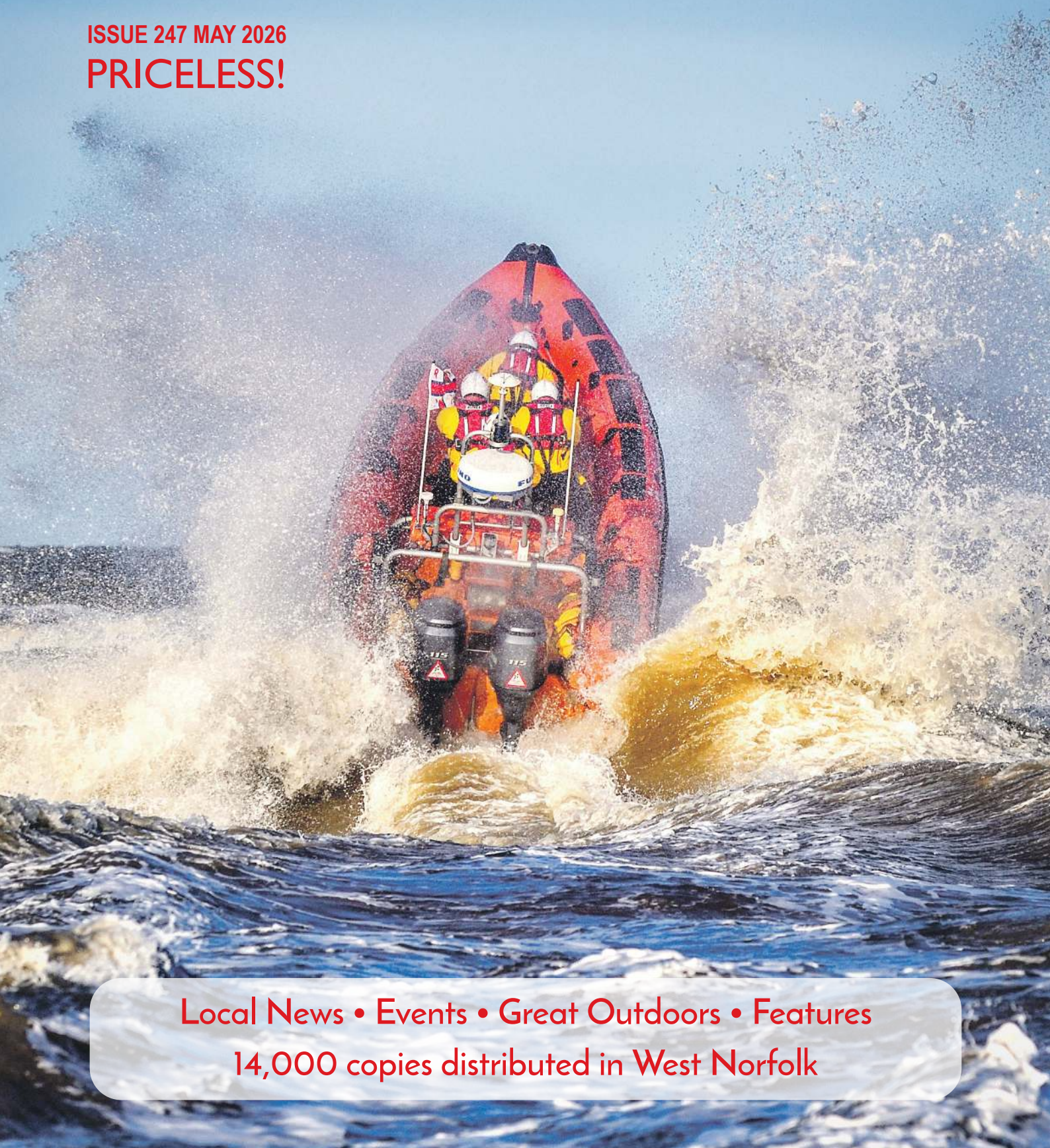


TOWN and AROUND

ISSUE 247 MAY 2026

PRICELESS!



Local News • Events • Great Outdoors • Features
14,000 copies distributed in West Norfolk

First word



A summer full of wonderful music in West Norfolk begins with St Mary's Snettisham Summer Classics presenting the exceptional talents of Harry Kneeshaw (violin) and Chloe Dumoulin (piano) on 3rd May. A concert not to be missed! Advance tickets are £17.50 and include tea and cake. Scan here for details.



Other music events are listed in the diary

pages (54-55) and on our website which is updated throughout the month.

<https://townandaround.net/whats-on/may>

As the Hunstanton Lifeboat Station boathouse and hovercraft shed will be open Mondays to Saturdays from this month it seemed appropriate to feature the lifeboat on the front cover. Thanks to the RNLi/Chris Bishop for the super image. You can read the news from the station on page 44.

If you've ever noticed the Docking lock up and village pound and are curious to know more, then Russell Lyon's article on page 38 is for you.

For garden lovers pages 16-20 offer inspiration from Wendy at Thaxters, news about the Girlguiding exhibit at the RHS Sandringham Show in July, and details of local gardens to visit.

Looking to the heavens on page 42 Terry tells us that a sign of summer coming is the emergence of the Summer Triangle - well liked by Patrick Moore. I wonder how many readers remember when Patrick Moore came to the Princess Theatre and halfway through his act the piano broke down? Mr Moore asked if there were any 'piano doctors in the house', and there were two (!) who fixed the problem in an extended interval so Mr Moore could complete the show.

My thanks as always to everyone who has provided information, articles and images for this edition. I couldn't squeeze everything I was sent into this magazine so please look out for more articles that will be published on our website.

Thanks also to our local advertisers, the income from whom pays for these pages. If you'd like to advertise here and reach a local audience of around 25-30 thousand people, do get in touch with me.

With best wishes for the month of May and until next month,

Elaine

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Un-bulb-lievably beautiful

Dani Crawshaw



The 20 acres have been transformed by more than 9 million bulbs. "They are stunning, they're really beautiful," Kayleigh tells me, "My cousin passed away last year, she was in Tapping House, so it feels a bit respectful to come here at the moment and help them out, like they helped her out."

She's joined by her three children, Izaak, Reuben and Oscar - and as they walk up a row of red tulips, 9 year old Izaak says, "They're really beautiful, I like how they're in rows - and they're the same colour."



For two weeks the field is open to visitors to raise money for Tapping House, Nicky Ellis is the charity's chief executive, "This event is incredible, we are so so lucky to be working with Norfolk Tulips to co-host this phenomenal fundraising.



Nicky Ellis

"This is year 6, every year I arrive at the field knowing what I'm going to see, and every year it takes my breath away. It's just divine when the sun shines on these tulips, there's just nothing better.

"Last year alone it raised half a million

pounds for us," Nicky continues, "I can't thank Norfolk Tulips enough, this was such a great initiative, we had no idea it would grow to the scale it's grown to - but we are enormously grateful."



Field owner Susanne Eve says, "The main draw with Tapping House is we wanted to support a local charity, that would support people within our community."

I ask how the last few months and weeks have been, "It's an enormous amount of work", Susanne replies, "There're a lot of team members that put the tulips in the field - then put this event on. And I'm enormously proud, I beam every time I come through the gates."

She goes on to say it's wonderful to see people, of all ages, now enjoying that hard work.



As I walk along the rows, taking in the glorious colours, everyone is busy taking photographs.

A family stop to chat, who tell me they've tried for 3 years to get tickets. I ask if it has been worth the wait, "Absolutely," they all reply.

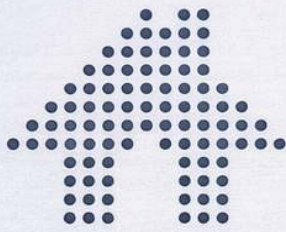
Kerry, along with many other mums, is trying to take a photo of her toddler, "It's a beautiful field and a great family day out, and I will take a great photo before I leave!"

All the money raised will be going to Tapping House's care of those living with a life limiting illness, as well as support for their loved ones.

The field is a sight to behold, if you've been lucky enough to get tickets, enjoy this glorious celebration of colours.

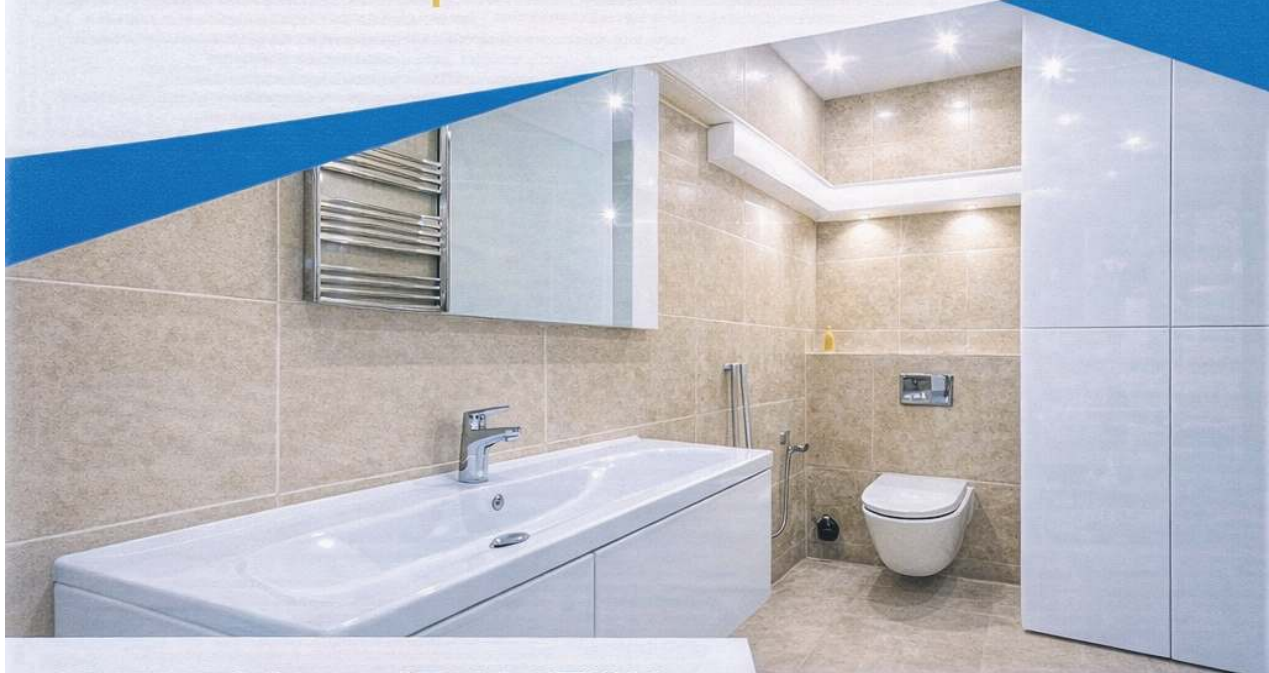


All images Ian Burt



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Quill-liant! Hedgehog rescue nurses 1000s back to health

Dani Crawshaw



One of the hedgehogs recently nursed back to health

So this is Gallagher," Rachel tells me, "As you can see he had a nasty strimmer wound, right across his nose and forehead, he was found walking along a busy road in Hunstanton by a lady who stopped to bring him in - so he's one lucky chap.

"So we've cleaned up the wound, he's had a course of antibiotics - and he's feeling so much better."

I'm at a hedgehog rescue in Downham Market, called Ryston Rachel's Hedgehog Hotel, where there are currently 23 receiving care.



Rachel with Gallagher, who was found on Oasis Way

"I started this almost 14 years ago, it's just become an all consuming hobby. Last year 548 hedgehogs came in, this year already we're up to more than 70," Rachel continues.

As we chat, she gets a call, another injured hedgehog that a member of the community would like to bring in, "Of course," she tells them.

Rachel helps the animals as well as having a full-time job, "They're wonderful, how can you not help them? They're on the red list now, on their way to being endangered in the wild in the UK, which is just heartbreaking."

At the moment the nocturnal mammal is waking up from

hibernation, searching for a mate - and she's got this advice.

"You can add a little hole in your fence so they can travel, add a little bowl of water in the garden, and just think hedgehog before you start strimming or before you put netting in the garden.

"The past three days we've had some in that have been tangled in netting. Think hedgehog - that's our mission really, to just encourage people to be aware."



Pre release video of Jellystone

Then there's a knock at the door, and the injured hedgehog is here, Kez who's brought him in says, "It's out in the day, which is unusual, and looked like it was having problems drinking water, we have a feeding station in the garden so we noticed him."

As Rachel takes a look, I ask what Kez thinks of the work she's doing, "It's marvellous - it's brilliant."



Rachel assessing the new patient

When Kez leaves I ask when Gallagher will be released, "In time he will move to an outdoor hutch, we call it the re-wilding time, then once he's shown to me that he can build a nest, he can do what wild hedgehogs would do - then we can think about releasing him.

"It gets emotional, there will be happy tears with Gallagher. We try to always do what we call pre-release videos - just our way of celebrating each and every one. Because we do get ones that are just too poorly and don't recover."

"This is 24/7, I get calls all the time, it's complete madness isn't it, but if you can why not?"

"When you get a poorly one, you put them in the incubator, you get them back on track, you give them fluids, and they kind of look at you with those big eyes and you just think right come on kid, we can do this!"

We don't think it's complete madness, we think it's wonderful!

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
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Pilgrims Cross Easter Pilgrimage to Walsingham

Gary Walker

On Wednesday 1st April, King's Lynn welcomed the Northern and Midland legs of the Pilgrim Cross Easter pilgrimage to Walsingham. The Northern group had walked 112 miles from Nottingham, while the Midland group covered 114 miles from Leicester.



St Joseph's Pilgrims Manchester

Before the official groups arrived, a separate band of pilgrims made their way to the chapel, having journeyed all the way from Manchester. Camping along the way, they retraced the footsteps of 16th-century pilgrims and were delighted to visit the Red Mount Chapel for only the second time before travelling on.

Each group of Pilgrim Cross walkers, typically 25 to 30 people, includes a diverse mix of ages, ranging from early 20s to over 65. For seven days, they carry a large wooden cross weighing approximately 30kg as they make their way to the Shrine of Our Lady in Walsingham, arriving there on Good Friday. Along their journey, the groups pause at the Red Mount Chapel in King's Lynn for a short rest and reflection.

The Northern Group from Nottingham were the first to arrive at the Red Mount Chapel, where they met by the Mayor, Cllr Andy Bullen and his consort Jane Jestice along with members of the Friends of The Walks, who had arranged the reception and the welcome refreshments for the weary

travellers.



Northern Group Pilgrims

This year they were also blessed by having Mirabelle Domine-Walley, dressed up as the King's Lynn 14th Century mystic Margery Kemp, travelling with the pilgrims from West Lynn over the ferry, joining with them for their hymn singing on arrival at the Red Mount. King's Lynn based Mirabelle together with Luke Walker, supported by a team of local volunteers, are co-writers and directors of a film based on The Book of Margery Kemp, titled The Mystic.



Midland Group Pilgrims

The 15th-century Red Mount Chapel was originally built as a rest stop for pilgrims making their way to Walsingham, who arrived in King's Lynn either on foot via the ferry or by ship from the continent. At its peak,



Margery Kemp and Mayor

Walsingham was the second most popular pilgrimage destination in England after Canterbury.

Friends of The Walks Vice Chair Gary Walker who had organised the reception said "it is great to see the Red Mount being used for pilgrimages just as it was before these were banned by Henry VIII in 1538. The Red Mount is unique in its construction and is open for viewing on Wednesdays and Sundays from May to September."

Although pilgrimages were banned by Henry VIII in 1537 it remains fitting that today's modern pilgrims continue this ancient tradition, visiting the historic Red Mount on their journey.

Pilgrim Cross aims to blend traditional and contemporary elements of pilgrimage, including poetry and music beyond the bounds of conventional church services. After enjoying their refreshments, the groups gathered in the upper chapel for a short service with hymns—concluding, most appropriately, with a spirited rendition of John Bunyan's classic, *To Be a Pilgrim*.

Photos by Gary Walker

Ringstead Artists' Exhibition

A Celebration of Local Creativity 23rd to 26th May, Ringstead Village Hall PE36 5JU



Four Ringstead-based artists will be presenting a vibrant mix of abstracts, landscapes and still life as part of this year's North Norfolk Open Studios. We are Helga Joergen, Barbara King, David Lendrum and Cass Wedd. Expect a colourful display of artwork embracing the experimental, interpretive and reflective, all produced with an array of mediums including acrylic, watercolour, photography, print, collage and sculpture.

The exhibition is open from 10am to 5pm daily and throughout the exhibition the artists will be present to meet visitors and discuss their creative processes. This is a unique opportunity to engage with the artists, discuss their work, and purchase original works. Free entry, disabled access and onsite parking available.

More information from bek@barbaraking.co.uk.

Take yourself to new heights with the Abseil Challenge

Nelson's Journey, Norfolk's child bereavement support charity, are delighted to be holding an Abseil Challenge at The Forum, Norwich on Sunday 17th May. The event will run from 10.00am – 4.30pm.

Join the Nelson's Journey team and take the plunge down one of Norfolk's most iconic buildings, there truly is no better way to see the city skyline.

Megan Utting, Funding & Marketing Officer for Nelson's Journey said, "We are delighted to be holding our second abseil at The Forum, it's set to be a brilliant day full of team spirit and accomplishment. A huge thank you to all those who have already chosen to take on the challenge, their support will help us to continue our work supporting bereaved children and young people in Norfolk"

Registration is £30 and participants are encouraged to raise £100 in sponsorship.

All funds raised from this event will support the direct work Nelson's Journey carries out with supporting children and young people who have experienced the death of a significant person.

Places can be booked here: <https://www.tickettailor.com/events/nelsonsjourney/2096812>



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Buying a new-build property off-plan

By Lauren Howell, Paralegal, Hayes + Storr



Buying off-plan involves buying a property before it has been built. The buyer relies on architect's plans, computer generated images and other information provided by the developer. You may also be able to view a show home or part of the development which has already been completed.

What are some of the advantages of buying off-plan?

Buying off-plan lets you acquire a brand-new, energy-efficient home, often with options to customise finishes. You may also benefit from any increase in property prices during the construction period, which in a rising market, could be significant.

The completed property should include a guarantee, such as an NHBC Certificate, covering certain building defects for 10 years. Your solicitor should check the cover provided,

to ensure their benefit is assigned to you.

Developers may offer incentives, such as free upgrades or legal fee contributions. However, these should be carefully evaluated, as they can affect how much mortgage lenders will advance.

What are some of the disadvantages of buying off-plan?

New-build properties often carry a price premium, and you are committing before seeing the finished property. Buyers may also face service charges, delays to completion dates, and possible short-term depreciation.

Some buyers accept the wait for construction, but delays and uncertainty can make off-plan purchases unsuitable for others.

How do you finance buying off-plan?

Conventional mortgages are often unsuitable for off-plan purchases, as offers can expire before completion, and lenders may require higher deposits or revaluations. Buyers should secure funding early to avoid losing their deposit. Off-plan purchases often suit cash buyers and investors who may benefit from price growth and stronger negotiating power with developers.

If you plan to take out a mortgage, you should speak to an independent specialist mortgage advisor.

How does the conveyancing process differ when buying off-plan?

The process is largely the same, but there are

some differences. Developers usually require a reservation fee, typically £250-£2,000, to take the property off the market. This can be paid upfront or deducted from the purchase price on completion.

Exchange of contracts can also happen faster than a conventional purchase, usually around 28 days. Your solicitor should check planning compliance and access rights to ensure the legal documents match the developer's plans, so you know exactly what you are buying.

