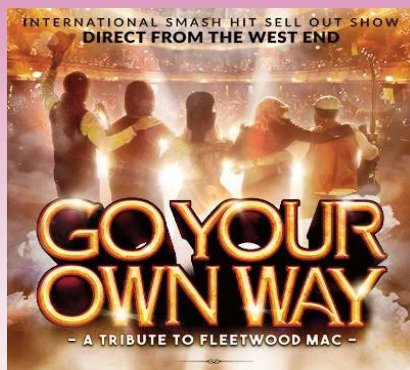


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SCHOOL AND NURSERY
150 YEARS

**For more details and tickets
visit www.wildwestnorfolkfestival.co.uk**



FRI 2ND MAY



SAT 3RD MAY



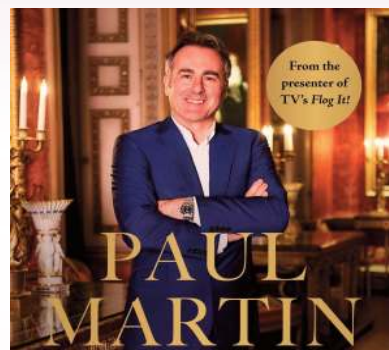
WED 7TH MAY



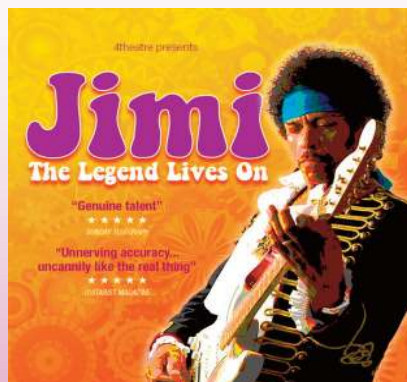
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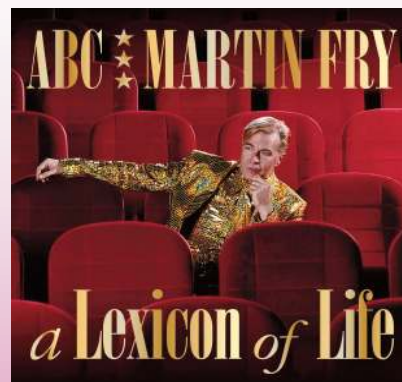
SUN 11TH MAY - 3PM



SAT 17TH MAY



SAT 24TH MAY



SUN 25TH MAY

See Website & Theatre Programme for dates & more!
There's so much on at "The Little Theatre with BIG Shows"!

Box Office open daily from 10 am
Phone : 01485 532252
Email : boxoffice@princesshunstanton.co.uk