

TOWN and AROUND

ISSUE 193 NOVEMBER 2021

PRICELESS!

NEWS FROM
NW NORFOLK
FREE

Local News • Events • Great Outdoors • Features

First word



Welcome to your November magazine which is crammed full of news and articles. Thank you to everyone who has contributed. Thanks also to our advertisers, your support is truly valued.

People really do amazing things. In October I had the privilege to interview David Matthews who has walked 6,000 miles to all the Samaritans branches in the UK and Ireland and completed a shift in each one. What an inspirational man! You can read his story on page 26.

Two major campaigns, the Queen Elizabeth Hospital and the proposed incinerator are highlighted on pages 10 and 15. Both affect the health and wellbeing of the people of West Norfolk and I urge you read about them and to get involved.

Did you know there's a winery near Burnham Market? On page 24 you can read about their 2021 harvest. Note to self: I must try some of that wine!

Lastly, if Strictly has inspired you, turn to the centre pages....

With best wishes from all the team at T&A.

Elaine

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

Follow the latest stories at www.townandaround.net
and on Twitter @hunny_bird

www.facebook.com/pages/TownandAroundNorfolk

Our pick-up points include supermarkets in King's Lynn

Cover photo by Ian Burt: Catherine Ashby abseiling at
St Nicholas Dersingham - see story on page 6



01485
570303

A.E. WALLIS

www.aewallis.co.uk

Over 20 years serving the local community

34-40
High St
Heacham

Internet prices with local service



Wishing you a dry November -
and we just mean your clothes!

Talk to us about our range
of tumble dryers



Go to: www.aewallis.co.uk and follow the Euronics link or give us a call

No need to come in - we can take your order over the phone!

★ **euronics**

CYCLE SALES
CYCLE REPAIRS
CYCLE HIRE
CYCLE ACCESSORIES

A.E. WALLIS
HIGH ST, HEACHAM
01485 571683

www.aewallis.co.uk @heachamcycleman

PRINT IS KING!

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

COMMERCIAL ADVERTISING RATES ex-VAT & SIZES

Sixteenth page: 42mm wide x 60mm high £22.50 per month or £120 for 6 months with advance payment (£20 pro-rata)

Eighth page: 88mm wide x 60mm high OR 180mm wide x 29mm high £43.50 per issue or £217.50 for 6 months (£36.25) pro rata

Quarter page 88mm wide x 122 high (portrait) OR 180mm wide x 60mm high (landscape) £72 per issue or £360 for six months (£60.00 pro rata)

Half page 180 mm wide x 122mm high (landscape) OR 88mm wide x 246mm high (portrait) £134.85 per issue or £674.25 for six months (£122.38 pro rata)

Full page 180mm wide x 246mm high £247.50 per issue or £1237.50 for six months (£206.25 pro rata)

Centre DPS: 380mm wide x 246mm high £475.00 per issue or £2375 for six months (£395.84 pro rata)

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

No part of the magazine may be reproduced, stored in a retrieval system, or transmitted in any other form, or by any other means without written prior permission. Copyright © 2021 All Rights Reserved. This magazine reflects the views of its contributors; not necessarily those of its editor or advertisers.



MULBERRY RESTAURANT

AT HEACHAM MANOR



AA Rosette Award

ONLY AVAILABLE 9TH TO 19TH DECEMBER 2021

FESTIVE MENU

incl Tea/Coffee & Christmas Cracker

2 COURSES - **£24.95**

3 COURSES - **£29.95**



ONLY AVAILABLE 1ST TO 23RD DECEMBER 2021

FESTIVE AFTERNOON TEA

with a Glass of Prosecco - **£27.50 pp**

SUNDAY 26TH DECEMBER 2021

BOXING DAY LUNCH

Welcome Glass of Prosecco,

3 Course Lunch

and Tea/Coffee - **£42.95 pp**



SATURDAY 1ST JANUARY 2022

NEW YEAR'S DAY LUNCH

Welcome Glass of Prosecco,

3 Course Lunch

and Tea/Coffee - **£42.95 pp**



We would recommend early booking for this high demand period and we politely request a non-refundable deposit of £10 per person to confirm a booking. Confirmation of numbers and a pre-order from the menu will be required 7 days in advance. Cancellation Policy - any cancellations or reduced numbers will incur a 100% charge if cancelled within 48 hours of the booking.

For further information please email: info@heacham-manor.co.uk

To view menu: www.heacham-manor.co.uk/occasions-and-special-events

OR CALL 01485 536030

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

Raising the roof of the Princess Theatre

Work is to start in the spring to re-roof Hunstanton's theatre after concerns were raised by the Princess' management team over safety due to the roof's deteriorating condition including tile failure and periodic leaks.

An inspection that found a replacement roof would avoid more costly repairs and in September the Borough Council, that owns the building, agreed to inject £250,000 into the project.



Proprietor of the Theatre, Brian Hallard, thanked Cllr Stuart Dark and his Cabinet for acting swiftly to remedy this situation by authorising the replacement of the roof and said: "The investment will improve the theatre's environmental sustainability, enhance our customers' experience and allow us to provide high quality entertainment for the future."

"We may only be a little theatre but we have some big shows coming to the Princess next year, including Curtis Stigers, Chris Packham, Naturally 7, Hot Chocolate and many more. We look forward to welcoming everyone through these doors for many years to come."

Cllr Stuart Dark MBE, Leader of the borough council, said: "I am really pleased that, following my recent meeting with Brian and the great team running the Princess Theatre raising their concerns, we were able to move quickly to help them and provide the significant funds needed. The pandemic has been really hard for the performing arts and I am glad that we have been able to support their plans for a brighter future and improve a much loved venue that is a year-round centre-

piece of Hunstanton life for residents and visitors alike."

Cllr Carol Bower, Member for Hunstanton Ward, said: "I am delighted that the borough council is investing in our much loved theatre. It provides a huge variety of year round entertainment for our residents and visitors and greatly benefits Hunstanton's economy."

"In the interval or for morning coffee, the Princess Theatre terrace is a fabulous place to sit and enjoy panoramic views of the sea."



From left: Leader of the Borough Council Stuart Dark, Ward Councillors Paul Beal and Carol Bower



Petrol panic - what to do if you put the wrong fuel in your car

Abigail Brown

Taking inspiration from recent events, we thought it fitting to place a focus on petrol for this month's editorial. Although we can't offer advice on where to top up without needing to queue - surely we're past that stage of panic now? - we can shed some light on what to do if you put the wrong fuel in your car.

Petrol shortage panic or not, every three and a half minutes someone in the UK puts the wrong fuel in their car. It's one of those things that "won't happen to you"...until it does. Here's what to do if you get unlucky.

You've put petrol in a diesel car - now what?

This is common, since the nozzle fits easily into the diesel car's fuel tank, so don't beat yourself up first and foremost! What's most important is that you DON'T start the engine. This will enable the fuel to move around the engine, kick-starting a whole load of damage. You will need to get your fuel tank drained of all the petrol before you even think about driving. Breakdown providers like AA and RAC can help with this.

You've put diesel in a petrol car - now what?

Most diesel fuel pumps won't fit into a petrol filler neck, however, if this isn't the case at your petrol station, this mistake can be made. The same rule applies here - whatever you do, don't start the engine, wait until the contaminated fuel is flushed out.

Putting diesel in a petrol car is less harmful than the other, more common, way around. This is because it's of a different consistency to petrol, so it's harder to ignite in the engine of a petrol car. For this reason, the engine may not even start if this was attempted. But, it's not worth taking the risk. If you know you have pumped the wrong fuel into your vehicle the most sensible thing to do is stay put until the problem is resolved.

K Brown Auto Repairs is a family-run and owned business that has been established since 1995. They have garages in Hunstanton and King's Lynn.

Visit kbrownautoskingslynn.co.uk for more information, or contact them in Hunstanton on 01485 533786 or King's Lynn on 01553 763763.

VEHICLE TESTING STATION
Approved by The Department
of Transport



We've gone electric

We now service electric and hybrid vehicles!

Our technicians at our Hunstanton and King's Lynn garages are professionally trained to service, repair, and MOT your electric and hybrid vehicles.

Why choose K Brown Auto Repairs?

- ✓ One of the only independent garages in Hunstanton and King's Lynn to offer this service
- ✓ Fully trained technicians
- ✓ Family owned and run since 1995
- ✓ Specialist tools and equipment
- ✓ Friendly, jargon-free staff
- ✓ Clear and precise quotes
- ✓ Work is only done if necessary



HUNSTANTON: 01485 533786

12 King's Lynn Road, Hunstanton PE36 5HP

KING'S LYNN: 01553 763763

Unit B, Simon Scotland Road, Hardwick Ind est, King's Lynn PE30 4JF

www.kbrownautoskingslynn.co.uk



K. Brown

Auto Repairs

Dersingham abseilers descend for disabled loos

A very successful day was had as the courageous abseilers descended the tower of St Nicholas Church in Dersingham on 2nd October.

Rev Mark Capron (Rector) led the way by being the first over the edge followed by members from many parts of the local community. Abseilers included staff at Dersingham Primary School, The Queen Elizabeth Hospital, Dersingham Co-op, local health care workers, police and a groom getting married in the church next year!

The oldest was Martin (82) who showed his class descending like a professional and the youngest was little Harry having just celebrated his 10th birthday!

Hundreds braved the inclement weather to watch during the day making it a day for the community to come together and enjoy. All the participants, who were asked to raise a minimum of £50 sponsorship, received their certificate after safely touching down on the ground again.

During the day there were lots of delightful refreshments, crazy games, stalls, along with a superb cake stall. It was a wonderful occasion despite the rain, the joy and encouragement by the crowd throughout the day was remarkable and a testament to how much people had been looking forward to this special event.

Former Royal Marine and climbing instructor Chris Priddy was in charge of the abseiling and all the proper insurances were in place. Rev Mark admitted to feeling a little nervous beforehand but said that the atmosphere was full of expectation and having a cheering crowd really helped.

Rev Mark (Rector) said: "It has been an amazing day with 50 people achieving something both very memorable for themselves and through sponsorship benefiting the community in the process with funds being raised going to the installation of disabled toilets and kitchen facilities in the much used and living church here in Dersingham."

Images by Ian Burt



T.M. electrical **Tony Morgan**
Mob: 078844 54480
E: TMElectrical2010@btinternet.com

Extra Lights | Sockets | Showers
Storage Heaters | TV & BT
Fuseboards Replaced
Cookers Supplied and Connected
Electrical Inspection Certificates | Rewires



T.M. ELECTRICAL

Small jobs a speciality ♦ I don't charge the earth

R W Allsop Building (Norfolk)

45 years experience - City & Guilds Qualified

All building services undertaken

Fully Insured - Free Estimates

Visit my facebook page: **R W Allsop building norfolk**

for some examples of our work

Not VAT Registered



Tel 01485542122 Mobile 07932156473

e-mail allsopbuilding@gmail.com



- Live-in Care
- ♥ Home Help
- Companionship
- Personal Care
- ◆ Dementia Care



Home care with a *difference*

At Home Instead we believe in a more personal approach to care for our loved ones. It's one of the reasons why our home care service is rated outstanding by the care quality commission.

See how we can help you by giving us a call or visiting our website.



01485 496 987 | info@homeinstead.co.uk
homeinstead.co.uk/west-norfolk

Managing financial affairs under a lasting power of attorney

By Susan Dayment, Associate Solicitor, Hayes + Storr

Making a lasting power of attorney (also known as an LPA) for your finances is an important part of lifetime planning. An LPA should be set up well in advance of when it might be needed, although it can be difficult to predict when that might be. If in the future you have an accident or illness, like dementia, an LPA enables other people (your attorneys) to help make decisions on your behalf.

In addition to managing bank accounts and selling property, an LPA clarifies your wishes on a wide range of financial decisions, including if you have a business or complex investments.

Funds

You may have investments in certain funds which require your express consent or discretionary management funds to be set up before your attorneys can be authorised to deal with them.

Overseas assets

If you hold overseas assets, an LPA made in England and Wales may not be recognised by the jurisdiction in which those assets are held. You will need legal advice for each jurisdiction to ensure your attorneys can act on your behalf in the different territories.

Gifts

Attorneys can make small gifts in limited circumstances on your behalf, but you may authorise them to make larger or more regular gifts. For example, you may wish to make such gifts for tax planning purposes, or because you would like to provide financial assistance for family members who need extra support. Whatever the reason, you will need to include a specific authority to allow such gifts to be made.

Dependants

You may be concerned about a family member or another dependant who relies upon you financially, especially if they are unable to manage their own finances.

Business assets

If you have any interest in a business, you should ensure that the appointed attorneys have the necessary insight and business acumen to continue to run things smoothly. If you wish to appoint separate attorneys for your business decisions, you will need to make two separate financial lasting powers of attorney, one for your personal financial decisions and one for your business decisions.

Avoiding common mistakes

Many people choose to appoint the friends or family closest to them without considering whether they are suitable for the role. If they are not good with their own money, think carefully about trusting them with yours.

There may also be times where your interests could conflict with theirs.

Careful considerations

- You can decide when your LPA comes into force.
- Your attorneys must always act in your best interests.
- You may need to include specific instructions to extend your attorneys' powers.
- You should appoint more than one attorney or replacement attorneys who would step in if your first choice of attorney can no longer act for you.

For further information, please contact Susan Dayment on 01328 863231 or email susan.dayment@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.



Your legal matters in safe hands for generations

Hayes + Storr Solicitors handle a whole range of family, property and business legal matters with care and professionalism.

Call us today **01328 863231**
www.hayesandstorr.co.uk

Fakenham | King's Lynn | Swaffham | Holt | Sheringham

H+S
HAYES + STORR
SOLICITORS



GARY RUSHMORE
FLOORING

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

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road,
Heacham, King's Lynn, Norfolk PE31 7JT
OPEN: Monday, Tuesday, Wednesday, Friday
9.30am-4pm
(closed: all day Thursday)

www.garyrushmoreflooring.co.uk

Looking for a Decorator?
Talk to us about our professional touch to your home or business..

PAINTING
DECORATING
DOMESTIC
FURNITURE

SPRAYING
WALLPAPERING
COMMERCIAL
RESTORATION

07495 704151
www.norfolkdecorltd.co.uk
07715 255581

NDL
NORFOLK DECOR LTD
decorating norfolk since 2002!

East Anglian Mobility Solutions Ltd
T: 0800 688 9511
E: swaffham@eams.online
W: www.eams.online

MOBILITY USERS...Winter is fast approaching

We want to make sure you are safe and mobile throughout the Autumn and Winter

Book our pre-winter scooter service for just £50 when you mention this advert at the time of booking - call us today!

We sell scooters (new and used) - wheelchairs - rollators and walkers - medical beds and rise and recline chairs - toilet aids, daily living aids

We are the one stop Mobility Shop

35 Turbine Way,
Swaffham PE37 7XD



FOREMAN & SON LTD
PLUMBING & HEATING ENGINEERS

Our Team Is Here For You This Winter.



01485 570578 | foremanandsonltd.co.uk | info@foremanandsonltd.co.uk

FOREMAN & SON LTD
PLUMBING & HEATING ENGINEERS

Our Boiler Care Packages

Our Boiler Care Packages Are A Great Way To Guarantee A Same Day Emergency Appointment.
PACKAGES STARTING FROM A LITTLE AS 0.69P PER DAY.



the care package you and your boiler deserve.

01	02	03
Standard	Premium	Premium +
£14.99	£19.99	£29.99
Per Month (inc VAT)	Per Month (inc VAT)	Per Month (inc VAT)

Call Our Team To Arrange A Pre-Care Inspection.
Before The Winter Really Sets In.

01485 570578 | foremanandsonltd.co.uk | info@foremanandsonltd.co.uk

Save the QEH – the story so far

Jo Rust

I'm the secretary of the King's Lynn and District Trade Unions Council and a local borough councillor for the ward of Springwood, which has the Queen Elizabeth Hospital in the area. Like many people I care passionately about our public services and the NHS, so when I learnt how severe the problems were at the QEH, I couldn't sit by and do nothing.

Our QEH in King's Lynn was built using a quick fix method, the RAAC system – Reinforced Autoclaved Aerated Concrete. It was known when it was built that it only had a 30 year shelf life. Which, you might have thought, would have focussed the attention on our decision makers, to come up with a plan to replace it by 2010. The specific problems with RAAC roof planks (remember those schools falling down?) have been known since the early 1990s. The Hospital's own risk register, which was reviewed by its governing board on March 2, stated: "There is a direct risk to life and safety of patients, visitors and staff due to the potential of catastrophic failure of the roof structure due to structural deficiencies."

The trust asked for £45 million to help them do the failsafe work but was granted £20.6 million and will need to apply for more funding over the next two years.

Although the QEH wasn't the only hospital built using method, other hospitals built have been awarded funding to rebuild, while here that's not the case. And our hospital has been labelled "the most propped up Trust in the UK" – with over 200 acro props holding up sections of the ceiling.

This is why I've been leading a local community campaign to take action. We hold weekly demonstrations outside the hospital, with the full support of the current exec team, who know that a community campaign is exactly what's needed. We've printed postcards for residents to send to the Secretary of State for Health calling on him to fund a new build. We've distributed information leaflets that give the background to the hospital and what the faults are there, and also provide the email addresses of the local MPs and the Minister for Health for them to contact directly. We know we need to make sure that the Health Minister has our hospital at the front of his mind when it comes to making a decision about which Hospital he funds for a replacement building, which he'll do in Spring 2022. We've also splashed out on some stickers and posters for people to display in their

homes or cars.

We've held a public zoom meeting to help local residents who are concerned join in the campaign and we're utilising social media – with both Twitter and Facebook being invaluable tools. They enable us to make regular contact with the MP and Minister for Health, pushing forward the message that we must have a replacement building. We've

also been to Parliament to speak directly to the influencers and decision makers. We've made contact with all the parish councils and shared a motion for them to pass as well as well. But it shouldn't be like this – it isn't right to be in a competition with other needy hospitals for a replacement building. We need you to help us, you can fill in a postcard to Sajid Javid, calling on him to fully fund a new build, you can display a poster or a sticker or you can come along to one of our weekly demos outside the QEH – every Wednesday at 4pm. Email me on jo4nn3rust@hotmail.co.uk for more details or further copies of the postcard.

We won't know until November if we've made it to the shortlist. We then have to wait until Spring 2022 for a final decision to be made. So we need all those decision makers to feel the depth of our concern until we've got what we need – a total new rebuild. We say no to a phased redevelopment.

"There is a direct risk to life and safety of patients, visitors and staff due to the potential of catastrophic failure of the roof structure due to structural deficiencies."



SAVE THE QUEEN ELIZABETH HOSPITAL

FUND A NEW BUILD NOW!

King's Lynn and District Trade Union Council



Festive Friday
CHRISTMAS PARTY NIGHT
FRIDAY 17TH DECEMBER
3 course Dinner & Disco • Rooms from £99 B&B
£35 per head



ENJOY OUR PRE-CHRISTMAS MENU
Available from 23rd November - 19th December
Served 12-2.30pm and 5-8.30pm
Groups welcome • Booking Essential • Pre-order required

Old Hunstanton Road, Old Hunstanton Norfolk PE36 6HH
Tel: 01485 533486 Email: mail@caleyhallhotel.co.uk
www.caleyhallhotel.co.uk

Keelie's

Roses are red
Violets are blue
We've got pretty nails
And you can have them too

73 Westgate, Hunstanton
01485 534735



Est 1930
E.H. Prior & Sons
Quality butchers and local produce



Christmas & New Year
food to order

www.ehpriorandsons.co.uk



affinitytrust
Supporting people with learning disabilities

we are recruiting in your area...
join our team!



for more information, go to
affinitytrust.org/jobs
07584 528380
lucywhite@affinitytrust.org

Anita's Salon



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

KL1 radio station celebrates first year of broadcasting with cake!

The Heacham based radio station is looking forward to a great future

Congratulations to Heacham's Richard Dix and team at KL1 radio as they mark their first year of broadcasting.

KL1 is the local multi-digital radio for King's Lynn and West Norfolk, providing great music, local news, views, events and information. It is available on all smart speakers, a free device app from all app stores and online at KL1Radio.co.uk

With local news on the hour, and during the breakfast show this increases to every half-hour, and over 4000 unique listeners they are a truly local station engaging with the community.

T&A called by the station on 28th September with cake to catch up with the station's news. Richard Dix said: "We have a party vibe going on today and we are pumping out great music quicker than fuel!"

As to future plans for the station, Richard was pleased to confirm: "KL1 should be on DAB by Christmas, making us much more accessible for new listeners."

Richard was keen to tell us about their special projects: "We're promoting what we call 'Teamwork', supporting the voluntary sector with free promotions.

"We've already been involved with the Purfleet Trust, the Night Shelter, SOS Bus and the Round Table Fireworks.

"Essentially it means that we record an interview, or series of snippets for the organisation and promote them free of charge on the station."

In another initiative, once a month the station hosts a Business Club zoom meeting where local businesses get together to discuss their businesses, and issues in West Norfolk. Anyone interested can go to the KL1 website and register for the event.



Richard Dix centre with Michelle Knott and your T&A editor

Mother and son win at Royal Estate's 10K

Jenny Beake

Bungay Black Dog runners took the glory in the Sandringham 10K in an event with a packed starting line-up of runners on Sunday, September 26.



Some 1200 runners were recorded as finishers in the Total Race Timing results which measures their time with an electronic chip.

First male Reuben Andrews finished the race, that weaves through the Royal Estate, in 00:33:29.6 while mum Jo Andrews was first female across the line in 00:39:00.6.

Jo Andrews said: "I am done in."

Both runners are members of Bungay Black Dog running club and were wearing their red club vests.

Race director Aaron Murrell said: "It's been a really great day considering how many people have entered."

The first wave of runners who had predicted times of under 59

minutes, stepped up to the starting line first, with the second wave starting not long after.

The weather was misty and quite cool, perfect conditions for most runners. And before the gun, Eye of the Tiger was the theme tune for the popular warm-up.

It was good to see all abilities involved and runners for Norfolk Vision supporting each other in the race.



Vegan runners were out in force too including Hunstanton's Kate Dunbar pictured above, along with familiar faces who attend Parkrun in Hunstanton and Lynn.

Relieved finishers collected their goodie bags and a welcome delicious bar from Perkier Foods, plus a rather smart bandana and medal.




**Unlimited
4G Mobile Broadband,
Home and Business Fibre**

Local Company

sales@ruralbroadband.co.uk
01485 572253
ruralbroadband.co.uk | f i t y

Fibre and Mobile Internet

Satellite Broadband

VOIP

Equipment to suit YOUR needs



Daniel Sharman
07554 018307
dan@dnscomputerservices.co.uk

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

Tapping Close, Snettisham



New and Used computers

Tuition, advice

Repairs and upgrades

Broadband, Wireless, Internet, E.Mail

Laptop power supplies, screen replacement

No job too big or small, give Chris a call

Office: 01553 606555
Mobile: 07447748356



**A.T NORFOLK
PLUMBING
& HEATING**

**RELIABLE &
EXPERIENCED PLUMBER
PROVIDING A PLUMBING
REPAIR SERVICE
SAME DAY CALL OUTS
& FREE QUOTES**



A.T Norfolk
Plumbing & Heating Company

LOCAL, RELIABLE REPAIR & INSTALLATION SERVICE

01485 518 648 or 0773 333 5845



The Old Game Wing, High Street, Docking, Kings Lynn PE31 8NG

Would highly recommend. Excellent job completed. Adrian was very efficient, trustworthy and left everywhere exceptionally clean. Nadine Rymer

Very nice guy, came on time and fixed the problem in 5 minutes, charged as promised, no hidden fees. Recommended 100%. Cris Roman

Adrian did an excellent job from start to finish and was great value for money. Would definitely recommend him. Eileen Coad

Very efficient and friendly service. Would definitely recommend. Thanks Adrian. Paul Stewart

Great service, extremely reliable, perfect, highly recommended. Paul Hammond

Brilliant service, reliable and fairly priced. Would highly recommend AT Plumbing! Ramanah Doughty



#Walk with Women

Jenny Beake

The poignant timing of the Pandora Project's exhibition showing imagery of life after domestic abuse, captured by Fakenham-based artist Keith Osborn was noted by many who attended the event at St Nicholas church in King's Lynn.

Its opening launch has coincided with the sentencing of Sarah Everard's murderer, bringing the realities of violence against women and girls to the forefront of national conscience.

Councillor Jo Rust led an early evening march in solidarity with the #walkwithwomen and #reclaimthesestreets campaigns, who gathered outside St Nicholas Chapel in Lynn where the exhibition is taking place.

The group of 10 men and women and children held placards saying 'for Sarah Everard and everyone, finish the walk' and 'all we are left with is dead women and rage.'

Jo Rust is an advocate for leading peaceful protests often being the figurehead for them in King's Lynn.

She was involved in the QEH petition in King's Lynn town centre and at Westminster and also #Stand up to racism alongside secretary Norma King.

Though it is with regret that a member of the Norfolk police force is under investigation for the misogynistic WhatsApp group messages that have been unearthed during the murder investigation of Sarah Everard, positive moves are being made by West Norfolk police to ensure the safety of women and girls is being prioritised.

A Street Safe database to help West Norfolk women feel more protected has been devised.

Being in the wrong place at the wrong time is often a phrase heard if a woman is attacked late at night if she is walking home.



The blame on the victim is misplaced when many women may have to walk from a bus or train station late at night returning from work.

Whatever the reason might be, as seen in the case of Sarah Everard who was walking home, in the dark and 9pm before she was abducted and murdered, it is the perpetrator at fault.

Positive change is happening in relation to making areas safer for girls and women who have every right to walk freely and without fear, whatever the time of day.

The Lynn-based Pandora Project's September campaign Paint it Purple highlights awareness about violence against women and their poll suggests that still a lot of women do not feel safe.

A database has been introduced to specifically tackle safety issues for women and girls.