How can I best protect myself when buying off-plan?

Proper due diligence is essential. You should check the developer's reputation and financial standing, and ensure your deposit is protected in case the developer becomes insolvent.

Taking professional advice early is crucial, as the period between offer and exchange is short. An experienced off-plan solicitor can manage risks, including delays that may affect mortgage offers, mitigated by a break clause in the contract.

How we can help

For further information, please contact the residential property team at Hayes + Storr or email: lauren.howell@hayes-storr.com.

This article is for general information only and does not constitute legal or professional advice. Please note that the law may have changed since this article was published.

Meet Our Family Law Team...

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



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INHERITANCE TAX: A VALUABLE EXEMPTION TO CONSIDER

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

The current Inheritance Tax (IHT) Nil Rate Band was frozen at £325,000 back in 2009 and is due to remain fixed at that level until 2031. If it had risen fairly with inflation it would likely be in excess of £675,000 by now. Similarly, the Annual Exemption of £3,000, set in 1981, ought perhaps to be over £15,000 today.

As a result, exposure to IHT has been gradually rising year on year; and now with the misguided attack on farmers and family businesses resulting in the restriction of Agricultural & Business Property Reliefs from 6 April 2026, plus the inclusion of undrawn money-purchase pension funds in a chargeable Estate with effect from 6 April 2027, the IHT tax take is set to increase substantially.

Anything that can mitigate the impact of the tax that can be considered a "penalty on thrift, independence and enterprise" has therefore got to be worth considering.

One of the most important but misunderstood reliefs is that of Gifts as "normal expenditure out of income". To have any chance of claiming the relief, the gift must be made: a) as part of the donor's normal expenditure; and, b) taking one year with another it was made out of income; and, thirdly, c) that after allowing for all such gifts as part of normal expenditure the donor was left with sufficient income to maintain their usual standard of living.

As it will be your Executors who will make the claim and hence need to provide evidence of the annual level of surplus income it is imperative to keep a detailed record of your income and expenditure (see the final page of HMRC Form IHT 403) along with any supporting papers, and also document the gifts made.

Normal means "normal for the donor and not for the average person"; and there should be a regular pattern of gifts. It is always wise to document one's intention for the gifts to be regular from the outset.

In basic terms, evidence of one's income for the purposes of this relief should be available from your Tax Return but it is not necessarily the same as income for Income Tax purposes (e.g. you may also have income from exempt sources such as ISAs or Premium Bond winnings). HMRC will wish to ensure that capital is not included (e.g. you might consider the 5% withdrawals that you take from your Investment Bond Policy to be regular income, but, in fact, they are truly defined as capital).

Most surprisingly however the normal expenditure exemption is not (currently) limited to a specific monetary amount. Hence, it can be seen how valuable this relief can be as opposed to finding that your gifts are classed as Potentially Exempt Transfers, sitting on your 7 year clock before they escape the Chancellor's clutches.

Over the next year many people will find that their potential exposure to IHT increases massively. Something that they have not had to seriously consider until now.

"Carpe diem" therefore, and plan (as well as you can, as soon as you can) to ensure that you make good use of all reliefs and exemptions available to you – "while stocks last"!

If you are considering making substantial gifts out of income and need detailed support to structure and maintain the records that HMRC

would expect to see, please do contact Nicola Tarry FCA at Mapus-Smith & Lemmon LLP, Hunstanton office on 01485 534800 or ntarry@mapus.co.uk

Article written pre-5 April 2026

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New charity centre at St James' House to open in King's Lynn

A new base for local charities will open in King's Lynn next month, bringing several organisations together under one roof to support the community.

Connections at St James' House, based on County Court Road, will officially open on 6th May 2026. The building, formerly St James Medical Practice, has been transformed into shared office space and facilities designed specifically for charities and community organisations.

The project has been created by former High Sheriff of Norfolk, David Flux, and his wife Lisa who have founded the Hadleigh Charity. Their aim is to provide affordable workspace and shared resources that allow charities to focus more of their funding on the people they support. It is intended to be a place where local residents can connect with a range of charities, access support, and find opportunities to volunteer or get involved in community activity.

Mr Flux said, "Through our involvement with local organisations, particularly during my time as High Sheriff, it became clear that many charities were directing a significant amount of their fundraising towards maintaining buildings rather than supporting their core work. That highlighted a real need for better, more sustainable facilities.

"Connections at St James' House has been designed as a not-for-profit space where charities can operate on a peppercorn rent,

paying only a fair share of service and utility costs. Alongside dedicated office space, the building has been completely renovated to include shared areas for meetings, training and collaboration. The aim is to reduce overheads, encourage partnership working, and allow charities to focus more of their resources on the people they support."



David and Lisa Flux, founders of Connections at St. James' House in King's Lynn

The first organisations confirmed to move in are King's Lynn Foodbank and Citizens Advice Bureau, with space available for additional charities that would benefit from working alongside other community groups.

Helen Gilbert, Strategic Project Manager at King's Lynn Foodbank said "King's Lynn Foodbank is thrilled to join this new venture in town. Our mission is to make sure individuals receive the support they need to tackle the root causes of their hardship and reduce repeat visits. For over four years, we've been searching for larger premises to help us fulfil this goal and we're very grateful for this opportunity. In this new space, we'll be able to offer a warm welcome and share conversations over tea, guiding people toward appropriate assistance. We're eager to collaborate with other organisations in the building, so we can provide more comprehensive support to those in our community."

Connections at St James' House is now inviting other local charities and voluntary groups to express interest in using the space. The aim is to build a supportive environment where organisations can share knowledge, resources and ideas while remaining focused on their individual missions.

More information about the project can be found online at:

www.stjameshouse.org.uk

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Three years on....

The Spontaneous Cuppa

Here we are again reflecting three years after opening The Spontaneous Cuppa. The past twelve months have been filled with laughter, lively conversation, and the joy of seeing both familiar faces and new visitors walk through the doors.

Our Swedish evening events have continued to be a success, we aim at doing something a little different for each event mirroring Swedish festivities. One of our very loyal customers remarked how these gatherings feel like a family meal.

We are very proud to have maintained our Grade A accreditation from Coeliac UK for the third consecutive year, following stringent audits that highlight our dedication to providing a safe, 100% gluten-free environment. Our dedication to food safety has also been recognised with excellent comments from the FSA and a continued 5 Food Hygiene rating.

Looking forward we will continue our commitment to everyone who can't eat gluten, to those who can't eat dairy and continue to build our business providing good food for all our customers.

We are so grateful to our mayor, Cynthia Easeman for her award recognising our contribution in the community at her Mayor's Honours 2025/2026.

We continued in 2025 to support Macmillan charity by collaborating with Jenny and her team at The Princess Theatre. On the annual Hunstanton Christmas Lights switch on, we supported three local charities, we are so grateful again this year to Jackie and Mark Browne who volunteered and did a superb job chatting with customers, clearing tables, serving and supporting in the kitchen.

This year marks a special milestone for Wendy Wright, who celebrates three years as a valued member of our team. Wendy began working with us during holidays and weekends, and last year made the step to join us every day. She has become an essential team member of The Spontaneous Cuppa, consistently taking on more responsibility and helping us maintain the high standards our customers expect.

We faced a challenge in December, having to close due to health issues, but the outpouring of support from our loyal customers was truly touching. Their well wishes and enthusiastic return in January lifted our spirits and reminded us just how fortunate we are to be part of this community. Again, to thank all our customers for their patience and well wishes when we needed to close the beginning of April for a follow up medical procedure.

Last but not least a heartfelt thank you goes out to Town and Around for their ongoing support with advertising, making the process straightforward and seamless, from pricing and deadlines to graphic design assistance.

As we look forward to another year, we remain grateful for the friendships, support, and shared moments that make The Spontaneous Cuppa a place where everyone is welcome!

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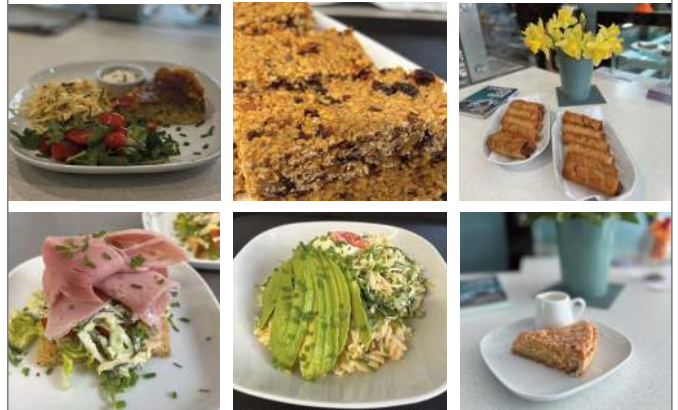


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General the Lord Dannatt visits The Bridge for Heroes Drop-In Centre

Laura Evans

The Bridge for Heroes drop-in centre recently welcomed a familiar and distinguished visitor when General the Lord Dannatt, GCB CBE MC DL, visited the charity once again to see first-hand the support it provides to members of the Armed Forces community.

Lord Dannatt, who along with his wife Lady Dannatt, MBE, Lord-Lieutenant of Norfolk, is a Patron of Bridge for Heroes, spent time catching up with staff and volunteers during his visit. The couple have long supported the charity and its work helping veterans and their families across the region.

During the visit, Lord Dannatt learned more about the day-to-day work carried out at the centre and the wide range of services offered to veterans and their families. The Bridge for Heroes team explained how the organisation supports beneficiaries with issues including housing, welfare, mental health, and transition to civilian life.

He also had the opportunity to speak directly with several beneficiaries who regularly attend the drop-in centre. These informal conversations provided an insight into the challenges many veterans face after leaving the Armed Forces, as well as the positive difference the charity's support can make.

Staff at the centre said it was a valuable opportunity to update Lord Dannatt on the work of The Bridge for Heroes and highlight the importance of community-based support services for the armed forces community.

Throughout the visit, Lord Dannatt showed a keen interest in the personal stories of those he met, listening to their experiences and discussing the importance of ensuring that those who have served the country receive the support they need.



The visit was warmly received by both staff and beneficiaries, who appreciated the opportunity to speak with Lord Dannatt and share their experiences.

The Bridge for Heroes continues to play an important role in supporting the Armed Forces community locally, providing a welcoming space where veterans and their families can access practical help, guidance, and companionship.

King's Lynn Sea Cadets Annual Awards Night

Charlie Lock, Kings Lynn Sea Cadets



The sea cadets of King's Lynn were rewarded for their hard work over the past year with the unit's annual Awards Night. 13 awards and 14 promotions were presented with friends and family present, and the evening closed with a presentation created by the cadets on what they enjoy about being at TS Vancouver.

Congratulations to Cdt 1st Henry, OC Billie, LC Louis, Cdt Vlads, AC Amelia, Cdt 1st Elsie, JC Isla, JC Fletcher, MC Caitlyn, and AC Harry for their achievements.

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

generosity.

Special guests on the night included Royal Naval Officers and representatives from The Royal British Legion. Warrant Officer One Rendall, Royal Naval Engagement Officer for Eastern England, handed out the awards and promotions to the deserving cadets.

The past year has seen the Sea Cadets train alongside Royal Marine Cadets, and MC Caitlyn achieved the inaugural Royal Marine Cadet of the Year award. The marine and sea cadets are always open to new joiners between the ages of 10 and 18, and would-be volunteers ready to teach young people new skills are also welcome. Those interested are invited to visit the unit during our upcoming Open Day on the 28th April to see what the cadets get up to each week.

King's Lynn Sea Cadets has been a charity for over 80 years, with the aim of teaching children the values and traditions of the Navy,

passing on important skills and giving them exciting experiences that they may not get at home. Cadets are encouraged to take risks in a safe environment and try things they've never done before. For more information visit <https://www.sea-cadets.org/kingslynn>.



Junior Cadet of the year Fletcher



Able Cadet Amelia won the Commanding Officer's Award.

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Saturday 16th May - Music Night with Vocalist Rhiannon Rae
Monday 18th May - Coffee & Brandy from 10am.

For more information - see our Facebook page

Regular Events

Mondays: Seated Yoga with Jackie Lee -12.00pm - 12.45pm
Strength and Balance Class 4.30pm.

Tuesdays: Seated Yoga with Jackie Lee 12.45pm - 1.30pm.
Richard's Country Disco & Line Dancing 2.00pm - 4.00pm.
Cash Bingo starts at 7.30pm.

Wednesdays: Scrabble 10am, Whist Drive 7pm

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

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Wendy Warner's plant of the month - Geums

Many hardy perennials, or herbaceous plants, have magnificent flowers for a short length of time, usually about two months. Geums have the added benefit that they will flower for often twice this length of time. Some will begin flowering in late Spring and continue through to the autumn.



Credit: Zenaga

Geums are growing in popularity. When I was first working in garden centres there were only three varieties readily available, these were; Geum rivale 'Leonard's Variety', known as 'water avens' which has reddish-brown stems bearing several nodding, bell-shaped, semi-double, coppery-pink flowers and requires a moist soil. This is the only geum that has a closed bell-shaped flower. The other two were Geum 'Mrs J Bradshaw' with semi-double rich scarlet flowers and Geum

'Lady Stratheden' with semi-double rich yellow flowers – both have withstood the test of time, are still readily available and are RHS Award of Garden Merit Winners. The newer varieties tend to have more unusual colour mixes and more ruffled flowers.

Most geums have a rosette of semi-evergreen foliage, meaning there will be some leaves left throughout the winter. The flowers will appear on stems usually 50-60cm above which makes them ideal for the front or middle of the border. Geums are best grown in moisture retentive but well-drained soil in sun to partial shade. In the hotter summers we are now experiencing, the foliage of those growing in full sun can become scorched so very dry soils or hot south-facing borders are best avoided. They also don't like to become waterlogged in winter.

Geums can be used in contemporary or informal cottage garden planting schemes, as well as wildlife gardens as they attract bees, butterflies and other pollinators. They will benefit from dead heading to encourage continuous flowering. To encourage strong geums with plenty of flowers, divide plants every three years. You will notice they become woody if you fail to divide your plants.

Some newer varieties to look out for are the Tempest series with semi-double flowers which include 'Scarlet Tempest' with scarlet red flowers reaching 45cm; 'Coral Tempest' a

rich coral pink growing to 60cm; 'Fiery Tempest' which is orange-red at 50cm and 'Solar Tempest' a golden yellow, slightly taller at 75cm. Geum 'Pink Petticoats' is a more compact, delicate variety growing to 30cm with ruffled peach-pink petals gather around a yellow centre. One of the tallest is 'Totally Tangerine' with its vibrant tangerine-orange ruffled blooms at 90cm. One of my personal favourites is 'Mai Tai' with purple buds opening to ruffled apricot petals with rose shadings and it has dark purple stems

If you are watching the coverage of the RHS Chelsea Flower Show on the television later in the month, see how many different geums you can spot in the show gardens. They're always a favourite for designers to use as it's their natural flowering time and they are so reliable.



Geums on sale at Thaxters



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Old Hunstanton Flower Festival

Caroline Richardson

We would like to welcome all flower arrangers and helpers for the Old Hunstanton Flower Festival to be held over the weekend of 24-26 July. The theme this year is "A Few of Our Favourite Things!" If you would like to join our friendly team, led by professional florist, Gary Bocking, you will be made very welcome. No experience necessary! Please contact Sarah Bocking on bocking554@btinternet.com.

Also, if you are spring-cleaning, we would love to receive your pre-loved books, clothes and bric a brac. Please contact Simon Carter on simoncarter920@btinternet.com if you have anything suitable.

Old Hunstanton Flower Festival



Friday - Sunday
24-26 July 2026
10am - 4pm

Marvel at the magnificent floral displays in the church: enjoy lunches, refreshments, stalls and games at the village hall

Join us for a hog roast with music on Saturday night, a fun dog show and a concert by the Hunstanton Concert Band on Sunday

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



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Roots of Success: Girlguiding North West Norfolk to Bloom at RHS Sandringham July 22-26

This summer, the prestigious grounds of the Sandringham Estate will play host to a very special kind of magic. Girlguiding North West Norfolk is proud to announce the debut of their show feature garden, 'The Girlguiding Journey,' at the inaugural RHS Sandringham Flower Show.

The 80m2 installation isn't just a display of beautiful flora; it is a living celebration of the growth, confidence, and environmental spirit of Girlguiding. Designed by local talent Dominique Rudd and 3D illustrator Becky Sheppard, the garden takes visitors on a physical and emotional path through the world of guiding.



This project is a true Norfolk collaboration. The Snettisham Guides have already been hard at work, getting their hands dirty to craft a stunning eco-friendly wigwam. Under the expert tutelage of local duo The Coddwomplers, the girls used hazel from ancient coppice woodlands and English-grown willow to weave a structure adorned with willow leaves and snails.



"This garden is more than just a display," says designer Dominique Rudd. "It is a celebration of the confidence, heritage, and community spirit that Girlguiding fosters across Norfolk and beyond."

Visitors to the show are in for a treat. The garden features:

The Promise Bench: A bespoke iron seating area engraved with the Girlguiding Promise, handcrafted by the Royal Warrant-holding Wrought Iron and Brass Bed Co.

Interactive Fun: A Scavenger Hunt to challenge the family and a Recruitment Hub for those looking to volunteer.

Royal Heritage: An information board showcasing the deep, historic ties between the Royal Family and Girlguiding.

Handmade Gifts: Visitors can pick up a goody bag featuring unique bookmarks handmade by girls from across the Girlguiding

division.

Cultivating Skills: The Badge Journey

The garden is designed to mirror the actual badges our members earn, showcasing the hands-on learning that happens in every unit:

Bee Rescuer: Our youngest members, the Rainbows, start their journey in the Wildflower Meadow, learning to protect our vital pollinators.

Grow Your Own: At the Brownie workstation, girls discover that food comes from the soil, not just a shop, as they get their hands dirty earning this badge.

Gardening & Biodiversity: As girls grow into Guides and Rangers, the garden becomes more complex. These badges reflect advanced skills in harvesting rain, building a hibernaculum for wildlife, and sustaining the environment.

Bring the Journey Home: The Official Commemorative Orb

We are so excited to reveal the Official Commemorative Orb by LV Bespoke, created specifically for 'The Girlguiding Journey' Show Feature Garden! (Girlguiding branding approved).

Whether it's a gift for a long-standing leader, a "thank you" to a dedicated volunteer, or a treat for your own flower bed, this Orb is the perfect way to bring the spirit of guiding home.

Order yours here:

lvbespoke.co.uk/products/girlguiding-sustainability-at-its-heart

From the workstation to the bug and bee hotels handcrafted by our members, every inch of the garden focuses on the planet. This vision is made possible by a "village" of local sponsors, including Wrought Iron and Brass Bed Co., Resins 'R' Us, HOTBIN Composting, Adrian Flux Insurance, Atelier Associates, and The Greenhouse Pro.

A Lasting Legacy

The journey doesn't end when the flower show packs up. In a move that ensures the garden benefits the community for years to come, the entire exhibit will be relocated to the Hautbois Activity Centre in Coltishall. There, it will become a permanent educational resource for thousands of girls to earn badges and discover the joy of the great outdoors.

Join the Journey!

Experience "The Girlguiding Journey" this July 22-26. Tickets and info can be found here: rhs.org.uk/shows-events/rhs-sandringham-flower-show

Volunteer or Join Girlguiding: www.girlguiding-anglia.org.uk





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Downham Market and District Horticultural Society

Affiliated to: Royal Horticultural Society

Pecham Gardens: tucked away behind a Georgian mansion lies a garden (both now owned by the National Trust) that tells the story of its Victorian heyday. We had a fascinating presentation recently about the garden's history, given by their Head Gardener, Louise Gardner. We are looking forward to a guided walk later this year, followed by refreshments in the 17thC thatched Reed Barn. Entry to the gardens is free all year round, non-National Trust members pay £10 to enter the house.

Our Howdale stall – Bank Holiday Monday

Do visit our large Plant Stall on the Howdale on 25 May, which is Carnival Day. You will be in for a treat! Members spend the previous months growing an impressive quantity and variety of beautiful plants and

vegetables, which we sell at very reasonable prices to go towards our funds, to ensure that our Society can continue to flourish.

Monthly meetings and Summer Show

We meet on the second Monday of each month in Downham Market Town Hall, meetings starting at 7 for 7.15pm. We have a different speaker each month, with the talks followed by complementary tea, coffee and biscuits. We sell raffle tickets at each meeting, the income from which goes towards our costs, to cover speaker fees, room hire, and other expenses, including costs relating to our Summer Show. This year's Show is on Saturday 4 July, in Downham Market Town Hall as usual. Pick up one of the orange Show booklets from local garden centres and other local outlets.



Photograph shows Barry Gayton, well-known local gardening expert and speaker, running a recent composting workshop for us.

Gardens to visit in May

A plethora of fabulous and highly recommended gardens are opening for the National Garden Scheme this May. Several have never opened their garden gates before so what could be better than strolling around knowing there is tea and cake for afters!

STODY LODGE, Melton Constable. 7 May 1-5. Spectacular gardens with one of the largest concentrations of rhododendrons and azaleas in East Anglia. Created in the 1920s, with magnolias, camellias, ornamental and specimen trees. Adm £10, chd free. Wheelchair access (WA). Dogs welcome (DW).

HEATH FARM BARN, North Walsham. 9&10 May 11-5. NEW. Surrounding two newly converted dwellings the area of the garden in close proximity to the house is flower displays and a vegetable garden. Further away are large displays of bulbs, shrubs and trees extending out into 25 acres of grassland which has wild orchid collections, ponds and a bluebell wood. Adm £6, chd free. WA, DW.

BLICKLING LODGE, Blickling. 17 May 12-5. Georgian house (not open) set in 17 acres of parkland. Extensive gardens that include a cricket pitch, beautiful mixed borders, walled kitchen garden, yew garden, woodland, dovecotes and water garden. Adm £6, chd free. WA, DW. Also "Open by Arrangement".

LEXHAM HALL, Nr Litcham. 24 May 11-5. Parkland with lake and river walks surround C17 Hall (not open). Formal garden with terraces, roses and mixed borders. Traditional working kitchen garden with crinkle-crankle wall. Magnificent walk amongst rhododendrons, azaleas and magnolias in the 3 acre woodland. Adm £6, chd free. DW. Sunday 24 May 10-4. The following three gardens are opening.

20 LE STRANGE CLOSE, Norwich NR2 3PW. A modern cottage garden in the city, plant filled and wildlife friendly. Adm £6, chd free.

THE SUNKEN GARDEN, Norwich NR4 7YB. NEW. A contemporary garden design with innovative and sustainable landscaping solutions with children being the predominant focus. Garden can be viewed via a boardwalk. Adm £5, chd free. DW.

IF UPTON ROAD, Norwich NR4 7PA. NEW. A quiet and secluded garden with gravel paths between the large beds which are densely planted. Adm £5 chd free. DW

PRISCILLA BACON LODGE GARDENS. 24 May 11-3. NEW. Designed by James Alexander-Sinclair, these gardens are a flamboyant mix of ornamental borders and expansive wildflower meadow. Set on 8 acres of Norfolk farmland, Adm £4.50, chd free. WA, DW.

HOLME HALE HALL, nr Swaffham. 31 May 12-4. A hidden gem. Walled kitchen garden designed by Arne Maynard. Greenhouse, vegetables, trained fruits, roses & topiary. 130 year old wisteria. Wildflower meadow & renovated island pond. £8 chd free. WA, DW.

OLD COMMON WOOD, Foulsham. 31 May 10-4. NEW. 1000 native trees, plants including rare Black Poplars. Colourful flower meadow with paths leading to wetland area and ponds where orchids flourish in summer. Colourful flower meadow with mown paths leading to wetland area and ponds. Adm £6, chd free.

Barking Bugle news

A Paw-some Day Awaits at the Hunstanton Fun Dog Show! Woof woof, fellow doggos! Ziggy Bear here, your favourite repawter—and this time, I've got extra exciting news because I'm not just reporting...I'm helping organise the Hunstanton Fun Dog Show alongside the fabulous Miss Zsa Zsa! That's right—this is our big day and we can't wait to see all your waggy tails there.

Now, because I'm busy being a very important organiser (and definitely not because I'd win everything... ahem), I won't be entering any classes myself. But YOU absolutely should!

We've got a brilliant lineup of classes for you to sniff out and enter, including: Prettiest Girl, Handsome Boy, Young Dog (under 3), Veteran (8+), Most Appealing Eyes (for both girls and boys—flutter those lashes!), Best Rescue, Waggiest Tail (my personal favourite), Happy Families, Judge's Choice and the ever-glamorous Fancy Dress.

And don't worry if you don't snag a rosette straight away—there's even a special "Dog With No Rosettes" class at the end, just for pups who haven't won earlier. Everyone deserves their moment to shine!

Each class is just £1.50 to enter, so there are plenty of chances to show off your unique talents and charms. And remember—rosettes go all the way up to a whopping 10th place, so lots of you clever pups will be strutting away with prizes!

For those aiming for top dog status, we'll also be awarding trophies for Best in Show and Reserve Best in Show—very shiny, very prestigious and absolutely worth a proud tail wag. One of the highlights of the day will be the amazing K9 Capers Display Team, performing at 11:30am. These talented doggos will have you barking with excitement and maybe even inspire a new trick or two! There will also be refreshments on site (perfect for convincing your humans to share snacks), plus parking available, so no excuses not to come along.

So round up your humans, fluff up your fur, and get ready for a day full of fun, friends and fabulous furry competition. Whether you're in it to win it or just here for the sniffs, it's going to be a tail-waggingly brilliant day. I'll be there, clipboard in paw, making sure everything runs smoothly—and keeping a close eye on the treat situation, of course.

Don't miss it, pups—it's going to be paws-itively unforgettable! Sunday 9th May - Glebe House School, Hunstanton From 11am - Judging begins at 12noon.

And finally—some very impawtant personal news. The postie delivered a letter addressed to ME. Yes, me—Ziggy Bear! It's usually all fan mail for Miss Zsa Zsa, so you can imagine my surprise. I tried to stay professional, but a full celebratory zoomie may have occurred (purely out of gratitude). A huge thank you to Sharon for my very first piece of fan mail—you made my day! I shall now be expecting regular correspondence...weekly sounds reasonable. Treats also happily accepted.

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Borough Council news

Cllr Terry Parish, Heacham Ward which includes Sedgeford and Fring

At the time of writing, shortly after Easter, little of great significance has emerged from the depths of the Borough Council since the April edition.

Turning to local matters, Anglian Water has been juggling statistics and now finds it has capacity to cope with some new developments. It is no longer objecting to the current Docking application. I provided the comment below to the EDP:

'The change in heart, By Anglian Water, over this particular application appears, to me, to be smoke and mirrors and a massaging of data to achieve a requested outcome.

The Dry Weather Flow, DWP, though Heacham Water Recycling Centre (nice change of name, sewage plant to most) exceeds the Environmental permitted volume too frequently. This is why AW maintained that there is a lack of capacity at the works to accommodate new developments coming forward. They now say that if they effectively rub out extreme year on year variations by looking at a three-year average, the plant suddenly has capacity. So, in order to guarantee that no pollution enters the Wash, we have to rely on average rainfall and not too much extra load.'

I believe that the treatment works needs to cope with the worst scenario to avoid pollution incidents and heavy rainfall is becoming more common.

I do note that AW refers to available capacity for 'the proposed development'. It remains to be seen what they do as more developments come forward and add to the loading of the treatment works.

Heacham car park fees have been bad news for over a year. A resident, Nicky Bailey, started a petition and negotiated a concession, one hour's free parking for residents. Nine months down the line and it looks like that has been won as, under some pressure, a statement from the BC to the EDP said the concession would be honoured. At the time of writing,

how the concession will operate is still to be revealed. Meanwhile, fees have gone up again.

The concession, very welcome as it is, still leaves charges far too high at the beaches of Heacham where there are few facilities. I still hope to have the winter 'free' parking reinstated and the high cost of residents' annual passes reduced (they increased from £58.10 to £121.69 in April 2025). A report on fees is coming forward from the Borough to myself and Heacham Parish Council and I will respond to that accordingly.

I have been promised that the Borough will carry out work in the narrow strip of woodland off Jubilee Road, Heacham. There is a lot of fly tipped rubbish and some damage to trees. Can people refrain from being a nuisance in this, or any other area, and allow the great majority to enjoy the environment they live in and profit from any improvements which, in this case, will prove costly.

I have had some success in getting road gutters swept if I name the offending road and, sometimes, provide photographs. There seems to be no current practice of sweeping all gutters. Please tell me if your road needs doing and I will come and take a picture.

Full Council, before Easter, adopted the new Property Disposal Property. I reiterated the importance of not disposing of assets valuable to local communities and ensuring that community representatives were involved in decisions. This was first raised by the Regeneration and Development Panel (R&D), which I chair, and is part of the new policy.

In a later meeting, R&D noted reports on the intention to operate High St Rental Auctions within King's Lynn – an attempt to get empty commercial properties used. This part of a bigger effort to tackle the 2179 empty residential properties across West Norfolk.

An update on the Guildhall renewal demonstrated that it is on track and on budget (albeit a large one) and due to open in 2028, just as the Borough Council ceases to exist. A report

on the likely Customs House refurbishment looked very promising but is partially secret at the moment due to legal considerations, and a post – implementation review of Styleman Court in Hunstanton was fascinating but currently not public for all sorts of reasons.

Sedgeford is awaiting movement on development at the former School site and I hope NCC's shock at losing its single unitary dream doesn't affect that. Fring has its defibrillator at last; it is within the telephone box (disused) opposite the entrance to the Fring Estate holiday accommodation site. There are no dog poo bins in Fring and this has raised some local concerns. They are normally provided by Parish Councils and Fring has not got one so I have asked if there is a way around the 'problem'. I tried to get interest in forming a Fring Parish Council several years ago but it wasn't picked up and I will look at that again.

April 1st, 2028 is when we all get looked after by a new Unitary Authority and there will be no more second guessing of whether it is the Borough or County at fault (or to be congratulated). The good news is that West Norfolk will be one of 3 unitary councils across Norfolk so there will still be good scope for local action and it will not be too hard to see and speak to people. This was the preferred option of the Borough Council and almost all other District Councils. NCC wanted one unitary to rule them all and, in the confusion, bind them.



County Council Elections 7th May 2026

Vote for Terry Parish - Independent

I have no political party interests and am not a former member of any. I have always been an independent and enabled the administration of the Borough Council to become Independent in 2023.

Norfolk County Councillors will only exist until April 2028 when three new unitary councils commence. If elected, during those two years, I will focus on ensuring that West Norfolk keeps and receives the resources it has and needs, and, in particular, the residents of Docking Division get their fair share.

Local Government Reorganisation will accelerate between now and 2028. Candidates belonging to political groups must support their party line. I only have to represent you, the people living within the Docking Division of the County Council which includes the Parishes of Snettisham, Heacham, Sedgeford, Fring, Docking, Bircham, Bagthorpe with Barmer, Houghton, East Rudham and West Rudham.

I am also a Parish Councillor, recognise local concerns, and will talk to and listen to all Parish Councils and the residents they represent. Terry Parish

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Wild in Westminster and West Norfolk

One of my priorities since being elected has been education because it gives young people the best opportunity to realise their potential. There have been welcome improvements in performance across North West Norfolk, including at Smithdon. However, too many young people who are working hard to build a future for themselves are finding it harder to get the opportunities they need.

With youth unemployment at 16.1% under the current government, and now above the EU average, many young people who are doing the right thing by studying, training, or applying for jobs, are still facing a tough labour market and limited return for their efforts. Applications go unanswered. Fewer entry level jobs exist due to higher jobs taxes and regulation.

It is in recognition of this situation that the Conservatives have launched a New Deal for Young People. This sets out several practical steps to improve opportunities and make work pay for young people starting out.

First, we would create 100,000 fully funded apprenticeships a year for 18-21 year olds through a new Apprenticeship Guarantee. Employers would receive £5,000 for every young person they take onto a high quality scheme.

Second, to help those facing huge student debts, we would scrap the extra 3 per cent above inflation that young people pay on Plan 2 student loans issued from 2012-23.

And third, to help young people build up savings we would introduce a £5,000 First Job Bonus as part of saving for a deposit, for example.



Last month, it was a pleasure to welcome Kemi Badenoch to North West Norfolk to talk about the challenges facing shops, restaurants, pubs, and leisure businesses in towns and along the coast and to highlight the impact they are having on jobs for young people. We also spoke to firms about how we can create stronger high streets by lifting the tax and regulatory burden on firms – beginning with our policy to scrap business rates for thousands of businesses with a rateable value of up to £110,000.

I want to hear what young people think about our plan and the challenges they are facing and changes which would help which is why I've launched a survey - www.jameswild.org.uk/campaigns/james-wild-mp-new-deal-young-people-survey

One of the positive changes I've been pleased to help deliver, is the School of Nursing Studies at the College of West Anglia (CWA). This is now well established and helping more local young people to pursue careers in the NHS at QEH and beyond. I'm also keen to increase local training for dentistry at CWA for dental therapists and hygienists so I've also been campaigning for undergraduate dental training to come to the University of East Anglia – we are the only region without a dental training school.

Norfolk needs much better access to NHS dentists so I am delighted the campaign I've supported in Parliament to secure more training locally has seen half of the new national places announced provisionally allocated at UEA. The strong case made to ministers by MPs and UEA has been recognised and will be a long-term benefit to local communities accessing dental care as people often stay in the areas they train in. However, I continue to push the local NHS to deliver more appointments now.

Finally, in my last column, I focused on the higher energy prices people and businesses are facing and particularly the spike in heating oil costs and the pressures that has caused. So I am pleased Norfolk County Council's £6 million heating oil crisis fund is now open to help struggling families – to apply visit www.norfolk.gov.uk/HeatingOil or by calling 0344 800 8020.

Responding quickly to heating oil challenge

Terry Jermy MP



Here in South West Norfolk, more than 22,000 households are reliant on heating oil, making our residents some of the most impacted by the sudden change in heating oil prices anywhere in the country.

From the beginning of the conflict in the Middle East, I have been working closely with Government Ministers and officials in both the Treasury and Department for Energy, to highlight the impact of these price increases, sharing dozens of examples from constituents about the reality for South West Norfolk families.

Not only did heating oil prices significantly increase in the space of two weeks following the start of the conflict, but we also had some heating oil providers cancelling already agreed

and paid for orders, leaving many vulnerable residents unable to afford to top up their oil, and in some cases, people were telling me they were having to turn off their heating.

In my meetings and discussions, I called for an urgent and immediate response to the crisis through the introduction of a financial support package. I also highlighted the need for more long-term solutions, looking at ways we can implement stronger regulation to avoid companies unfairly profiting from situations like this, and how there can be greater fairness and protection for consumers with heating oil and LPG prices, in the same way electricity and gas users are protected.

I have also called on the Chancellor to consider the cost of fuel and whether the fuel duty increase in September can be postponed, and what other measures the Government can take to address cost of living pressures in rural areas. For us in a rural area, owning and running a car is a necessity, not a luxury.

I was pleased the Government immediately instructed the Competition and Markets Authority (CMA) to investigate allegations of price gouging which triggered some suppliers to quite rightly honour their original prices.

Then, the Prime Minister announced a £53 million heating oil support package. Here in Norfolk, we will be receiving more than

£3million - the biggest share of the funding given to any county in the country, in recognition of the sheer number of households reliant on heating oil and LPG locally.

This money has been allocated to the existing Crisis and Resilience Fund through Norfolk County Council and distributed via their established processes.

The Government has placed no restrictions on who should receive support – any eligibility guidelines have been put in place by Norfolk County Council. Norfolk County Council have confirmed as a guide; they expect to support households with an annual income of £35k or less, but to avoid people in need missing out, they have concluded that decisions will also be taken based on individual circumstances.

The support service is now live, and I would urge people to make contact with the Council to discuss options if you are in need of support. Contact can be made via www.norfolk.gov.uk/heatingoil or via telephone on 0344 800 8020.

My team and I will be doing everything possible to get people the support they need so please do get in touch if we can be of assistance.

My email is:
terry.jermy.mp@parliament.uk



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Hunstanton Society

Our February talk was given by Rick Morrish talking about his career as an Arboriculturalist and Landscape Gardener. Interestingly he left school having enjoyed studying the sciences with a specific interest in what he ended up working with all his life. He still enjoys running his own Landscape Gardening business which he operates from the King's Lynn area and having worked in Hong Kong and Australia. Being involved with planning matters, he has joined King's Lynn Civic Society where he is currently Vice Chairman. Sheila and Stephen Kent met him just three days later at a hotel in Norwich for a function hosted by Norwich Civic Society to discuss how societies affiliated to Civic Voice could work together locally to share information and ideas and the challenges that face us these days. What was decided was that the nine societies that attended agreed to set up 'Norfolk and Suffolk Civic Forum' to which Societies in these two counties could join. Decided that we should meet up probably twice each year. Agreed that a simple 'constitution' should be prepared although with no formal status as a charity or other structure. Initially, Anna Gunn, Rick's partner, was happy to take on the Secretarial duties and help out as needed initially. We shall see how this organisation progresses and we shall keep you informed.

On 20th May, the last talk of this season, we have organised one to be given by one of the archaeologists who work every summer at the Sedgford Historical and Archaeological Research Project.

HERITAGE CENTRE

We would again like to thank all those of you who have decided to join up as volunteers to help 'staff' the Heritage Centre as well as those who have continued to offer their services for the new season which started on Valentines Day. Jane Robson continues to be busy showing volunteers the ropes and if you have any questions in this regard, please do contact her by email at secretaryhunstantonsociety@gmail.com.

The overhead railway has continued to be a bit of a problem but this last week we think that Chris Evans and his colleagues at the King's Lynn Model Railway Club have found a solution with a different engine. This is now operating much more smoothly and with any luck, without any fault.



We had sited a model bus at one end of the track as a Replacement Bus Service but it now looks like it is no longer needed. This photo found on the interweb of the actual Rail Link bus that once plied the route to Peterborough.

ADDITIONAL APPEALS

There are a number of jobs that need dealing with in the Heritage Centre. Ideally we would like to carry them out using our own DIY experts. Does anyone have access to PAT Testing equipment and whatever qualifications are needed to provide us with certification for tested equipment. The equipment we need to test includes things such as computers and screens, kettles, space heaters, etc.

In addition, we need to paint the outside frames and doors of the downstairs windows and doors around the Centre. They are not in a bad state but could do with a little bit of filling, an undercoat and top coats. Please contact Jane at secretaryhunstantonsociety@gmail.com with any suggested times.

DOCKING FESTIVAL OF LOCAL HISTORY

This is taking place at the Docking Village Hall on Sunday and Monday, 3rd and 4th May 2026 from 10am to 4pm and we are taking a stand for those two days hosted by our very own Barry Slemming along with some of his fossil finds and maybe some other materials from the Heritage Centre. If anyone would like to keep Barry company

for a short time representing the Society this would take some pressure off him. Please contact our secretary (using the above link) suggesting times when you could help (perhaps 2 hour slots). Thank you.