Detective Superintendent Andy Collier, head of safeguarding, said: "In Norfolk, we are committed to putting victims at the heart

of what we do and improving services.

"Tackling violence against women and girls is a priority area for the force and we are already working on improved training for officers around areas such as high-quality investigations, addressing perpetrator behaviour and education on new offences such as coercive control.

"We also continue to work alongside our partner agencies to understand areas in the county where people may not feel safe.

"A recent example of this is the pilot launch of the StreetSafe online database. This was created by the Home Office and the Police Digital Service (Police.uk) and enables women and girls to anonymously report areas they feel are unsafe and why.

"This information will be used by policing in partnership with other stakeholders to deliver improved wellbeing and safety for communities, especially for women and girls."

Be the first to know

Town and Around now has an email newsletter! Unique content, exciting competitions, and sneak peeks at our upcoming magazine articles - delivered free, straight to your inbox. To join our exclusive online community, sign up via this link: <https://townandaround.net/weekly-updates>

R.E.S.

Painting, Decorating
& Home Improvements
Locally based

Please call T: 01485 534183

M: 07785 785894

Fully insured

Free Quotes

Trusted
Experts For
Over 40 Years



G W KEIR
Flat Roofing Specialist
Est. 1976

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



Free No Obligation Visit and Quotation

01485 571105

07766659352

www.gwkeirrooing.co.uk

info@gwkeirrooing.co.uk



NORFOLK COUNTY COUNCIL DUCKS OUT OF OBJECTING TO NORFOLK BORDER INCINERATOR

Alexandra Kemp

Norfolk County Council have not learnt from their past mistakes when it comes to listening to West Norfolk.

County Hall Conservatives recently voted against my Council Motion for a forthright objection to MvV Energie's proposed 625,000 tonne mass-burn incinerator, on the Norfolk border, in Wisbech. More than twice the size of the South Lynn incinerator that Conservatives once wanted.

Sense and reason on 27th September came from the Opposition. Jamie Osborn of the Greens and Lib Dem Rob Colwell seconded my Motion, supported by Labour and Independents. 21 Votes for, 39 against, 7 (Conservative) abstentions.

So Norfolk flunked a golden opportunity to stand shoulder-to-shoulder with West Norfolk Borough Council, Fenland District Council and Cambridgeshire County Council, who all objected in principle to the Incinerator Facility.

The County Council has let everyone down.

It is shameful NCC has broken the No Incineration in Norfolk Policy that the Rainbow Alliance introduced in 2015 after the Council voted to end its South Lynn incinerator contract at a cost to ratepayers of £34m in compensation to Cory Wheelabrator.

Cabinet Waste Member, Andy Grant, admitted the oversupply of incinerators in the UK. The facility is not needed. So who is pulling the strings at County Hall? Who still wants West Norfolk as a dumping ground?

CONSERVATIVE COUNCILLORS VOTE ONE WAY AT THE BOROUGH AND ABSTAIN AT COUNTY

All West Norfolk Conservative twin-hatters (elected members who sit on both councils) voted in favour of the No Incinerator Motion at the Borough Council this February and abstained in September's County Council vote, and need to acquire a more courageous stance.

Councillors in the Conservative party go in fear of the party whips. They are pressured to vote the way 'the Group' decides, even when it means voting against the interests of their own residents. This practice should now end. I faced this when I was in the Labour Group. It was not permitted to vote for Anti-Incinerator Motions proposed by other groups.

However, I voted in favour of all the Anti-Incinerator Motions. If I can do it, so can they.

How did your County Councillor vote on 27 September?

DEMOCRATIC DEFICIT DÉJÀ VU

I set up the Gang of Six County Councillors – Richard Bird, John Dobson, Tim East, Andrew Boswell, Toby Coke and myself – to



Site of the proposed incinerator - image credit mvv-medworthchp.co.uk



What it would look like - image credit mvv-medworthchp.co.uk

successfully fight the South Lynn Incinerator.

I was elected County Councillor in the By-Election late in 2012, on the precise ticket of stopping the 250,000 tonne incinerator.

93% of West Norfolk voters - 65,000 - had overwhelmingly rejected Norfolk County Council's proposals for a mass-burn waste incinerator in South Lynn, in the Borough Council 2011 poll.

But the ruling Conservative Group on Norfolk County Council would not listen and granted itself Planning Permission in 2012.

The powerful West Norfolk campaign reached across party lines - KLWIN, Michael de Whalley, Dr Martin Little, Adrian Bramwell; GMB, Charles Joyce, Jo Rust, Henry Bellingham, Nick Daubney.

The Conservative Administration quickly

fell and was replaced by the Rainbow Alliance, led by Labour, in May 2013. The Council finally rejected the contract for Planning Failure in 2014. If only Conservatives had listened to Lynn at the outset, the £34 million cost would have been avoided.

If we don't learn from history

To join the fight against this new incinerator proposal contact me at:

County Councillor Alexandra Kemp
County Division: Clenchwarton and King's Lynn South

T: 01553 630329

M: 07920 286636

E: alexandra.kemp.cllr@norfolk.gov.uk

Photo of Alexandra Kemp: Ian Burt

Pioneering pasture cropping will produce healthier food at Snettisham's Wild Ken Hill

The Norfolk home of BBC Autumnwatch is growing eco-friendly wheat that will be harvested next year.

In the coming farm year (harvest 2022) Wild Ken Hill will switch half of its wheat production into a pioneering pasture cropping system.

Pasture cropping involves growing crops within a mixture of grasses, clovers, and legumes called a herbage ley, which provides huge benefits to the environment, including carbon sequestration and greater biodiversity.

Wild Ken Hill will specifically use a pasture cropping system established by Wildfarmed, an innovative food and farming company. The system will see crops planted in strips between the herbage ley. Some of the plants used by Wild Ken Hill for the herbage ley have the ability to fix nitrogen back into the soil, providing nutrients for cash crops like wheat.

The system is at the forefront of farming innovation in the UK because it eliminates the need for synthetic fertilisers, chemical pesticides, and ploughing. Applications of synthetic fertilisers and chemical pesticides damage soil health, biodiversity, and watercourses, while ploughing causes the release of carbon dioxide into the atmosphere and destroys soil structure.

Instead, Wild Ken Hill will use new, specialist equipment to establish and then manage the crops. In particular, a new mower – one of only two in the country – will be used to control the herbage ley, preventing it from crowding out the crops.



Nick Padwick, Wild Ken Hill Estate & Farm Director said: "The Wildfarmed system allows us to build soil health following years of synthetic inputs and cultivations, reduce our carbon footprint and improve our farm biodiversity, as well as growing grains that will produce healthier food. This new system will not only be good for our natural environment, but also for us as farmers – with a good price for this high-quality grain, and minimal cost requirements, we expect it to be more profitable than a conventional wheat crop".

Wild Ken Hill are going to initially use diverse population wheat – varieties grown before the introduction of plant breeding in the early 1900s. These crops were much more resilient, reliable, and adaptable than modern varieties, having large root systems which allow the plants

to forage for moisture and nutrients deep throughout the soil profile.

The harvested wheat is sold to Wildfarmed, who stone-mill it for flour, and sell it on to their growing network of restaurants, bakeries, schools and food processors.

Andy Cato, co-founder of Wildfarmed said: "It's been an enormous pleasure and privilege to begin working with Nick Padwick. His vast experience is invaluable in our continual efforts to improve a pasture cropping system and to make it as widespread, reliable and as easy to adopt as possible. Nick and the team at Wild Ken Hill are doing amazing things and it's hugely rewarding that our farming system is now a key part of their plans to build back healthy soils"

"Ultimately, we need as many farmers as possible transitioning to more ecological methods of farming cereals. For that to happen it has to be low-risk and financially viable. Bringing together a community of growers, sharing knowledge and equipment, and providing them with a sustainable route to market is what Wildfarmed aims to do. Norfolk, as the breadbasket of the UK, couldn't be a more important part of the country to launch our vision of getting quality grains into the food supply chain, while leaving the land rich for future harvests."

And Wild Ken Hill Project Manager, Dominic Buscall, added: "The move is a logical next step on our regenerative agriculture journey, which began around 10 years ago when we stopped using insecticide. I'm incredibly proud of the work Nick Padwick has done to establish us as a true leader in this field"

C L STEPHENSON PAINTER & DECORATOR HUNSTANTON BASED



- Free Estimates
- Interior & Exterior Decoration
- 15 Years' Experience
- All types of Wallpapering

**Tel: 07950 363 031 / 07932 074 207
or 01485 533 783**

NORTH NORFOLK PROPERTIES Ltd Hunstanton

Garden Maintenance and Landscape Services
**JCB Diggers with Operators
available for Hire**



Garden Clearance, Fencing and Patios,
Hedge Cutting, Patio and Driveway Cleaning.
Grass Cutting Large Lawns and Amenity Areas.
Timber Processing and Log Splitting.

Please call David: 07584 088097
Email: Nnpco@aol.com

R&B

TURF & GROUND CARE
MACHINERY REPAIR SPECIALISTS
WE MEND ~ YOU MOW!

DISTRIBUTORS OF

ASPEN
Fuel for professionals



NOW TAKING TELEPHONE BOOKINGS
WE ARE COVID SECURE

T: 01485 540645 M: 07702 795794

E: randbgroundcare@googlemail.com

W: www.mower-mend.co.uk

The Workshop, Marsh Farm,
Wolferton, King's Lynn PE31 6HB

R&B IN TUNE WITH YOUR MACHINERY NEEDS

Sandringham Estate Sawmill

Admiral's Drive, Sandringham PE35 6EG

Quality Timber:

♣ Fencing ♣ Decking ♣ Trellis ♣ Gates of all sizes

ALL TIMBERS ARE PRESSURE TREATED

FIREWOOD - AVAILABLE IN BAGS, BOXES OR BY THE TRUCKLOAD

♣ Oak posts ♣ Fencing Panels ♣ Arches ♣ Garden Tools

♣ Rustic and machined poles ♣ Ironmongery ♣ Garden Furniture

sawmill@fsmail.net

Tel: 01485 543641 Fax: 01485 543239

R'N'R FENCING & Landscapes

Domestic, Commercial & Agricultural

• DECKING • PERGOLAS • PATIOS
• TURFING • RECLAIMED SLEEPERS

ALL ASPECTS OF LANDSCAPING

FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 / 01485 572107

Prided on Quality & Reliability

STEVE PENN PAVING AND GROUNDWORKS RESIN BOUND DRIVEWAYS

ALL TYPES OF PAVING, SURFACING
& BRICK WORK, QUALITY WORKMANSHIP

Part of Gold Award winning team at the Chelsea Flower Show



Mobile: 07712 244825

Email: stevepennpaving@aol.com

Website: www.stevepennpaving.co.uk



Plant of the month - Cornus

Wendy Warner

Most plants are chosen for their beautiful flowers or flamboyant foliage, but shrubby Cornus or dogwood have spectacular stems and they come into their own at this time of the year and can create a dramatic statement throughout the winter and spring. In fact, most Cornus have interest all year round which is quite unusual for a deciduous shrub.

There are many different Cornus, but it is the sanguinea, sericea and alba varieties in particular that have vibrant stem colour. They come in a wide range of colours Cornus sericea 'Flaviramea' has greenish yellow stems, Cornus alba 'Aurea' has yellow leaves and red stems, Cornus alba 'Kesselringii' has black stems and purple foliage, Cornus alba 'Sibirica' has crimson red stems, Cornus alba 'Gouchaultii' has pink and yellow edging to its green leaves and red stems and in my opinion the most notable is Cornus sanguinea 'Midwinter Fire' or 'Winter Beauty' yellow at the base merging into orange with red at the tips

As well as the stem colour, they have clusters of small white flowers in the spring and on many the leaves turn fiery autumnal colours before dropping to reveal the showy bare stems. They also have white or bluey black berries in the autumn.

If you want to make the most of the stem colour on your Cornus, it is important to cut back stems hard in March in order to encourage fresh new growth as it's the new stems that offer the best colour. Cornus are generally trouble free but if they are not providing the best winter stem colour it's likely they are in the wrong position and need more winter sun in order to encourage bright stems or they are overcrowded with too many shrubby evergreens blocking the light.

In addition to a sunny position, Cornus can tolerate most soil types except chalky and prefer it damp rather than too dry. Make sure you



add bonemeal or blood, fish and bone to the soil when planting and water in well when first planting.

To show them off at their best in the autumn and winter they should be grown in an open position with lower growing plants around them. For other winter colour use heathers, hellebores, shorter grasses or bedding plants such as pansies, violas or cyclamen. Underplanting with bulbs is also a good idea especially with early flowering varieties such as snowdrops, aconites, iris reticulatas and miniature species narcissi as these will flower before the new leaves of the Cornus emerge.

If you are looking for a plant with all year round interest, especially through the winter months, you can't go wrong with a Cornus!

The Magic of Christmas

NEW THEMES | GREAT GIFTS | AMAZING LIGHTS

For Autumn Planting:
Pansies, Cyclamen,
Heathers, Spring
Flowering Bulbs
and much, much more

CHRISTMAS DEPARTMENT - Bigger Than Ever!

For all your Christmas Shopping - Great selection of Gifts, Clothing,
Books and Jigsaws plus everything for the Garden.

Real Christmas Trees & Wreaths arriving late November

Garden Centre open daily 9am - 5pm
Coffee Shop offering breakfast, lunch, coffee
and cakes open 9am - 4.30pm

Thaxters

Garden Centre & Coffee Shop

49 Hunstanton Road, Dersingham, PE31 6NA

www.thaxters.co.uk

Tel: 01485 541514

Here we hoe again

Old Muck, Northfields Allotments

The Heaven hounds are in full cry on the scent of winter as the days get shorter and the nights grow longer.

BB likened the calls of pink-footed geese to a pack on the hunt as they squeal and yelp through the skies.

"Pinkies, listen pinkies," shouts Mark as the unmistakeable sound drifts over the allotments. "There they are, up there - look at that line of them."

Maybe 200 birds, maybe more fly in line astern keeping formation despite the brisk side wind.

"They reckon they slipstream each other and the ones at the back pipe up to encourage the ones at the front to fly or something," I reply. "How awesome is that..?"

You see and hear so much nature at Northfields it's hard sometimes not to take it for granted.

Red kites and marsh harriers swoop and soar. Bees and insects toil closer to the ground along with the rats which seem to have adopted us in increasing numbers since lockdown.

But the pinkies' plaintiff calls prompt a pause for thought as another season comes to a close and colder days loom.

It's tools down and heads up as the skeins ripple overhead and we marvel at their epic journey.

On murky nights, when the mist shrouds the street lights on the Cromer Road, I'll swear it amplifies the birds' din.

In our old house the sound came drifting down the chimneys so loud it sounded like they were serenading us from the attic.

I once found a goose feather on the hearth and wondered how far it had travelled from Greenland or some distant Arctic archipelago before it landed in our lounge.

"Look at this, it's just - it's just disgusting," says Mark as he shatters

my reverie. "You've got to take a picture of it."

An abandoned pigeon nest uncovered as he pruned his leylandii consists of more than the usual rustic weavings and a few scraps of down and eggshell.

Among the twigs are cable ties, a drink bottle seal, scraps of wire and a plastic cash bag from the bank.



As I look through the camera and twiddle the dials, I turn from celebrating the wonders of nature to the damage we're doing it without a thought in our every day 21st Century lives in 1/250 of a second.

When I hear another barrage of pinkies' cries in the distance, I wonder if BB got it wrong. Maybe they're weeping for our world.

Photo credit: Chris Bishop



Financial advice made personal

We recognise that talking about money and finances is personal – sometimes sensitive. So it's reassuring to know that there's someone on hand who can help you address your needs, understand your goals and realise your dreams.

We offer a friendly and approachable service, backed by the strength and security of FTSE 100 company, St. James's Place Wealth Management, and being local means we're here to help whenever you need us.

Let's start a conversation.

PLUMMER & ASSOCIATES

Associate Partner Practice of St. James's Place Wealth Management

Jeremy Plummer DipPFS

Chartered Financial Planner

Principal

Tel: 01485 500025 | 07967 743694

Email: jeremy.plummer@sjpp.co.uk

www.plummerandassociates.co.uk



ST. JAMES'S PLACE
WEALTH MANAGEMENT

The Partner Practice is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.

HUNSTANTON GARDENERS' ASSOCIATION

We're back!...after the suspension of all its programmes because of the pandemic, the Hunstanton Gardeners' Association is resuming activities with its AGM to be held at 2.30pm in the Hunstanton Community Centre on Sunday 21st November 2021. Members of the Association and regular readers of T & A will know that the AGM is normally conducted at a fast and furious pace to allow sufficient time for the cheese and wine which follows, but unfortunately on this occasion we will have to forego the refreshments and concentrate purely on the business. However, as Chairman Canny Jones says, we don't mess about, and so the business side of the meeting will be fairly short and painless!

Covid permitting, the Association plans to start its programme with the Annual Lunch in late January 2022, and commence regular gardening talks on the third Thursday of each month in the Hunstanton Community Centre, starting on 17th February 2022. Readers should note that the talks will commence in the afternoons at 2.15pm and will no longer be held in the evenings.

The Association will be resuming its single-day coach trips to beautiful gardens in 2022, and a five-day coach holiday to the new Royal Horticultural Society Bridgewater Garden at Salford is being planned, with half-board accommodation in the West Manchester Novotel. This holiday will also include visits to Tatton Park and the Ness Botanical Garden, and en-route visits to Trentham and the National Memorial Arboretum.

If you are not already a member of this friendly garden club, then do come along to the AGM and think about joining us. During the winter we hold monthly talks on a wide variety of gardening topics, arrange outings to beautiful gardens (tea and cake breaks often being an important feature!) in the summer; and Ward's Nursery at Ringstead, and Moulam & Horn's at Heacham offer discounts to members on purchases of £10 and over. All this, and a regular Newsletter for a membership fee of only £6 a year. The Membership secretary is Mrs June Hammond telephone 01485 535763 email: june.hammond1@btinternet.com and who would be most happy to discuss any membership questions.



The Terrace Hunstanton
Pre-Christmas Tapas

Every Thursday & Friday
from
9th to 24th December

£24.95 per person 4 courses
Bring your own alcohol corkage £2.50 per person
See our website for details and to make a booking or
call us on 01485 535903

Private hire available

www.theterracehunstanton.co.uk



CP **Chris Palmer**
Plumbing And Heating Services Ltd

☎ 01485 571363

📞 07798 635860

✉ chrispalmer333@gmail.com

New boilers-repairs-servicing
Bathroom-shower room installs
Renewables



Nature notes with Carrie

Carrie Carey, Visitor Experience Manager, RSPB NW Norfolk Reserves

The stately silver birch, that stands proudly in my garden over summer seems lost now. Its elegant leafy crown did not elude the ravages of wind and rain and the delicate leaves lay withered at my feet. Elsewhere, trees naked of greenery rustle in the breeze. They seem to whisper "We don't care, we don't care", perhaps they don't regret the loss of their heavy canopies. Either way, these masters of the garden now stripped of summer foliage, are winter personified.

The colder days of November lack the festive feel of the following month. Clocks have gone back and days are shorter. We desperately race to pack everything into seemingly less hours before resigning ourselves to the long stretch of night. It's easy to feel that November is just the filler between October's autumnal glory and the anticipated Christmas scenes of December. And it's true, that as we face shorter days and colder temperatures our energy levels can take a bit of a nosedive. But is that any reason why we shouldn't get outdoors and celebrate the penultimate month?

November strides through the door, with a blustering urgency that sends wildlife scurrying for shelter. Hedgehogs and dormice head for cosy boltholes, bats seek shelter in old buildings and amphibians settle in the warm sediment at the bottom of watery homes. While not all animals hibernate over winter, many undergo a period of reduced activity preferring to save their energy for spring. However, an early frosty morning reveals hedges covered with gossamer silks of spiders' webs, proof that some wildlife is still active.

Standing in my garden I see the glossy green leaves of ivy scrambling across an old garden wall. This often maligned plant provides a winter refuge for birds and

hibernating insects. Clusters of black, berry-like fruits ripen in November and are a valuable food source for thrushes, blackcaps and blackbirds. Early November sees further arrivals of migrant birds seeking refuge from the icier winters of northern climes. Redwings and fieldfares are regular visitors to hedgerows and fields, but when it's too cold to find berries or worms, they will head to our gardens for food. I always leave windfall apples on the ground as they are a firm favourite with these birds.

I consider myself to be an untidy gardener and like to leave nature to do most of the work. I've let some of the apple trees play host to mistletoe and this is a magnet for wintering blackcaps. They eat the flesh of the berry but leave a sticky, seed filled residue behind which encourages the mistletoe to spread. Not everyone likes this partially parasitic plant, but it's a fair swap for the beautiful song of a blackcap.



Blackcap - credit Les Bunyan

Not far from the fruit trees, an assortment of logs has been left to slowly rot. Insects and other invertebrates have turned this into a

mini-metropolis teeming with life. In autumn, as air and ground humidity increases, sprouting fungi push their way from the dark, dank depths of the log pile. These beneficial organisms are the masters of recycling, breaking down organic matter into nutrients used by other wildlife. Even into November, you can still find an array of species appearing in waves of colour; often fading away as soon as they appear. Look out for the purple hues



of amethyst deceiver or vivid scarlet elf caps. I particularly like the splotchy common inkcap. The conical grey head seemingly dripping with blue ink is an easy find on a rainy day.

Not such a fan of wet weather is the tawny owl, so you are unlikely to see one out in the rain. However, if you don't object to a rush of cold air, then open your window on a dry November night and listen out for the shrieking and hooting of young tawnies on the move. Territorial activity increases over winter as young birds establish their own terrain after being chased from natal sites by parents.

Far from being the month to dread, we should embrace the changes that November brings. There is much to enjoy. You just need to know where to look.

Mudpies & Butterflies

with Louise Barby

"Winter is an etching, spring a watercolour, summer an oil painting and autumn a mosaic of them all" Elizabeth Lawrence.

Here's hoping for a crisp, bright November for us all to ensure we spend some time outside. Here are a few jobs to do in November:

In the flower garden

- Bulbs, bulbs, bulbs!. It is not too late to plant spring bulbs. Take a look at their flowering time, height and colour and try to ensure that there is something flowering in your garden, pots or planters throughout late winter to late spring. It is such an inexpensive way of providing a splash of colour when we need it most.
- Sow hardy annuals in cleared areas for early flowers next summer.
- Plant up tubs and baskets with evergreens for autumn and winter interest.

In the vegetable garden

- Best to harvest any fruit or vegetables and ripen on the windowsill if

necessary. It is unlikely the sun will do the job for you in November.

- Sow broad beans and hardy peas.
- Plant out garlic cloves. Maybe try a giant variety.
- Plant new fruit trees and bushes. There are lots of new patio varieties which are very happy in large pots, providing lots of fruit from very small trees.
- Tidy strawberry beds, cutting back old foliage or remove old strawberry plants altogether. New, self set plants will fruit more readily.
- Pot up roots of mint and bring under cover for winter pickings.

Other Jobs

- Don't forget to turn the compost heap if you have one.
- Cut back suckers growing around the base of trees.
- Mow lawns less frequently, remember not to cut it too short.
- Dig manure into your soil over winter or mulch with compost and bark to break up heavy soil. Time invested now, will help to ensure you can relax and enjoy your garden in the summer months.
- Gather up leaves on a dry day and set aside to rot down. Leaf mould is fabulous for mulching and would be ready for next winter, absolutely free!

From The Ground Up: and Down to Earth

Hanneke Robson

Well, our half acre of ground now lies a trifle soggy beneath October skies. Four heaps of Black Medick, gathered enthusiastically under a hot September sun are rotting gently away, awaiting removal to play their part on a muck heap on a nearby farm. Around the piles of Medick, the ground lies covered with a flush of new growth. I examined the young plants.



Heaps of Black Medick

Blow me down, if it wasn't the Bugloss re-emerging. After smothering the ground in 2020, the Bugloss had this year given way to a thick carpet of Medick without a single petal showing through. Both plants had grown profusely to the exclusion of the other. A field of blue one year and yellow the next without our interference. I would love to understand how this could be.



Bugloss returns

I wondered what was going on beneath my feet, or even in just a handful of soil. I turned to the internet to find out. And it really is quite extraordinary, this stuff, this thin layer we live upon. In the case of Peddars Meadow, we have a meter of loamy soil which sits upon the

porous chalk formation which surfaces so stunningly in Hunstanton and slants away beneath our feet towards Great Yarmouth. Here in Ringstead the chalk provides a porous base upon which our soil has formed at a rate of a centimetre per thousand years, or thereabouts.

As I mentioned last month, if you use virgin soil just once, it can take its microbes thousands of years to return it to its pre-cultivated state. Soil is intricate. A pinch of soil, I learned, contains more microbes than people on earth. Soil is as vital to us as our seas and our atmosphere. It is our life giver and our dependence upon it is total. We muck it up because we need to eat, in ever increasing numbers. Ninety-five per cent of our food comes from the soil, most of our antibiotics come from the soil; and we would be a bit bothered without either. We cultivate it, build on it, fight over it and have bled into it. We take from it relentlessly, and one day it will simply give up. Have we woken up in time? I hope so.

We can't turn the clock back on our little patch, we can't even treat each plant that grows as a miracle. We dispatched the forest of Cotton Thistles that had erupted from just one plant with hardened hearts. Yes, their seed could have fed finches for the winter, but, if one of these monsters can seed hundreds, then there will be no chalkland meadow.

As I type, we are ready to order seed, but are in a queue to receive them before winter and so far have failed to glean green hay from local farms to bolster our purchase.

As we wait, the soil is busy. It has already shown us what has lain beneath for decades. What next for Peddars Meadow? I can't wait to find out!

Our art gallery in Ringstead – financing Peddars Meadow - has extended its opening hours. All information is on our website.