APPEAL FOR INFORMATION



The consensus is that this photo, provided by Pat Richardson, of harvesting was on the cliff top below the Lighthouse here in Hunstanton.

HISTORY GROUP

We would like to remind our members that the Hunstanton Society also has a History Group. We research Hunstanton related topics which interest us personally and provide help to those putting together exhibitions by gathering information. Current projects include an exhibition about the Kit Kat and one on how the inhabitants entertained themselves. Do you have memories or pictures of events at the Kit Kat? Anything to do with leisure activities would also be welcome, especially pictures. We would love to hear from you. We also research answers to visitors questions. The History group meets once a month to discuss the history of Hunstanton and share our findings.

OBJECT OF INTEREST – A Brick



pointed this out to me. At first, we thought it said "Lumber" but it actually says "Long. Plumber 1925".

I had always dated our house, a bungalow at the far end of Northgate, to before 1927, as that is the earliest map I have seen where it is shown. I also suspected it was built by F.W. Shanks because of this drain cover that is on the drive.

So, if I could find a plumber called Long who worked for F.W. Shanks in the 1920s, it would be a pretty safe bet that the house was built in 1925.

Looking at the 1921 census, I found a plumber residing at "Council Houses, Ringstead" called Louis Edward Long, employer "Shanks, Builder Hunstanton".

F.W. Shanks was a long-established builder, having spread to Hunstanton from his first location in Chatteris. His firm was responsible for building many houses in Hunstanton, and at one time



Please read the Instructions and Examples shown on the back, and then fill up the Schedule on

BIRTHDAY AND NATIONALITY		PERSONAL CONNECTION		OCCUPATION AND EMPLOYER	
NAME	DATE OF BIRTH	DATE OF DEATH	RELATIONSHIP	DATE OF OCCUPATION	NAME OF EMPLOYER
1. Mr. J. H. Smith	1875	1945	Owner	1925	Shanks, Builder
2. Mrs. J. H. Smith	1880	1940	Wife	1925	Shanks, Builder
3. Mr. J. H. Smith	1885	1945	Son	1925	Shanks, Builder
4. Mrs. J. H. Smith	1890	1940	Daughter	1925	Shanks, Builder
5. Mr. J. H. Smith	1895	1945	Grandson	1925	Shanks, Builder
6. Mrs. J. H. Smith	1900	1940	Granddaughter	1925	Shanks, Builder
7. Mr. J. H. Smith	1905	1945	Great-grandson	1925	Shanks, Builder
8. Mrs. J. H. Smith	1910	1940	Great-granddaughter	1925	Shanks, Builder
9. Mr. J. H. Smith	1915	1945	Great-great-grandson	1925	Shanks, Builder
10. Mrs. J. H. Smith	1920	1940	Great-great-granddaughter	1925	Shanks, Builder

was a major employer in the town. The firm, based at Newland House Park Road was well known until it was bought out in the early 1960s.

Philip Thomas, Hunstanton Society

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Snettisham Gardening Club

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Our May meeting is on Wednesday 27th when we will be welcoming Fay Jones to talk about Conifers in the Garden. Our June meeting is on 24th when Dr. Ian Bedford will be advising on companion planting for a Balanced Garden.

Meetings begin at 7.30 pm in the Memorial Hall, Old Church Road. As always visitors and guests are welcome to join us at our meetings at a cost of £2.00 for the first visit and £10.00 for full membership which also gives discount at Ward's Nurseries and Moulam & Horn.

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

Garden wildlife competition

Residents across West Norfolk are once again being encouraged to showcase the wildlife thriving in their gardens, as the Borough Council of King's Lynn & West Norfolk launches the second annual Garden Wildlife Competition.

This year's event focuses on how residents of all ages are helping nature flourish in their outdoor spaces — from small urban plots to larger rural gardens.

Cllr Andy Bullen, Mayor of King's Lynn & West Norfolk, said: "I was delighted to host the inaugural Garden Wildlife Competition last year and to see more than 40 high calibre entries submitted. I hope even more residents will take part this year."

"As an enthusiastic advocate for wildlife across our borough, I am pleased that these awards shine a light on the fantastic work happening in our gardens and neighbourhoods. By sharing these outstanding examples of successful wildlife gardening, I hope we inspire many others to help nature thrive across West Norfolk."

Winners will receive certificates recognising their contribution to supporting local biodiversity and garden centre vouchers at an event to be held at King's Lynn Town Hall later this year.

This year's competition has been streamlined into two categories, each with a 1st, 2nd and 3rd place prize: Small Garden - up to 500sqm and Large Garden - over 500sqm

Entrants may submit one entry per household, including up to four photographs that best represent the wildlife friendly features of their garden.

Competition closes: Friday 17 July.

Judging: Early August 2026

Full details at: www.west-norfolk.gov.uk/gardenwildlifecompetition

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Could You Help The Magpie Centre Make a Difference?

The Magpie Centre, based in the heart of West Norfolk, is currently looking for new trustees to join its board and help guide the future of this much-loved local charity.

The centre supports both children and adults through a range of inclusive and life-enhancing activities. From alternative provision for young people who find mainstream education challenging, to therapeutic riding lessons, carriage driving sessions, and their popular Tea with a Pony visits for schools, care homes and dementia groups, The Magpie Centre is making a real difference across our community.

To continue this important work, the charity is keen to hear from people who can offer their time, skills, and passion. They are particularly interested in those with experience or an interest in areas such as governance, health and safety, diversity and inclusion, fundraising, partnerships, and grant applications, but most importantly, people who care about their local community.

Holly, a current trustee, shares:

"I started as a volunteer which is so much fun and so rewarding. I then moved to be a trustee and offer my support in a marketing role so we could spread the Magpie message further and wider — it's a great cause."

Becoming a trustee is a rewarding way to give back, meet new people, and help shape the future of a charity that changes lives every day.

If you're interested in finding out more, The Magpie Centre would love to hear from you. The Magpie Centre, West Norfolk
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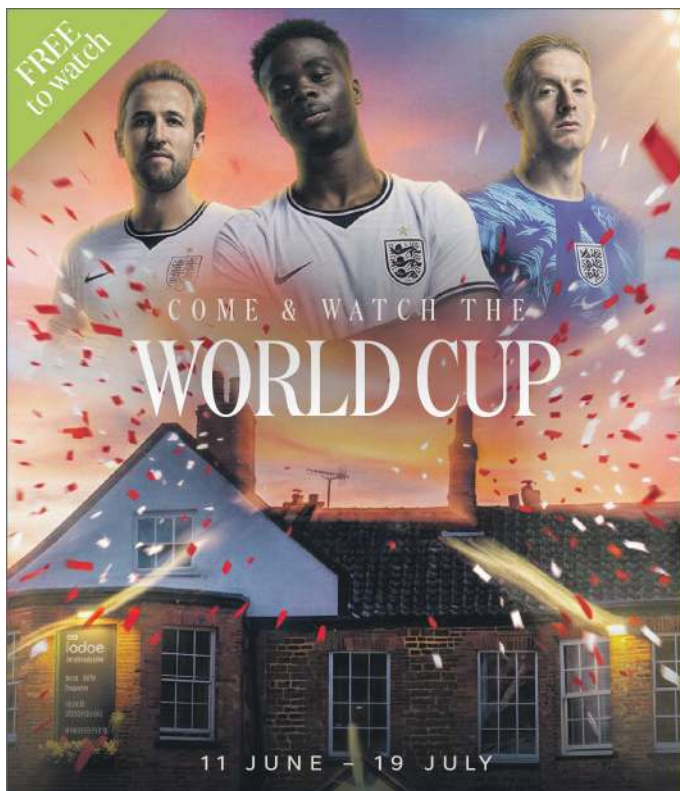
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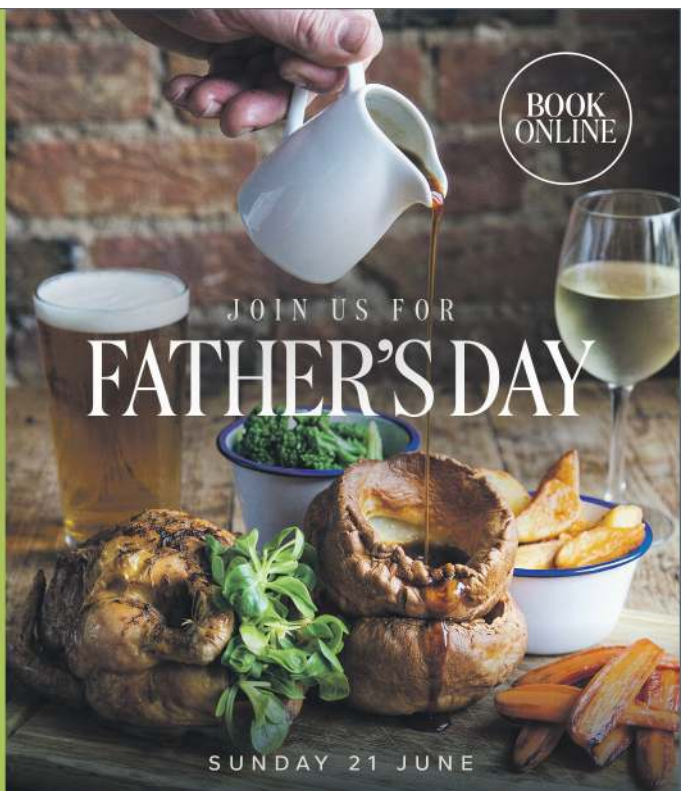


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Downham Market Rotary

Downham Market Rotary Club's Technology Tournaments have proved popular and successful with local schools. The challenges, set at national level by Rotary in Great Britain and Ireland, set out to encourage students to plan and execute tricky problems over the course of 4 hours.



Teams planning

Downham Market Academy played host for this year's senior tournament when visiting teams from Terrington St Clement High School and Iceni Academy from Methwold joined with teams from Downham Market Academy to solve the problem set with required teams of four to design and build electrically driven drainpipe clearance vehicles to clear blockages and debris.



Testing



The winners

To quote the Downham Academy newsletter; 'It was a day of outstanding teamwork, incredible perseverance and awesome enthusiasm from everyone involved'

Special thanks go to Mike Ford of Paradise Garage, Downham Market, for his generous sponsorship of the event.

Downham Market Rotary also organise junior technology tournaments which have taken place at All Saints Academy, Stoke Ferry, Denver Voluntary Controlled Primary School, and others in the villages around Downham Market.

Hunstanton and District Rotary

Roger Raven

Hunstanton and District Rotary continue in their efforts to support local charities and good causes. The members work hard to help them and organise events to raise funds. Following on from the meal held for senior citizens in January and a successful fundraiser at the Swimathon in conjunction with Kings Lynn Priory Rotary, our President Hilary Farrell together with Val Garner embarked on new venture, a Decoy Duck Race night in March.

This was held at the United Services Club with an enthusiastic crowd of over 60 people. It was a brilliant evening with the support of local business sponsors, Elite Property Improvements (UK) Ltd, Fishers of Hunstanton, Bennett Homes, Fleming Brothers, Orchid Financial Services, Paris Print and Design and one race In Memory of Denis J Greening, and we thank you all.

We were joined by members of both Holt Rotary and Fakenham Rotary who we thank for their help and assistance in being able to organise the event. At the end of the evening, we have raised over £1500 to support Home Start Norfolk, the President's Charity and other local good causes.

Looking forward, we will be offering our voluntary services to Kings Lynn Priory at their Crucial Crew event, supporting the Riding for the Disabled, the Tulips for Tapping and assisting at the Wild West Norfolk



Decoy duck race night

Festival. We are now fully focussed on organising our big event of the year, Burnham Market Craft Fair on Saturday 15th August which is usually attended by over 100 stalls.

On Sunday 27th September we are holding a social outing on the Southern Belle paddle steamer moored at Horning on the Norfolk Broads for a 4-hour trip from 3.30pm to 7.30pm, to include afternoon tea and a 3-piece jazz band. Tickets are £30 each and are available to all and can be obtained by contacting Duncan MacDonald on 07786 368618 or email DLM290652@gmail.com

It is a very important year for us as it is our 50th Anniversary, our President Elect, Marie Jarvis and her team are working very hard to mark this historic date, with a Gala Dinner in October and other ancillary events to be held later in the year.

As you can see, we are a very busy club consisting of volunteers from local communities helping charitable organisations and people less fortunate than ourselves. Our volunteer members are the reason we exist without whom we would be unable to carry out this work.

We always need new members who would like to put something back to their local community. If you feel you can help, please make contact for an informal chat on hunstantonrotary.info@gmail.com and we would be delighted to talk over a coffee.

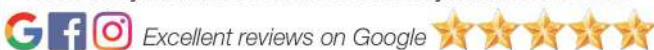
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Launch of Sandringham & District Rotary Club

Serving West Norfolk with a Modern, Family-Focused Approach

The Sandringham & District Rotary Club is excited to announce its official launch, marking a fresh chapter for Rotary in West Norfolk. Established by experienced Rotarians President Jean-Marie Vernon and President Elect John Greyson, the club seeks to welcome those who find it challenging to take part in traditional Rotary Club life due to busy schedules. Unlike standard clubs that usually host weekly meetings with meals, Sandringham & District Rotary Club offers a contemporary alternative. This new approach addresses the stresses of hectic routines and rising costs, keeping Rotary accessible and relevant for future generations while adapting to the community's changing needs.

To fit today's lifestyles, the club holds a monthly online business meeting and gathers face to face in a friendly, family-oriented setting for fellowship and activities. This model suits volunteers wanting to serve their community but worried about time or financial constraints tied to traditional clubs. Rotarians in West Norfolk can now combine work and community service, all while spending quality time with their families.

The King's Lynn Priory & Satellite Rotary Club generously stepped in to support the club as official sponsors, allowing them to successfully apply for their Charter and hold their inaugural business meeting in early



April. In attendance, President Derek Stringer celebrated this achievement and reaffirmed his club's support: He said "Rotary should be growing, adapting, and reaching more people. We're proud to sponsor Sandringham & District Rotary Club as it develops its own identity within the community." President Jean-Marie Vernon added, "We're proud to be the first in our district to embrace this innovative approach. Our goal is to create something open, welcoming, and relevant to people's lives. This club is about uniting

people not only to support the community, but also to enjoy being part of it. Thanks to our sponsors, we begin with strong foundations and a clear purpose."

Sandringham & District Rotary Club warmly welcomes prospective members and supporters to join them on this exciting journey. If you'd like to connect with others, make a positive difference locally, or simply learn more, email admin@sandringhamrotary.org.uk.



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The summer season starts in May for King's Lynn Community Cinema Club, which has two events both at the Majestic. On Thursday the 14th May at 7.30pm in the accessible downstairs Screen 2 From Hilde, With Love will be screened. The film is a subtitled German biographical drama about Hilde Coppi, a young woman and member of an anti-Nazi group in wartime Berlin. She falls in love with Hans, also a group member, and it is the tale of how they spent the summer together until caught by the Gestapo. The account balances a love story with the realities of resistance and imprisonment. The critics praise its nuanced performances and emotional impact.

On Thursday 21st May at 7.30pm in screen 2 there is a special event, Meet the Filmmaker, An Evening with Loner. Tickets to this event to be purchased direct from the Majestic.

Loner is a found footage folk horror film about a vlogger who goes on a wilderness retreat to a cabin in the woods, where he is held captive by an ancient force.

Nominated for 3 awards at the Raindance Film Festival and the 2025 winner of the Best Feature at the British Horror Film Festival. There will be an introduction to the film and following will be a question and answer session with the writer, performer and co-director Charlie Robb.

KLCCC is open to anyone over 18 and costs £20 a season. There are 2 seasons a year each with 8 scheduled films that are free for members.

Membership can be arranged by emailing communitycinemaclub@googlemail.com.

Alternatively, you can just come along to any film as a day member for £6 cash on the door. Full details of all the club's films and events can be found on the club website www.klccc.uk and Facebook page.

Walking Through Time, St. Mary's, Tunstead

Why not come along and view a truly unique flower festival as Tunstead Church kicks off its 700th celebration year by "Walking Through Time" with us?



Over the weekend of 8th – 10th May 2026 the volunteers of St. Mary's are aiming to literally step into time using footwear worn throughout our lives!

This event launches a year long programme of celebrations, culminating in Summer 2027 and

marking the septicentennial anniversary of the commencement of this historic Norman building.

Throughout the Medieval era, the Black Death and World War II, St. Mary's has stood as a testament of faith, hope and tenacity. An impressive architectural building setting off the fabulous rood screen, massive nave and chancel arch.

Whether you appreciate the architecture, want to enjoy the countryside surrounding us or sample the refreshments and music, join us to see how we're "Walking Through Time". Entry is free and we'd love to share the weekend with you, open from 10am – 4pm on 8th, 9th and 10th May. Find us on Church Lane, Tunstead, NR12 8HU.

Friday 8th May – Flower Festival with Teas and Cakes

Saturday 9th May – Flower Festival, Strawberry Teas & music from the Salvation Army Band from 2-3pm

Sunday 10th May – Flower Festival, Teas and Cakes and Songs of Praise Service at 3pm.

Trinity Rotary Club of King's Lynn

Together we make music, in the Corn Exchange!

Bob Foster

Excited children from schools all around the Lynn area took to the stage for the annual Schools Make Music show on Tuesday March 17th. Families and friends packed the Corn Exchange to hear more than 260 pupils from eight different schools singing in choral groups or playing in bands, introduced by Simon Rowe of Radio West Norfolk.

Aged from 6 to 17 the youngsters were on stage to show off their songs and to play a huge variety of instruments, from ocarinas and flutes to saxophones and 'Pbones' (a trombone for beginners). Greyfriars school produced two scary tunes and used special lighting for their skeleton gloves, masks and fantastic drumming with light sticks.

The evening opened with a new band from St Clement's High, at Terrington, then Greyfriars and Reffley Academies in Lynn, choirs from Holly Meadows (Pott Row) and Ashwick Primary schools, South Wootton Junior and St Martha's Catholic Primaries back in the Lynn area, and rounded off by the 'Cantabene' senior choir from Springwood High School, and their Concert Band. The audience participation 'raised the roof' in enthusiastic choruses of 'Sweet Caroline' and 'YMCA'.

The annual show is organised by Trinity Rotary Club to promote music in our schools, to show the youngsters what other schools are doing, and what further opportunities there are

to shine as choirs or players in the High schools. This Spring term event has been running since 1998. Each year Trinity Rotary gives back all the proceeds to the participating schools, amounting to about £125 each. This is a worthwhile evening which requires a lot of effort – and is fun.

The teachers bringing the schoolchildren said how excited they all were to be there. They had all practiced hard, sometimes for months, but being on the stage in front of a packed house of 650 people was a terrific experience. The children sat in the audience when not on the stage and joined in the choruses and thoroughly enjoyed themselves.

Adrian Parker, the Trinity Club's organiser for the concert, said "You could see and appreciate the hard work needed for such a good show in front of families and friends." "Children come to love music by singing and working together, and most importantly they enjoy the experience. It's fun and they gain confidence".

Derek Oldfield and Richard Stanley are the musical Directors, and Derek "thanked Trinity Rotary Club for continuing to promote the evening, with a special mention for Adrian Parker and Club helpers, and to Simon Rowe for compering."

"The full house was fantastic and the support of families and friends was much appreciated. The atmosphere in the Corn Exchange was



Ashwicken

brilliant, with lots of singing and clapping by the audience. Judging by the reaction of the children it was a big success!"

Trinity Rotary welcomes new members. If you are interested in getting involved and to find out more contact Bob Foster on 07780 684884 or visit website www.kingslyntrinity.org.uk

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The Hunstanton One-Act Drama Festival 2026

Tickets on sale now!

What a line-up we have for you at this year's One-Act Drama Festival as we welcome five new groups to the Festival - St Nicholas Players, Stage Direct, Phoenix Theatricals, the Sleaford Little Theatre and BaT Productions - and of course, we're thrilled to be saying 'hello again' to the wonderful Stretham Players, Boston Playgoers, ManNac Productions, Wilburton (Youth & Adult) and Heckington Players, all of whom are all looking forward to presenting their one-act plays to you at Hunstanton Town Hall theatre stage.

Now we have our full line-up, tickets are now on sale via our website, so just go to www.oneactdramafestival.com and click on the BUY TICKETS icon to buy them online. If you prefer, you can purchase single or season tickets in advance from our good friends at Hunstanton's independent bookshop 'by the book' on Hunstanton High Street, or

simply buy your tickets at the door on the day of the performance.

Keeping the Hunstanton One-Act Drama Festival going is only possible with your support and the support of our kind sponsors, so a big thank you to Hunstanton Town Council, Hunstanton Rotary and KL1 Radio for helping our small committee make it happen for 2026 and a huge thank you to YOU for being part of the audience for our wonderful drama groups!

You can find out more about the Festival, times, dates, groups and facilities at the Town Hall on our website www.oneactdramafestival.com and if you have any questions or concerns, then please get in touch with us via email admin@oneactdramafestival.com.

Here's to a busy and successful 2026 Festival and we look forward to seeing you in July!



Festival Director Verity Mitchell

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Eggcellent turnout for Priory's Easter Egg Trail

Phil Davies



Easter Sunday saw Priory Rotary holding their 10th annual Easter Egg Trail at Sandringham, again raising money for the East Anglian Air Ambulance. During the course of the morning and early afternoon, an estimated 1,000 people, many dressed with



bunny ears and Easter bonnets, wound their way along the well-marked trail past the play area and through the woods in search of 18 cleverly placed clues. Most were family groups with excited young children, all enjoying the friendly atmosphere of this gentle mile long walk.

At the finish, everyone collected their Paw Patrol Easter Egg generously provided by Kinnertons Chocolates in Fakenham. There was also a very popular cuddly toy tombola run by the Air Ambulance next to the Rotary gazebo to round off the day.

The final amount raised is yet to be determined, but is estimated to be about

£3,000. Priory would like to thank the Sandringham Estate for again helping with the organisation and providing such an excellent venue for this event. Also the many Rotary volunteers on the day, who ensured the event ran smoothly.



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Bingo for East Anglian Air Ambulance



A bingo evening organised and run by Monica and Eileen in aid of the EAAA raised a magnificent £2,792.

Monica said "It was held on Friday 20th March at Knights Hill Great Barn; Eileen and I estimate that we had between 150 and 200 hundred people attend.

"It was our 20th year of the bingo evenings which have raised a cumulative total of £29,000 for East Anglian Air Ambulance.

"This year we had 36 bingo prizes and between 60 and 70 raffle prizes. Because it is so big we only have one a year which is usually around March.

"Thank you to everyone who donated prizes, and all who attended on the night."

East Anglian Air Ambulance Kings Lynn Fundraising Group

By Trevor Dane, Volunteer

Latest fundraising news includes £214.55 from a bucket collection at Tesco Gaywood and £1832.42 from the British Caravanners Club Norfolk Area and a total of £170.98 from two awareness events in Middleton and Magdalen.

24/7 365 days a year, our crews deliver hospital-level care to people facing sudden medical emergencies. We're not just a fast transfer to hospital; we bring the emergency department to the scene, giving people the best possible chance when every second counts. But right now, this lifesaving service is under threat as Cambridge Airport - home to our Cambridge crew - will be closing. Without a base in Cambridgeshire, we risk losing half of the service that currently responds to medical emergencies across our region.

Every day, five people across Bedfordshire, Cambridgeshire, Norfolk and Suffolk need our specialist critical care team. People like baby Clayton who was born at just 26 weeks.

Clayton's story

"I looked down and saw a tiny baby boy gasping for air," Clayton's Mum, Mia, recalls.

Our Anglia Two crew, Dr Liam Neale and Critical Care Paramedic (CCP) Jon Locke, were dispatched by critical care car from our Cambridge base. When they arrived, Clayton

was alive but extremely unwell. It was a race against time, and they began treating Clayton immediately, providing critical care in the moments he needed it most. Against all the odds, Clayton survived.

Appeal

On 16th April East Anglian Air Ambulance launched an urgent £8.2 million fundraising appeal to build a new air base in Cambridgeshire, after securing planning permission for a new site outside Fulbourn.

The charity must relocate before losing its current home at Cambridge Airport which is due to close in 2030. Without a Cambridge base, East Anglian Air Ambulance's service would be cut in half, leaving just one airbase in Norfolk and dramatically increasing response times to people facing life-threatening emergencies across the region.

The Cambridge Air Base Appeal aims to fund the construction of a new and improved facility on land at New Shardelows Farm, ensuring the charity can continue to deliver hospital-level critical care to patients in Norfolk, Bedfordshire, Cambridgeshire and Suffolk for decades to come.

Matthew Jones, CEO of East Anglian Air Ambulance, said: "We are at a pivotal moment in our history. For nearly two decades, we have worked in partnership with



the owners of Cambridge Airport, Marshall, to ensure that our Cambridge-based helicopter, critical care cars and specialist crews can reach people in their greatest time of need, quickly and effectively.

"Now, this vital part of our lifesaving service is under threat. We've moved swiftly to secure planning permission for a new site in Fulbourn, but we must now raise the funds to build the base. This is our biggest and most ambitious challenge yet, and we can't do it alone. We urgently need the help of people across Norfolk."

Call the donation hotline on 03450 669 999 (Monday-Friday, 8.30am-5pm)

Kings Lynn Fundraising Group can be contacted by emailing myself or my colleague Terri : trevordane104@gmail.com or tfaye.100@gmail.com

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- TUE 13TH OCT CHICKEN DOPIAZA
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- TUE 15TH DEC CHICKEN DHANSAK

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Top award for long service

Bob Foster

Robert Parker, a founder member of King's Lynn Trinity Rotary Club, has been recognised for his service to the Club and the King's Lynn community for 37 years since the Club was formed.

The top Award from Rotary of Great Britain and Ireland is the Paul Harris Award, named after the founder of Rotary in Chicago in 1905, which is only granted to members who have rendered exceptional service to the community and Rotary.

Club President, Peter Hardy confirmed "Robert has taken on various roles and is currently a long serving leader on community grants seeking out worthy organisations and

individuals which need help. We wish to extend our heartfelt gratitude to Robert for the invaluable work he has undertaken. His steadfast commitment and tireless efforts have made a lasting impact. We are delighted to recognise his contribution with the highest Paul Harris Award."

Robert said "I am totally surprised as I did not know about it. I have always done my best for the Club and to be honoured in this way by fellow members is humbling and very appreciated."

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



Robert receiving his Paul Harris Award from Trinity Club President Peter Hardy.

Village Lock Ups

Russell Lyon

With the phasing out of the use of leg stocks in most towns and villages around 1750 with the last recorded use in 1872 at Newbury Berkshire, it left parish constables with a problem. Before that stocks had been used from very early times. First described in Greece where miscreants and minor offenders could be confined for up to 5 days. In England they were used to humiliate and punish vagrants and drunks. Victims would be insulted, spat on and subjected to many humiliations and children would delight in pulling off footwear and tickling feet. Although stocks were never formally abolished, it left a problem with what to do with the "unruly artisans" and minor criminals and many other minor petty offenders that were often a scourge and menace to law-abiding folk? Where were prisoners to be locked up before police stations existed? The answer was for villages like Docking was the village lock up (or cage as it was known) as a temporary place of detention for thefts, burglaries, shootings, drunkenness and the stealing of livestock. This last offence may have been a particular problem in Docking as there was adjacent to the "cage" a patch of ground called the pound for the collection of animals.



Docking lock up

Parish constables sometimes called petty constables were the people whose job it was to keep order in small rural communities. They were usually unpaid and paid time.



Docking village pound for stray and stolen animals

Many were farmers or people of good standing and originally were elected by the community to the position for a year. This had a legal standing under the Vagabonds and Beggars Act 1494. Poachers, prostitutes, church avoiders and fathers of bastards could fall within their remit and could be liable to be put in stocks or into lock ups. By 1842 the power to appoint parish constables was transferred to Justices of the Peace. This also came with the authority to legally Read the Riot Act.

The Docking lock up was built in the early 19th century and was used by the Parish constable to detain petty criminals overnight who were often released in the morning once sober or taken to the local magistrate for sentencing if a more serious offence has been committed. Many unlike the building in Docking are round with domes or spires as a roof but they are all solid constructions built from brick, stone or timber. They are all single small rooms with one door and a narrow barred window to let in a little light. Most of the lock-ups date from the 18th and 19th centuries when rural communities struggled to police thieving, burglaries, shootings, drunkenness, the obstruction of watchmen and stealing of livestock and were temporary places of detention.

These places gradually fell into disuse when then County Police Act 1839 came into being and more police stations were built with their own secure cells. The Act empowered Justices of the Peace to set up a paid police force in each county. Village lock-ups gradually became redundant and fell into disuse and



Grill window Docking lock up

only a fraction like Docking survive.

During the 2nd World War many of the surviving buildings were repurposed as sentry posts and stores for arms and ammunition. In more recent times many have been converted into houses, sheds or garden features.

Local lock-ups still survive in Norfolk like the one in Docking also at Horsham St Faith, Great Yarmouth and the probably in Walsingham and Thetford. Local history point to the town pump in Walsingham may have been used as a lock-up. It certainly looks like one as it has a secure bolted oak door and a grille for ventilation like the Docking building. It was built in 1538 over the town well with stone from the Augustine Priory and shrine once it was demolished by Thomas Cromwell.

Many of the old lock-ups had local nicknames including blind-house, bone-house, jug, kitty, watch-house, house of correction or gaol. Some can be found in famous works of literature for example by Charles Dickens in Barnaby Rudge and the Water Babies by Charles Kingsley which contains the line: "Put him in the round house 'til he gets sober."

A register of these relics of our past is kept by The Village Lock-Up Association.



Walsingham town pump

Fenland Family History Society

Over the Broomstick marriages was a term used when a couple could not afford the cost of a church wedding. They would have their banns read 2 or 3 times then as they left the church they stepped over the church step and declared they were now man & wife.

This was accepted by everyone. Maybe a reflection of the way we are today

Our free research sessions are as follows:

1st Tuesday of the month - 10 - 12 noon Wisbech Library, with maybe a donation towards the hire of the room. We have a team of 8 or 10 researchers available to help you.

2nd Monday of the month - Baytree Garden Centre Hilgay near Downham Market 11- 2.30 we will be in the restaurant. Why not pop in to see us and enjoy a coffee or a meal.

3rd Wednesday of May & July in Red Lion Pub North Brink

Wisbech 6.30 - 8.30pm These are held every other month. You will find us in the restaurant of the Pub. No need to book just drop in to any of those sessions.

Our monthly meetings - please note a change of venue for our monthly meetings now held at Wisbech St. Mary Sports & Community Centre, Beechings Close, Wisbech St. Mary PE13 4SS. Held on the fourth Thursday of each month except DECEMBER & AUGUST. From 7 - 9 pm Non-members always welcome. Our Guest Speaker May 28th Diane CARLTON SMITH Time Travel through Medieval Fenland, Charter to Charter. Our June speaker is Nick MEEKINS on 'Wisbech Crime & Punishment'

SPEAKERS

We have speakers willing to give talks in the local area, on various subjects.

For further information contact Bridget on 01945 587723. Or bridget25hunter@btinternet.com

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NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

This month has been a very busy time for the volunteer Watchkeepers at the Brancaster station. It is again sad to report a stranding of fourteen people on the sandbank in front of the Royal West Norfolk Golf Club, despite all the warnings. HM Coastguard were quickly alerted by the Watchkeepers on duty; those stranded had to wade ashore through the rapidly rising tide, monitored by the station Watchkeepers. The tides off Brancaster are notoriously swift, coming in behind people who think they are still on the beach, rather than a sandbank.

Members of the team have been busy promoting the work they do, in particular water safety, at Costa Coffee, Tesco and the Friday Friendship Group in Hunstanton. The team would also like to thank the Brancaster Parish Council for their generous support in upgrading the station's essential equipment. Such support makes a very positive impact on the morale of the station Watchkeepers, who dedicate so much of their time to keeping people safe.

There are now forty active Watchkeepers, with one new joiner this month and one successful certification assessment: welcome to Sue and many congratulations to Nick.

The station celebrated its fourth birthday in April, reflecting on its many achievements in such a short time.



If you would like more information on NCI Brancaster, or to find out more about becoming a volunteer, please contact Richard Burrows, Deputy Station Manager, on 07535 612777. You can also find us on Facebook, if you search NCI Brancaster. The picture shows Jo with staff at the Costa Coffee event in Hunstanton.

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BRANCASTER VILLAGE HALL (BVH)

Geoff Wingrove

The major event to report this month was the reappearance of the Time Team to continue the exploration of the Branodunum Roman fort site, following their previous visit in 2012. A large team was on site for three days, and a meeting to explain the dig was held at BVH on 26th March; addressed by project leader Corenza Lewis, this attracted a very large audience. We look forward to details of the finds in due course – the team on site were very excited at their new discoveries.

More good news is that our resident artist, AJ, was invited to exhibit his wildlife pictures at the Handa Gallery, Wells Maltings, which is additional to his exhibit at RSPB Titchwell.

FORTHCOMING EVENTS – DATES FOR YOUR DIARY

Saturday 23rd May: Thai Food Night, 6.30pm for 7.00pm, the return of a very popular event, with a chance to win a magnum of red wine.

Saturday 25th July: Brancaster Summer Party: More details will follow in a future report, but there will be a BBQ and Pimms tent: Jessie's Ghost will be playing live from 4.30 to 7.30pm.

FROM THE BRANCASTER PARISH ARCHIVE: CAPTAIN WILLIAM HOSTE

Visitors to Burnham Market will become aware of the much-regarded inn close to the parish church, St. Mary's. The Hoste Arms. They may wonder where the inn got its name and this article gives an account of William Hoste, after who the inn is named.

William Hoste was born in Ingoldisthorpe in 1780, the second of eight children of the Reverend Dixon Hoste, who was the rector of Godwich and Tittleshall, Norfolk, and his wife Margaret. After William's birth the family moved to Godwich Hall, which was leased from Thomas Coke of Holkham Hall, who became Earl of Leicester.

William was educated in King's Lynn and then Paston School in North Walsham which, coincidentally, Nelson had also attended a few years before. His father arranged for him to be entered on the books of HMS Europa as a Captain's servant, even though he was only five years old. This was technically illegal, but a common practice for families with influence, as it enabled the possibility of a rapid career advancement for sons. Naval officers were required to have six years of sea service before they could be examined for the first substantial rank of lieutenant and therefore the earlier they could be entered on books of a ship, the earlier they would qualify for the examination.

In 1793 William's father asked Thomas Coke if would use his considerable influence to secure William a place on a navy ship. Coke introduced him to Nelson, who had just been appointed to the 64-gun ship of the line HMS Agamemnon. Nelson appointed William as a Captain's servant in his ship, and he travelled to Portsmouth to join the vessel, which was destined to sail to the Mediterranean to join the fleet under Lord Hood.

Nelson quickly came to regard William very highly and wrote to his father with high praise "one of the finest boys I have ever met with" and "his gallantry never can be exceeded and each day revets him stronger in my heart". Certainly, William's early career was very much attached to Nelson and his swift rise in fame and seniority. It must also be said that William was extremely able and conscientious and quickly demonstrated outstanding seamanship skills.

William was promoted Midshipman and moved with Nelson to a larger ship, HMS Captain 74, serving under Sir John Jervis again in the Mediterranean; he took part in the battle of Cape St. Vincent against a Spanish fleet in 1796. In this action Nelson disobeyed naval convention and broke the line of battle to throw his ship across the Spanish ships that were in danger of escaping. During the ensuing melee Nelson boarded and captured two much larger Spanish ships using what he called "Nelson's patent bridge" - a totally unique experience. This action ensured Nelson's fame and subsequently his eventual accelerated promotion to Rear Admiral.

In 1797 William transferred with Nelson to HMS Theseus 74 and took part in the action against Santa Cruz Tenerife, following which he was promoted Lieutenant. He remained on board the Theseus and took part in the Battle of the Nile in 1798, where a fleet led by Nelson defeated a French fleet at Aboukir Bay. William had therefore seen a great deal of action by 1798 although he was only 18 years old.

Incredibly for an 18-year-old, William was appointed to command a brig, HMS Mutine, where he would stay for the next three years in the Mediterranean. He was very active in this command and took part in numerous actions and skirmishes in what was a very volatile part of the world at this time as a consequence of the Napoleonic wars. He was appointed Post Captain in 1802, which guaranteed his advancement in the navy. Just after this, William contracted a serious dose of malaria and after a lengthy convalescence in Alexandria was appointed to the frigate HMS Greyhound.

In 1803 William returned to England to take command of another frigate, HMS Eurydice. Such was his reputation that Nelson summoned him back to the Mediterranean in 1805, where he took command of another frigate, HMS Amphian; he was sent on a diplomatic mission to Algiers and consequently missed the Battle of Trafalgar. However, he continued his highly successful career in the Mediterranean, taking part in several actions under Admiral Collingwood, who was Nelson's successor following his death at Trafalgar. William was promoted Commodore in 1809 and was placed in command of several frigates.

In 1811 William was leading his frigates against several French and Venetian similar vessels in the Battle of Lissa which ended in their defeat: his reputation as an outstanding leader was established. In 1814 William's health broke down - it had never fully recovered from the bout of malaria - forcing his return to England. In recognition of his successful career, he was made a Baronet in 1814 and knighted in 1815. Following a lengthy convalescence, during which he courted and married Lady Harriot Walpole in 1817, he raised a family of six children. In 1825 he was appointed as Captain of the Royal Sovereign the Royal Yacht. In 1828 he suffered from tuberculosis and died in London and was buried at St John's Chapel, with a memorial in St Paul's Cathedral.

William's career was hugely successful, and his exploits undoubtedly influenced naval writers, with characters including CS Forester's Hornblower, Richard Woodman's Drinkwater and Patrick O'Brien's Aubrey. William Hoste was undoubtedly one of our greatest frigate captains noted for his courage and daring. The Hoste Arms in Burnham Market is a reminder of that renowned career and his connection with this area of Norfolk. The picture shows Captain William Hoste when in his twenties.





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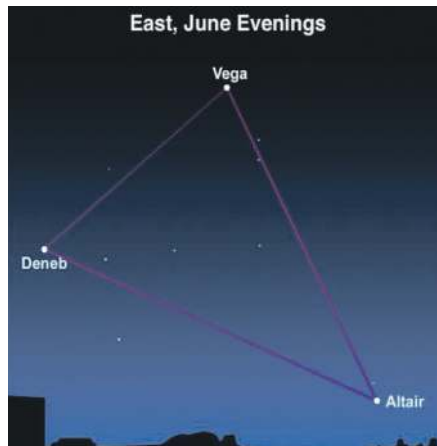


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Dark skies of West Norfolk

Terry Parish

A sign that summer is coming is the emergence of the Summer Triangle, an asterism or pattern of stars well liked by Patrick Moore. The three stars are Vega, Deneb and Altair. Vega is clearly visible towards the ENE as it is the third brightest star in our sky whilst Deneb is closer to the NE horizon and much dimmer. Altair will be just emerging in the east and completes the triangle from about mid-May.