Hanneke Robson PE36 5LA
www.thegaragestudionorfolk.co.uk

If you are in doubt about visiting our gallery, we recently received this online review:

"A little gem - a small, friendly & informal gallery with an ethical and environmental theme. Nestled a stone's throw away from the



Hanneke Robson

The Garage Studio



Art for the Environment

Open: Thursday – Sunday

11am – 5pm or by arrangement

44 Docking Road, Ringstead

PE36 5LA T: 01485 525 715

www.thegaragestudionorfolk.co.uk

Peddars Way South walking route, in the rural village of Ringstead with a range of original work & limited edition prints by local artists including Rebecca Lloyd, Vanda Richards, David Nixon, Stephen Martyn & others. Plus, stunning wildlife photography and coastal scenes by Stephen Clark, and Les Bunyan. Handcrafted sculptures in wood; and delicate hedgerow wildflower paintings by local artist Barbara King. Some beautiful and very memorable work: affordably priced and accessible to all.

Visited & purchased here in September 2021 & 2020 - and with every reason to return! Date of experience: September 2021 A de Cort Southport."

Pollinator paradise created along the River Great Ouse

Over the last 18 months, the Environment Agency's Waterways team has been working hard to create a pollinator paradise along the River Great Ouse.

Biodiversity and boaters are benefiting from wildflowers, bird boxes, bee hives, bee hotels and shrubbery, which have been installed along the river.

In total, the Environment Agency has introduced:

- 7,000 bulbs
- 1,000 metres squared of wildflower strips - the equivalent of 4 tennis courts
- 600 metres of native hedging
- 120 lavender plants
- 60 bird boxes
- a bee hive with more than 40,000 bees
- 2 large bee hotels

Matt Yallop, Waterways Workforce manager for the Environment Agency, said: "I am really proud of my team's hard work and commitment to help increase the bee and bird population on our navigation sites.

"It's very pleasing to see people enjoying the explosion of colour and increased wildlife. We have reduced the areas of grass

we cut to encourage nature, and this also helps lower the overall river maintenance costs."

During the autumn the Environment Agency plans to plant wildflowers across approximately 3 acres of the Denver complex of sluices, near Downham Market. The plants will be a combination of flowers suitable for shady and dry conditions.

HUNSTANTON SKI CAFE & BAR

*Enjoy the music
with David Young on Wednesdays & Fridays 12-3pm
& Jef Manhattan on Tuesdays and Thursdays*



Staycation or day out - enjoy the seaside with us!

Tables inside and outside available every day
Bookings can be made by phone: 01485 524475
or e mail: contact@hunstantonskicafe.co.uk
South Beach Road, Hunstanton.

OPEN 7 DAYS 9am - 5pm
01485 524475



The Searles Christmas Fair

is back this November!
Wednesday 10th November, 12:00-7:00 PM



We are thrilled to be welcoming back over 40 stalls ranging from artisan food & drinks, art and crafts, Christmas decorations, gifts and more.

We will also be offering festive entertainment, FREE welcome drink & mince pie, raffle in aid of our charity of the year and food & drink outlets.

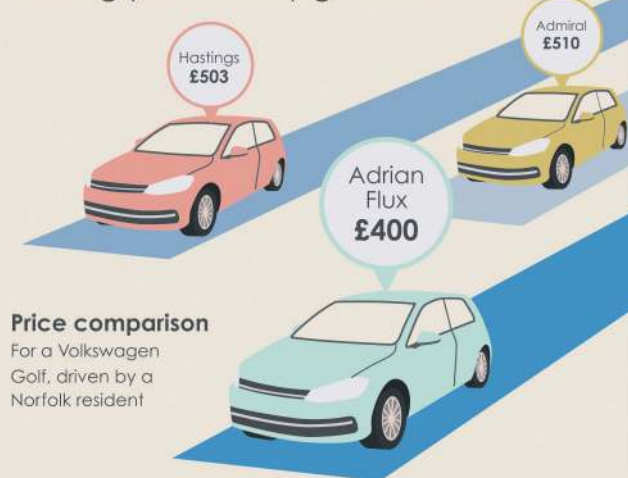
FREE ENTRY to all guests, local residents and visitors to the area.

Located in La Piazza, Searles Leisure Resort
South Beach Road, Hunstanton, PE36 5BB



Your Local Insurance Broker

making your money go further



Price comparison

For a Volkswagen Golf, driven by a Norfolk resident

ADRIAN FLUX

Call 01553 400399 | adrianflux.co.uk

Sample quotes are for premiums as stated for a 30-year-old from the PE38 area driving a 2015 standard Volkswagen Golf SE, with protected 7 years no claims bonus and 1 SP30 speeding offence, covering 8,000 miles per year. These illustrative quotes, valid as at 03.02.2021, are provided for information only and do not form the basis of any contract or tender. Competitive quotes were obtained from Hastings and Admiral (via gocompare.com) on 03.02.2021. Full details are available on written request. Authorised and regulated by the Financial Conduct Authority.

Complete GARAGE DOORS

01553 611246

Visit our Showroom:
Austin Fields Ind Est, King's Lynn

Roller Doors | Up & Over | Side Hinged
Sectional Doors | Electric Doors
Security Shutters | Window Grilles | Fire Doors
Steel Security Doors | Car Ports & Canopies



Installation | Automation | Repairs



www.completegaragedoorsnorfolk.co.uk
info@completegaragedoorsnorfolk.co.uk

Norfolk Wine Harvest 2021 is underway at Cobble Hill



Cobble Hill winery pressed their first grapes at their brand new £250,000 winery on the family farm, just outside Burnham Market in mid-October. The first grapes to be picked were the Bacchus variety which were loaded onto an ancient 1960's tractor (the only one which will fit between the rows of vines!) and then transported to the winery to be pressed.



Over 1,000 litres of grape juice have been placed into the shiny new fermentation tanks each day this week. The Cobble Hill Bacchus wine was awarded the Silver Medal at the Wines of Great Britain Awards and vineyard owner Robert Perowne is hoping for another quality vintage this year.

Robert said "I am so proud of our team and our wine, and to see the new winery operating for the first time is just wonderful. I am grateful to DEFRA who have awarded us a 40% grant towards the cost of the



new winery, which we hope will be great for tourism and employment in the local area. We are very excited to be able to produce our wine completely in house, and wish to thank our local delis, suppliers and customers who have been so supportive of us. Here's hoping that 2021 will produce another Award Winning vintage!"



Cobble Hill is a 9 acre vineyard on an ancient south facing glacial moraine just outside Burnham Market in north Norfolk, growing Bacchus, Chardonnay and Pinot Noir grape varieties, which were first planted in 2016 with the first wine produced in 2018. Robert Perowne's family have farmed this land for generations and has diversified into wine, as well as producing his famous onions and other arable crops. The 2020 harvest produced 15,000 bottles and the winery are hoping for similar this year.

The weather has been challenging this year, with the harvest taking place a few weeks later than usual, however first analysis of the press shows great sugar and acidity levels, promising a super vintage. The current coronavirus pandemic has also impacted the availability of labour, but a wonderful team effort within the local community has ensured that the harvest is going ahead at a great pace.



Robert said "Labour has been a problem this year, but we have been blessed by the support of the local community, friends and family to get the harvest started. We hope to have an extra team of 15 harvesters joining us next week as we move to harvest the Chardonnay and Pinot Noir grapes, we just need a few more days of Norfolk sunshine!"

Following the harvest at Cobble Hill, the grapes are immediately taken to the new winery where they are crushed and de-stemmed before being pumped into the state of the art press for almost three hours to extract the juice. The juice is then pumped to fermentation tanks where it will remain until next spring before being bottled for sale.

Images: Andrew Waddison AWPR



Allen Tomas &^{co} FINANCIAL MANAGEMENT



Savings & Investments
Pensions
Mortgages
Inheritance Tax
Care Fees Planning

LOCAL CHARTERED INDEPENDENT FINANCIAL ADVISERS

info@allentomasfinancial.co.uk
www.allentomasfinancial.co.uk

6 St Nicholas Court, Dersingham 01485 541998
2 Oak Street, Fakenham 01328 854706



Briarfields

COASTAL HOTEL



BE MERRY THIS CHRISTMAS

PRE-CHRISTMAS DINING

£19.95 - 2 COURSES

£24.95 - 3 COURSES

PARTY NIGHTS

£29.95 - 3 COURSES

Saturday 4 & 11, Friday 17 &

Saturday 18 December

CHRISTMAS DAY LUNCH

£75.00 PER PERSON

£35.95 PER CHILD (15 AND UNDER)

Saturday 25 December



Briarfields Hotel, Titchwell, Norfolk PE31 8BB

01485 210742 | info@briarfieldshotelnorfolk.co.uk

The Listening Walk



David arrives at King's Lynn Samaritans

I'm Gonna Be was the 1987 hit for the Proclaimers; "... And I would walk 500 miles, And I would walk 500 more." These lyrics could be David Matthews' theme tune – and they must have rolled around in his head during his 6,000 mile walk that began in Doncaster on his 58th birthday on April 14th 2019.

The (now) sixty year old vegan man who has been a Samaritan volunteer for twelve years (so far) is on his ninth pair of trainers and just sixteen days from completing his epic journey around the UK and Ireland told me that his first 500 miles were the hardest. This is his story.

David completed his Samaritan training in the Doncaster branch. His initial idea was to walk to the Yorkshire and Humber branches of the organisation but looking at the map he realised that just over the county border was the Darlington branch, so being his birthplace it couldn't be ignored. Then just up the road was Durham.... "I thought to myself, I could do that," said David.

A chance e mail about a trail in Sunderland arrived and the plan started to come together. To raise funds and awareness and to encourage more Samaritans Volunteers he would walk to all the branches where he would do a shift. He mapped the route then worked out the mileage. "It came out at six thousand and thirty miles," he said, "the folder sat on my desktop, I kept looking at it, but a few years rolled by before my circumstances changed and I was able to delegate working in my business to someone else, so I thought, just do it!"

Having completed 300 miles David was feeling the strain. At this stage he was pulling a small trailer with all his camping gear as well as clothes. He described crawling into a tent cold and tired then crawling out again in the morning. He told himself that he needed to get to 500 miles and that would be ok. "Then I realised I was getting fitter, I reached Scotland and slowly things improved, so by the time I'd done a thousand miles I'd lost about two and a half stone and felt pretty fit.

David said: "One of the major challenges was logistics; my route was all planned so I'd finish the Scottish leg while the weather was good and then move on." He was in Swansea when lockdown number one scuppered his plans and he returned home to Knoydart in Scotland. David re-started his walk in December but as Wales was still in lockdown the route had to be chopped and changed – another logistics challenge!

Lockdown two was spent in Doncaster and this time his walk resumed in Plymouth – but as campsites remained closed using a tent

for overnights was abandoned. Fortunately David had a motorhome so he decided to use this instead. His routine had to change again with the day starting with a drive to that night's destination, then travelling back to his morning start by bus, train or lift, then the day's walk would start to reach the motorhome.

During his walk David has completed sixteen ferry crossings and will have completed 202 shifts. His journey has taken him to Edinburgh where he arrived on the day of their 60th anniversary and in Truro there was a postponed (because of Covid) 50th celebration where he was awarded a very special medal made from Cornish tin.

In the Channel Islands he helped a branch to celebrate their 60th anniversary. He said: "It's hard to believe that the Jersey branch of Samaritans opened its doors only 16 years after the liberation of the island from German occupation.

"I stayed over in the branch while I was on Jersey and bumped into one of the volunteers who remembers being taken from the island by the Germans when she was only 7 years old. Her and her mother and father were taken to Germany and held in a camp until the end of the war. Their crime? Her mother and father had moved to Jersey from mainland Britain a few years earlier and 'British citizens' were deported. Fascinating."

From the Channel Islands on 29th July he arrived in Ireland and spent the next ten weeks in the Emerald Isle starting with the branch in Drogheda and the next day, 13th August he's completed 5000 miles close to the Giant's Causeway. And on that blustery day he posted a video saying: "It's a bit of a milestone 5000 miles, there's only one way of saying it, 5000 miles – 1000 to go so we'll soon rattle them off!"

Rounding off his Irish tour in Dublin on 8th October he took the ferry back to England and three days later he posted: "Today I arrived at Norwich Samaritans and was greeted by this wonderful group of volunteers. Amazing people! Thank you for being there for our callers as well as me.

"Back in Blighty and what a change of scenery. Gone are the misty mountains to be replaced by the open plains of Norfolk! Still stunning, but in a different way."



From left: Zoe Callender, Mary Burton, David Matthews, Adrian Goldsmith and Rachel Goldsmith

From Norwich it was on to King's Lynn, number 192 on David's list and it was here that Town and Around completed this interview with David. Manager of the King's Lynn Branch, Rachel Goldsmith and her husband Adrian walked the last couple of miles of the day's walk from the QEH to the branch where volunteers Zoe Callender and Mary Burton were waiting.

We just had to ask David about his amazing trainers – we hadn't seen anything like them before. They are super-cushioned and very comfortable and each pair that he's had for the walk have lasted about 600 miles. He purchased the first few pairs himself before he was able



to get sponsorship from the brand, and he'll be on the tenth pair when he completes the walk in Doncaster on 30th October.

Any physical challenge of this nature is likely to include injuries, so we asked about illness. "I twisted my knee on the West Highland Way but the worst thing was when I banged my toe at a campsite shower – that was painful!"

"I also had a few colds but in the main I was OK."

David has posted his daily adventures on his aptly named Facebook page: 'The Listening Walk'.

The Samaritans say: "If you need someone to talk to, we listen." And although the organisation itself is non-religious, the Samaritans takes its name from the parable in the bible – so while others passed by on the other side of the road, but the Samaritan came to him.

The story of David's 6000 mile walk and his 202 shifts moved me. He is the most inspiring person I've interviewed for a long time.

This morning (15th October) he left King's Lynn on the road to Boston and shift number 193. David will complete his walk on 30/10/21.

The Pavilion
AT HEACHAM MANOR

LUNCH SERVED DAILY
12noon - 4.30pm

Advance booking required.
PLEASE CALL: 01485 536030
To view menu www.heacham-manor.co.uk/eat/menus
HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7TX

ROUNCE & EVANS

PROPERTY MANAGEMENT

The only West Norfolk agent who is both ARLA and ARMA registered



We dedicate 100% of our time to property management in North and West Norfolk

Talk to our team about:

- RESIDENTIAL LETTINGS
- RESIDENTIAL PROPERTY MANAGEMENT
- BLOCK MANAGEMENT
- ESTATE/DEVELOPMENT MANAGEMENT

LOCAL | FRIENDLY | PROFESSIONAL



arla | **propertymark**

PROTECTED



36 Westgate
Hunstanton PE36 5AL

01485 533633

16 Church Street
Kings Lynn PE30 5EB

01553 401580

www.rounceandevans.co.uk

Seal pupping season will soon be upon us

British Divers Marine Life Rescue has had a busy summer. The sick and injured common or Harbour seal pups have appeared all along the coastline in various states of ill health. Many have gone on to East Winch RSPCA for treatment and will be released into the wild but sadly there have been a few along the way that we could not help. We would like to say a thank to our local vets, in particular Coastal Vets in Snettisham who have helped us out throughout the season.

Sadly due to covid our fundraising has been particularly badly hit. Luckily In the last month we have been able to fundraise at local events like the Snettisham Flea Market and the RNLI open day. The RNLI day broke records for cuddly seal sales, but we were also able to also give out hundreds of our cards so that beach visitors knew who to contact for a seal in need. Our stall was visited by the Mayor of Hunstanton Adrian Winnington - see picture right.

We are now ready and waiting for the grey seal pupping season to begin. If you are concerned about a seal on the beach please do not get close, use binoculars or a camera, stay downwind and quiet and keep dogs well away.

Young seals are most affected by disturbance and only 25% are likely to survive to the age of 18 months in a bad year. If people and dogs are noisy or get too close the startled seals will waste valuable energy. The UK is home to 38% of the entire world population of grey seals, there are more red squirrels in the UK than grey seals in fact, but they face an extensive list of threats including disturbance and entanglement.

If you see a seal you feel may be in need of help please call BDMLR on 01825 765546.



BARKING BUGLE PUPSTAR & MISS ZSA ZSA IN HEROIC DOG RESCUE

What an adventure we had recently when we went to the beach at Old Hunstanton! I was particularly looking forward to stretching my paws as I had seen mum put my little plastic pink bone in her pocket just as we were leaving. This could only mean one thing; I would be doing my favourite activity in the whole wide world, dashing into the sea and swimming after my beloved toy!

Apart from Pupstar disgracing himself as usual by tucking into a gourmet of seafood it was all going really well until we noticed a human with three greyhounds getting into difficulty on a sandbank.

The tide was coming in quite quickly and this lady had to wade through water up to her tummy with two of her doggies in tow. The third remained on the sandbank she had just left. This doggy jumped in the water but turned back immediately because she was so frightened. We could see her desperately trying to figure out a way back to her mum and the others but there was no way she was going to get back into the water – the experience of jumping in had obviously terrified her. In the meantime her owner had reached the shore to safety and was looking very worried indeed.

Both Pupstar and I thought something had to be done and sure enough dad waded in 'Barkwatch' style over to the sandbank. I immediately joined him with my pink bone in tow to aid the rescue but had to turn back as the current was too strong for my little legs.

It was then down to Pupstar to save the day and without hesitation, he jumped in and started swimming across to assist dad.

When dad got to the sandbank the greyhound ran away – she was obviously very startled and wary of strangers. At times she would come closer and then just as dad was about to grab hold of her she would make a bolt again. This was going to be tough!

Despite being completely drenched from head to paw I didn't want to back down and continued to bark woofs of encouragement and supawt from the shoreline.

Eventually the doggy calmed down enough for her to be caught. A couple of young lads then offered assistance which was really lovely but dad and Pupstar had the situation under control. Dad picked the doggy up, phew, she must have been heavy, and waded back through the water with Pupstar swimming close by for moral support. It was a

relief when everyone finally reached the shore. The lady owner was extremely grateful to all of us and thanked us for our efforts.

The lady was new to the area and didn't know that the tide does tend to come in very quickly here. Please, please, check the tide times before you go walkies because this could easily happen to you. It was a very eventful evening but fortunately things turned out alright; it may be a different story the next time! We may not be on paw patrol to help you.

I'd like to thank my dad for doing some pawsome work in rescuing that doggy but I reckon a lot of praise should go to Pupstar and me. Without our help, supawt and constant woofing that doggy may not have been saved!

For our brave efforts we have been presented with a 'Certificate of Heroism' from leading welfare charity Cavalier Matters and there have been calls for us to receive an OBE from the Queen for our heroic rescue mission.

We may well enrol for jobs at the RNLI after this!

Woofs Miss Zsa Zsa, repawting for The Barking Bugle
www.thebarkingbugle.co.uk



CÖASTAL Veterinary Group

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

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

Tel:01485 544201

Email: info@coastalvets.co.uk

www.coastalvets.co.uk



Hooch Pooch Parlour

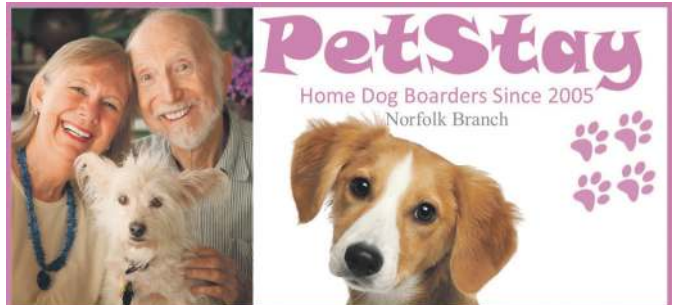


City and Guilds Qualified Dog Groomer

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

Call Sarah based in Snettisham

Mobile: 07950 888 449



Dog lovers wanted!

Love walking? Secure garden?

PetStay Norfolk is in urgent need of more volunteers!

Contact Sophia on 07861 957551 or

sophia@petstay.net for more information

Miss having a dog around the house?

"Dougie the cockerpoo was collected by his family yesterday.

"We had a lovely holiday with him, and some nice walks on Gorleston beach, local fields, Burgh Castle along the Angles Way and Bure Park, as well as playtime in the garden.

"Dougie was such a funny and affectionate dog, and as he was young he had lots of energy.

"The house is very quiet without him!"

I regularly receive this type of message from my carers. PetStay Norfolk carers love what they do, looking after dogs while their owners are on holiday.

It is a very flexible role and perfectly suits someone who has recently retired or works from home. It works really well for people who have always had dogs, but now find themselves without a canine companion and realize the freedom it brings, but also miss having a dog around the house. Being a PetStay Norfolk carer means you have a dog when you want one, you don't have to worry about the cost of having a dog (in fact you get an allowance for each day that you have a dog) and you still have the freedom to go on holiday without having to organise care for your pooch and worry about them all the time.

Some of my carers only look after dog(s) one week a month, others would love to have a dog all the time. Because I get to know my carers very well, I know what it is they want, also what type of dog they want. We get large dogs, tiny dogs and everything in between. The maximum amount of dogs that we allow per household is 3, so if you do still have your own dog but would like a play mate for the dog now and again, that would also be possible.

Anyone who would like some more information about becoming a carer for PetStay Norfolk, please get in touch with Sophia at 07861 957551 or email sophia@petstay.net. Or visit our website on <https://www.petstay.net/find-your-local-branch/dog-sitting-norfolk/>

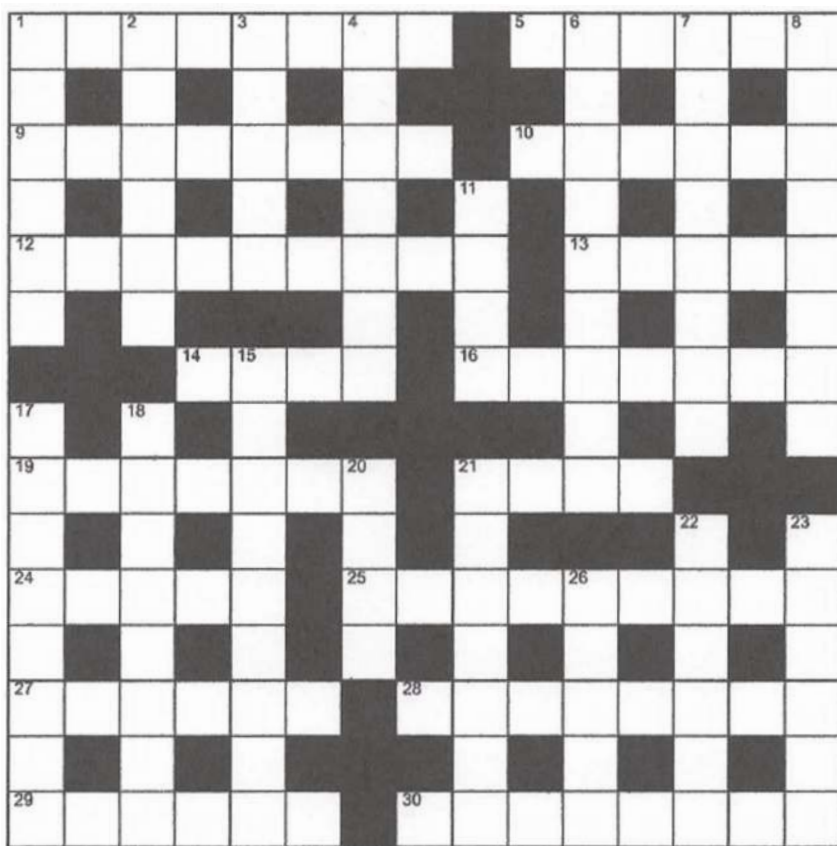
**LOVE DOGS?
BECOME A DOG CARER**



PetStay

Have your copy of T&A delivered by post
each month - £22.50 per year. It makes a
nice Christmas present too. 01485 540620

David Elsey's Cryptic Crossword



Crossword solution on page 56

Crossword Clues Across

1. Haggles and profits by a pound (8)
5. Star is drawing on successful film (6)
9. Remains with parish priest in Bordeaux for an easy time (4,4)
10. A prompt intervention by Mike at start of negotiations shows astuteness (6)
12. Late sale I organize makes me uncomfortable (3,2,4)
13. Stage one is set in European city (5)
14. Ticket's last to be pulled from draw (4)
16. Pike is served up in small eatery attended by students (7)
19. Nudist (over fifty) is a poser (7)
21. Rough exchanges without British involvement are boring things (4)
24. It is easily obtained from barrels (2,3)
25. Was seriously taken when GOAT scored five (9)
27. Have trouble returning to Lincoln for plant (6)
28. 'Batting?' 'Not me', I gulped very quickly (2,2,4)
29. Jack has letter to trace (6)
30. Backs banks, digging in, to accept losses (8)

Crossword Clues Down

1. A person who works for dad said it's a good make (6)
2. Follow lift operator if removed from lift (6)
3. A track from Tosca? (5)
4. Recount ran up to speed (7)
6. A cheap ring from someone in pub? (5,4)
7. Counted no end missing out on final (8)
8. Kindly serve before time announced (8)
11. Sets of upper-class young women (4)
15. Out of season issues? (9)
17. Suppress crowd going after a relative (8)
18. Bar and lock are needed for support (8)
20. Smooth out scratch (4)
21. Not too slow or too fast with punt (7)
22. Ring (platinum) one has to return, no choice (6)
23. Snakes appear when summer solstice starts (6)
26. Where pigeons might be seen overhead? (5)

Ray Butchers Su Doku

Easy first...

...then the more challenging

		5	2	8	7		6	9
							3	7
	9		7	4			1	8
	7	2				9	5	
1	4			5	6		2	
3	6							
8		9	5	1		3		

			8		9		3	
						6		2
	5		7				9	
				1				4
		8	9		6			
		7		4		3		8
	6		5	9				
9		4				2		
	1							

BORDOLI PIZZAS

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

From
5pm

T: 07565 754812 E: bordoli99@gmail.com

DOG WALKER

 Do you need some help with walking your Dog/Dogs?
If life is a bit busy, or you just need a helping hand,
I have some hours available each week.
I provide local walks, either active or a gentle stroll...
catered to your pets' needs!
I am fully Insured and can provide references.
Competitive rates. Friendly, mature woman.

Please contact: 07909 930282
or email: bk6219@gmail.com



Nightingale Lodge



Rated 'Outstanding Overall' by the CQC
Nightingale Lodge provides top-quality care for up to 29
elderly residents. Person-centred care is at the heart of what
we do, which is why we provide bespoke care packages as
unique as each of our residents.

01485 533 590 www.blackswan.co.uk



07944 954455 | info@bristerdecorators.co.uk | bristerdecorators.co.uk

The Terrace



Our restaurant boasts a lovely terrace where you can relax with a specialty
coffee & cake amongst our flowers and herbs, you will even see the sea!
We offer a varied menu for breakfast & lunch, such as our popular bubble &
squeak, eggs benedict & New Yorker toastie. We offer an evening menu and
full Tapas menu and on Sundays a traditional roast.

Vegan Menu • Gluten Free Menu • Children's Menu

Reservations recommended

The Terrace, 46A Westgate, Hunstanton, PE36 5EL

T: 01485 535903 / 07554 760036 E: theterracehunstanton@outlook.com

W: www.theterracehunstanton.co.uk

Heacham and Hunstanton at Night

Terry Parish

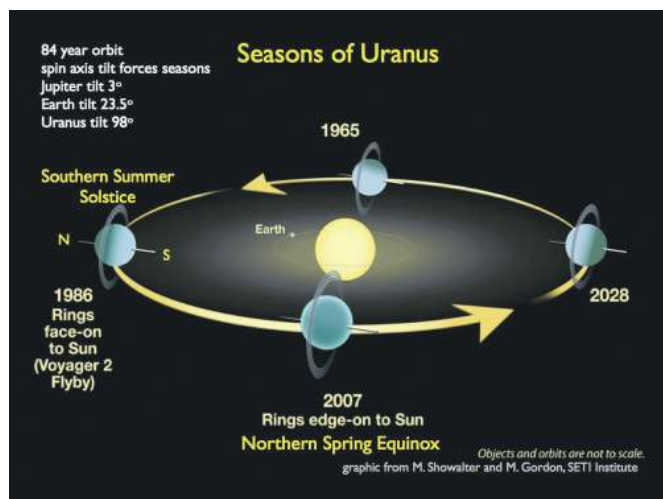
Remember, remember the 5th of November, gunpowder treason and plot. It was the treason bit which stopped Britain developing a rocket industry right up until the middle of the 20th century and that quickly fizzled out. Consequently, the Germans developed the V2 and the Americans exploited it after the war with Verner von Braun building the Saturn V which took Man to the Moon.



Rocket Park at Cape Canaveral. Internet

Sending up firework rockets is my contribution to spaceflight though I did make model rockets, electrically launched and recovered by parachute over 20 years ago.

On the 5th, Uranus is at opposition – as close to Earth as it gets. Don't expect it to light up the sky as it will still be 2,803 million kilometres away and have a magnitude of +5.6. Very good eyes should see it against a very dark sky. It's still a puzzle why the ancients didn't include it amongst the 'wandering stars'. William Herschel discovered it in 1781. It is the planet which pops up in quizzes as it orbits on its 'side' as its axial tilt is 98°.



The poles get 42 years of darkness followed by 42 years of daylight. Internet

This ice giant is four times bigger than the Earth, has a faint ring system and 27 moons. It largely consists of an ocean of water, methane and ammonia surrounding a hot rocky/icy core. Its atmosphere is very cold with a minimum temperature recorded of -224°C. Methane in the atmosphere gives it a blue colour. There are clouds, some of which are thought to be water vapour. Voyager 2, in 1986, sent back close up

pictures of Uranus and no other craft has yet been close enough to do so.

The Kelling Heath Star Party was back on form in the beginning of October. Several hundred amateur astronomers and even more 'scopes. I enjoyed listening to the conversation between a beginner and an established fanatic of radio astronomy. They use dishes utilised from satellite tv installations connected to homemade amplifiers and detectors. Radio signals from distant objects are detected and the signature of the Milky Way was recognised as it came over the horizon in the afternoon.



Jodrell Bank in North Norfolk. Parish

Given increasing cloud cover perhaps amateur radio astronomy will get more popular. There is a group of such enthusiasts in Cambridge who have acquired a redundant professional, steerable dish – a miniature Jodrell Bank.

The Dark Skies Festival was well attended across numerous sites in North Norfolk. The closest to us being Titchwell. Though enjoying the sky featured, the festival also emphasised the damage excess light, at night, did to nature. Lighting confuses plants, birds, bats, and insects.

Anyway, leave off re-designating your Sky dishes for now and continue to peer up into clear skies or between the clouds. There are a number of planets to catch in November.

Venus remains bright in the SSW. You need to look for the 'evening star' quite low down after sunset. Around 5pm should be a good time as the planet sets about 6.30pm. Heacham Beaches or the sea defences between Hunstanton and Heacham will be good observation points.

Between the 7th and 8th, Venus will share the sky with the crescent Moon which is a nice photo opportunity.

Whilst bathing in the glow of Venus, follow a 45-degree track from it towards the South and a little beyond. The bright object you come to is the planet Jupiter. In between the biggest gas giant and Venus is ringed Saturn.

Relative brightness is Venus -4.5; Jupiter -2.4; Saturn +0.7. Regular readers will know that the more negative, the brighter the object. Each

magnitude is 2.5 times brighter than the next one up so, magnitude 1 is 2.5 x as bright as magnitude 2. Venus will be around $2.5 \times 2.5 = 6.25$ as bright as Jupiter.

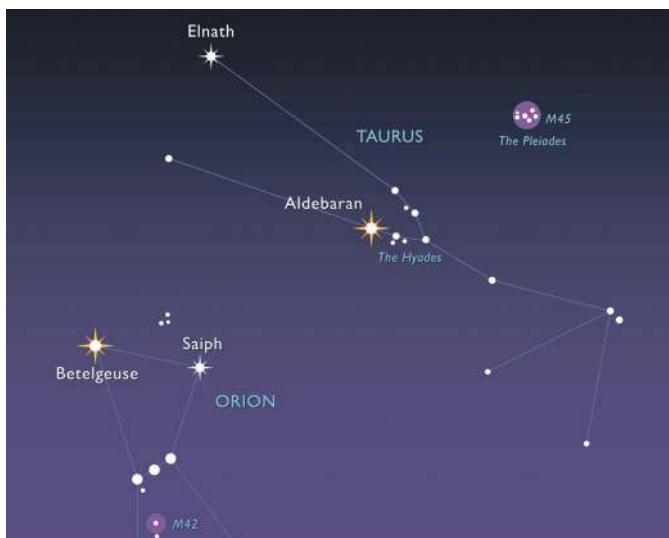
At the beginning of the month, Jupiter sets around 11pm and Saturn 9.30pm. Though south east and south at around 6pm, as the Earth turns, they will move through S to the SW and also closer to the horizon. As the month progresses so the movement west will be evident earlier and earlier and Saturn will be first to be lost below the horizon.

At around 5.30pm, on the 10th, the Moon is south of Saturn by half a fist. On the 11th Jupiter is.

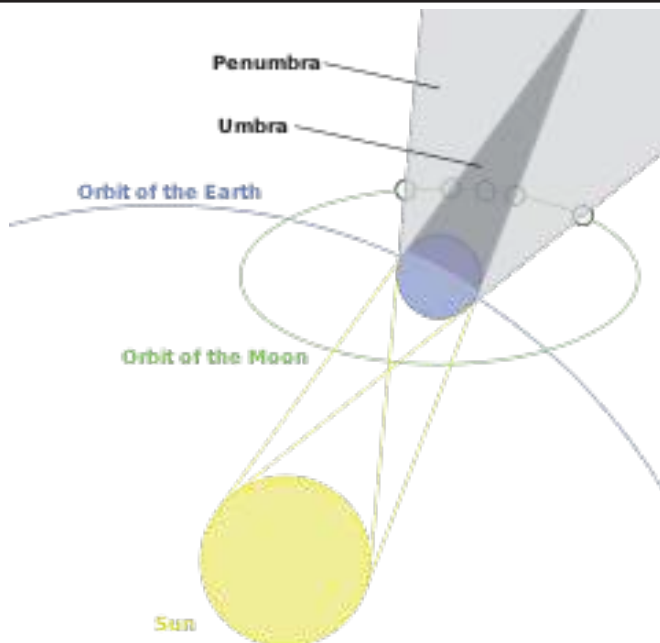
At around 6.30pm on the 13th, Neptune is half a fist north of the Moon but you will need a telescope to see it. Easier to spot with a small 'scope, binoculars or good eyes, in a dark sky, will be Uranus. At 2am on the 18th, it will be two fingers north of the Moon. These ice giants are worth seeking out as you will then have seen 5 of the 8 planets of the Solar System in one month.

Theoretically you could also catch Mercury and Mars but before sunrise, around 5am, and very low in the ESE which is not possible from our location. Cromer cliffs would be a good spot – as long as there is no mist out to sea.

On the 19th, look at the Full Moon from about 9pm. Below it will be the star cluster, the Hyades, above it the Seven Sisters, the Pleiades. Both clusters are worth scanning with steady binoculars. At 9.27pm onwards see if you observe any dimming to a limb of the Moon. A little of a partial eclipse will be underway. Across the Americas it will be a total eclipse. It will be barely noticeable here so a browny point to earn. A lunar eclipse occurs when the Moon passes into the Earth's shadow. Moon, Earth and Sun have to be in alignment, England is on the edge of that.



Find Orion and you can find the Hyades and Pleiades. The Moon is between them on the 19th. Internet



On the 19th, we will be just on the edge of the penumbra for a short while. Try and spot a little dimming on a limb of the Moon. Internet.

Meteors: I saw one last month but will try and spot some Leonids which will peak on the 17/18th. There is a Full Moon but perhaps the clouds will just cover that.

Now nights are darker and earlier stargazing is possible, stray light and awful 'security' lights can spoil the view. Check that any you may have do not operate constantly, are well shielded and cast light only on your property and where it might be needed. Lights shining into neighbours' property are a recognised nuisance on a par with excess noise and bonfire smoke.

Next month. How to observe Santa.

DON'T FORGET THE POWER OF PRINT ADVERTISING

Social media is great but it's a bit like sticking a post-it note onto the windscreen of a car on a windy day.

Print cuts through the digital noise
Print is more trusted
Print lasts longer

HEATING AND PLUMBING SPECIALISTS

Gas Safe and Oftec Registered Engineers

Dempsey Heating Ltd.

Gas & Oil Heating
Boiler Servicing
Bathrooms
Renewable Energy

Your Local Experts. Great Service. Competitive Prices.
Contact us today to see how we can help you!

01328 862189 www.dempseyheating.com

George Edwards Road, Industrial Estate, Fakenham NR21 8NL

DOMESTIC APPLIANCE REPAIRS



A family business for over 30 years
Same day/next day visit

Call: 01553 768557 / 842319

Mobile: 07775 858255

E mail: dkrepairs@btconnect.com

Round the bend with Dean Baker

Don't Panic or be like Private Pike

Here's a quick experiment, before we settle down to the 'nitty gritty' of this month's article. If you turn on the television and click through the list of channels, I propose that whatever the time of day or night, you will eventually come across an episode of 'Dads Army'.

In the last few weeks one character has come to my mind over again, the marvellous Clive Dunn playing the irrepressible Lance Corporal Jones. I imagine many of us recently have felt tempted to run around shouting "Don't Panic!" I know I have!



Long before this current crisis over energy companies and hefty price rises, I had planned to write this article on keeping the house warm in the coming winter. Let's not panic, this time will pass.

My advice has always been and remains - keep you and the area where you are, in your home - warm. Your thermostat should be set at 19c, no higher. You could drop it to 17c/ 16c, I don't advise going any lower. You should put your heating on twice a day. This may seem strange but its more economical to have every radiator in the house on low. If a radiator is off, in the spare bedroom, for example, your heating system will over compensate for the cold area. Set your timer to have the heating on twice a day. In the morning, so that you wake to a warm house and in the evening. You don't need heating on throughout the night. If you are cold in bed consider an electric blanket which you can safely have on all night. Don't underestimate the power

DEAN BAKER

Domestic Plumbing & Heating Engineer



ALL TYPES OF PLUMBING REPAIRS & INSTALLATIONS, BLOCKED DRAINS, BOILER REPAIRS AND SERVICING, POWER FLUSHING

Mobile: 07973 131906
Email: plombierdean@yahoo.com

18 Belgrave Av.
Hunstanton
PE36 6DQ

of bed socks, a couple of duvets in the same cover and substantial pyjamas.

If you are in the house during the day keep 'you' warm by wearing jumpers, having a blanket over your knees, wearing gloves! Private Frank Pike, wears a scarf, even in the summer. Mrs B has a heat pad, she has it on to watch the TV and knit. Hot drinks will keep you warm. Move about – go for a walk every day, walking will improve your circulation and help you stay warm.

Finally, draw the curtains, use draught excluders, wrap up warm. Until next month.

plombierdean@yahoo.com tel – 07973 131 906

THE GRANARY- SNETTISHAM

6 Beach Road, Snettisham PE31 7QU

CELEBRATING 10 YEARS OPEN on OCTOBER 3rd

What a change we have seen in 10 years!
POP IN AND HELP US CELEBRATE



NEW MENU:
Quiche, Sandwiches,
Jacket Potatoes,
Cakes and Scones.
Afternoon Teas and
Parties catered for



Gifts, Books, Jewellery, New England, Mugs,
Handbags, Toys, Woodwork, Preserves, Italian
Clothing, Frenchic Paint, Presents Galore!

OPEN DAILY 10am—4pm

Free car park

Tel: 07760 115888 email: granary.snett@yahoo.co.uk

Facebook: The Granary Snettisham



BRICKWORK • STONEMWORK • GROUNDWORK
PATIOS • NEW BUILDS • EXTENSIONS





All types of building work undertaken
Brickwork and Stonework Specialists





t: 01485 540568 m: 07875 830 606
e: info@bwhymanbuilders.co.uk
www.bwhymanbuilders.co.uk

Returning guests but still making memories....

Sandra Hohol **NORFOLK HOLIDAY HOMES**

01485 534267 em; info@norfolkholidayhomes.agency www.norfolkholidayhomes.agency

Families come and families go every year and we have seen guests this year again who have been holidaying in Hunstanton or nearby for a few generations. For those who pass our office in Westgate and noticed the large billboard poster on our window (facing on to Homefields Road), you will see a family on the beach in Hunstanton in the photo. This was given to us by courtesy of guests who started booking over 36 years ago and I remember them bringing their children who are now bringing their own! The same guests also told me that mum uses to come when she was a small girl with her parents!



This photo from 1952 shows a couple who always booked a caravan nearby and brought their grandson who was just a small boy then and vividly remembers his stays. He is now much older and his daughter booked a week so he can reminisce - not in the same caravan and the car has probably gone to the big garage in the sky - but a substantial property

QUALITY PROPERTIES FOR EVERYDAY PEOPLE
NORFOLK Your local, flexible, friendly,
 independent agency
HOLIDAY HOMES 01485 534267
 Call us or book online
Self-catering coast and country

*We can let your holiday home
 anywhere in Norfolk too!*
 info@norfolkholidayhomes.agency
 www.norfolkholidayhomes.agency
 70a Westgate, Hunstanton PE36 5EP

for all his family to enjoy. Just shows that people always return to Norfolk and our statistics certainly prove this.

Still on the subject of bookings, they are still coming in for November and going crazy for 2022 so if you have family and friends to want to visit, they need to book now as demand will again be high. So many people are not wanting to seek hot sun and sand at the

moment, but why do that when we have it all here in Norfolk anyway? OK, the weather is not always eighty degrees in the summer but my two stories above prove that the coast and countryside are popular and will always attract new visitors and make new memories for all generations.

DALEGATE MARKET PE31 8FB
BURNHAM DEEPALE
 Shopping & Café

North Norfolk Coast shopping, food & drink

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

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

Tel: 01485 210305 www.dalegatemarket.co.uk

To advertise in Town and Around, please contact the Editor, Elaine on 01485 540620

HUNSTANTON HARDWARE



Northgate Precinct, Hunstanton 01485 533968
 We're here to help you get the job done!



East Anglian Mobility Solutions

T: 0800 699 0565

E: enquiries@eams.online

W: www.eams.online



Mobility users

Winter is fast approaching we want to make sure you are safe and mobile throughout the Autumn & Winter

Book our pre-winter scooter service for just £50
 when you mention this advert at the time of booking **call us today!**

We sell scooters (new and used) - wheelchairs - rollators and walkers - medical beds and rise and recline chairs - toilet aids, daily living aids

We are the one stop Mobility Shop

50A Westgate, Hunstanton PE36 5EL

Hunstanton Bridge Club after Covid

Henry Head

The Bridge Club has moved to new premises, at the recently refurbished Old Hunstanton Village Hall where there is ample parking and easy access. We meet there:

* For regular **duplicate play** on **Thursday** evenings at 6.30pm, we finish by 9.30pm.

* For **supervised play** and for those who prefer afternoon bridge on **Friday** starting at 1.30pm and finishing by 4.30pm. In this session: players are welcome to consult their notes if they wish and ask for help during the play. And there is no need to book or to bring a partner.

Complimentary tea, coffee and biscuits are now available for players, please bring your own mug.

In addition, on Sunday evenings, starting at 7pm we play online using RealBridge.

Thursday and Sunday sessions both award English Bridge Union (EBU) Master Points.

Beginners' Bridge course:

Always wanted to learn but never got round to it? Here is the answer:

Starting in February there will be a 6 week Fast Track course for complete beginners wanting to learn bridge quickly, based on the EBED Fast Track training programme. It will take place on Friday afternoons.

Further information: Please contact Hunstanton Bridge Club via email bridgehunstanton@gmail.com

Now, test your skill and knowledge:

BRIDGE—WHICH WAY TO FINESSE?

Sometimes we are in a contract that depends on taking a finesse but it can be taken in either hand. The problem then is to determine which way. In the hand below South got into 7NT. How would you play it?

S	AKQ	S	8653
H	A4	H	J10965
D	KJ853	D	Q76
C	KQJ	C	9
S	J107	S	942
H	832	H	KQ7
D	4	D	A1092
C	1087643	C	A52

South decided to find out about the distribution in the opposing hands before thinking about which way to take the diamond finesse. So after the SJ lead he played two more rounds noting that both opponents had 3 spades. Then he played 3 rounds of hearts noting that both opponents had 3 hearts. Then he started on clubs and when East showed out it meant West had six. Thus if West has at least 3 spades and at least 3 hearts and a certain 6 clubs he had room for only one diamond. So he could lead a diamond to the Ace and finesse for the Queen on the way back. No need to guess.

HUNSTANTON REMEMBRANCE ACTIVITIES FOR 2021

The Hunstanton Branch of the Royal British Legion would like to inform you of what activities are being organised for the upcoming Remembrance period 30 Oct to 14 Nov 2021. Unfortunately not all timings for Remembrance Sunday are set in stone but will be published once they are all confirmed.

We have arranged the following activities:

Start to the Poppy Appeal – Saturday 30 Oct 21.

On Saturday 30 Oct 21 there will be a small service held at the Cemetery behind Tesco in Hunstanton. This will mark the start of the Poppy Appeal 2021. This will involve the Act of Remembrance, Last Post, Reveille, 2 Minute Silence and the placing of crosses next to all the war graves in the cemetery. If people wish to attend, we ask you to be at the cemetery between 1030 and 1045 am.

2 Minute Silence Hunstanton High Street – Thursday 11 Nov 2021.

We will be holding 2 Minutes Silence in the High Street on Thursday 11 Nov 2021. We will be assembling outside the Conservative Club at 1050 hrs. The High Street will be closed for traffic prior to 11 am. There will be a few words from Father James followed by Last Post, Reveille, 2 Minute Silence.

Remembrance Sunday – Sunday 14 Nov 21.

This year it is planned to have the Remembrance Parade through the town to the War Memorial where a Service will be held by Father James followed by reading of the names of the people on the War Memorial, Last Post, Reveille, 2 Minute Silence. We are happy to announce that we will be joined by members of 67th SOS USAF and they will be marching with us through town. The parade will start from the United Service Club and will be leaving the club around 1015 – 1020 am. Any local organisation wishing to attend and join in the parade or require a wreath for them to lay please contact myself Mr Simon Matthews Chairman Hunstanton Royal British Legion on my email chairman.hunstanton@outlook.com.

Please remember if you are attending these event that you take correct precautions against Co-vid 19.

Inner Wheel Hunstanton & District June Sexton Club Correspondent (Temp)

On Peace Day we spent a very pleasant hour sitting in Titchwell Village Church. We shared our thoughts, read poems to each other and remembered members who are no longer with us. To bring the time to a close we were each given a candle which was then lit. This enabled us to sit and watch the flame flicker and spend some time in meditation and with our peaceful thoughts. A very enjoyable hour in a very restful church.

To follow we went to Rosemary's house to eat our picnic lunches we had bought with us. Very interesting to see all the different delights being eaten. Salad, cheese and biscuits, pitta bread filled with all sorts and overnight oats with blueberries and lots more.... Rosemary very kindly supplied the tea and coffees many times over. After our picnic we discussed what was being made for our Christmas stall at Heacham Church in November. We certainly have some very talented members and lots of kind friends who are making things for us. Come along and see our stall. Lots of lovely gifts to buy and we can tell you all about Inner Wheel and what we are planning to do in the future...



FABRICS CURTAINS BLINDS

Christyana

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

BESPOKE CURTAINS, BLINDS AND ACCESSORIES



Local, family run, friendly service

FREE
NO OBLIGATION
QUOTATIONS

Showroom at | Poppyfields Retail Park, Snettisham
Contact Paula or Marcus
T: 01485 541111 • E: info@christyana.co.uk • www.christyana.co.uk

Winter is coming,
feel WARM COSY and SAFE
with a Woodburner from Norfolk Woodburners!

- Installation of Wood Burners & Multi-Fuel Stoves
- Chimneys Lined
- No Chimney, No Problem!
- Fireplace Build Works

WARRANTY
BEST PRICE
WARRANTY

Main agents for Parkray, Hunter & Cleanburn Stoves

Offering the best LOCAL SERVICE!

T: 01328 700161 | M: 07966 661175
E: norfolkwoodburners@outlook.com
www.norfolkwoodburners.co.uk

RINGSTEAD VILLAGE HALL

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects, there will be something to interest everyone.

The 4th November meeting will be a talk from Dr Bill Jacobs about Ringstead people serving in World War 2 and their welcome home - The Ringstead History Project.

December meeting to be confirmed
Refreshments are available and we hold a raffle at each meeting.
All welcome



FREE LOCAL DELIVERY

Frenchic
Furniture Paint

SOLD HERE

Fade to Grey
The Granary
6 Beach Road
Snettisham
PE31 7QU

Open Every Day
10am - 4pm

New Hunstanton Women's Institute

A Dance Workshop by Peg Hunter had members up and dancing round their chairs. This was our first meeting at the Methodist Hall for 18 months and proved a great start with several visitors joining us.

Our November meeting is members only as this is our Annual Meeting.
Val Walden (Secretary)

Stanhoe & Barwick WI

Our next meeting, on Thursday 4th November, is our Annual Meeting and is intended for members only.

However, on December 2nd, potential new members are most welcome as we welcome Juyna Lewis, who will guide us through how to "Spice up your Christmas". Visitors are charged £3.

Please contact Valerie on 01485 576261 if you would like to attend.

Be the first to know

Town and Around now has an email newsletter!

Unique content, exciting competitions, and sneak peeks at our upcoming magazine articles - delivered free, straight to your inbox.

To join our exclusive online community, sign up via this link:

<https://townandaround.net/weekly-updates>

Piles and Tribulations Notes from a Rural GP

by Dr David Ince

Giddy-up - we are back on the vaccination horse.

Further to last month the COVID booster and flu vaccine have been approved to be given together (in separate arms). However, the majority of practices and vaccination sites locally will be giving them separately. This is mainly for logistical reasons as different cohorts are due the vaccines at different times and there is still the '15 minute rule' relating to the covid vaccine where the vaccinated must remain at the vaccination site for 15 minutes post vaccination.

All patients eligible for flu can be immunized immediately – so namely all over 50s, patients with certain underlying health conditions (see nhs.uk for details), patients in long term residential care, pregnant women, patients who receive carer's allowance or are the main carer for an older or disabled person, patients who live with someone immunocompromised and frontline health or social care workers. Children will be vaccinated through the school's program.

Patients eligible for a covid booster are those who have not yet received one or two dose or those patients who are at least 6 months after their second vaccination. This means that patients who received their second vaccine before mid-April are now eligible for their covid booster and will be contacted either by a central hub or by their practice. Practices will be giving all flu jabs at their practices and the covid boosters mainly at the Snettisham hub. Both will also be available at approved other outlets (such as community pharmacies/hospital hubs).

This approach will allow us to vaccinate all patients eligible for a flu vaccine as soon as possible with the covid boosters running over the autumn and early winter as patients reach the 6 month post-second dose mark.

We are also approaching our busiest time of the year as winter emerges and the strain on the health service tightens. All our surgeries are working as hard as possible to provide the necessary care and planning for the winter. However, demand almost always outstrips supply. All we can do is our best. This can be frustrating for all involved and emotions can run high, not always helped by certain sections of the press. I won't print some of the things that both I and my staff have been called in recent weeks but let's just say it is not kind. None of us want to deny anybody anything but we are a supply-limited service and have to, on occasion, triage need and disappoint expectation. What we do try to be is as clinically safe as we can and kind. Kindness goes a long way.

I was thinking about this the other day and contemplating how to respond to a patient who had decided to educate our reception staff with a prolonged oral lesson entitled 'Dr Ince's incompetence' when one of my nurses ran in to say could I come because someone had collapsed on the bus.