Just as true in late May though Altair will be lower. Internet

Vega is just 25 light years distant and was the first star to be photographed (1850) and the first to have its spectrum recorded (1872). It is a blue white, hot and younger star than our Sun, rotating very rapidly and surrounded by a huge disc of gas which may be forming planets. It was the pole star in 12000 BC and will become it again in 14000 AD.

Deneb is a blue super giant at a distance somewhere between 1,400 and 2,600 light years and is one of the brightest stars known, much brighter than Vega, it's the distance that dims it. It will be the pole star in 9800 AD.



Deneb is on the tail of the Swan whilst a very pretty double star; Albireo is its eye. Use a small telescope to see them. Internet

The planets to see at night are as last month. Venus is even brighter with a magnitude of minus 3.9 and sets later as the month passes, close to midnight by the end. Look towards the WNW, towards the sunset but after the

Sun has dipped below the horizon.

Between the 18th and 20th, find the Crescent Moon from 10pm. On the 18th, Venus is close to it and Jupiter well above and to the left. Over the following nights the Moon will appear closer to Jupiter. The gas giant is bright with a magnitude of minus 1.9. By the end of the month, the gap between Venus and Jupiter will lessen and they will get closest in June.

Remember that appearing close in the sky doesn't mean they are physically close. Venus is between us and the Sun and about 143 million miles away whilst Jupiter is on the far side of the Sun, 440 million miles distant. Never the twain shall meet.

On the 31st, at 10pm, get down to Heacham beaches or Hunstanton cliffs and, if you are lucky, rising above the WNW horizon will be the spark of Mercury. Jupiter and Venus will be obvious, draw a line through them to the horizon and 2/3 down should be that glint of light which is easy to see once you have seen it. Once you know where to look, binoculars are useful but do not use them before the Sun is below the horizon.

There is another planet to spot but in the morning. Saturn. The ringed planet pops up in the east just before sunrise, 4.30am, on the 30th. If you have a flat horizon then Mars will appear on it at the same time in the ENE. So, planets don't vanish, they just come around again, and again and again, forever as far as we are concerned.

Meteors: The maximum of the Eta Aquariids is on the 6th but we are not well placed to observe them and they will be most abundant just before dawn. Try looking out before midnight on the 5th, before the Moon rises, and you might see some.

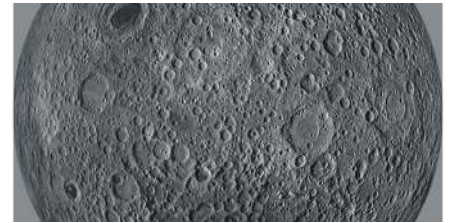
There are two Full Moons in May, one on the 1st, the other on the 31st. The latter will be described as a Blue Moon, as, 'once in a '. Two in one month happens every 2-3 years.

Moon reminds me of Artemis which I haven't commented on. As a follower of Mercury, Gemini and Apollo (all NASA space programmes leading up to the first moon landings) in my younger days, I have not been overwhelmed by descriptions of seeing Earth as a little blue ball etc, or of seeing the far side of the Moon for the first time. The 'blue and white ball' description goes back to 1968 when William Anders said it whilst orbiting the Moon in Apollo 8 and the 'Blue Marble' photo was taken from Apollo 17 in 1972.



Far side of Moon from Luna 3 1959. Internet

Images of the far side were first captured by Russia's Luna 3 orbiter in 1959 and were revealed by Patrick Moore on Sky at Night. The best close-up images are from NASA's Lunar Reconnaissance Orbiter launched in 2009 and still active.



A Lunar Reconnaissance Orbiter image of the far side. Internet

Apollo 8 orbited the Moon 10 times in December 1968 without landing and its three crew members saw the far side of the Moon every time as did astronauts in every other successful Apollo mission. Consequently, the recent statements, often written or heard, that humans have seen the far side of the Moon with unaided eyes for the first time, are misleading.



Earthrise from Apollo 8 in 1968. Internet

Artemis 2 did not orbit the Moon, it swung around it and was further from the far side than Apollo command craft were. Consequently, the Artemis crew saw the whole far side rather than a having a closer look of the area flown over. They could also see Earth beyond the Moon which was impossible for the Apollo crew as they were too close to the Moon's surface. Seeing the whole Moon between themselves and the Sun also allowed Artemis to experience a solar eclipse.

So, the Artemis crew did see and experience new things but history should not be put to one side. Having said all that, Artemis is a very welcome return to human space exploration, pity it took 50 years.

Mark the advent of summer by finding the triangle, admire the sight of two bright planets and a Crescent Moon, and wake up early to glory in the Rings of Saturn.

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More than a food parcel:

How we're supporting our neighbours in Hunstanton and surrounding villages
Sam Abramian

In a perfect world, foodbanks wouldn't need to exist. But here in Hunstanton and the surrounding district, we know that life can throw unexpected challenges our way—whether it's a sudden job loss, a health crisis, or the rising cost of living. At the Hunstanton and District Foodbank, our mission is simple: to ensure no one in our community goes hungry and that everyone feels supported during their hardest moments.

Helping with the Bigger Picture: Introducing Anne Sipple

We believe in providing more than just a bag of groceries; we want to help address the root causes of food poverty and offer a helping hand with the "bigger picture." That's why we are delighted to introduce Anne Sipple, our Financial Inclusion Worker from the British Red Cross.

Anne is a vital part of our team, working directly with our clients to provide practical, one-on-one assistance with financial concerns. If you are struggling to navigate the social security system, identify grants you might be eligible for, or are worried about rising energy bills, Anne is here to help. Her expertise ensures that when someone comes to us for food, they also receive the guidance and support needed to find firmer financial footing for the future. You can contact Anne directly at annesipple@redcross.org.uk or call her on 07395 877614.

How You Can Help Us

Our service is built on the incredible generosity of local people. If you are in a position to help, there are several ways to support our mission:

- **Donate Food via the "Bank the Food" App:** To make sure we receive the items we need most, we encourage everyone to download the Bank the Food app. It's a free app that sends a notification when you're at the supermarket with our real-time "priority list."
- **Drop-off Points:** You can drop off donations at St Edmunds Church Hall on Mondays or Thursdays between 1:30 pm and 2:30 pm. Alternatively, you can purchase items at Sainsbury's Hunstanton and leave them in our collection box.
- **Financial Donations:** While we always need food, monetary donations are also incredibly impactful. These funds allow us to help people with emergency energy bill support, cover our essential running costs, and ensure we can keep our doors open for those in crisis.

Join Our Team: We Are Seeking New Trustees

As we grow, we are looking for dedicated individuals to join our Board of Trustees. Being a Trustee is a rewarding way to make a tangible difference. We meet every two months to set the direction of the charity, manage our resources responsibly, and ensure we are serving the community effectively.

We are particularly looking for people with a passion for helping others. If you have experience in Governance, Legal, HR, Marketing, or IT, we would love to hear from you. It's a voluntary role, but the reward of being part of a motivated, friendly team working to end food poverty in our area is immeasurable.

Get in Touch

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Together, we can ensure that our community remains a place where everyone is looked after. Thank you for your continued support!
samabramian@hunstantondistrict.foodbank.org.uk

Hunstanton Lifeboat Station news

We're now open to visitors seven days a week as the summer season gets under way.



Some of the crew at the station

Our boathouse and hovercraft shed on Sea Lane will be open Mondays to Saturdays from 10am -2pm until Friday, May 15, after which the station will be open until 4pm.

They'll be staffed by members of the station's visits team, who volunteer for shifts on a rota to greet visitors, supporters and anyone interested in finding out more about the work of the charity that saves lives at sea.

You can see our fast inshore lifeboat Spirit of West Norfolk, which is ready to launch at minutes' notice with the assistance of our powerful tractor which tows its carriage across the beach.

Next door, you can also see our iconic search and rescue hovercraft Hunstanton Flyer, which is standing by in its hangar ready for take-off.

And alongside the station, you'll find our souvenir shop with shelves packed with everything from preserves and chutneys, clothing and gifts for all ages - not to mention the RNLI's famed teddy bears.

Kate Craven, our station's visits and water safety lead said her team were expecting another busy summer.

'We had 25,000 visitors come in to talk to our boathouse volunteers in 2025 including 26 schools who brought 1,500 children who all went away with key water safety messages,' she said.

'They get asked all kinds of things about our craft and the work of our crew, ranging from things like how fast can the lifeboat go or how long does it take to launch it, to the kind of 'shouts' we get called out on.

'A lot of them are surprised at all the work that goes on behind the scenes and how many people are involved to make sure we're there 24/7, 365 days a year to assist anyone who finds themselves in difficulty or danger around the coast we cover.'

It's always moving to meet people we've rescued. And that's just what happened when our guild were collecting in Tesco towards the end of March.

For one of the first shoppers through the door as Stormy Stan and the gang plotted up in the foyer was Nick Dighton, who told them how our crew sped to the scene when he got into difficulty whilst he was out kite surfing off the town's beach.

'I think you're a good cause, absolutely,' he said. 'You fulfil such a valuable function.'

'I had a mishap out at sea a couple of years ago with my foil. I tried to signal for help, then decided no-one would see me so I swam for it and eventually made it to somewhere near the pier.'

'I could just touch bottom but I was struggling, I was neck deep in water.'

'Then I heard a voice behind me say: 'Are you alright mate..?'

'I turned around and it was the lifeboat, so someone must have seen me and called them out after all.'

'They said would you like a lift, then they took me back to South Beach where the coastguards were waiting to check I was OK.'

Volunteers from the guild, which supports the work of the nearby



Nick Dighton with Stormy Stan

lifeboat station had a busy day on their hands, as visitors packed the town while the sun did its best to get out for the start of the Easter holidays.

Collections play a vital role in supporting the work of the RNLI, which is entirely funded by the kindness of its supporters.

Hunstanton and West Norfolk RNLI Guild chair Derek Greening said: 'We'd like to thank the staff at Tesco for allowing us to collect again.'

'We're fortunate to enjoy fantastic support from businesses large and small in and around our community and their customers, which all helps to fund the lifesaving work we do.'

'Our crew couldn't save lives without their generosity. Tesco does say 'every little helps', but today's been another big help for us, which we're so grateful to the store and all its customers and staff for.'

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

CLOSING DATE 15.05.2026.

Last month's question was about a footballer. The answer was Gary Hooper.

The first name pulled out from the pile of many correct entries was Jackie Alvin. Congratulations Jackie.

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Sporting corner with Tim Keogh

Indoor Bowls Season reaches a conclusion in nailbiting decider

Lynnsport B's men's Indoor Bowls team led Division Four of the Norfolk County League by just half a point when they welcomed local rivals and second placed Hunstanton in a title decider on Saturday, 28th March.

In a do or die fixture, both teams knew a win would secure the title in a tense last game of the season clash.



Hunstanton Team



Lynnsport B Team



You can feel the tension action shot



Captains David Ilsley and David Bailey

However, it proved to be heartbreak for Hunstanton as Lynnsport won the match 5-2 to take the title and with it promotion. Hunstanton actually led the match 25-12 at one point only to falter towards the end as the home side turned around a couple of tight rinks. Disappointed captain, David Ilsley, said, "after a great team effort we just fell short on the last few ends to lose the overall score lead. This will be the third year since our return to the County League, and we have now finished second three times!". Despite the tension, the game proved to be a great advert for bowls at this level, and a fitting finish to the season after both sides had continuously swapped places at the top throughout the campaign.

Despite leading their Division earlier on in the season, the Ladies team finished in a respectable 4th place in their respective division.

The Summer Lawn Bowls Season starts in May and T&A will be reporting on progress in the various local leagues, along with the Annual Cliff Parade tournament which takes place from the 4th to the 10th July.

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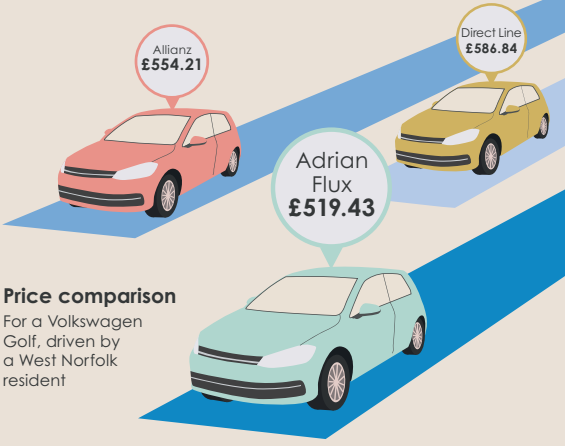

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Sporting corner with Tim Keogh

Local Pétanque League reaches a conclusion

Pétanque, although with its origins in France in 1907 as a derivative of the wider game of Boules, is very much a quintessential part of English village culture nowadays, with an estimated 30,000 players participating in the game across the UK.

The local West Norfolk Pétanque Winter League reached a conclusion recently, with Narbough team Stingrays pipping Knight's Hill side Dire Straits to the Division One title. Sharks B, also from Narborough, won the Division Two title, with Heacham based side Centenary Committee runners up.

Over 50 players participate in the league across two divisions of five teams, which also celebrates its 40th season this year. Heacham Pétanque Club are also developing their piste this Summer, looking to install a mini hub for equipment and storage.

The League also held their end of season Winter Pairs Open Tournament at Heacham Social Club on Sunday, 29th March. For a somewhat cold Sunday morning an impressive 32 players paired up to participate.

With the tournament running on a drawn round robin basis, the winners were father and son pairing, Darren and Bob Wright, from Roydon with Dersingham pair, Adrian Hubbard and Nicola Bateson, in second, whilst Town & Around's representation came a respectable 3rd from the 16 teams.

There is no respite for the players as the



League Champions Stingrays - Richard Taylor, David Cornwall & Matt Hemsley



Winter Open Pairs Winners - Father and son, Bob & Darren Wright



Summer Season starts in earnest this month. Anyone looking to take up pétanque can contact League organiser, David Allen, at

All league winners and runners up

David.allen2@btinternet.com

Shanty Group Castaway Crew Donate £550 to Sailability



Sarah Naveh presents the cheque to Adrian Tebbutt

Hunstanton based female shanty singers, Castaway Crew, made a donation of £550 to Snettisham Sailing Club's 'Sailability' campaign on 7th April.

Sailability aims to provide access to sailing for disabled and able-bodied people alike who want to safely learn how to sail. The donation will help towards providing equipment and training.

The Castaway group of 13 singers, who formed two years ago, performed over twenty songs on the evening to a packed audience at Hunstanton Sailing Club as they enjoyed a chilli supper.

As well as a visit to the recording studios later on this month, the group will also be performing at the Syderstone pop-up pub at the Green Park Centre on Saturday, 9th May in a joint performance with the Wicken Warblers and the Jolly Sailors on Sunday, 31st May as part of a fundraiser for the Brancaster Festival in September.

Snettisham Beach SC Accessible Sailing Coordinator, Adrian Tebbutt said "We welcome everyone who would like to be active in an outdoor setting, learn a new skill in a social situation but have some form of disability or who can simply no longer rig, launch and recover their own boat. Our ultimate aim is to train individuals requiring

accessible sailing so that they, if possible, are able to sail independently and to join in our main club activities where appropriate.

"As a shanty singer myself I really appreciate the time and effort that has gone into raising these funds. We very much rely on donations such as these and thank Jean and her singing comrades for their support. The generosity of organisations and groups like the Castaway Crew has enabled us to establish the only Sailability centre within a 50 mile radius in record time. We are always looking for new volunteers - you don't have to be a sailor! - in a range of roles from hospitality (that's making teas and coffees!), meet and greet, mobility assistance, hoist crew as well as on the water. Full training is available free to our volunteers".

The group meet for rehearsals every Tuesday evening (7-9pm), with the session on the first Tuesday of each month open to the public who wish to watch or participate in the group's ambition to constantly improve. For more information, you can contact Jean by email at castawaycrew12@gmail.com or on 07766 262 520.

For more information about the Accessible Sailing programme at Snettisham you can contact Adrian at sbssc.accessible.sailing@gmail.com or on 07530 046139.



From left: Sue Snushall, Bev Pease, Marion Mylchreest, Michelle Neale, Janet Martin, Julie Walker, Sarah Naveh, Jean Goodison, Jackie Dodds, Billy Smith, Diane Hall, Gillian Pratten, Susan Baker



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Sporting corner with Tim Keogh

Football round-up

King's Lynn Town FC's season will go down to their final game of the season at Chester FC on Saturday, 25th April. A number of scenarios could save Lynn from the drop, but a win would definitely secure their status at the Conference League North level - although this is a big ask in a match Chester may also need a result to secure their play off place. Alternatively, should Hereford lose one of their final two games, this may be enough assuming there isn't a huge goal difference swing. However, Hereford have two home games against teams who have nothing to play for. A point for Lynn would also be enough at Chester, should Bedford Town lose. Failing that, it is in the hands of the gods and dependent on results elsewhere. After the ten men Linnetts secured a absolutely crucial injury time equaliser at home to Chorley in their penultimate game of the season manager Paul Caddis, admitted, "It's a one-game season now - probably 100 minutes the way games go - and we've got to embrace it."



Manager, Paul Caddis, applauds the Lynn support

It has been a hairy ride but Lynn have pulled out key wins when it mattered since Caddis took over in March. Shrewd signings such as forward Carlton Ubaezuonu along with good loan moves for Blackpool player Terry Bondo and Norwich City youngster Brandon Forbes have helped their cause. Ross Crane and captain Michael Clunan have also



Martin Woods going in where it hurts

been pivotal. With stability off the pitch, certainly compared to recent seasons, Caddis will hope he is spending the Summer building a squad that is capable of putting in a promotion challenge in the Conference League North rather than the Southern Football League next season.



Carlton Ubaezuonu celebrates his injury time equaliser

In the Thurlow Nunn Premier Division, Heacham FC went into their final league game at home to Walsham-le-Willows knowing they just needed a point or for Lakenheath to drop points at home to Cornard Utd to stay up. Heacham came out of the blocks and amazingly took a seemingly unassailable 5-0 lead in the first 30 minutes with a brace from Toby Hilliard and a goal apiece for Dylan Edge, Tom Harwood and Colby Wood. The visitors then pulled it back

to 5-2 before Harwood saw red for the hosts. When Walsham scored a third and Lakenheath took the lead in their match, the 200 spectators became understandably edgy. However, manager Mark Hunter, who took over the reins in November, has managed to transform this young Heacham side from relegation favourites into a team that can compete at this level as they managed to see out the win much to the delight of a somewhat relieved yet ecstatic home support.

After heartbreakingly just missing out on promotion to the Anglian Combination Premier Division on the final game of the season last year, there were high expectations for Dersingham Rovers at the start of this campaign. However, manager Harry Collison's prediction that this would be a hard division and a tough campaign has proved bang on. Injuries have not helped Derse's cause as a bright start has petered out into a mid table finish.

In Division Three, newly promoted Heacham Reserves are still in the mix to make it back to back promotions. It is still tight at the top but a 100% record in their final games could well ensure an impressive top three finish.

Ingoldisthorpe FC were looking for an immediate return to Division Three after relegation last season. After a positive start their campaign stalled somewhat, with a top half finish now looking the realistic target. Dersingham Reserves are still poised for promotion and face what could be a title decider at leaders Terrington Tigers on the 2nd May.