Burnham Market is lucky to have the Lynx Coast Hopper line running through it and that day we were lucky that the double decker Lynx Coast Hopper had stopped outside our surgery as an elderly lady had collapsed. One of the nurses had gone as a forward party and I followed up, at pace, across the surgery car park. The bus ramp was down ready for my arrival (they must have heard) and on I went. I couldn't spot the incident on the ground floor so ascended to the top deck where I was met with many staring eyes all looking at me but silently saying 'what are you doing up here'. I went back down and one of our diminutive nurse's heads popped up from behind a seat and shouted 'over here' (with her mouth; with her eyes she said 'over here you pillock, what were you doing prattling about on the upper deck' – she can speak expertly through her eyes).

So sitting unresponsive was a lady in her mid 80s, eyes open but not answering any questions and not squeezing my hand when suggested. A hand on her pulse revealed a very thready beat that unfortunately disappeared whilst I was feeling it (although, I hope, not as a direct result of my clinical touch). OK, unresponsive, pulseless elderly lady

on a bus full to the brim with a large audience of slightly uninterested secondary school children (probably also recording me on their smart phones). We decided on the old fashioned technique of old school ambulance drivers of 'scoop and run' rather than the treating at the scene 'gutter medicine' option. The small but Herculean-strengthened nurses and I lifted her off her seat and into a wheelchair and ran her back to the confines of the surgery. The usual suspects were going through my mind – heart attack, stroke, low blood sugar, where's the defibrillator, why do they always find me etc. We moved her onto the bed and she then began, slowly at first, coming back – she began to talk, then smile and all her observations returned to normal over the next 10 minutes. She told me she had had similar 'vaso-vagal faints' (where your heart can slow and completely stop for 10 seconds or so) and she produced a print out from her handbag of a hospital letter with all the tests she had previously had. We had a lovely conversation about her life and she thanked me for my kindness. In reality my kindness had simply been manhandling her off a bus, into a wheelchair and into the surgery. We popped her (without the aforementioned manhandling) on the next bus back to the bright lighted metropolis of Kings Lynn.

I returned to my room to re-consider my incompetence highlighted by the other patient. I may be incompetent at times but I always try and be kind. Be kind to each other. I wish you good health.




Extra Hands
 Established 1993
 Providers of Home Care in Norfolk

Norfolk Care Awards 2018 Winners


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

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

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

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

We offer:

- Good rates of pay
- Various hours available
- Enhanced holiday entitlement
- Paid mileage
- Free DBS check & uniforms
- Mobile Phone



Tel: 01485 570611

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

www.extrahandshomecarenorfolk.co.uk

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




Meals & service with you in mind



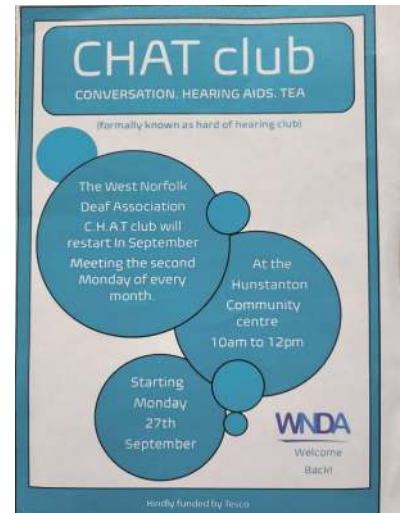
We are a trusted and established frozen meals service that cares.

Pick from a wide range of comforting meals including delicious breakfast, lunch and dinner options as well as mini meals and desserts. We understand everyone has different tastes, so our aim is to have something perfect, just for you, within our range of over 350 dishes. All these delicious dishes will be brought directly to your door by a friendly, local, reliable delivery driver.



Cumberland Pie

West Norfolk Deaf Association



Our next CHAT CLUB is Monday 8th November 10am 12 noon at Hunstanton Community Centre.

We have the lavender fields coming to give a talk along with Anna Pugh our manager at West Norfolk Deaf Association talking about tinnitus.

We will have hearing support there for all the help you need with NHS hearing aids. We can retube hearing aids and supply batteries plus we have sensory support there for any help with phones, doorbells, TV listeners etc.

We meet once a month and in December we have the Christmas meal and will discuss this on Monday 8th November.



New



MADE FOR YOU
Softer Foods Range

80 dishes suitable for a Level 4 Puréed, Level 5 Minced & Moist and Level 6 Soft & Bite-Sized diet. Our range of meals are made to home-cooked standards, are tasty, full of flavour, and are perfect for any meal occasion throughout the whole day.

No contracts so order when you need!

FREE delivery
on orders of £30 or more

Call us today to request your Oakhouse Foods or Made For You brochure on local number

01379 870 117

or visit us online today
oakhousefoods.co.uk



"This company is amazing" - CATHERINE

You In Mind

Hypnotherapy + Counselling
Here to help

Depression | Stress | Relationships | Bipolar | M.S. | Bereavement | Pain Management | Phobias | Weight Problems | Addictions | Confidence Issues
And more

Call me now on
07842 974 748

www.sandiepayne.co.uk

support@sandiepayne.co.uk



Safe Professional Earwax Removal...

for your appointment at The Drift Complementary Health Clinic
Station Rd, Heacham PE31 7DT, call: 01485 205085
or e mail: annahearinghelp@gmail.com

It's time to put on your dancing shoes

The nation loves dance. Each week millions tune it to watch Strictly where celebrities and the amazing professional dancers perform a dazzling display of ballroom routines.

Many readers will remember the original 'Come Dancing' programme in black and white that ran from 1950. At the time the commentators told viewers all about the dresses including how many sequins had been sewn on to the frock (usually by the dancer or her mother). By 1998 (in colour) the series ended but according to the BBC the film 'Strictly Ballroom' rekindled interest in dance so in 2004 Strictly, as we know it today, began.

Whilst some may dream of dancing with Anton Du Beke or Karen Hardy, there is a solution to those who want to learn to dance much closer to home. And that place is Dersingham.

Here's a rundown of classes and teachers that operate in the village.

Val Kershaw - Tel. Val 07789 957071

Dersingham Village Centre - Thursdays

5.30 Children's Ballroom, 6.30 Sequence class

7.30 Ballroom and Latin Beginners

8.30 Ballroom and Latin Beyond Beginners



Val Kershaw was born in Dersingham into a Dancing family, her parents Tony and Janet Kershaw are well known Dance Teachers who still live in Dersingham and Val enjoys coming to Dersingham to teach local dancers and dancers from outside the area and to visit her parents.

Val started dancing at 2 years of age and has danced all her life. At 5 years of age, Val's parents took Val to Ballroom Dancing Competitions in London, where Val always came away with Cup.

Val's Mum, Janet made all Val's Ballroom dance outfits for Competitions and Janet has passed on her skills to Val who has now designed and is about to make, Ballroom Dance outfits for her Childrens Ballroom Dancers Group 10-12 year olds, who meet in Dersingham Village Centre.

By 12 years of age, Val had passed every Ballroom Dancing exam, as a Leader and a Follower and at 16 years of age Val was too young to teach, so Val made the career choice to go into Finance.

It was the lure of the Argentine Tango which drew Val back to teaching after a 25 year break and Val now lists Lindy Hop, as one of her loves as well as the Argentine Tango. Keep Dancing Val!

Peg Hunter - Tel. Peg 07930 556675

Dersingham Village Centre

Home Studio Ballet for All Wednesday,

Thursday mornings Fit 'n' Dancing

Monday mornings Ballroom No experience needed.

No partner required. Visitors Welcome

Peg Hunter was born in Manchester and holidayed in Norfolk as a child. Peg always wanted to live in Dersingham and 7 years ago saw a house in the village she liked and, on the spur of the moment made the decision to move to Dersingham and has not looked back.

Dersingham compared to Manchester! Peg says "Dersingham is

drier," and Peg can be seen walking her dog in Dersingham and onto Sandringham, daily and not bother about the weather!

Peg Hunter started Ballet dancing at 4 years of age in Manchester and she has danced all her life. When Peg lived in Manchester after qualifying she taught children and adults in her own Dance School, covering all Theatre subjects [ballet, tap, modern etc.] Now Peg specialises in teaching adults 'Ballet to Ballroom' and everything in between in Dersingham Village Centre and in her studio at home.



The first ballet Peg went to see as a child was the Bolshoi Ballet perform "Sparticus" [Aram Khachaturian] an epic tale of a gladiator slave who becomes the Leader of an unsuccessful revolt against the Romans in 1st century BC.

Musical influences have been a part of Peg's life, everything from Classical to Glen Miller to Bruce Springsteen, amongst many more but it is Tchaikovsky's grand and elegant music for the Ballet Sleeping Beauty and the music for the "Rose Adagio" perhaps the most famous moment, the most challenging choreography in Ballet and one of the best-known moments in all Ballet which makes Sleeping Beauty Peg's favourite Ballet.

Dance is an emotive expression, involving cognitive development and as movement is an important factor in expressing ourselves, Peg as a qualified examiner with UKA Dance is able to observe the next generation of Dancers and note how dance is liberating for them on her travels round the county examining.

Elizabeth Jarred - Tel. Elizabeth 07709 287318

Scottish Country Dancing Dersingham Methodist Church Hall Intermediates. No partner required. Wednesdays 7.45 -

9.45pm Visitors Welcome

u3a Sequence Dance Group Dersingham Methodists Church Hall. New Sequence Dance Group for Beginners No experience needed No partner required Visitors Welcome Fridays 10.30 -12.30 pm

Elizabeth Jarred, moved from Lincoln 9 years ago. In 2005 in Lincoln, Elizabeth chanced upon Scottish Country Dancing brought about by a love of Burns Night. The Lincoln Scottish Country Dancing Group was the only group that offered a traditional Burns Night with all the ceremony, so Elizabeth joined the Lincoln Scottish Country Dancing Group.

Elizabeth never looked back and took up Scottish Country Dancing with a passion, the Jigs, the fast Reels and the slow graceful Strathspey [The Bonnie Banks O' Loch Lamond is a Strathspey] dancing in Grimsby, Newark and Nottingham as well as, [for 4 years running] going to the Scottish Country Dancing Summer School, staying at St. Salvator's Hall, University of St. Andrews to establish her technique, then bringing her love of Scottish Country Dancing with her, to dance in Dersingham Methodists Church Hall for the past 9 years.

When the Scottish Country Dancing season ended in June, each year Elizabeth, at a loss, took up Ballroom Dancing and continued Ballroom Dancing in King's Lynn where, 9 years ago, she met Val Kershaw. Val Kershaw introduced Elizabeth to the Samba.

shoes and head to Dersingham!

Then in 2019, Elizabeth joined Val's Sequence Dance Class which is now held in Dersingham Village Centre. Sequence Dance is where Dancers do the same steps as one another, all performing together like formation dancing in Ballroom or some other hold and progress in an anti-clockwise direction, round the dance floor. Elizabeth liked the flow of the dance, the variety of the dances, the popularity of Sequence Dancing, the tempo of the music and took it on board.

Lockdown, meant the end of contact dancing so, as to keep supple and able to get up on her toes, Elizabeth [at 70 years of age] joined Peg Hunter's Ballet classes in Dersingham Village Centre and took to Ballet, the new arm positions, the new feet positions, the elegance of the waltz and was entranced by Ballet music, especially the melodic, romantic ballet music of Tchaikovsky.

Tchaikovsky's ballet music leaves a lasting impression.

Now, to pass on her love of dance and share her skills, Elizabeth has started a u3a Sequence Dance Group, with the expert assistance of Peg Hunter to enable seniors to enhance their memory function and physical well-being, whilst having fun and making friends in the process of learning to dance in the Methodists Church Hall, Dersingham. Peg Hunter also applies her musical skills in choosing the music for each dance.

Give it a try! You never know where it may lead, an opportunity to dress up for Tea Dances and Sequence Dance holidays. No partner required. Try Dancing!

Rollason Stage School

Tel. Michelle Rollason 07585 002124



Rollason Stage School is a friendly, welcoming school based in Dersingham Village Centre. Boys and girls from age 3 upwards are taught by qualified teachers who are also currently, or previously, in the performing arts industry. Rollason Stage School is an exciting place for children to learn and grow in confidence whilst making new friends and being creative.

The school offers an excellent level of dance, drama and singing tuition, whilst most importantly ensuring students have fun and enjoy themselves and students have the opportunity to take exams in accredited subject syllabuses including:- B.T.D.A., L.A.M.D.A. and LCM.

The teachers cover the following disciplines: Acro, Tap, Street Dance, Drama, Musical Theatre, Commercial Street Dance, Body Conditioning, Solo and Ensemble Singing, Lyrical, Jazz, Ballet including Pointe. There are also private lessons and show classes.

Students have the opportunity to perform in professional shows, pantomimes, festivals and competitions across the UK.



Michelle Rollason F.B.T.A - Principal

Michelle trained full time at the Midlands Academy of Dance and Drama (M.A.D.D.) in Nottingham. A rigorous 3-year course learning all disciplines of dance.

As a professional dancer Michelle has worked many summer seasons in England as well as professional engagements in Denmark and Greece.

Michelle has choreographed all over the UK for summer seasons, pantomimes, variety shows and more.

Michelle works alongside Rollason Artistes and books professional dancers into shows for many companies.

She has run a very successful stage school in Heacham in Norfolk since 2002 teaching Ballet, Tap, Street Dance, Modern Jazz, Acro' and Speech & Drama.

As well as an experienced adjudicator Michelle is a qualified examiner for B.T.D.A. and has examined at dance schools all over the England as well as New Zealand, Malta and Ireland.

Lucy Rollason

Lucy Rollason trained part time at the Sylvia Young Theatre School in London before training full time at CPA - Bodywork company dance studio. (Cambridge). She has appeared in panto every year playing roles from "Princess Jasmine" in "Aladdin" to "Jill" in "Jack & the Beanstalk" 2019 and 2020 Summer saw Lucy appear as professional dancer and synchronised swimmer at the renowned Hippodrome Circus in Great Yarmouth.

Lucy has been involved in many theatre shows, tours and TV programmes as singer, actress and dancer as well as being an established choreographer having choreographing many leading shows across the country for different production companies.

In 2018 Lucy was elected into the world's most exclusive showbusiness sisterhood "The Grand Order of Lady Ratlings" where she works alongside Debbie McGee to raise coins for the order.

Linda Newport

Musical Theatre extraordinaire and casting director Linda Newport who has a wealth of knowledge in the performing arts industry having appeared in professional productions in dazzling theatres like the London Palladium and professional pantomime and summer seasons all over the map including being part of the sensational "Stutz Bear Cats" singing group. Linda teaches singing, drama and music theatre.

Macy Hodgson

Macy is Rollason's Trainee Assistant Teacher just starting out on her teaching career and she teaches under supervision. Macy is pictured above.

The Fountain Sports Bar

Open to all! Open Mon - Sat 7:45 - Late & Sun 7:45 - Dusk
Lunch: 12 Noon - 3pm, Evening Meals: 5pm-8pm
f <https://www.facebook.com/FountainSportsBar/>

Festive Lunch
Served Monday - Saturday 12 - 2.30pm

MAINS £10.95

Roast Turkey with Cranberry Sauce
Roast Beef with Yorkshire Puddings
Vegetable Wellington

All served with Roast Potatoes, Melody of Vegetables,
Gravy, Roasted Parsnips, Chipolatas & Stuffing
Try one of these desserts for an extra £4.00
Christmas Pudding with Brandy Sauce
Lemon Shortbread Cheesecake
Trio of Ice Cream

Please call **01485 536010** to book
and pre-order in advance.

All dietary requirements can be catered for.
3 course menu can be provided
please ask for more details.

SEARLES
HUNSTANTON

EAT • DRINK • WATCH
The Fountain Sports Bar & Restaurant,
Searles Country Park, South Beach Road,
Hunstanton, Norfolk PE36 6BB T: 01485 536010

Only £895 for a fully fitted electric door.
Gotta get a Garolla.

NOW ONLY £895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:
FREE EXPERT MEASURING & FITTING
TWO REMOTE CONTROLS
ACOUSTIC & THERMAL INSULATION
AVAILABLE IN 21 COLOURS
FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER SHUTTER DOORS

GOTTA GET A GAROLLA

CALL US TODAY
01485 240 034
MOBILE
07537 149 128
www.garolla.co.uk

RESIN BOUND SURFACING NORFOLK

by Steve Penn



PERFECT FOR PATHS AND DRIVEWAYS
QUALITY WORKMANSHIP
FREE QUOTATIONS



10 YEAR GUARANTEE | LOW MAINTENANCE | PERMEABLE SURFACE | UV STABLE

MOBILE: 07712 244825 or 07867 868561

EMAIL: stevepennpaving@aol.co.uk

WEB: www.resinboundsurfacingnorfolk.co.uk

Trees on The Green

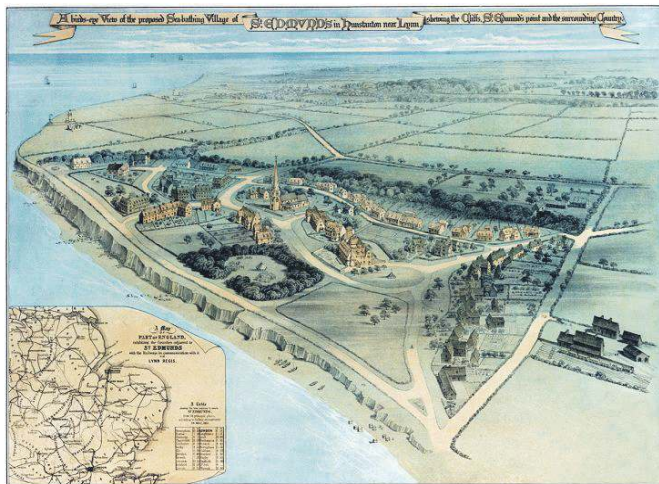
By John Maiden

According to naturalist Chris Packham, rewilding would help the rural economy. It would also send an important message to world leaders if the Royal Family supported his call to rewild more land on the royal estates. Climate Change activists claim that throughout the European Union average tree coverage is 37%, whereas on the Duchy of Cornwall estate, owned by the Prince of Wales, there is only 6% tree coverage.

It was against this background that I made a modest proposal for 70 trees to be planted in Hunstanton to mark the Queen's platinum jubilee. This suggestion was put forward at a meeting organised by the Town Council on October 6th at which most proposals struck me as being of a more ephemeral nature.

Picnics, concerts and dancing, etc will doubtless create lasting memories of a great day spent in good company, but half a day spent planting trees, with the potential of helping to save the planet, has to be an even more meaningful activity.

In support of this idea I made reference to 100 trees donated by the Forestry Commission in response to a letter from one of my students in 1970 - European Conservation Year - which still look magnificent standing alongside the playing field of Smithdon High School. The letter was written by Robert Hawkins and chosen by his fellow students; but groundsman John Hunter deserves even greater recognition for ensuring that each tree was given all the care necessary to get it established.



The BagLadies of Thornham
invite you to our annual

WINTER GIFT FAIR

SATURDAY 4TH DECEMBER 2021

10am - 4pm Free Entry

THORNHAM VILLAGE HALL

HIGH STREET, THORNHAM

PE36 6LX

Unique Gifts

Seasonal Produce

Delicious Refreshments



Raising funds for Thornham village projects

HUNSTANTON MAINTENANCE

Your local Handyman Service.

All types of work undertaken

NO JOB TOO SMALL

Tel/Fax 01485 533378

Mobile 07880 711614

In 2012 I took part in a much smaller tree planting scheme on the southwest corner of The Green. Unfortunately, pleas for each of these quite large holm oaks and silver birches to be properly watered and supported fell on deaf ears. As a result we are left with just one very sad looking holm oak, and three tamarisk trees leaning over at an angle of 45 degrees.

This should not be used as an excuse for refusing to take up the idea of planting the 70 anniversary trees around The Green, in such a way that they embrace all the land subject to the 1955 Covenant, which was imposed by the le Strange Estate for the benefit of inhabitants and visitors of Hunstanton!

When West Norfolk Council was established in 1974 it became custodian of The Green, so perhaps I should be taking this matter up with the current leader. In fact, if Stuart Dark ever gets round to acknowledging my email, sent to him two months ago on a related topic, I will invite him to support this highly significant attempt to make The Green at Hunstanton even greener...

Hunstanton EyeCare

Registered Opticians
Outstanding eyecare and eyewear



44 Church Street, Hunstanton, Norfolk PE36 5HD
To make an appointment call 01485 532 326
www.eyecarenorfolk.co.uk

#1 IN SPECTACLE LENSES WORLDWIDE*

MULTI-PAIR OFFERS AVAILABLE IN PRACTICE
ASK FOR DETAILS. T&C'S APPLY.

SEE MORE. DO MORE.

*See website for details. ©2019 Essilor, a leader in the optical industry. All rights reserved.

Eye Sight Testing Services

We welcome NHS and private patients.
Assessment of diabetic retinopathy,
glaucoma and macular degeneration

Contact lenses

Practice owner Mr Leach is available for contact lens consultations

Dispensing

Large selection of designer frames for both prescription glasses and sunglasses
Full range of children's glasses



44 Church Street, Hunstanton PE36 5HD
Tel: 01485 532326

www.eyecarenorfolk.co.uk

Also at 01263 512345 (Cromer EyeCare)
Wheelchair access at both branches

Hunstanton Eyecare blog

Enhance your visual comfort for safer driving at night.
'Road Pilot'

As the days grow shorter, many of us cannot avoid driving in low light conditions or at night. There are 34 million drivers in the UK and it is estimated that 31% refuse to drive at night. Does that include you? I know from what our clients tell us, that many of you find night driving quite uncomfortable. The visual sensitivity of our eye is different in the daytime than at night, so the night driver has to cope with multiple light sources, headlights, street lights etc, which all impact on our vision. The problems created could be glare, low peripheral vision, decreased contrast sensitivity, increased response time and difficulty in motion perception.

Research and development is on-going in the optical world, and manufacturers have recently put much effort into designing lenses particularly to cope with night driving. Our supplier, Essilor, has come up with "Road Pilot". There are two design options:- Distance only, offers a specially surfaced lens providing high resolution over the entire lens, and a premium anti-reflection coating that offers impeccable clarity of vision. The second is a varifocal design providing wide distance and intermediate zones ideal for the best distance vision and the dashboard area. Both lenses are available in a clear plastic material, or Transitions Xtractive™. The highway code advises not to use tinted lenses for night driving if they restrict your vision. Therefore, Transitions Xtractive™ with its pale tint is fine, just enough to reduce excess glare but not to reduce vision. The special anti-reflection coat adds to the light transmission qualities and reduces lens surface reflections by up to 90%.



Just because they are called "Road Pilot" doesn't mean you can only wear them in the car, they give great vision on many occasions, but especially for driving. If you should wear specs for driving then that same pair will be useful for other occasions such as cinema, theatre or TV, so why not wear them? The Transitions Xtractive™ is an ideal sunspec material, being photochromic it will darken to around 80% tint and also reacts more quickly to UV light behind the car windscreen.

So, if night driving is a bit of a bother, pop into Hunstanton Eyecare and discuss our "Road Pilot" lens.

Happy motoring!

Annette

DAVID PEARCE ROOFING SERVICES

SLATING TILING LEADWORK GUTTERS

FREE ADVICE & QUOTATIONS, 2 YEAR GUARANTEE

TIME SERVED TRADESMAN, CITB REG ASSESSOR

TEL: 01485 544279 MOBILE 07825 415040

E MAIL davepearceno1@aol.com

Hunstanton Lifeboat Station

Geoff Needham

COVID still has an impact on how we operate, working to the guidelines as issued by headquarters, we have managed to keep the station running, along with all RNLI stations, the shop is also open on certain days.

Saturday 2nd October at 12.20 a.m. UK Coastguard requested launch of Hunstanton Hovercraft to assist other agencies in the evacuation of an injured horse rider on Holme beach. Hunstanton Hovercraft launched on service, on arrival crew assisted coastguard and paramedics to carry the rider to higher ground, as the tide was coming in. Due to the severity of the injuries to the lady rider, the Coastguard Helicopter was requested, and landed on the beach, once the paramedics had stabilised the casualty she was placed in the Helicopter and flown to Norwich Hospital. This was a serious incident carried out by various agencies working together, well done all. We wish the young lady a speedy recovery. H.W. 4.36. p.m. Vis. Good Sea state Slight. E. 4. Weather. Fine.

The crews were also called out to a few calls made with good intent, where persons had informed the coastguard of persons they believed to be in trouble, but had sorted themselves out before assistance was required. On Sunday while on exercise, the Coastguard received a call that a sail-board surfer was in trouble off Heacham, the lifeboat diverted to Heacham to assist, on arrival the person had made it ashore minus his sail, crew recovered sail, then returned to station.

An open day was held on Sunday 26th September at Hunstanton Lifeboat Station 10.00. a.m. until 3.00. p.m. Also attending Norfolk with their boat and drones. Sandi Star Fish. Coastguard. Norfolk Fire & rescue Service. Coastal marine Services. A fun day for the family and a community working together to keep everyone safe.

A lady from Swaffham, Heather Bangay set herself a project during lockdown, and started putting 5p coins in a sweet jar, she came along to the open day and presented the contents to the station, four thousand 5 pence coins - £200. in total! Well done and thanks from all at the station.

Respect the water campaign and advice to Holiday makers, Tidal waters have strong tidal currents, especially the approaches to the harbours. General coastal safety tips. 1. Check the Weather and tide times. 2. Read signs. Be aware of local hazards, ie;



sandbanks. Channels Strong tidal currents. 3. Carry means of calling for help. 4. If you see someone in danger dial 999 or 112 and ask for the Coastguard who will page us.

The RNLI charity saves lives at sea. Its volunteers provide a 24-hour search and rescue service around the United Kingdom and Republic of Ireland coasts. The RNLI operates over 238 lifeboat stations in the

RNLI UK and Ireland and, in a normal year, more than 240 lifeguard units on beaches around the UK and Channel Islands. The RNLI is independent of Coastguard and government and depends on voluntary donations and legacies to maintain its rescue service. Since the RNLI was founded in 1824, its lifeboat crews and lifeguards have saved over 142,700 lives.

NEED HELP ?

Support in your own home or out and about.

Call Paul 07741 568 023

DBS and references available.

Stitchers Sewing Machine Workshop



Servicing & Repairs by the Local Expert

Tel: 07866 923417 + 01485 535977

www.stitchers-repairs.co.uk david@stitchers-repairs.co.uk

CREATIVE SPIRITS GET TOGETHER TO RAISE FUNDS FOR THE RNLI

Carrie Harvey

Well known Norfolk artist Vanda Richards generously offered to lead an Introduction to Oils workshop for the Hunstanton branch of the RNLI in Ingoldisthorpe on September 28th.

All materials were provided by Vanda and twelve participants were given a masterclass in painting a beautiful seascape of sunset over Heacham Beach from a photograph taken by Jo Jutsom, Deputy Launch Authority from the RNLI Boathouse.

The day was organised by the Hunstanton Guild and committee members provided the refreshments including a delicious lunch. Over £800 was raised for the local branch.



Spooky goings on

Jenny Beake



Dersingham's Jessica Jack has started a new business that offers something a little out of the ordinary. Dark Broomsticks provides furniture, favours, balloons and themed items to make an event a little on the spooky side.

With a diploma in wedding planning, Jessica can deliver gothic-themed weddings, hen parties, even baby showers with a gothic twist.

She said: "It's a new thing I've decided to do as it is something you don't see much. I recycle furniture and provide black chairs for a gothic themed event."

"I have a floor level table with gothic pillows that can be used any time of year and not just at Halloween."

Jessica intends to work with other local small businesses to provide food and she is able to provide consultation for an event with up to 30 guests.

She said: "People can hire furnishings from me and I also provide the set up. For example I have a gothic themed trolley and jars for sweets and snacks. I design stickers that can be added to candles to create the gothic theme."

For anyone who fancies a witchy afternoon tea, Jessica provides the props and set ups which includes themed cake stands, a floor table, cushions, and a witch brew tea set.

She said: "It is always something I have wanted to do using dark colours and weird looking stuff is becoming more popular so I am just going to go for it and see how it goes."

"There is nothing like that for people if they wanted a scary themed wedding."

Also available to hire is the Dino dig and pirate treasure dig for children parties for little ones to find magical treasure and fossils.

Dark Broomsticks also offer a novel baby shower idea for a gender reveal.

A spooky baby shower can be set up with a cauldron and the colour of the smoke reveals the gender.

It's never too early to plan for Christmas and Dark Broomsticks are offering nightmare before Christmas themed parties. They will arrange a special box of gifts to be delivered to the door from Santa or an elf helper.

Hire props are available with a new stock of items that includes a wooden backdrop and flower displays with a Gothic theme.

For further information visit :instagram: darkbroomsticksjessie and darkbroomsticks on Facebook. Mobile 07737 220690



QUALIFIED ELECTRICIAN

Available for:

- Extra Sockets
- Lighting
- BT Points



No job too small - Free Estimates

No call out charges

Phone Owen on:

01485 572726 or 07813 173 446

OWEN'S DIY
Hunstanton
Your local independent store for over 20 Years

**Chapel Lane
Hunstanton
PE36 5AN
01485 533053**

www.owensdiy.co.uk
owensdiy@btconnect.com



For all your DIY needs
Key Cutting Service, Leyland Paint Mixing
Service,
Ironmongery, plumbing & electrical supplies

P.D. BIRD
Plumbing & Heating Engineer
for Oil & Gas

OFTEC
No. CI 1852

gas safe
REGISTER
No. 101992

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

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

Professional Quality Work - Guaranteed
www.pdbirdplumbingheatingbathrooms.co.uk

Tel: 01485 579472
Mob: 07889 167063

R C CLEAN
EXTERNAL CLEANING
DELIVERING WHAT WE PROMISE

WINDOW CLEANING SERVICES
• Professional • Reliable • Regular • Friendly

EXTERNAL & INTERNAL WINDOWS
FASCIAS
SOFFITS
GUTTERS
CONSERVATORIES
PATIO CLEANING

CALL FOR A FREE QUOTE
07871 008564 or 01485 493038

Email: rcclean101@gmail.com

**Tim's
Tree Services**

**PRUNING • TOPPING
FELLING • CLEARING
STUMP GRINDING**

ALL ASPECTS OF
TREE & HEDGE WORK UNDERTAKEN

OVER 30 YEARS EXPERIENCE
QUALIFIED - INSURED

**CALL 01485 541560
or 07884 263897**

FOR YOUR FREE QUOTE!
www.timstreeservices.com
LOCAL MAN ~ LOCAL RATES

Linking up - Live Locally and Prosper

Andrew Jamieson, Norfolk County Councillor, North Coast & Cabinet Member for Finance

Funding routes for local community projects from Norfolk County Council

At Cabinet on 4th October, two Resolutions were passed that will help local Councils and communities access funds for specific projects. As well as highlighting these, I thought it would be useful to repeat some of the ways in which local communities can access funds from NCC.

First, **Crowdfund Norfolk (CfN)** is a new online NCC crowdfunding platform for donation-based funding of eligible grass roots and community-focused projects across the county. The first phase of CfN will consist of a 24-month period during which projects will raise donations from the 'crowd' (community) matched by funding from NCC. To apply, complete an online application form provided by NCC. Successful projects will be awarded a grant conditional on them crowdfunding at least 50% of the total project budget. All projects that receive match funding from NCC will be asked to complete monitoring reports during the life of the project and following the conclusion of their project. The first phase will focus on supporting two Environment Team policy objectives. NCC will pledge a maximum of 50% of the total project budget up to a maximum individual grant of £15,000.

One Million Trees for Norfolk. NCC has set a target of planting 1 million trees by April 2026 (across the next five planting seasons). Tree planting can help with reducing flood risk, improving air quality, increasing biodiversity and add to people's health and wellbeing. Funded projects might cover a single tree on the edge of a sports field, or a small orchard on the boundary of a village. NCC also has ambitions to encourage community nurseries where trees can be grown from seed. **Norfolk Historic Mills and Pumps.** Norfolk has the finest collection of historic wind and water mills and pumps in Britain, twenty-one of the best examples being conserved by the Norfolk Windmills Trust for the nation as a whole. Their care and protection require skilled craftsmanship using traditional materials and techniques and we need to encourage and train a new generation of skilled craftspeople with the skills needed to maintain them in working order. The fund will focus on projects maintaining and improving these historic mills and pumps as well as others that local community groups are seeking to save.

Second, **The Highway Member Fund.** In April this year, the highways member fund was increased from £6000 to £10,000 per county councillor. The capital installation of **public EV charge points** in community car parks, such as at village/town halls, was also brought into scope. Since such community car parks will be within proximity of residential

areas that will benefit from any such installations, it is likely that they will qualify for funding from the government's OZEV's On-Street Residential Charge Point scheme. This in effect means that the member fund could fund 25% of the installation costs, instead of 100% currently, with the remainder being met through the government grant scheme. So the Electric Vehicle Strategy that was also passed on October 4th and can be seen here will enable councils and community groups to apply for funding. The EV strategy was passed at the latest Cabinet and can be viewed on the county Council website. The meeting date was 4th October and the relevant document can be found on page 76.*

Third, the **Social Infrastructure Fund** is an annual scheme, allotting £1,000,000 yearly to local projects and causes. It is a capital grants scheme for voluntary and non-profit making groups. Set up in 2020, grants of up to £250,000 are available for groups who are involved in community projects and initiatives that benefit the residents of Norfolk. Groups can use the funding to make improvements to their existing facilities, or to fund new initiatives and projects. This grant is part of our commitment to voluntary and community organisations. It helps strengthen local communities by providing support for local buildings and facilities.

£1m of funding was available in 2021 and will be in 2022 as well. The fund is split into two pots, with £250,000 set aside for smaller projects of between £5,000 and £50,000, and the other £750,000 for larger projects between £50,000 and £250,000. If you have projects that you would like to take forward please let me know and I will guide you through the process. The hard yards will need to be done by you, however.

Fourth, **The Community Renewal Fund** was what the first tranche of the Levelling Up Fund was called. The Fund has four themes,

Investment in skills: Work-based training, retraining, upskilling or reskilling members of the workforce

Investment for local businesses: Supporting entrepreneurs and helping businesses with potential to create more job opportunities for current employees or take on new employees

Investment in communities and place: Delivering net-zero and local energy projects; Improving green spaces and preserving important local assets, Promoting rural connectivity

Supporting people into employment.

Bids for 2021 have closed and we await the results of our application, particularly as we were able to ensure that Kings Lynn and West Norfolk was deemed a priority area within the County. However, it is most important that Community Leaders start now to collate bids for projects, particularly coastal projects, for 2022. This is the big one: going forward the



CRF will be superseded by the **Shared Prosperity Fund**. Now we have left the European Union, the government has committed to at least matching EU receipts through the new UK Shared Prosperity Fund, on average reaching around £1.5 billion a year. This new Fund will operate throughout the UK and, for us, will be delivered primarily by Norfolk County Council. We will have the opportunity to give real focus to our domestic priorities for people and places by championing local insight and reducing bureaucracy.

Fifth, District, Town or Parish Councils can apply for funding to instal **Changing Places Toilets**. There are currently around 1,200 registered Changing Places toilets in England – these are larger accessible toilets for people who cannot use standard accessible toilets, with equipment such as hoists, curtains, adult-sized changing benches, and space for carers. The top 3 venues where these facilities should be made available were: beaches and the seaside, motorway services, and parks or gardens.

Finally, **Parish Partnership Schemes** are available for a whole range of highway improvement schemes; SAM2, trod footways, bus shelters etc. this year I am working on extending this to community bus schemes so that villages might join together to fund, along with NCC, a local route that does not work for a commercial service.

Grant funding often appears like a game of Whack-a-mole, with bids appearing and vanishing before you know it. Vigilance is key and NALC are very supportive. www.Norfolk.gov.uk/business/grants-and-funding is a useful website as is newanglia.co.uk/funding/.

However, the funding listed above is available for 2022, subject to an application being approved. However, my experience is that time goes by quickly, so it's good to get ducks in a row quickly.

* **Editor's note:** If you can't find the Electric Vehicle Strategy, get in touch with me at editor@townandaround.net and I will email you a copy.



Dersingham Christmas Fair
 Sunday 21st Nov
 12 o'clock - 5pm
 Village Centre, Manor Road,
 Dersingham

Solosaxclarinet



Weddings, birthdays,
 anniversaries, fund raising,
 care homes & all social events.

Saxophone/Clarinet lessons.
 All ages. Beginners welcome.

e:solosaxclarinet@btinternet.com
 www.solosaxclarinet.com

Contact David on:
 01485 534220
 or 07754 497562

**SPECTRUM ART AND CRAFT CLUB
 ARE HOLDING A**

CHRISTMAS CRAFT FAIR

**AT THE METHODIST CHURCH-HALL
 LONDON ROAD KING'S LYNN PE30 5EJ
 OPPOSITE THE LIBRARY
 ON SATURDAY NOVEMBER 13TH 2021
 10 AM UNTIL 4 PM**

**GREAT IDEAS FOR CHRISTMAS INCLUDING
 PICTURES, JEWELLERY, CARDS, PERFUMERY
 AND CRAFTS**

**LIVE KEYBOARD MUSIC
 CARD BOLLA AND RAFFLE
 FREE ENTRY
 REFRESHMENTS AVAILABLE
 ENQUIRIES PHONE 01553 816559**

COVENT GARDEN CONSORT PRESENTS...



BACH, BEETHOVEN & BRAHMS
 INCLUDING THE COMPLETE BEETHOVEN STRING TRIOS
**15TH & 17TH NOVEMBER 2021
 7PM**

THE YORKE TRUST, BURNHAM RD, SOUTH CREEKE NR21 9JF

**BACH GOLDBERG VARIATIONS (SELECTION)
 BEETHOVEN STRING TRIO IN E FLAT OP. 3
 BEETHOVEN SERENADE IN D OP. 8**

**BEETHOVEN PIANO QUARTET IN E FLAT
 BEETHOVEN STRING TRIOS OP. 9 NO'S 1, 2, 3
 BRAHMS PIANO QUARTET IN C MINOR**

**TICKETS £15
 PER CONCERT**

BOX OFFICE

**PHONE: 07980 837 320
 ONLINE TICKETS: WWW.TICKETSOURCE.CO.UK
 SEARCH "COVENT GARDEN CONSORT"**

Introducing

Hall Farm House Concerts



*Join the Covent Garden Consort for an evening of
 beautiful chamber music in the intimate setting of
 Hall Farm House, East Winch*

16th November 2021, 7pm

*Bach Goldberg Variations (Selection)
 Beethoven Piano Quartet in E Flat
 Beethoven String Trio
 Brahms Piano Quartet in C Minor Op. 60*

**6.30pm Drinks Reception
 Bubbles, Wine & Canapés included
 Tickets £ 30**

FOR RESERVATIONS PHONE: 07980 837 320

HALL FARM HOUSE, LYNN ROAD, EAST WINCH,
 KING'S LYNN, NORFOLK PE32

The Mayor writes..

As I mentioned in last month's article, next year sees the 70th anniversary of the Queen's accession to the throne, her Platinum Jubilee. A meeting to gather ideas for Hunstanton's celebrations was held in the Town Hall early in October. Town councillors, Town Clerk, Borough councillors and Borough Council officers joined together with 38 members of the public, many representing groups and businesses within the town. The meeting was very positive with people putting forward a number of ideas for events and activities to mark the occasion of the jubilee. Some of these already had outline planning and others were initial ideas. Most of those present asked to be kept informed of the progress of the plans for the jubilee and of future meetings. The Town Council has offered to act as co-ordinator of events and to produce a printed programme of events for the jubilee year, especially the holiday weekend of 2nd – 5th June. Also arising from this meeting was the agreed need for a Town Events Committee. A number of people suggested that no one organisation in the town was able to organise major events such as the Carnival and Christmas Cracker. It was suggested and agreed that a meeting be held to which organisations/groups would be invited to send a representative to discuss the formation of this Town Events/Festival Committee and to decide which events would be included. By the time you read this the meeting will probably have taken place.



From left: Mayor Adrian Winnington, Lt Col Jared Williams, SMSgt Jeremy Mayo, Deputy Mayor Maureen Howard

The new Officer Commanding USAF 67th Special Operations Squadron at Mildenhall, Lt. Col. Jared Williams, is very proud of the 67th's special relationship with the town of Hunstanton and is keen to develop links through the unique twinning of the squadron and the town. As a result a meeting was arranged between Lt. Col. Jared Williams, SMSgt Jeremy Mayo, the Hunstanton Mayor, Deputy Mayor and Town Clerk, the curator of the Sculthorpe Heritage Centre, Chairman of the HDCS and Friends of the 67th SOS. I welcomed Lt. Col. Williams and SMSgt Mayo and emphasised the special and lasting relationship which has been formed between the 67th SOS and the people of Hunstanton who are deeply indebted to the bravery and selflessness of the American Airmen during the floods of 31st January/1st February 1953. The officers from Mildenhall were able to see the Freedom of Hunstanton charter and other 67th SOS related items on display in the Town Hall. There are similar items on display at the 67th's headquarters building at Mildenhall and Lt. Col. Williams is eager to develop this further by renaming their conference and training rooms. He makes sure that every new recruit to the squadron is made fully aware of the special relationship with Hunstanton. Discussions took place regarding events to commemorate the 69th and 70th anniversaries of the 1953 floods and of the formation of the 67th SOS. The anniversary of the 67th SOS is 14th November which this

year is Remembrance Sunday and so this year the squadron will be joining with the town to commemorate Remembrance. Two USAF airmen were awarded the George Medal for their actions during the 1953 floods – Reis Leming and Freeman Kilpatrick. The main walkway through the Esplanade Gardens has been named Reis Leming Way. We will be working with the Borough Council to get the other walkway in the gardens named Freeman Kilpatrick Way. After the town was twinned with the 67th a sign to this effect was attached to the town sign on Redgate Hill. We will be working with the County Council to get a similar sign erected at the entrance to the town from Old Hunstanton. It was good to meet with people sharing positive aims of building on the past and planning for the future of this special relationship between town and squadron.

As Mayor it is always an honour to receive invitations to events. During the last month I have been able to join a number of groups in the town. Our Hunstanton Town Council Friendship Group held a very successful and well-attended MacMillan Coffee Morning in the Town Hall. It was good chatting to many members of the group. A couple of weeks later I was back with the Group, this time at their base in the Community Centre, for the First General Meeting of the Group. I was appointed, as Mayor, to be the President of the Group, and the constitution and six committee members were agreed unanimously. I want to thank all those who have worked so hard to make this group become a positive support for those feeling lonely or isolated.

On a beautiful sunny day Catherine and I visited the RNLI and Emergency Services Display and Funday on the beach at Old Hunstanton. It was great that so many people, residents and visitors, were able to speak with the members of the services, many of them volunteers, who put in so much time, and work so hard, to keep us safe. As a result of such a successful day I know that it is planned to make this an annual event on the beach.

On the first day of October Catherine and I attended the Mayor of King's Lynn's Charity Sandringham Ballroom Reception. The main focus for the evening was Mental Health and Wellbeing. We had a video address by Sir Norman Lamb followed by one in person by Professor David Sines. It was good to hear two such knowledgeable people speaking about an issue, which in times of this pandemic, is of significant importance.

Last month I said that Catherine and I had attended functions around Norfolk. In October we travelled out of Norfolk into Cambridgeshire to attend the Mayor of March's Civic Service. We were pleased to be able to attend this service as the current Mayor of March, Cllr Kim French, was also Mayor when I was previously Mayor of Hunstanton. It was good to meet up again and also meet some of the other mayors from a bit further afield.

On October 9th, when Hunstanton was once again living up to its 'Sunny Hunny' title, the Goldwings arrived in town. In the afternoon they arranged themselves on The Green and were admired by many visitors and locals alike. Some of these 'bikes' are a number of years old but they all look brand new with their brilliant paintwork and shining chrome. I went down to The Green to welcome them to Hunstanton and thank them for coming as this was an 'extra' event for them as they usually visit in March, but for obvious reasons could not do so this year. Everyone was very friendly and they insisted on finding me a ride on the back of one of the three-wheelers for the light parade around town during the evening. There was a good crowd of people clapping and cheering as we made our way around the town with lights flashing and horns sounding. The Goldwings raise a lot of money for their chosen charities during their visits and they are hopeful that they will be back on track with a visit to Hunstanton again next March.

Finally, I have already mentioned that the USAF 67th SOS will be joining the Hunstanton Royal British Legion and the town in our Remembrance commemorations this year. As I write this, details have not been confirmed, so please look out for further information nearer Remembrance Sunday.

Mayor: cllr.winnington@hunstantontowncouncil.gov.uk

Cllr Adrian Winnington 01485 534747

Town Clerk: clerk@hunstantontowncouncil.gov.uk 01485 532402

Hear **CLEARLY** again...

Never miss out on the sounds you love
with the latest comfortable and invisible hearing aids

- ✓ **EASY** parking
- ✓ **HOME** visits available
- ✓ **FREE** aftercare
- ✓ **DISCREET, POWERFULL** - new technology
- ✓ **RECHARGEABLE*** - no more fiddly batteries
- ✓ **INDEPENDENT** family business



Hearing aids don't have to be seen!



*on selected products

**We are open &
Covid-19 Compliant**

**FREE
HEARING
TESTS**

**WAX
REMOVAL
SERVICE**

**'NEW'
HEARING
AIDS TAKING
THE WORLD
BY STORM**

**BRING THIS
ADVERT IN TO
CLAIM YOUR
SPECIAL HEARING
AID DISCOUNT***
or quote ref
HTA



Sound Advice Hearing Centres

www.soundadvicehearing.co.uk

"We care about you and your hearing"

TROUBLE HEARING THEN CONTACT US TODAY!

101 High Street, Kings Lynn PE30 1BW

01553 760250

Day Centre also at Hunstanton Eyecare, Hunstanton

**Hunstanton
MOBILITY**

Scooter Hire from £12 per day.

Pre-owned Scooters

From £400 with 6 months warranty.
(Free local demonstrations available)

Breakdown | Service | Repair

Emergency breakdown collection, repairs,
punctures, batteries (supply & fit).

michael@hunstantonmobility.co.uk

**Call Michael on 07939 233205
or 01485 533532**



hunstantonmobility

How are you?

Worried, stressed, no-one to turn to?

Contact me for professional and confidential help

Counselling/Psychotherapy in Hunstanton

Marie Jarvis MEd (Cantab) BSc Hon BED

Registered Member of the British Association of
Counsellors and Psychotherapists

Find me on line in the BACP Therapists Directory,
Registration No 56620

Tel: 07866 889967 (Hunstanton)

email: marie125@btinternet.com

FOOTCARE

WITH NICKY

"Take a step in the right direction"

Professional footcare from the comfort of your own home

Nail trimming • Corns/Callus • Verucas
Ingrowing toenails • Cracked Heels • Diabetics

07894249823

Nicky S.A.C. Dip FHPT, S.A.C. Dip FHPP registered



HUNSTANTON
DENTAL LABORATORY

Denture Repairs within an hour

Monday-Friday 9am-5pm

Tel: 01485 535388

9A High Street, Hunstanton PE36 5AB
j.asman@yahoo.co.uk

Borough Council News Heacham, Sedgeford and Fring

Terry Parish Borough Councillor and Leader of the Group of Independent

November, winter approaches and the flood season begins. Dry West-Norfolk has become subject to surface water flooding. Fring suffered most last season and it remains to be seen whether land owners and NCC have cleared appropriate ditches – they have been reminded. The other factor is Anglian Water and extraction of (drinking) water at Fring boreholes. This obviously affects the water table and the flow in the Heacham River.

Sporadic flooding continues in Heacham following heavy rain. The problem at Station Road remains and NCC have confirmed that there is no budget to solve it though some work will be done to clear pipes near Pound Lane. Surface water 'flows' by pipe to and through the Social Club grounds and outfalls (theoretically) into the Heacham river. A retired former council employee gave me a fascinating insight into drainage in and

around Heacham for which I am grateful.

The infamous Cheney Hill, Heacham, development now seems unlikely to emerge from review before Christmas. The review is about the layout etc, not the number of houses which is a pity. There is a strong rumour that Government planning reforms will seek to preserve greenfield sites rather than allowing developers to do as they wish (the Conservatives are losing votes over their original dire intentions). I will believe it when I see the changes writ large.

The Borough Council has done well out of a government grant to improve the energy efficiency of the public estate. Ground source heat pumps and solar photovoltaics feature. Such technology will also be used to future proof new houses being built by the Borough in Lynn. The private development at Cheney Hill will do the same.

Gas heating has to be phased

out in a few years so all new builds should have alternative energy sources. And, also, electric car charging points. A lot more electricity generation capacity will be needed though the new interconnector from Norway is now operating. It will provide sufficient power for 1.4 million homes.

Expansion of the windfarms of Norfolk's coast has been delayed as there are environmental and other concerns. A very large solar power array on the outskirts of Lynn will be considered soon. If approved, it will be a very significant piece of farm land removed from food production for at least 50 years. There is no green energy, it is a question of priorities and balance.

Returning to something local, the Borough is allocating several millions to drama within the King's Lynn Towns Fund bid, and has just announced it will re-roof the Hunstanton Princess Theatre at a cost of £250,000. The



Borough does own the building and the work has been needed for a while.

However, talking of drama (rather than tribute acts, comedy, and Shakespeare), the best play I have seen for years was in October at Sedgeford village hall. It was 'Rosa Mendoza' performed by the fEAST Theatre Company, excellent acting and an excellent script. Sedgeford is the venue for a number of quality plays every year (barring 2020).

Hunstanton and District Civic Society

We are now back this month with an item of interest from the Civic Society although this is about one of our interesting members rather than any sort of 'object'!

As you know, we have been asking you all to submit any photos that you think might adorn a Calendar for 2022. A number of you managed to submit over 50 photos for us to choose from and now we are in the process of creating a calendar which is likely to be produced at the end of October/early November. See below for details.

HERITAGE CENTRE

Once again, thanks must go to our hard working volunteers for welcoming a select number of visitors. Last Sunday saw a record broken by Margi Blunden and Martin Chown who somehow attracted a total donation and sales pot of £74.80 from a mere 17 visitors. Well done you two! Perhaps we should ask them to tell us how it should be done at our next coffee morning. Talking about that, our first coffee morning at the end of last month saw about 18 volunteers (including some new ones!) meet up for a chat and a warming cup of coffee and cake (thanks to you all who contributed these delicacies). The next coffee morning for Heritage Centre volunteers will take place in the Heritage Centre on Tuesday, 16 November 2021, starting at 10.30am. This is a great opportunity for prospective new volunteers to come and meet the team, so please do get in touch if you are interested (tel. 01485 534007; email: amandabosworth@me.com).

The Committee has decided that the Centre should remain open ideally beyond our normal closing date of mid-November right through the end of the year into next year. However, if visitor numbers do disappear then it may be that we have to close up until it seems right to reopen next year (perhaps weather dependent). We hope that volunteers will continue to put their names down on the lists kept at the Centre.

Annual General Meeting 2021

This year, the Annual General Meeting will take place in the Heritage Centre on Wednesday, 8 December 2021, starting at 7.30pm. After the formal business is concluded the committee will share with members its ideas for change in 2022, the Society's 20th anniversary year.

The proposals represent a reallocation of resources, partly in response to changes in the economic and social environment that have had an impact on day-to-day activities, but also as part of the natural review process of any organisation reaching a major milestone in its evolution. One core objective that remains at the heart of the society is to ensure a viable long-term future for the Heritage Centre.