In Division Three of the Norfolk Women & Girls' League, Dersingham Women have been performing admirably in their debut season at this level under the guidance of manager, Georgie Archer. Leading the table going into April a surprise loss to Bungay meant the title is now out of their hands. A key game at new leaders Dereham at the end of April will prove pivotal in determining the destination of the league trophy.

Hunstanton Croquet Club

Zena Penty

April saw Hunstanton Croquet Club members excited to be back on the pristine lawns and ready for the 2026 season of competitions and social play.

As always the lawns needed some expertise and willing volunteers to set them out for play and the clubhouse benefitted from its usual spring clean and organisation of the very important refreshments area and bar. A huge thanks to everyone who helped this year.

The committee has welcomed some new members including Rev. Dan Tansley who has taken over as Treasurer and Janet Kendal has kindly accepted the role of Chairperson for another season. The committee are proposing to introduce a weekly 'club evening' for 2026 and will be purchasing a card reader for use in the club house for the convenience of bar purchases and fee payments.

The 'Introduction to Croquet Course' for beginners has once again proved a huge success in preparing new members to be confident enough to take part on club afternoons and meet other new players

who have decided to join the club. The 20 place course was full again this year with people keen to learn the rules, skills and tactical moves involved in the game. Wendy Shuardson commented after attending the first session 'It was my first ever try at croquet and I loved it! Everyone was very welcoming and I particularly enjoyed the camaraderie of all the newbies under the watchful eyes of the excellent tutors. It really was such fun and a wonderful way to spend a couple of hours on a Monday morning. Thank you to all'

For competition results, events, news and photos please see our website or Facebook page.
www.hunstantoncroquetclub.co.uk



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Sporting corner with Tim Keogh

West Norfolk Rugby

Up until Christmas, West Norfolk were Bury's main rivals for the title, but the local outfit have been plagued by injuries of late and other circumstances have seen them drop to 6th in the table. Their cause wasn't helped with an illness to their number 10 in the warm up.



Josh Burgess in action (left) and WN's first try scorer Hayden Revell

However, it was the hosts who took the game straight to their opponents and their persistence paid off with an unconverted try for the lively Hayden Revell. Bury then began to settle and their slick and quick passing showed just why they are Champions. They scored two converted tries to take a 14-5 lead, before West Norfolk responded with Jacob Chapman finding space to reduce the arrears to 14-12.



Jacob Chapman touching down for WN's second try

The sucker punch came on the stroke of half time as Bury scored a crucial third try to lead 21-12 at the break. Despite early possession in the second half, West Norfolk could not turn it into points and Bury scored a further four unanswered tries to run out convincing 45-12

winners in the end.

Head Coach, Jamie Williamson, simply said, "It was a tough one and our boys showed a lot of heart, but they are a class outfit."



West Norfolk face bottom side North Walsham II's and lowly Ely in their final two fixtures, which should enable them to achieve a creditable top half of the table finish after promotion to this level last season.

Understandably the season has been brought into perspective with the passing of player, Will Allen, known affectionately as "Canada". The 23-year-old sadly died in a road traffic accident in March. The popular first team player will be greatly missed. The club received condolences from the rugby community from far and wide. The gentle giant's number 1 shirt has been fittingly and poignantly retired as a tribute.



The women have struggled in Division One East after winning promotion last season. They presently prop up the table, although still harbour aspirations of avoiding the wooden spoon after an excellent 34-7 victory over Hitchin Ladies, which means they are now level on points with Ipswich Women. They were a different side to the one that lost against Hitchin 21-12 a few weeks ago as tries from speedster Jess Milnes and powerhouse Ruth Denham gave them an early lead. Milnes added a second try



Amber Wadlow

and Jess Stevens a brace as West dominated the second half, whilst Jade Nicholson's reliable boot added nine points in the convincing win. Hitchin scored a late consolation converted try. Amber Wadlow was named player of the match. Coach, Jane Middleton-Jones, said, "Our focus on fitness and training recently certainly paid off. We have been talking about getting back to basics and applying some consistency. Everyone knew their roles today and delivered, whilst the younger players gelled well with the more senior players. Very proud".



Ipswich travel to leaders Bedford whilst West Norfolk host Colchester on the final weekend of the season.

The club has recently launched the West Norfolk Rugby Schools Programme, to deliver rugby-specific coaching sessions in schools that wouldn't usually have the opportunity. The aim is to embed physical activity into everyday school life, ensuring more children have regular opportunities to take part. Through a series of dedicated training events with coaches teachers are learning how to run safe, engaging and inclusive rugby sessions.

Photos: Ian Burt

And we're off..Hunstanton Bowls Club (Cromer Road)

With the sun shining to defy the awful forecast the outdoor bowls season kicked off on Saturday 11th April. President Mick Hallifax welcomed old and several new members to join him in rolling a few woods to start the 2026 season.

It was wonderful to see new faces amongst our numbers and we look forward to forging new friendships whilst enjoying the bowling. There's always a warm welcome at Cromer Road!

The day held promises of good times ahead with members collecting their new shirts & jackets just in time for the beginning of the league games.

Several impressively coloured sets of woods were also on display for the first time.....forget sensible black.....today's colours for the discerning bowler in Hunstanton range from bright orange to red, purple, speckled green or even tri-coloured blues. Nothing staid in this club!

Thanks to the hard work of the green keeper during the dark winter

months the green is in wonderful condition and members have worked tirelessly in repairing, renovating and re-invigorating the clubhouse & surrounding area.

The Norfolk County league, the King's Lynn Ladies league and local EBF leagues are now underway so if you'd like to come along and watch your local club in action then it's Mondays at 6.15pm for the ladies games, Wednesdays at 6.30pm for the Men's games or Fridays at 6.00pm for club nights when you have the chance to meet members, enjoy a drink or two and even, if you fancy giving it a go, trying your hand at bowling.

Tuesday afternoons see the well supported Friendly league and the teams entered begin their quest for glory on Tuesday 12th May at 1.30pm.

In fact, something to suit every bowling taste at Hunstanton BC!

On Saturday 2nd May we are holding an Open Day...this is a FREE event and if you have ever thought that you might like to give bowls a try...this is for YOU!

Just come along between 10.00am & 1.00pm - all equipment provided - we would love to see you - for more details contact Dave (07508 134099) or Debra (07521 871689)

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



Scan here for more events and up to date information



Saturday 2nd

Hunstanton Bowls Club, Recreation Ground, Cromer Road open day 10am-1pm All equipment provided, just bring flat shoes. Info Dave 07508 134099 or Debra 07521 871689

King's Lynn Model Railway Club Open Day at Grimston Village Hall PE32 1BY 10am-4pm

St Mary's Snettisham Summer Classics featuring Harry Kneeshaw (violin)& Chloe Dumoulin (piano) 3pm see p 2

Sat 2nd-Mon 4th

Art exhibition by local sisters at Wells Maltings, 11-4pm. Walks in Wells' is an art exhibition by sisters Sue Rainsford and Linda Patrick. Info: 07913202580 susan.rainsford@icloud.com

Sunday 3rd

Glebe House School Car Boot Sale PE36 6HW 7am-1pm

Wereham Village Hall Indoor Boot Sale from 8am Info: 01366 501330 or 07593 953907

Grand East Anglia Run 9.30 10K from the Tuesday Market Place PE30 1JW

RAF Bircham Newton Open Day 10am-4pm Jamie 07807 098348

Norfolk Weekend Walkers Shouldham Woods 7 mile walk commencing at the Shouldham Warren Car park at 10.30 am. New Walkers welcome. See full details on Meetup.com / or the Meetup App in Norfolk's Weekend Walkers section.

Tuesday 5th

Hunstanton Watersports and Sailing Club North Promenade 7-9pm come and hear the castaway crew singing sea shanties and enjoy the bar and some curry.

Friday 8th

Cecil Farayi sings Motown, Soul, Party and Pop from 8.30pm at Dersingham Social Club PE31 6JX. Get your dancing shoes on! £3

Saturday 9th

Hunstanton Fun dog show at Glebe House School PE36 6HW Entries from 11am. Judging from 12 noon.

Wereham Village Hall Quiz Night 7pm. £6pp in advance £7 at the door hot dog included. 01366 502214 or 01366 500766

Dersingham Village Cinema at Dersingham Village Centre 7pm. The Audience starring Helen Mirren as Queen Elizabeth II. Entry £10, u16s £5

Robert Vincent and his band at Burnham Deepdale PE31 8DD. 7.30pm Info 01485 210256. <https://deepdalecamping.co.uk/events/1853188896/>

Celebration of Sir Karl Jenkins Concert 7.30pm at St Nicholas Chapel King's Lynn PE30 1LT <https://musicintheburnhams.com/whats-coming-up/celebrating-the-work-of-sir-karl-jenkins/>

Sunday 10th

Glebe House School Car Boot Sale PE36 6HW 7am-1pm

Monday 11th

The Arts Society of NW Norfolk lecture at Sedgeford Village Hall 2pm. 'Travels with a Trowel' with Louise Schofield. After a 13-year career as a curator at the British Museum Louise set out to work in the field as an archaeologist in Albania, Mesopotamia and Ethiopia. .

Wednesday 13th

Glebe House School Hunstanton PE36 6HW Open House 8.30-11am. Info 01485 532809.

Thursday 14th

The Arts Society King's Lynn lecture on Venice and the East by Antonia Gatward Cevizlito. West Winch Village Hall 2.30pm. Ample free parking. 01760 724823 or email info@theartsocietykingslynn.org.uk

Hunstanton Watersports and Sailing Club North Promenade 7.30pm Ocean Sound Bath accompanied by singing bowls, ocean drum and sounds of nature £10. T07930 120175 or chris.vurley@protonmail.com

Friday 15th

'A Race Night like no other'. 6.30pm for a 7pm start in St Margaret's Church, Clenchwarton PE34 4EA. fluffly dice, and large wooden dogs! Tickets £5 per person. Tea/coffee/biscuit available or bring your own refreshments. Contact Julian 07584 048063.

Anmer Social Club Film Night Song Sung Blue. Doors 7pm Film 7.30pm Info enquiries@anmerclub.co.uk or 01485 579465

Massingham Historical Society AGM and presentation 'Massingham during WW2 7.30pm in the Village Hall. Guests £3. Bar open.

Dersingham Quiz Night at Dersingham Social Club PE31 6JX. £3pp Teams max of 6. 7.30pm. Info: 01485 543380

Saturday 16th

Snettisham Fleamarket at Snettisham Memorial Hall PE31 7LX Admission 50p and under 16's go free! Supporting Sea Watch Foundation. Debbie 07790789235

North Wootton Village Market at North Wootton Village Hall PE30 3PT 9am-2pm.

St Margaret's Church Clenchwarton PE34 4EA - Spring Craft Fair. 10am - 2pm. £5 per table. Contact Debra 07565 057216

Spring Fair at the Amy Robsart Village Hall Syderstone 10.30-2.30pm

Bomber County Pipes and Drums on Hunstanton Bandstand 10am-4pm

From Deep Heritage to Contemporary Art - 'Seahenge' Revisited. 2-5pm, Lynn Museum and then GroundWork Gallery Tickets £15 Norfolk & Norwich Festival. Booking <https://nnfestival.org.uk/whats-on/from-deep-heritage-to-contemporary-art-seahenge-revisited/book/173802/>

King's Lynn Town Band - Spring Concert at London Road Methodist Church PE30 5EJ. doors 7pm Concert at 7.30 FREE Entry with collection in aid of The Purfleet Trust. Raffle and Interval. Refreshments. All Welcome. 07961768572

Live music at Dersingham social Club PE31 6JX 8.30pm The Seterotypes - local band playing non-stop Britpop and Indie anthems. Info 01485 543380

Sunday 17th

Glebe House School Car Boot Sale PE36 6HW 7am-1pm

Norfolk Weekend Walkers Walpoles in the Marches Walk 7.1 miles. 10am, commencing at The rear car park of the Brothers in Arms Pub situated behind the Samuels Family farm shop. New Walkers welcome. See full details on Meetup.com / or the Meetup App in Norfolk's Weekend Walkers section.

RAF Bircham Newton Open Day 10am-4pm Jamie 07807 098348

Hunstanton Watersports and Sailing Club North Promenade 11am-6pm Open Day - come and see what it is all about.

Monday 18th

u3a meeting at Hunstanton Community Centre 2pm. Malcom and Elizabeth, known as Chanter's Jigge, perform songs of Norfolk as well as airs, jigs and jollies from around Europe and across the centuries.

Bingo at Old Hunstanton Village Hall PE36 6HS. Doors open at 6.15pm. Eyes down 7pm. Bar open. Join us and see if you can win a prize.

Tuesday 19th

Old Hunstanton Village Hall Knit and Natter 10am-noon Coffee and cake provided £3. Carol 07763 466325

Curry and Quiz night at The Golden Lion Hunstanton PE36 6BQ 8pm £3pp Max 6 per team. Info 01485 532688

Wednesday 20th

Hunstanton Society lecture in the Heritage Centre. Doors 7pm and at 7.30 archaeologist Dr Ekeanor Blakelock presents '30 years of the Sedgeford Historical and Archaeological Research Project (SHARP).

Thursday 21st

The Wolf Folk Club 7.30pm at Fritcham Community Centre PE31 6BU. David Potter 07803 725583 for info. Sing Say Play or just sit and listen. All genres & abilities. Free. Bar available.

Friday 22nd

Tittleshall Village Hall 7pm An evening of songs with a touch of blues, jazz and soul with Moore Lane £7 in advance. contact sueandkatesinging@btinternet.com Profits to Medecines Sans Frontières

Country Night at Dersingham Social Club PE31 6JX 8pm Info: 01485 543380

Fri 22nd Sat 23rd

Textiles in Action annual exhibition at Thornham Village Hall PE36 6LX 10am-4pm

Saturday 23rd

The Burnhams Market at St Mary's Church PE31 8DH 9.30am-2.30pm. Info: 07790 323945

Sat 23rd – Tues 26th

Ringstead Artists Exhibition at the Village Hall PE36 5JU 10-5 daily. Info: bek@barbaraking.co.uk

Sunday 24th

Glebe House School Car Boot Sale PE36 6HW 7am-1pm

Heacham Yard Sale and table top sale at Heacham Infant and Nursery School 9am-2pm. heachamyardsale@gmail.com or leave a message on 07746 725319. Donations to Heacham Parish Church.

Sandringham Pageant of Motoring from 10am <https://www.sandringhampageant.co.uk/tickets/> 01775 768661

Hanse Festival King's Lynn 11am-4.30pm. Hanse House hosts the annual celebration of the town's Hanseatic heritage.

Monday 25th

Car Boot Sale at Dersingham Social Club PE31 6JX 9am. T: 01485 432380

Downham Market and District Horticultural Society. will be at The Howdale, Downham Market, PE38 9AH. Biggest plant stall of the year - plenty of interesting, good value plants all grown by members 10am - 3pm

Tuesday 26th

Dersingham Village Cinema at Dersingham Village Centre 7.30pm Black Bag (15) Entry £6, u16s £3

Wednesday 27th

Snettisham Gardening Club 7.30pm at Snettisham Memorial Hall, Old Church Road. Fay Jones presents 'conifers in the garden. Visitors £3. Info: Gail on 07899933840 or Addie on 01485 544754

Thursday 28th

New Hunstanton WI Methodist Church Hall, Austin St PE36 6AJ 2.15pm visitors £5 Members £4. Talk by Susan Parry on the Druce Portland affair. Come and hear the story of the bizarre allegation that an English aristocrat, the 5th Duke of Portland, had lived a double life and eventually faked his own death in order to escape the web of lies he had concocted over the years. 07789 687893 or 34wisec@gmail.com

Saturday 30th

Merchants' Market King's Lynn Organised by Discover King's Lynn. Tuesday Market Place between 9am and 3pm.

Sunday 31st

Glebe House School Car Boot Sale PE36 6HW 7am-1pm

RAF Bircham Newton Open Day 10am-4pm Jamie 07807 098348

Norfolk Weekend Walkers Oxborough and Gooderstone circular walk 6 miles. Commencing at Oxborough Hall 10am New Walkers welcome. See full details on Meetup.com / or the Meetup App in Norfolk's Weekend Walkers section.

Wereham Village Hall Cinema 2pm Paddington in Peru. Adults £5, u12s £2 at the door

parkruns

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

Sandringham parkruns start at 9am on the vista near the children's play area on Saturdays 07913 439222 Plus Sat 30th is 5K Your Way at Sandringham for anyone affected by cancer. T: 07913 439222



by the book

Come meet our May Authors!

Saturday 23rd May

Local author Nick Torry

His new book HUNSTANESTONE –

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GLEBE HOUSE SCHOOL & NURSERY UPDATE

From spectacular stage performances and inspiring book celebrations to competitive sports and hands-on trips, during the spring term our pupils have embraced every opportunity to learn, grow and shine. In this update, read on to discover how our children have challenged themselves, supported one another and made memories across the school in the classroom, on stage, in sport and out in the community.



This term, Senior Prep pupils delighted audiences with four performances of Beauty and the Beast Jr., a true highlight of the school year. Pupils in Years 6 to 8 showed impressive confidence, teamwork and dedication, supported by staff throughout months of preparation. At Glebe House, opportunities like this help our children grow in resilience and self-belief. The production also provides great inspiration for younger pupils, offering a glimpse of what lies ahead. We are so very proud of everyone involved.



Early March, the whole school community came together to celebrate World Book Day as part of a lively Glebe Book Week. Pupils enjoyed a range of reading activities, including shared reading between year groups, a House Book Quiz and the ever-popular "Drop Everything and Read" moments. Costumes added colour to the celebrations, while visiting author and past pupil Iona Ranglely inspired young readers. The week concluded with a successful book sale, helping to refresh our library shelves.

This year's Poetry by Heart competition provided a truly joyful celebration of language, creativity and confidence across the school. Every pupil performed for their peers, demonstrating commitment and courage, with each contribution adding to the overall House effort. Our younger children also impressed in their own Pre Prep performance, sharing poems with enthusiasm and a huge amount of expression. With thanks to our guest judges from Hunstanton & District Rotary for their support.

The week before February half term was dedicated to Children's Mental Health Week, this year with a focus on belonging and wellbeing. Pupils enjoyed a range of activities, from yoga and outdoor learning to creative projects and team games, alongside quieter moments for reflection. Highlights included PJ Day, Pause Day and pupil-led assemblies exploring the theme of feeling valued and included. It was a really meaningful way to end the first half term, leaving pupils with a strong sense of connection and community.

At the end of January, our 'Your Future' Senior Schools event brought Glebe House alive with energy and anticipation. Families with children in Years 5 and above met with representatives from thirteen schools across the East of England, alongside Old Aquilians who shared their experiences beyond Glebe. Our older pupils impressed with confidence and curiosity, as they began exploring their options after Year 8. With careful organisation by Ms Fraulo and the staff team, the evening was a resounding success, offering insight into the many exciting senior school paths beyond Glebe House.

Just before half term, our Prep children enjoyed Inter House Football as part of Pause Day. Despite wet conditions, everyone played with enthusiasm and team spirit, earning valuable points for their houses. Muddy kits aside, the tournament was a fantastic chance for outdoor exercise and friendly competition, well done to all participants!

Later in March, Inter House Netball showcased skill and determination across all age groups, from juniors to seniors. Matches were competitive and engaging, with pupils representing their houses with pride. Thanks to Mrs Ring, Mrs Hilario, Mrs Bower and Mr Hawkins for

organising and umpiring another afternoon celebrating the Glebe sporting spirit.