Looking ahead, the changes are likely to be reflected in a new "look and feel" in the way we do things.

MONTHLY TALKS AND OUTINGS

Despite the valiant efforts of our Talks Coordinator, Tony Armstrong, we have not managed to find a speaker for what was hoped to be a talk next week. As a result, sadly there will not be a talk this month. Tony will continue to fill later months programme dates. He had managed to arrange for a speaker for our AGM evening on 8th December but we have decided to defer this speaker until a later date as the Committee have decided that we needed this particular opportunity to discuss the future of the Society. (See above)

John Bridger has agreed to promote an outing to Blickling Hall. We find that the Hall is open until 23rd December so are arranging a trip there in the next few weeks. If you are interested in joining us, please give John a call, or leave him a message on 01485 533896. This will be very informal. The café is also open so we could incorporate a lunch or tea/coffee whilst there. If John is able to accumulate reasonable numbers then perhaps a special tour around the Hall might be possible. If lucky with the weather, then a walk around the gardens might be good for the constitution! If you require a car seat, we are sure that

there will be spare seats available in members' cars.

H&DCS SUBSCRIPTION RENEWALS

The Treasurer is very grateful for the quick response to his request for Membership renewals. Not only has there been an excellent response but an amazing number of you have decided to add an amount to the subscription by way of a donation. As they say, 'every little bit helps'. It is particularly heartening to know that the Society can rely on the member's generosity of spirit when it may seem that you are not getting very much for your money. The lack of talks could easily be a reason for not renewing but the Society is so much more than that. Your Committee do work very hard in other ways to carry out our strap-line of 'Looking to the Future, Preserving the best of the Past' – producing Newsletters, keeping an eye on Planning issues etc.

H&DCS ANNUAL CALENDAR (NEW!)

As mentioned above, we are in the process of creating a thirteen page calendar using many of the photos that we were sent by our members. We do have some beautiful scenes of Hunstanton and the surrounding area which you can admire over the course of next year. They will make a lovely gift for family and friends over Christmas. We plan on a small print run so please get your orders in early to avoid disappointment. First come, first served! Thanks go to all those who sent in their photos. We shall let our contributors know which photos have made it into the calendar.

AN OBJECT OF INTEREST FROM HUNSTANTON HERITAGE CENTRE A WANDERER FROM THE START

– the third in a series of interviews by Margi Blunden.

This is the first part of an article about Ivy Scales's life.

Sitting in Ivy's house, I am aware that this one chat will not suffice to cover the many experiences which have filled her life until now. Every wall, showing pictures of French liners, prints of Gauguin, posters of Geneva, villages in the Jura mountains and all kinds of other colourful and intriguing pictures, speaks of her adventures.

But her story starts locally in Stanhoe in 1937 when the world was quite a different place. The war was looming and although Norfolk being a quiet, rural county was not used to much disruption, the conflict would bring its surprises to the little village with two pubs and a sweet shop and a two mile walk to the train station.



*Ivy Scales Uncle's Ironmongery in the High St.
where the Smokshop is now located*

The family initially lived in Pond Cottage overlooking the green and pond, next door to her maternal grandfather. He was a farm foreman and was very much part of their lives. Her parents had met at the Dormy House Hotel in Brancaster where her mother worked. The Scales family, having originally come from Normandy, had been tenant farmers and occasionally publicans all over Norfolk for centuries.

From the start Ivy enjoyed exploring her surroundings. One of her earliest memories is from the age of four when having been told by

her mother she could not go out as Grandad was busy and couldn't look after her, she determinedly put on her red wool coat. She disliked being confined, was cross that Grandad couldn't take her, and once outside the back door planned her route across the field to see him. The men were picking the sugar beet as she made her way diagonally over the field.

Her mother, pregnant with her sister, red faced and panting, appeared running down the road towards her. Ivy's recollection is that she felt quite pleased with herself despite the consternation from the grown ups she had caused.

Of course by now the war was on and it did not go unnoticed by the village children of whom Ivy was one. The social life however carried on through the war and everyone went to the blacked out village hall for dancing, games, singing and mounds of sandwiches.

The children became familiar with the different sounds of the plane engines and knew when they should run for cover.

Playing one day at the top end of Station Road they witnessed a plane nose diving over the village only to crash in the field in front of them. They rushed to the plane, uninterested in the dead pilot slumped in the cock-pit. They were after the anti radar ribbon which, for a reason now forgotten, they wanted.

Ivy mentioned here that all the dead German pilots from the area were buried in Great Bircham churchyard and to this day a few gravestones can still be seen.

She recalls the Italian prisoners of war who helped in the fields. They loved the children and would give them wooden articulated animals which they had carved.

Although there was a lack of schooling at this time due to teacher shortages, Ivy's curiosity about the world was satisfied by reading any book she found in the bookcase at home and listening to the radio. She was not interested solely in children's books but read books about WW1 and the newspaper.

There was in the Scales's house a big steamer trunk which had the labels of steam liners on its exterior. Like his brothers, Ivy's father thought it might be a good idea to emigrate to Australia and decided to prepare by buying the trunk. Ivy would examine the labels advertising the Cunard line with fascination dreaming of the day when they would leave. That never happened but these sources of information fed her conscious wish that at the age of eight she wanted to see the world.

However, that had to wait. In the meantime, she was delighted to be taken by train from Stanhoe via Hunstanton and Kings Lynn down to Esher in Surrey where her Aunt Ivy lived. She loved the journey observing details like the blackout blinds on the train and drinking in all the views of the stations and their gardens on this busy line.

Her knowledge of history was expanded further when the family moved into the pub The Norfolk Hero. This old inn (which lost that status when Ivy's father became the tenant) had two staircases and the spiral one, constructed of brick and wood, led to Ivy's bedroom. Here, many years before her, Nelson had taken his rest, using the inn on his way to Burnham Thorpe.

The way of life was still simple – each morning Ivy would take her ewer (a large jug) downstairs to fill it with water from the sink behind the bar, return to her bedroom and fill the basin for her wash.

Her eagerness to be part of something larger than Stanhoe and then Fakenham Grammar School from the age of 11, made her a lively girl who refused to accept the conventional boundaries of the time.

When she announced to her father she would like to be a sailor the response was:

Girls don't go to sea.

She felt devastated.

However, knowing that she had to earn money once she left school, she entered nursing. This proved to be totally unsuitable for her and after thirteen months she left and found employment in King's Lynn at Plowright, Pratt and Harbage.

She was put in the Despatch Department with employees who had been there a long time.

One day packing parcels and amidst the general chat she burst out with the words:

I didn't go to Grammar School to pack parcels!

Her fellow workers were astonished but Ivy left and found another job with Cooper Roller Bearings.

Looking out from the room where she worked, she would notice bearings lying in the grass outside getting rusty and wondered what they were doing there.

What she discovered was that the bearings had to become rusty before they were put in the engine of a ship.

But what she didn't realise at that moment, was that there was a significant connection between the bearings and the direction in which her life took her.

For Ivy, ships became the instrument by which she saw the world and the means by which she made a living.

How she got from the interior of a manufacturing business in King's Lynn to the interior of a merchant navy ship is for the next instalment of this fascinating life story of a girl born in the unassuming village of Stanhoe.

'TIL NEXT MONTH

Luke Thomas FOOT HEALTH PRACTITIONER

Nail trimming • Thick nails • Corns • Callus
Cracked heels • Fungal infections
Ingrown toenails • Diabetic care

**NOW BOOKING APPOINTMENTS AT
THE OLD SCHOOL HOUSE IN
OLD HUNSTANTON**

01485 518988
lukethomasfhp@gmail.com

Fully qualified, registered
CRB checked and insured

Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

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

- annual accounts, business and company taxation
- business start up advice and incorporation
- SAGE, Quickbooks & Xero installation and training
- payroll & auto enrolment administration
- VAT and bookkeeping services
- small business specialists
- personal tax returns and self assessment advice
- capital gains tax advice and inheritance tax planning
- tax planning and accounting services for private property investors

For an appointment please contact: Mrs K H Gigg FCA

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP
T: 01485 534800 e: kate@kathryngigg.co.uk

Regulated for a range of investment business activities by
The Institute of Chartered Accountants in England and Wales.

The
Perfect
Choice

CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

**QUALITY, REGULAR,
RELIABLE SERVICE**

- Conservatory Cleaning • Window Cleaning
- Patio Cleaning • Gutter & Facia Cleaning

Cleantech
Professional Cleaning

PLEASE SEE OUR TERMS AND CONDITIONS OF BUSINESS

www.cleantech-norfolk.co.uk

E mail: mike@cleantech-norfolk.co.uk

(Cash, card & cheque payments accepted)

CALL MIKE ON 01485 609223

DAILY 7am - 10pm 7 DAYS A WEEK

**You won't be
disappointed!**

Oak & Pine Parlour

EST. 1976

FURNITURE MAKERS



TABLES - CHAIRS - WARDROBES - BEDS
SIDEBOARDS - CHESTS OF DRAWERS
DRESSERS - BOOKCASES - AND MORE!

FURNITURE CAN BE MADE TO ORDER.
NOTHING IS TOO BIG OR SMALL FOR
THIS FAMILY RUN BUSINESS.

VISIT US: 18 CHAPEL ROAD, POTT ROW
NR KING'S LYNN PE32 1BS

OPENING HOURS: MON-SAT 9AM-5PM

SUNDAY BY APPOINTMENT ONLY

PHONE: 01485 600253

EMAIL: PINEPARLOUR70@HOTMAIL.CO.UK

Defibrillator installed at Hunstanton's Princess Theatre

A bucket collection and match funding secures life-saving equipment at the Princess

The team at the Princess Theatre in Hunstanton have been keen to get a defibrillator installed for some time and have been holding bucket collections after shows. The appeal for loose change (preferably folding) was made as usual at the end of a show and in the audience was Borough Leader Stuart Dark.

Stuart told Town and Around that his ears pricked up at this announcement so he asked Brian Hallard how much had been collected so far and learned that it was £800. "It seemed to me that the Borough Council could help out," said Stuart, "the Princess is open long hours with good lighting, and in a prominent position in the town; what you'd call a perfect position so we match funded and the new equipment has been installed."

Hunstanton currently has defibrillators, that can help someone having cardiac arrest, situated on the High Street, Avenue Road, at the lifeboat station and outside Sowerby estate agents. This additional life-saving equipment is now accessible to patrons inside the Princess Theatre, or outside if close to the Green or St Edmunds Terrace.

Brian Hallard, Proprietor of the Princess Theatre, Hunstanton, said: "Obtaining the defibrillator was a joint effort between the borough council and our patrons. I would like to thank our patrons for their generous donations and the borough council for match funding the money the theatre raised to purchase the new defibrillator that has recently been installed outside the theatre."

Cllr Stuart Dark MBE, Leader of the Borough Council of King's



Lynn & West Norfolk, added: "I worked in the emergency services for a number of years and know the value of having a defibrillator easily accessible in popular areas. It is absolutely right to have something that saves lives based here at the Princess Theatre."

Fireworks on Hunstanton's Clifftop to go off with a bang!

The event which includes a laser and music show, funfair and stalls, takes place on Saturday 6 November on the Cliff Top in Hunstanton.

Always a fantastic night and organised by Hunstanton round Table the fireworks display is outstanding and this year it is being supported by the Borough Council.

Cllr Stuart Dark, Leader of the Borough Council of King's Lynn and West Norfolk, explained: "This is an event I've attended many times with my family and I know how highly regarded it is by local residents. When we heard that this year's display was facing additional challenges due to the difficult last 18 months, we felt it was absolutely right to step in and offer assistance. Not only to support this excellent evening but the great west Norfolk charities it supports, who have also had their fund-raising impacted upon by the pandemic.

"The borough council has agreed to underwrite the surplus that would be raised for charity should attendance be slightly lower this year due to the covid situation at the time. I look forward to enjoying this event for many years to come."

This year the prices are: £25 per car (up to



7 people), £10 adults and £5 concessions (over 65 and under 16's). With fireworks and a laser show set to music (the sound track remains a closely guarded secret) together with the Ladies Circle refreshments tent (handy tip - check out the mulled wine) and sideshows it promises to be a night to remember.

Wes Attwell, Chairman of Hunstanton and District Round Table 615, added: "We're

grateful for the support the Borough Council has offered in this instance and look forward to putting on the best show ever. Gates open at 5, the bonfire will be lit at 6 and the fireworks go off from 7:30. Remember, remember, the sixth of November and put Hunstanton Fireworks display in your diary now."

Please note that entrance charges must be paid in cash.

Donate your old car or other vehicle

With/without MOT | Running or not | The older the better | Monies raised go to local good causes | All correct paperwork completed | No charge for vehicle collection

Contact: Richard Bird 07860 476 198

From the Sage

It is me the Sage back again. I am struggling a bit but I keep on a troshin'. On 12th September the Tesco petrol station in Hunstanton closed down for five weeks to have some new tanks put in as these ones had been there since the station opened in 2002. So that left us with the nearest petrol station being at Heacham Lavender Hill, then there was a shortage of drivers that made things worse, then I began thinking about all of the petrol stations and garages we had in Hunstanton in the nineteen sixties.

This is a list of them and we might have more, down Southend Road there was a hut and one pump at the corner of the Grove gas works cottages, next was Thaxter's Garage and pumps at the bottom of Westgate then Kim Cairns had a petrol station near where the bus station is now, shortly to be re-developed. It was later called Marshalls. In Church Street Luke Riches had a garage and a couple of pumps on the old Whitley Press site then on the main road where Brown's garage is now was Johnson's garage and pumps that were later taken over by Mann Egertons. A garage in Westgate traded under the name of Duckers but it was run by the Cook brothers - Stan and Alan. When they retired it went to Frank Fleming who after a year or two had another garage and pumps built where they still are today but without the pumps. Frank sold the Westgate site to a supermarket as it still is today, I think I am right in saying there were two other supermarkets on that site before Sainsbury's took it on.

One more little bit of squit. In 1964 I was a ganger truck driver for Whitworth Packers who had a factory on Redgate Hill where the school is now; I drove a Bedford petrol 5 ton truck, this was a busy factory so they got me 7 ton Bedford diesel truck. When I went to Duckers to get it filled up with diesel they said sorry but you won't find any garages in Hunstanton that sells diesel so I went to Heacham but no garages there sold it either, so I went to the Auto Station Garage at Dersingham which was owned then by Ted Cox. His garage was the only stretch on the A149 that sold diesel in 1964. I was a good customer so he would bung me twenty fags once a week!

Before I sign of I would just like to thank Captain Willy for his get well card.

All the best to you all, just keep a troshin'.

The Boy Dick, Sunny Hunny

Crossword solution:
Across: 1. Bargains, 5. Planet, 9. Rest cure, 10. Acumen, 12. Ill at ease, 13. Liege, 14. Toke, 16. Scatter, 19. Bluffer, 21. Awhs, 24. On tap, 25. Kidnapped, 27. Abelia, 28. In no time, 29. Ensign, 30. Beatings
Down: 1. Birdie, 2. Result, 3. Ascot, 4. Narrate, 6. Local call, 7. Numbered, 8. Tenderly, 11. Gels, 15. Offspring, 17. Abrogate, 18. Butress, 20. Rake, 21. Andante, 22. Option, 23. Adders, 26. Aloft

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

Sandringham
IRONCRAFT

**HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION**

**Unit 4, Cheney Crescent, Heacham, Norfolk PE31 7BT
Tel: 01485 571129**

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS ETC

Ray's Place

After three years of planning and hard work, The Norfolk Hospice Tapping House has opened Ray's Place, a dedicated space for their day therapy patients.

At the official opening, the ribbon was cut at Ray's Place by its namesake, Ray Daniels, on Friday 10th September 2021.



Ray Daniels and Nichola Child officially opening Ray's Place

The project was made possible due to a generous donation from Ray, who was keen to support the Hillington-based charity.

The project to build Ray's Place began in late 2018 when plans were drawn up to build the cabin as an extra space for the Therapy team to provide creative activities and workshops, such as their Living Life Creatively and Men's Woodwork groups.

Ray's Place sits within the Hospice's garden and has a seating area, equipment and tools, crafting materials and a kitchen.

Nichola Child, Therapy Team Lead and Specialist Palliative Care Occupational Therapist, said:

"Ray's Place is the fruition of a dream to have a dedicated space for day therapy patients where we could offer woodwork and other creative groups. Eighteen months ago we finally completed the cabin and were due to move in before everything closed due to the pandemic.

"It is such a delight to now be using the space to support our patients through their palliative journey and we look forward to being able to continue to develop it. We are so grateful to Ray Daniels for his generosity in enabling this to open and for his support and wisdom throughout the development stages."



Nigel Brown (Volunteer) at a woodworking session in Ray's Place

Trusts that have helped fund Ray's Place and its equipment are the Edward Gostling Foundation, Aubrey Orchard-Lisle Charitable Trust, Truemark Trust, Ernest Hecht Charitable Foundation, Marshall Grant Trust, Tesco Bags of Help, Clan Trust, Alec Van Berchem Trust and The Ardwick Trust.

Professional Foot Health Practitioner

Peter Stanley
MAFHP MCFHP

- Nail trimming/reduction
 - Verruca
 - Fungal nail/athletes foot
 - Diabetes foot care
 - Neurovascular assessment
- To book your home visit
please call Peter on:
07842 553554

Mark's Gardening Services



Garden Maintenance
Free quotes

Call: Mark Wright
07876 151688

wright680199381@gmail.com

G&M Fencing & Landscaping

Fencing | Decking | Paths
Patios | Driveways
Drainage & Guttering
Hedge, Tree & Grass Cutting
Rubbish Clearance
30+ yrs experience
Free no obligation quotes
gmfencinglandscaping.co.uk
01485 570 143
07917 725 015

OYSTERS & MUSSELS



HOME DELIVERY
FRIDAYS WITHIN
30 MILES OF BRANCASTER
BRANCASTEROYSTERS.CO.UK
07503684849
BRANCASTEROYSTERS@GMAIL.COM



**HOME COOKED, HIGH QUALITY MEALS
DELIVERED TO YOUR DOOR**

Made by local chef Kat Asker
in a 5* hygiene rated kitchen

Free local delivery
Tel: 07767753413
Email: simplycookit.kat@gmail.com

Order your freshly cooked
Christmas dinner for
delivery on Christmas
Eve!
Order by 13th December



Fullers Body Repair Centre

Established 1973



Unit 10
Cheney Crescent
Heacham
Norfolk
PE31 7BT

T: 01485 570799
M: 07799 118503

E: beautifulbodies@hotmail.co.uk

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

Own Property?



Pass the Keys



**WANT LESS HASSLE AND MORE PROFIT?
WE TAKE CARE OF IT ALL!**



Unlock the power of Holiday Letting in Norfolk



Listing &
Management



24/7
Guest Support



Enhanced cleaning
and sanitisation



Insurance &
Maintenance

www.passthekeys.co.uk

01553 600925

Get in touch and quote 'town20' to get £20 off your first invoice!



Little Lights Still Shining Bright!

Little Lights Baby and Toddler Group

After a break of almost 2 years, Little Lights baby and toddler group in Hunstanton were finally able to restart their weekly sessions for 0-5yr olds on Thursday 9th September! Along with the excitement of being able to meet again, there was also the added interest of restarting in a new venue, with some new helpers joining the team and new resources.

Having received wonderful support from Hunstanton Town Council to continue, the group now runs at the Community Hub at Hunstanton Town Hall where there is a hall for general free play and crafts, a large cafe area for the children's snack time, space for mini soft play and excellent storage for the group's toys and equipment.

Although there have been changes to the group over the last couple of years the ethos and the warm welcoming atmosphere the group is known for still remains the same. And despite the many challenges the group faced to run their normal sessions throughout the pandemic they still found ways of staying in touch with many families in the local area through their Facebook page and group, zoom chats, distributing craft packs at Christmas and Easter, organising a secret Santa gift exchange, providing meals hampers to new



families and also running a baby group at Hunstanton Community Centre.

However, with a large amount of interest already from families to attend it seems that nothing beats the group being able to all meet together again, with one parent commenting, 'it is just so good to be back in the safe and welcoming environment of Little Lights.' With a waiting list already place it has also shown the needs for families in this area as well.

Along with a an amazing team of local volunteers, Little Lights is run by Revd.Sam and Suzie Abramian who over the past 18

months have also been establishing a new church ministry in the area called Good Hope Communities. (Please see page 69 for more information). With others in the area, their heart is particularly to connect with families and young adults. And as Little Lights approaches its 6th year of running it is hoped this group will continue to shine brightly in our community!

For more information about Little Lights please see;
www.facebook.com/LittleLightsHunstanton or email
littlelightshunny@gmail.com

Students' spelling skills on fire!

Winner conquers trickiest of words in West Norfolk Academies Trust Spelling Bee

Students at West Norfolk Academies Trust have battled it out in a competition showing their skills at spelling out the trickiest words.

Kara Chim, from Springwood High School, was the overall winner of the Trust's Spelling Bee tournament.

She beat her opponents to first place by successfully spelling out the word 'corruptible'.

She won the prize of an Amazon Kindle Fire for coming top in the competition, which saw rounds of initial heats take place in Springwood High, St Clements High, Marshland High and Smithdon High.

Eight students made it through to the final held at Smithdon High, with two students from each of the four schools who won the heats qualifying to battle it out.

The students had the tough task of spelling vocabulary which became harder and harder in a series of knock-out rounds - until only the winner remained.

Some of the difficult words which had to be tackled along the way in the Spelling Bee included 'demagogue', 'Baccalaureate', 'phenomenon', 'paraphernalia' and 'circumlocution'.

The students who made the final were able to get in some extra practice for the competition, because of covid restrictions.

The Spelling Bee tournament was held in September after being rolled over due to schools not being able to mix while restrictions were in place.

All the finalists were in year 7 when they did their heats, but are now in year 8.

Ollly Mackett, WNAT English Lead Teacher: said: "The West Norfolk Academy Spelling Bee is a fantastic inclusive event which runs across all of our secondary schools.



Winner Kara Chim

"The Spelling Bee begins with our students learning extensive word lists and their definitions from a range of subjects.

"Through the learning of these words, students enhance their vocabulary, which allows them to excel across the curriculum and in later life.

"The competition element is a supportive environment where they can develop their ability to handle pressure.

"However, one of the most important benefits is the building of confidence and growth of their public speaking."

The Spelling Bee is one of a number of cross-trust activities held by West Norfolk Academies Trust to enable students to meet their peers from other schools and the local area.

Hunstanton Primary School news

We are thrilled to be back to an almost 'normal' school and have lots of exciting events happening in school. Our school diary is brimming with lots of activities for the children to look forward to.

On Friday 17th September we had a visit from Colleen Roper from Hunstanton Fair who gave a really interesting talk to our KS2 children about what it means to be a Showman, there was even a Galloping Horse in assembly and all the children were given a flag to be able to get free ride at the fair!

Our Year 3 and 4 pupils attended an Olympic Sport day at Smithdon on Wednesday 6th October, they had a great time. A big Thank You to Smithdon for hosting this event.

Thank you to everybody who supported Mrs Wood's MacMillan Cake Sale on Friday 8th October. We raised a MASSIVE £322.00 towards this worthy cause

Our Year 6 class are going to Gressenhall Museum on 15th October to take part in a World War II home front and evacuee day. They will

experience a number of different activities including taking cover in an air raid shelter and meeting various characters including the Home Guard and a Women's Land Army Girl. We have previously visited the museum and the children had a fantastic time, it helps to bring their school learning to life.

On Friday 19th November at 2.00pm we are holding an Open Afternoon for new EYFS (Reception) parents for September 2022. Please could you telephone the school office on 01485 533373 or email: office@hunstanton.norfolk.sch.uk to book a place and meet the team.

After an enforced break due to Covid restrictions our wonderful PTA are re-launching with their AGM on Thursday 21st October at 7pm at the Golden Lion, all parents, grandparents, carers are welcome to attend. We look forward to welcoming you and raising funds for our new school library.

We also have breakfast and after school provision available to help parents with childcare during term time.

Brancaster Primary School news

We've been really busy in Sapphire Class since we came back in September. In our science lessons we've been looking at forces and how we can move a meteor which weighs 200kg! First, though we had to test parachutes, as it had landed miles from anywhere and a team had to be dropped in. We also looked at levers and pulleys.

In our RWV (Religion and World Views) lessons we have been following a line of enquiry about "How Hindus Make Sense of the World." It's been fascinating comparing their beliefs to Christianity, there is very much in common.

On Wednesdays we have Mrs Parkinson again for our art lessons, which we really enjoy. Some of our paintings were on display at the church harvest festival a few weeks ago. We hope you liked seeing them.



We also have Mr Taylor come in on a Monday who teaches us music including playing on a samba kit. It's really exciting and loud!

We've had quite a few new things too - inside we've had some new desks which make the classroom look much better. Outside we've had some new playground games and thanks to the PTFA we also have some new wet playtime games.

At the moment we are practising for our school's harvest festival, as well as learning about great British heroes of history and using spreadsheets and making comics in our computing lessons. We have been really busy!

Thrift Class have also been very busy. We have been on lots of nature walks and planted our own hyacinths. We are learning about



celebrating and belonging in RWV and we plan to have a baptism soon for our class "baby" (doll!). In English, we have been on a bear hunt and taken a ride on a plane! At the moment we are learning about some black history and we think it was is when black people and white people have to be separate. As Monroe said, "You need to be nice. Everyone will like you if you are nice. It doesn't matter what colour you are".

Half Term is the last week in October and we come back on Monday 1st November.





HUNSTANTON CONSERVATIVE CLUB

24 High Street, Hunstanton PE36 5AF | T:01485 532462

The Club is open Monday-Saturday 10am-11pm and Sunday 11am-10.30pm.