This term, Glebe House pupils have enjoyed a fantastic mix of sporting and activity-based events organised by SSP West Norfolk. Year 2 had a fun, brain-and-body morning tackling English and Maths challenges in teams at Active Kids, while our Quiksticks hockey squad competed at Lynnsport, finishing 5th overall in West Norfolk. Additionally there have been Girls Football and Netball tournaments which our pupils have enthusiastically taken part in.



Early in the term, our Eagle Performers enjoyed an inspiring day in London. From a high-energy Lion King workshop at Pineapple Studios to a West End matinee of The Lion King itself at the Lyceum, the children embraced every moment. Travelling together by coach and singing along to musical favourites, the trip rewarded commitment while inspiring our young performers with creativity, confidence and a little 'Hakuna Matata' magic as they begin their journey on stage together.

Our Year 2 children enjoyed a hands-on day trip to consolidate their learning in History this term. They all took part in a fascinating day at the Lynn museum exploring the life of Captain George Vancouver and sailors of the past. Activities included map-making

with quills, land surveying, tasting traditional sailor food, singing sea shanties and soap carving. A riverside visit to Vancouver's statue rounded off the day. Pupils impressed with their knowledge, curiosity and excellent behaviour, making Mrs Maud very proud.

Our Year 3 pupils recently enjoyed a memorable trip to Norwich Castle, taking their Ancient Egypt learning beyond the classroom and into a truly immersive setting. Through hands-on experiences and insightful discussion, the children were able to explore their topic in a new, engaging and colourful way, really deepening their understanding. Travelling together by school minibus certainly added to the sense of adventure. A fantastic day was had by all!



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

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Seahenge meets Maori

Esther Boehm talks to George Nuku

Making art is always an adventure. At least in my life it is. This time I was lucky enough to be part of someone else's adventure.

After driving through the Norfolk countryside, one of my loves, I arrived at a farmhouse where I met George Nuku, a Maori sculptor. I helped him prepare wood, another love, for his sculpture to be exhibited at the GroundWork Gallery in King's Lynn. I asked George to share a few words about his work:

"Veronica Sekules of GroundWork gallery is a visionary and in Maori she is called 'Ngakaunui' – Ngakau is the name we give to the mind and the heart being connected – 'mindheart' it is seen as a complete organ to both the brain and the heart individually and they have their own names respectively. Nui means great or large. I have known, felt and experienced directly this quality of Veronica for 20 years now..."

Through her mindheart, I believe that she sensed intuitively, that upon showing and informing me of the Seahenge, that I would react and relate in turn.

I have spoken to other artists who have worked with her and they instantly recognised this in their relations with her also.

The Seahenge itself pierced my psyche, it seemed to reach out over time and space to make itself present – In a way that I was familiar with from my Maori upbringing.

All the elements were there, the portal, doorway consisting of a forked tree upside down – the thighs of the sacred female through which you pass to enter the enclosure, the house, the space.



In the Maori stories, this place is also the abode of the goddess of the underworld, of the long night, of death – in essence, the place we come from is the place we return to, we all come from her, we are her babies and we are forever to her – in life and afterwards...

The placement of the trees in the Seahenge, with the central one upside down also with the roots above, forming a receptacle in which payments were presented – to make the payments necessary to ensure the cycle, the turning, to say thank you and to ensure favour with the gods through payment and importantly – acknowledgement.

The upside down trees revealed in turn another world below, above, beside, it makes no difference this way of divining everything is the world that is strong in my veins and my role in life is to facilitate between this world and the next.

I chose to represent the Seahenge as a vast Takarangi – a type of double helix spiral, Takarangi depicts the creation of the world, the moment when light penetrates the darkness in the micro-second. Pure uncontaminated light, this process occurs every morning directly after the darkest part of the night. The dawning light of the new day, a new world, a new beginning is sacred.

You can visit 'Out of the Depths, New Works: George Nuku, Frances Kearney' at GroundWork Gallery, 17 Purfleet St., King's Lynn, PE30 1ER, 11-4 Wednesday to Saturday until 6 June.



George Nuku



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The Arts Society King's Lynn

The Arts Society King's Lynn continues the 2025-26 season on Thursday 14 May 2026 when they welcome Antonia Gatward Cevizlito give a talk on Venice and the East.

Dr Antonia Gatward Cevizlito is an independent art historian specialising in both Italian Renaissance art and Ottoman art. She gained her PhD from the University of Warwick. Her publications focus on cultural and diplomatic exchange between the Italian city-states and the Ottomans. Antonia has lectured for a number of institutions including Sabanci University, Istanbul; Sotheby's Institute of Art; the National Gallery; the V&A Academy and The Courtauld summer school. Her interests are wide-ranging and she also worked across the collections of both Tate Modern and Tate Britain as a professional guide. She has lived in Siena, Venice and Istanbul.

Venice's unique position brought the city into contact with the different powers of the Eastern Mediterranean including the Byzantine Empire, the Mamluks and the Ottomans. This lecture explores the ways in which these interactions left their mark on the artistic heritage of the city as can be seen in Venetian architecture, painting and the decorative arts.

The lecture will take place in West Winch Village Hall where there is ample free parking available and starts at 2.30pm. 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 01760 724823 or via email at info@theartsocietykingslynn.org.uk.



Your Choir at the Corn Exchange

After a sell-out 2024 show, West Norfolk's favourite choir is back - bigger, bolder, and full of energy!

Join us at the King's Lynn Corn Exchange for a night of uplifting songs, powerful harmonies, and the electric Your Choir atmosphere you love.

This year, we're raising funds for the Stroke Unit at The Queen Elizabeth Hospital, King's Lynn, and the Colney Centre at Norfolk and Norwich Hospital. Come sing, smile, and celebrate for two incredible causes.

Tickets on sale now.

FIVE CHURCHES FESTIVAL 8-12 JULY

The Five Churches Festival returns for its fourth year!

The five churches of the Glaven Valley on the North Norfolk Coast - Blakeney, Cley, Glandford, Letheringsett and Wiveton - each with their own unique architecture, history and atmosphere, host a varied and exciting programme of classical music.

Featuring musicians of international acclaim alongside established professionals from across Norfolk, the Festival provides five days of high-level concerts and events.

Featured artist for 2026 is international cellist Guy Johnston, bringing to Norfolk his current UK tour of Bach and Britten Cello Suites as well as appearing in recital with Festival Artistic Director Brenda Blewett and resident string quartet, Chaos Collective.

The big Festival highlight promises to be a spectacular evening given by Classical Brit Award winners, Blake in the magical setting of Bayfield Hall. Expect rousing music, popping corks and all in the setting of one of Norfolk's most beautiful estates.

Also hear award-winning young musicians in concert, and acclaimed duo 'Flutes and Frets' in atmospheric Glandford Church. Witness a family concert with live illustration by James Mayhew or hear Schubert's haunting tale of The Fair Maid of the Mill, sung by Julian Godlee, in collaboration with Letheringsett Mill. Chaos Collective give a Cocktail Concert, and Cley Church becomes a jazz café for a night. A celebratory Festival Finale features Norwich Baroque and trumpeter Simon Munday in a feast of Baroque concertos.

Five Churches Festival is thrilled to announce its first patron is celebrated countertenor Michael Chance, CBE. In the 2026 Festival Michael will talk about his distinguished operatic career and give a public vocal masterclass.

Booking: fivechurchesfestival.com

THE WORLD OF GILBERT & SULLIVAN

There will be a treat for G&S lovers when "The Wandering Minstrels" (www.wanderingminstrels.org.uk) stage "THE WORLD OF GILBERT AND SULLIVAN" in St. Catherine's Church, Ludham on Saturday 6 June 2026 at 7.30pm. It will be their third visit to Ludham. Artists taking part in this Gala concert are Helen Winter, Emma Stratton, Charles Mills, Bruce Graham and Tim Hurst-Brown, with Peter Hewitt at the piano. They will sing, act and dance their way through excerpts from "The Pirates of Penzance", "The Gondoliers", "Patience", "The Yeomen of the Guard", "The Mikado", "Ruddigore", "Princess Ida" and "HMS Pinafore".

Tickets for "THE WORLD OF GILBERT AND SULLIVAN" are £14. Concert tickets can be obtained from Ludham Butchers on 01692 678226 or on the door. Refreshments will be available in the interval.



Summer is on at Westacre Theatre - Thanks to you

Liz Brewer

We're delighted to share some very good news: thanks to an incredible collective effort, we've been able to pull together enough support to ensure that our summer season will go ahead.

Our Tent Appeal, which many of you rallied behind so generously, has quite literally helped secure the roof over our outdoor summer work. We cannot thank our supporters enough - every donation, every share, every conversation has played a part in making this possible.

We are deeply grateful to the funders who have supported us, and especially to Titan Tents, who have helped make this possible through a payment plan that spreads the cost. But while the tent is returning and the summer season is going ahead; it is not yet fully paid for. More than ever, we continue to rely on the generosity of our community. Time and again, you show up when it matters most - and that support is still very much needed.



We are preparing for what promises to be a vibrant and joyful summer season. Auditions are underway imminently, and our outstanding in house company, which will once again include young, talented, early career performers in receipt of our bursary awards.

This summer, audiences will be treated to Shakespeare under the Norfolk skies and the legend that is Robin Hood... There really is nothing quite like outdoor theatre here at Westacre - it's immersive, unpredictable, and full of life in a way that only open-air performance can be. Where else in Norfolk does theatre quite like this? We're proud to say: nowhere quite like it.

One of the things we're still gently surprised by is how many people don't realise that Westacre Theatre is, in fact, a charity.

We're a small, fiercely dedicated team, with an army of dedicated brilliant Volunteers, doing everything we can to keep the lights on, the stage alive, and the doors open for artists, audiences, children, schools, and community groups all year round.

Every show you see, every workshop that fills with laughter, every moment of magic on that stage is powered by people doing multiple jobs at once, often behind the scenes and well beyond the hours you see on a programme. Like many arts organisations right now, we are feeling the pressure of rising costs, reduced public funding, and an increasingly competitive grants landscape where more and more brilliant charities are chasing fewer and fewer pots of support.

Which is why we're so keen to say this clearly and simply: we need our community now more than ever.

Becoming a Friend of the Theatre

One of the most meaningful ways to support us is by becoming a Friend of the Theatre. It's a simple idea with a huge impact. By joining, you are directly helping us keep producing work, supporting artists, maintaining our building, and ensuring we can continue offering accessible, affordable and high-quality theatre here in Norfolk.

In return, Friends receive a range of benefits - including priority booking, discounts on selected shows, behind-the-scenes updates, and invitations to special events. But more than anything, you become part of the fabric of the theatre itself. You're not just buying tickets; you're helping safeguard a cultural space that belongs to everyone.

And honestly, in a time where funding is increasingly uncertain and local arts organisations are having to fight harder than ever for survival, that kind of support is invaluable.

Looking ahead - building for the future

But while we take a moment to celebrate what has been achieved together, our work doesn't stop here.

We are now turning our attention to the next phase of development for the theatre: extending our indoor auditorium to increase seating capacity from 83 to 135. This is a major step forward for us - not just in scale, but in sustainability.

A larger space will allow us to welcome more audiences, attract bigger touring productions, and generate the income we need to make the theatre more financially resilient. In short, it helps secure the future of Westacre as a thriving, creative hub for the long term.

It's an ambitious project, but one that feels both necessary and exciting. It's about growth, yes, but also about stability, opportunity, and making sure that the theatre can continue to serve its community for generations to come.

As Sadie Grist, Theatre Director puts it: "The support we've received from our community has been nothing short of extraordinary - it's what keeps Westacre going. We are deeply grateful. But while we pause to celebrate what's been achieved, we're also looking forward. There is still so much more to do to secure the future of the theatre, and we will continue to explore every possible way to make sure it not only survives, but thrives."

A massive thank you

For now, we simply want to say thank you. To everyone who has supported us, attended a show, donated, volunteered, become a Friend, or simply cheered us on from the sidelines - you are the reason this theatre exists in the way it does.

We are small, yes. But we are mighty because of you. And we're only just getting started.

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TAMSI WHEELER MATT GRIST KIERAN GOUGH SADIE GRIST



6 - 16
MAY

Directed by Matt Grist
Written by Yazmina Reza

When two sets of parents meet to discuss a playground incident between their children, civility is the first casualty. What begins as a polite exchange soon unravels into a razor-sharp comedy of manners (and bad manners), as wine flows, tempers flare, and chaos reigns.

Brilliantly funny, brutally honest, and wickedly relatable, *God of Carnage* is a masterclass in social meltdown - a fast, furious, and gloriously uncomfortable night at the theatre.

Performance Dates

MAY 7:30PM
6th | 7th | 8th | 9th | 13th
14th | 15th | 16th

MAY 3PM Matinee
Sat 9th, Sat 16th

Tickets | £16
£10 (under 21's)

Audience Reviews of Westacre Theatre

"How fortunate we are to have this calibre of performance in our great little theatre in the heart of the County."

"A super professional Theatre! A rare gem set in such a gorgeous setting."

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westacretheatre.com

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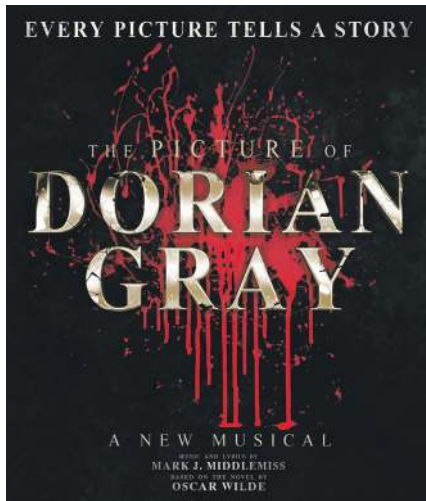
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Registered Charity No: 1057258

In the Limelight

Last month I focused on the plays and musicals coming to the Princess Theatre and now we have a new exciting production to shout about coming this October!

The Picture of Dorian Gray – The Musical is a new adaptation of Oscar Wilde's classic 1890 novel. Follow Dorian, a young man granted eternal youth, as he descends into a dark and morally complex world, while his portrait bears the consequences of his actions. Inspired by the great sung-through musicals of the 1970s and 1980s, this haunting new production is not to be missed. Coming to the Princess Theatre on Thursday 22nd October, tickets now on sale.



In April (KLODS) Kings Lynn Operatic Drama Society blew audiences away with sell out shows of We Will Rock You. We certainly look forward to KLODS returning to the Princess Theatre in 2027 what this space for news on the dates and the production.

May is packed with fantastic entertainment at the Princess Theatre!

We kick things off on Sunday 3rd May with The Legends of American Country. This show returns for a night of toe-tapping nostalgia, featuring tributes to stars including Dolly Parton, Johnny Cash, Patsy Cline, Kenny Rogers and more, plus modern icons like Shania Twain and Luke Combs.

This Is Floyd arrives on Saturday 9th May, celebrating the music of Pink Floyd with stunning visuals, lasers and unforgettable classics.

Love Fleetwood Mac? Go Your Own Way brings their iconic sound to life on Friday 15th May, followed by Marty Wilde & The Wildcats on Saturday 16th May, celebrating an incredible eight decades in music.

The renowned Grimethorpe Colliery Band returns on Sunday 17th May, followed by Forever Clapton on Friday 22nd May, a live show charting Eric Clapton's legendary career.

On Saturday 23rd May, enjoy The Ultimate Commitments and Blues Brothers Experience, a high-energy night where Chicago blues meets Dublin soul.

Rounding off the month, The Real Thing take to the stage on Saturday 30th May, celebrating 50 years of You To Me Are Everything, with special guest Donovan Blackwood (ex Heatwave).

The Great British Seaside Summer Show Returns!

Summer is on its way, and with it comes the return of a much-loved tradition, the Great British Seaside Summer Show. Much like the festive pantomime season, this is one of those enduring fixtures in our entertainment calendar, bringing people together year after year for laughter, music, and pure escapism.

Living by the coast, we're incredibly lucky. The seaside, with all its charm, nostalgia, and sense of relaxation, it's right on our doorstep.

For generations, families have flocked to the coast for day trips and holidays, drawn by that unmistakable mix of fresh air, fun, and fond memories and at the heart of that experience has always been live entertainment.

The roots of the seaside variety show stretch all the way back to the Victorian era. As railways opened up the coast to holidaymakers, pier theatres and concert parties sprang to life, entertaining visitors during traditional "wakes week" breaks. These shows were lively, accessible, and packed with variety, music, comedy, speciality acts and everything we still love today.

Fast forward to the 20th century, and the tradition continued to thrive. Many will remember the BBC's Seaside Special (1975–1979), bringing the magic of seaside entertainment into living rooms across the country. Filmed under Gerry Cottle's famous big top and touring from resort to resort, it captured the very spirit of British summer holidays. While it never quite made it to Sunny Hunny, it came close, stopping at Great Yarmouth and remains a fond memory for many.

Here in Hunstanton, that heritage is very much alive. Venues like Searles Leisure Resort – now celebrating over 75 years and the Princess Theatre have long been at the centre of seaside entertainment. Our theatre itself has a rich and varied history, from its early days as the Capitol Cinema in the 1930s, to the Kingsley Centre, a bingo hall, and finally its transformation into the vibrant venue we know today. Since 2012, it has stood as a cornerstone of the town's cultural life, welcoming audiences and performers alike.

What makes it truly special, though, is the sense of tradition and community. This isn't just entertainment for visitors; it's for us too. It's about celebrating what makes our seaside town unique, supporting local theatre, and keeping a cherished British tradition alive for future generations.

This year's show promises all the classic ingredients of a great variety performance. We're delighted to welcome back the ever-popular Andy Eastwood, a world-travelled, multi-instrumentalist whose infectious energy,

musical talent, and warm humour always win over audiences.

Alongside him, Domino brings a wonderfully inventive blend of silent comedy, magic, and perfectly imperfect timing, turning

mishaps into moments of brilliance. Raymond & Cannon add a fast-paced mix of magic, comedy, and mind-reading, while the talented performers from Rollason Stage School showcase the next generation of local stars.

Packed with music, laughter, magic and surprises, it's feel-good entertainment at its finest.

The Great British Seaside Summer Special is back – and bigger than ever.



Anna



Andy Eastwood

With two brand-new dates added, performances run every Wednesday from 29th July to 2nd September at 3pm at the Princess Theatre. Whether you're visiting for the day or have lived here all your life, this is your chance to be part of a truly special tradition.

We are proud to announce we will be collecting for EACH – East Anglia's Children's hospice in the Summer Variety Show. Together we raised another donation of £7000 over our panto season to this incredible charity!



Come along, take your seat, and enjoy a classic slice of the British seaside.

We look forward to seeing you soon at The Little Theatre with Big shows, by the Sea!

Anna H



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SATURDAY 9TH MAY — THIS IS FLOYD

FRIDAY 5TH MAY — GO YOUR OWN WAY

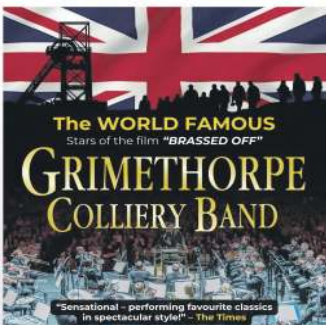
SATURDAY 16TH MAY — MARTY WILD

SUNDAY 17TH MAY — GRIMETHORPE COLLIERY BAND

FRIDAY 22ND MAY — FOREVER CLAPTON

SATURDAY 23RD MAY — ULTIMATE COMMITMENTS & BLUES BROTHERS EXP.

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