Book your Pre-Xmas Meals for December - Members Price - 2 Course £14, 3 Course £17
Xmas Draw Friday December 17th - Buy your tickets now - 5 for £1.00

Hot/Cold meals are available Monday-Saturday, choose from our Standard Menu or one of the Specials of the Day. On Sunday there will be a 2 course Sunday Roast Lunch at only £7.95 for Members and £8.95 for Guests.

Snooker Room open every day. Snooker League matches each Thursday at 7.30pm.
Wednesdays: Scrabble from 10am, Yoga for U3A members only at 10.30 a.m.

and Whist drives at. 7.30pm. Fridays: Lunchtime Prize Raffle drawn at 1pm and Cash Bingo start at 7.30pm. Saturdays: 'Open the Box' raffle. One person may win a large amount of Cash.

www.hunstantonconservativeclub.co.uk



The Practice of Creativity

Esther Boehm

Now, with my summer installations and Open Studios finished, it may seem that things will be quietening down in my studio. Yes, I do have more time to reflect on new projects but at the same time, it has been so much fun showing everyone the results of my installations, that I have decided to keep everything set up for a while so that you can come and see it during my open hours on Saturdays and Sundays from 10-1 or by appointment.

It has been such a privilege to relive the creative process that led to the completion of Ether at St Margaret's Church, Cley-next-the-Sea during the fabulous Cley 21 exhibition and Cocoon at the Ravingingham Sculpture Trail 2021. I worked in a context and scale as never before which was all very exciting but most of all was finally being able to experiment with sound – something I have been wanting to do for a very long time. The chances I took really paid off and,

as a bonus, my childhood love of tree climbing was reactivated.

Often, it seems foreboding to start an artistic project; that blank piece of paper or that bag of clay just waiting to have something done with it. The question of what to do looms. Taking chances to let your creativity flow doesn't have to be daunting. It doesn't really matter what you do or if what you have done looks as you imagined it. It's important to stop being judgemental. What's important is to see what you do as part of a process. With each step, something new is learnt that brings you closer to your vision. See it as an adventure into creativity.

In my courses and workshops, it is my aim to help bring you closer not only to your personal expression but also help you learn the techniques needed to do this. Now available are Clay Modelling, Plaster & Wire, Soapstone Carving and Lino Cutting.



STUDIO @ 55

Clay Modelling, Plaster & Wire,
Soapstone Carving, Lino-cut.
Individual tuition in small
groups for beginners or
more advanced. Start date
of your own choosing.



Contact me for more information:

Esther Boehm • 55 High Street, Heacham, PE31 7DW
www.studioat55.com • eb@estherboehm.com
T 01485 570 506 • M 07538 986 235

FROM SIMPLE CALLIGRAPHY

Dina Macdonald

The Middle East and North Africa have a tradition of Calligraphy spanning 1,400 years since the Qur'an was first preserved in manuscript and it became, and still is, the most highly regarded and fundamental form of Islamic Art.

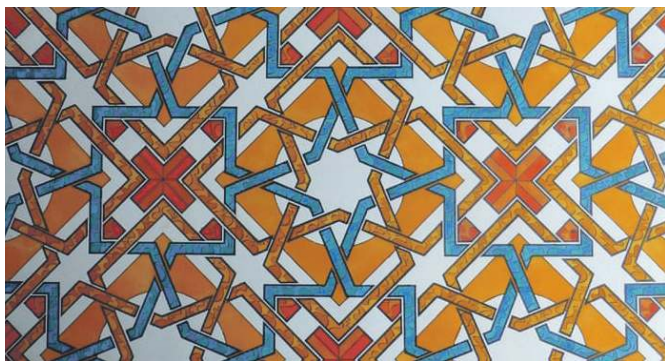
Calligraphy, "the art of beautiful handwriting" is believed to originate from Greek, 'kallos' for beauty and 'graphein' to write and as an art form, Calligraphy requires a skill capable of creating characters of such harmony and balanced proportions, a knowledgeable eye would recognise these compositions as a work of art. Therefore, Calligraphy need not be legible in the usual sense and is generically referred to as Calligraphy Art.

Gradually, as Muslims conquered more lands, a uniquely Islamic art form emerged. Artisans in these countries had their own pre-existing artistic traditions so, initially at least, artisans continued to work in their own indigenous styles but now, under Islamic rule, Muslims became their patrons.

With the Mongol invasion of western Asia in the thirteenth century and the establishment of a Mongol court in Iran in the thirteenth and fourteenth centuries, numerous Chinese motifs were adopted, more often in a much-revised form. This period saw many transformations in the decorative language of Islamic art that would endure for centuries.

After the conquest of Spain in the early eighth century by an army of Arabs and Berbers serving the Umayyad Caliphate of Damascus in Syria, exquisite artefacts were produced of a Mediterranean taste that drew upon the indigenous traditions of Spain as well as those of the Umayyads of Syria. As a consequence, many masterfully crafted luxury objects from Spain, now known as al-Andalus, especially exquisitely illuminated manuscripts of the Qur'an, found their way to other European courts as gifts and tributes.

In the sixteenth century in Europe, Islamic-style vegetal patterns were developed and, at around the same period, the Ottoman, Safavid and Mughal empires (present day Turkey, Iran and India) gave rise to more



complicated versions of established patterns. These patterns sometimes incorporated a new interest in naturalistic-looking flowers or blossoms but it should be understood that, except for the garden and its usual association to paradise, vegetal motifs and patterns in Islamic art are largely devoid of symbolic meaning.

It is, therefore, amazing and even more remarkable, taking the vast geographic spread of the Muslim world as well as its long history, that Islamic Art has been able to retain its own intrinsic quality and its own unique identity.

What is it about patterns that has held our interest from the Alhambra through to William Morris? It would be a mistake to dismiss them as 'mere ornament' compared to painting. We look forward to some revealing answers to that question when David Phillips, The Arts Society accredited lecturer, presents our 8th November lecture, Magic of Patterns, in Sedgeford Village Hall at 2pm. If you are not a member and would like to have some fun exploring this subject, please visit our website and apply for a free invitation.

www.theartsocietynwnorfolk.org.uk



THE ARTS
SOCIETY
North West Norfolk

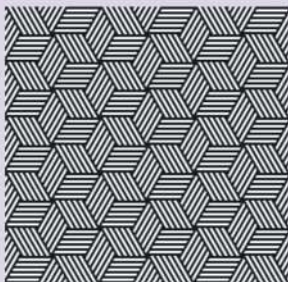
THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS.

New season of lectures in Sedgeford Village Hall.

8th November 2.00pm

Magic of Patterns – David Phillips

From the Alhambra to William Morris, patterns can be gorgeous, yet pattern has often been dismissed as "mere ornament" in comparison with painting. We will discover what a mistaken view that is as we look at the ideas that inspired some of the great pattern inventors and traditions from around the world. We'll see that whilst some glorious effects depend on very simple patterning procedures, others can be wonderfully clever, as we watch patterns evolving across the screen in beautiful animations.



Visitors are very welcome free of charge for their first visit, to book a place email: info@theartsocietynwnorfolk.org.uk

www.theartsocietynwnorfolk.org.uk

Registered Charity no.: 1105490



20% off
first appointment

Healthy Feet Footcare

Treatments we offer include nail trimming, corns, calluses, verrucas, thickened & fungal nails

Clinic Locations

The Therapy Shed - Heacham
King's Lynn Town Centre

Home Visits Also Available

Contact Michele on:

07891 638812

michele@healthyfeetfootcare.co.uk

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

Semi - Retired

PAINTER & DECORATOR

Reliable, with over 20 yrs experience. No job too small.
Reasonable rates. Free estimates. Interior / Exterior.

Phone Philip: 01485 298475 Mob: 07951 683122

Struggling to Achieve the Grades You Want?

Academic coaching helps students in further and higher education (16+) to identify and manage academic challenges whilst improving necessary study skills.

Learn more at www.sunspiral.co.uk/p/coaching



A recipe from the Prudent Pensioner

As there is some lovely flavoured, locally grown Broccoli (Calabrese) available I thought this would be a nice recipe to share this month. Cheese can be added if liked.

Vegetable Bake with Broccoli & Red Lentil

30g Red split Lentils (See note)

Parsnips approx. 115g/4oz

Carrot approx. 115g/4oz

Broccoli approx. 115g/4oz

Potatoes approx. 350g/12oz

1 med. Shallot or small Onion

Salt and Pepper to taste.

You will need a lightly greased ovenproof dish

Rinse lentils well in cold water and place in a large pan (They do

froth up when boiling) and add 500ml of cold water. Bring to boil and boil rapidly for 10 minutes, stirring often to prevent lentils sticking to base of pan. Meanwhile pre heat oven to 200c Trim off and discard discoloured base from Broccoli, cut off florets and place these in a bowl of lightly salted water. Peel stalk and cut into pieces.

Peel carrot and parsnips, trim ends and cut them into chunky pieces.

Peel potatoes and cut them into chunky pieces.

Peel shallot or onion and slice fairly thinly

Add onion, potato, parsnip, and carrots to pan mix well add more

hot water to cover.

Rinse Broccoli florets and stalk pieces and add to pan. Increase heat and bring to boiling point.

Reduce heat; cover and leave simmering gently until vegetable are beginning to soften. (Approx. 15-20 minutes). Check pan frequently and add more hot water if necessary.

Strain off liquid into a jug, (see note)

Mash vegetables well, season to taste, place in prepared ovenproof dish and bake in pre heated oven for 30 minutes. Serve and enjoy.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing

soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham. Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire.

*Note: Cooking instructions for lentils do vary, check on packet and follow instructions.

*Note I saved the liquid, let it cool then put the jug (covered) in my refrigerator and used it the following day as part of stock in Broccoli Carrot & Parsnip soup, this recipe was posted to The Prudent Pensioner Facebook page on 2nd February.

Armchair sports trivia

sponsored by

Berni Beans of Hunstanton

A new sponsor joins us this month, Amanda Coral, proprietor of Berni Beans in Hunstanton's High Street. She is offering a delicious afternoon tea for two (worth £19.95ph total £39.90) as the prize. See advert (right).

Question:

There are eight towns or cities in England that are represented by two or more football teams in the top four divisions (London, Liverpool, Manchester, Stoke, Nottingham, Bristol, Sheffield and Birmingham).

Which was the last town/city to be part of this elite group until one of their two teams were relegated out of the top four divisions ?

Closing date: 15th November 2021

Answers to: editor@townandaround.net

or by post to:

The Editor, 18, Tapping Close, Snettisham, Norfolk PE31 7FF

There was only one correct answer sent in for last month's question: 'Who was the first winner of the Tour de France who was not born in France?' Lots of entries said Francois Faber, however it was Maurice Garin who won the inaugural edition of the Tour in 1903. Garin was born in Italy on 3/3/1871.

The Lucky winner of Fish and Chips for two at Henry's of Hunstanton is Lance Dale who shares the 3rd March birthday with Maurice Garin (as do I).

HEACHAM CARPET BOWLS

MICK HARPLEY, CHAIRMAN

Members old and new have enjoyed getting back to their carpet bowls after a long break. Unfortunately, at time of writing, we are experiencing some unavoidable closures as major building work is taking place in the Public Hall. However, hopefully the work will soon be complete and with much better facilities we look forward to welcoming more new members. We meet on Tuesday and Thursday mornings at 10.15 for a 10.30 start, finishing at midday. The cost of £2.50 per session includes the use of all equipment and a break for coffee/tea and biscuits. An AGM was held on 26th October at which several new officers and committee members were elected. There will be more details in the December issue about the AGM and forthcoming events in the Club.



BERNI BEANS
"It's a wonderful life"

2 High Street, Hunstanton PE36 5AF
Tel: 01485 532288 www.bernibeans.com
bernibeans@gmail.com

"Be a 'Buddy' on Quirk, let us help you celebrate"

FRESH BAKED HOME MADE PIZZAS NOW AVAILABLE

GIFT VOUCHER

Afternoon Teas

SUNDAY LUNCH

Funeral Teas
(Complimentary Exclusive room Hire) min 25 guests

Christmas Party Bookings "What ever the Occasion talk to us"



THE ENCHANTED PLAZA
Handmade Items & Gifts

HIGH STREET, HUNSTANTON

Google, Facebook, Instagram icons

THORNHAM HARRIERS

We are an informal group of runners and walkers. We started as a Couch - 5km group in lockdown, and have grown from there.

We meet Tuesdays and Thursdays at 10am at the Village Hall for a 5km run (or a shorter walk) aiming to get back for 10.30am for some outdoor socialising.

Please come along and join us, just turn up!

For more information contact stephanie.mocatta@btinternet.com

Sporting Corner with Tim Keogh

Try your hand on Hunstanton's friendly poker tables

The days of walking into a Public House where you were guaranteed to see a darts, pool or cards match, even skittles, may be long gone. So it was a pleasant surprise to see an establishment buzzing, full of bingo players on one side and poker players on the other.

Historically, the game of poker has often been tarnished with a seedy brush, associated with smoke filled back rooms, snooker hall masquerade and shady types. But not anymore, it's rather popular and jolly good fun.

It has experienced a revival since the turn of the century. Aided with the advent of the internet in the 90's, the game is now a multi-million pound business popular with all ages and gender. The now trendy clean cut image has not gone amiss in Hunstanton. Proving no exception to the trend, regular games take place at the United Services Club on a weekly basis.

Originating in the United States back in the 19th Century, the game suddenly exploded in popularity in the 1990s with the advent of the internet, allowing people to learn and play at home. Consequently, various tournaments, including The World Series of Poker and the Poker Tour became huge spectator sports and gained massive television coverage.

Whilst there are several versions of the game, the most popular version around today is Texas hold 'em, which involves players being dealt two cards each and making their best hand possible from five additional community cards visible to all players.

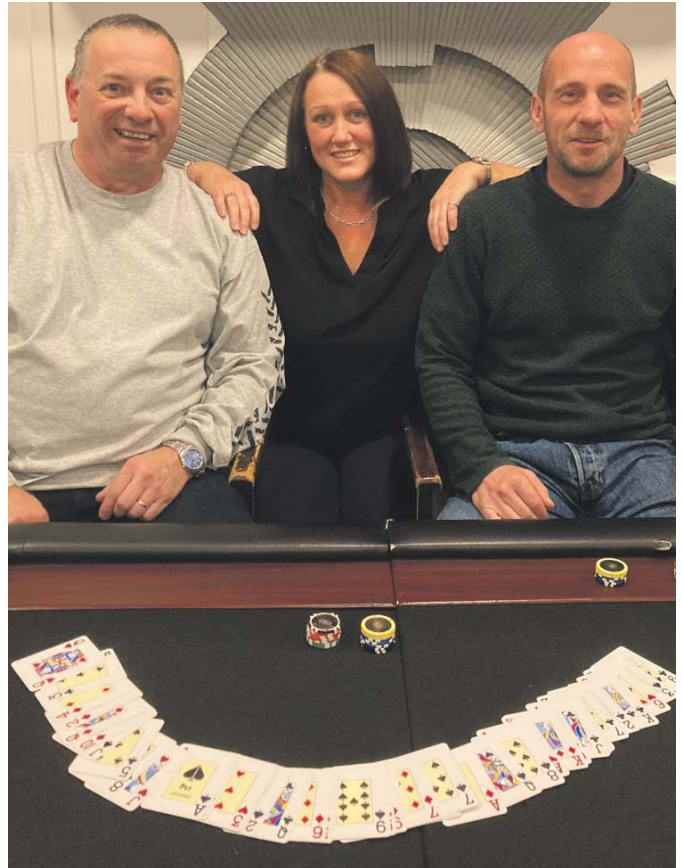
Online poker tends to require a more statistical approach whilst face to face poker brings in the major factor of "reading" your opponents. Either way, everyone has their own strategy of playing but, ultimately, they are reliant on the cards dealt and how they are played.

Poker has been taking place in Hunstanton since 2004 under the stewardship of butcher Richard Burton (woe betide any underhand tactics then!). Presently there are two weekly events taking place, one on a Tuesday which is on a league format basis and one on a Thursday which is an open event for all. The entrance fee is £11, with one buy in only permitted (keeping play sensible). Prize money is usually paid out to the top four places. Both events commence from 7.30pm at the Ex Serviceman's Club, with 20 to 30 players regularly attending.

Poker raises the old question - how much of winning is down to luck and how much down to skill? You could write a book on the matter, many have, but Canadian player and respected school of thought on the matter, Nathan Williams sums it up well - whilst there is an element of luck in the short run, Poker is 100% skill in the long run, as the cards become irrelevant, it's how they are played that is key. Professional poker players mitigate the luck aspect by consistently making mathematically superior decisions and, therefore, winning in the long run. Texas Hold 'em is a great leveller too, as rather than playing against the house or the casino, you are simply playing against other people. The fact that you are reliant on an unpredictable variable in the form of the cards dealt, means luck is always going to play some part at evenings like this where there are, fortunately, no professional players in sight!

Whilst both events are open to all, it is worth contacting Richard in advance as a club membership may be required for long term participation. Richard summarised, "it's a great evening's entertainment in a pleasant setting. We often get new players who are starting out or players simply wishing to experience the face to face game rather than just playing online. The fact there is usually a different winner each time proves everyone has a chance of winning the pot. Our evenings are really very friendly affairs with background music, access to the club bar and an interval buffet put on by our wonderful hosts at the United Services Club".

For more details, please contact Richard on 07795 201964.



From left: organiser Richard Burton with players Debbie Griffiths and Jo Neicho

UNUSUAL OCCURRENCE

Ted Cox

Because of the warm September/October, then this red Rhododendron has burst into bloom. It normally blooms in the spring and of the three plants in the bed then it is only this one to do so. Fortunately only two of its buds have decided to bloom leaving plenty for spring. The two should die off with the first frost normally in this sheltered spot November 21st.

The 3 Rhododendrons are Red White and Blue, So come the spring it should be a fantastic show for the forthcoming Royal Events.



Sporting Corner with Tim Keogh

Life's a Ferrari for Peter Everingham

Honorary Life Member of the Ferrari Owners' Club, Peter Everingham has had an illustrious career, first as a Lieutenant Colonel in the Army then as Chairman of the Ferrari Owners' Club. Town and Around took the opportunity to visit Peter at his cottage in Snettisham where he lives with wife Suzanne, to gain some insight into some of his experiences.



Peter and Suzanne Guinness World Record day, Silverstone 2012



Guinness World Record 2012.

Peter and Suzanne in Pace Car followed by 9 962 Ferraris

TK - When did your passion for motor vehicles begin?

PE - I've always had an interest in motor vehicles since I was a small boy, but when I joined the Army, I was in the Royal Corps of Transport, which was perfect for anyone with an interest in all things motoring. The Army actually nurtured my introduction into two wheel and four wheel motor racing.

TK - There's a difference between enjoying motoring and racing?

PE - Most definitely, two different peas in the same pod if you like. Once you start racing, it becomes addictive. I gained my racing Competition Licence in 1970 and have raced ever since.

TK - How did the Ferrari path ensue ?

PE - I was nearing retirement age in the Army and opportunity knocked in the form of the Ferrari Owners' Club. By then I had experienced Ferrari racing and that exposure, along with my interest in cars, meant they offered me the Chairman's role for the UK.

TK - What did that entail?

PE - The Club had around 3.5k members and it meant organising events and Ferrari owner race meetings in the UK and around the world. At one event we achieved a Guinness World record for the most Ferraris moving (300), only for a Japanese Club to top it with 400. Not to be beaten, we arranged another event and managed 964. They won't beat that! One of my proudest moments was leading 964 Ferraris around the track with Suzanne (pictured below left).

TK - Obviously Michael Schumacher drove for Ferrari, did you meet him?

PE - I was fortunate enough to meet him several times (pictured below) at various Ferrari functions and gatherings. Funnily enough we both liked a cigar, so I would often meet him outside at events as we both sneaked out for a crafty puff.



TK - It was as tragic what happened to him (he was seriously injured in a freak skiing accident) what was he like as a person?

PE - The first thing you noticed was his aura and his confidence. Not surprising really, as you don't become a seven time winner of the F1 drivers' championship without a little bit of confidence! However, underneath that tough exterior was a charming and very personable character. Good company and very engaging. I think he still owes me a cigar actually.

TK - Hamilton or Schumacher?

PE - Impossible to compare as different eras and completely different car technology. Solely, on driving ability it is difficult to split them.

TK - Do you own any Ferrari's?

PE - I presently have two, a GT4 and a 328 which I race. Funnily enough I bought the 328 off Chris Rea who is a big Ferrari fan. I also bought a GT4 off Mohammed Fayed in the '90's. And previously I have renovated and raced Ferraris.

TK - Are you ever tempted to play Chris Rea's CD "Driving home for Christmas" whilst driving the 328?

PE - There's no CD player, so I have to whistle it.



Peter on the track at Brands Hatch

TK - I understand you had an accident recently?

PE - Unfortunately so. I was racing at Silverstone in wet conditions, I was feeling quite pleased with myself as I passed car after car who had already spun off, then, disaster, I too spun off. No serious injuries luckily but the car was less fortunate and is now in for repairs.

TK - What do you do whilst you can't race?

PE - Every cloud has a silver lining, the accident meant I was available to play in the Care 94 Charity Golf Day at Heacham Manor (Peter is a Trustee of the charity).



TK - Yes a very worthy cause indeed, I understand you even met the Queen?

PE - It is a charity very close to my heart. Simon Massen, who also lives in Snettisham, in his capacity as Chairman of Campaign Care 94 arranged a presentation with the Charity Trustees, local dignitaries and Her Majesty, particularly as she always shows an interest in local affairs and charities. We were told she would only have half an hour but spent over 3 hours speaking with everyone. Simon later told me he had never seen her enjoy herself so much. A proud moment and a lovely lady.

TK - Fantastic meeting you, good luck with your future racing. May I test drive one of your Ferrari's?

PE - It has been a real pleasure. No!



Campaign Care 94 Charity Golf day raises £1,700 for good causes

Tim Keogh



Keith Kendal Memorial Trophy 'Shot of the Day' winner Jonathan Rix presented by Harry Kendal

A record number of twenty teams of four turned out for the 14th Campaign Care 94 Charity Golf Day at the recently refurbished Heacham Manor Golf Club. (The Charity raises funds for the Norfolk Hospice Tapping House and the Bob Champion Cancer Trust.)

A total of £1,758 was raised through entrance fees, a raffle and auction. The weather proved kind to the golfers ensuring any excuses blaming the conditions for poor play on the 19th hole fell on deaf ears. John Burton won the Champion Trophy whilst there were no arguments about the Shot of the Day award, which went to Jonathan Rix who's shot on the infamous par 3, 7th hole, over water somehow defied gravity, skimmed across the water and landed on the green.

Bob Champion usually attends the event but on this occasion was



From left: Jim Race, Janet Race and John Burton

attending the London Marathon on behalf of his Charity. The awards presentation was excellently compered by Jim Race and this popular event is already being planned for next year.

Organisers Jim and Janet Race commented, "We would like to thank the Heacham Manor team for the excellent catering, bar and venue services provided as well as all the businesses who sponsored each of the 18 holes. A special mention too for Janet Kendal, Duncan Kendal, Ashley Kendal, Jon Large, Ruth Jacobs and Dave Leavis for sponsoring the excellent trophies provided by Dave Curtis. Finally our thanks to Vaughan Barton for his help marking 80 score cards. We hope to see everyone again next year. Thank you."

Anyone interested in entering a team or sponsoring the event next year can contact Jim Race direct on 07950 032292.

All aboard the Norfolk Links Trophy Express

Tim Keogh

Searles Golf Club hosted the Norfolk Nines Seniors Championship on Friday, 15th October. Open to all 9 hole Golf Clubs in Norfolk, this popular event has been contested annually since 2008.

As holders of the trophy, Searles GC were obliged to host this year's event. A total of 6 clubs, ten teams and 60 players converged at this coastal course for an entertaining days play. Eagles GC, Links GC, Mattishall GC, Ryston Park GC and Mundesley GC were the visiting clubs represented, all hoping to dethrone 2019 winners Searles GC.

Searles GC itself has been in existence since 2000, with the 5th hole a mere stone's throw from the beach. Divided purely by the old railway track, her sister course, Heacham Manor, has been in existence since 2009, the latter having just completed the build of their new club house.

The weather proved kind on the day as the

...continued overleaf



The winning Searles 'B' team receiving their award from Searles Ladies Captain Teresa Hills. From left: Teresa Hills, Dave Cox, Peter Green, Ken White, Colin Rust, Stan Lee and Geoff Ward

teams battled it out for the Links Trophy. In the end, home based player, Peter Green, won the individual event, whilst the Searles 'B' team won to retain the trophy for Searles GC.

Victorious Searles 'B' captain and Searles GC Club Captain, Dave Cox, was wax lyrical saying, "We couldn't have asked for a more successful day. Special thanks must go to our very own Searles staff for their professionalism and making it such a success. It really was a superb day of golf in excellent weather conditions. We are already looking forward to hosting the event again next year".

Pictured below: Sean Eley of the Elite team putts for glory on the 18th hole



Peter Green who won the individual trophy receiving his award from Searles Ladies Captain, Teresa Hills.



Discover Our Great Facilities!

- > Up to 2 months **FREE** membership*
- > Direct debits available
- > **FREE** parking
- > No joining fees and no contracts
- > Swimming & gym memberships
- > Bring your guests**

* Terms and Conditions apply.
** Only £3 guest adult, £2 guest child.

Special Offer
Join Now!
6 MONTHS FOR
THE PRICE OF 5!

Flexible Monthly
Memberships
FROM
ONLY **£25** MONTH



SARAH SENDERSKI PT
PERSONAL TRAINER

Kickstart your health and fitness this year!

*Training on a 1-to-1 basis or in small groups.
Training now available in my fully equipped outdoor gym space*

Based on the North Norfolk Coast & King's Lynn
sarahsenderskipt.co.uk
sarah.senderski@gmail.com
07835 808314

For more information please call: **01485 536029**
Or visit: www.searles.co.uk/facilities/indoor



DON'T FORGET THE POWER OF PRINT ADVERTISING

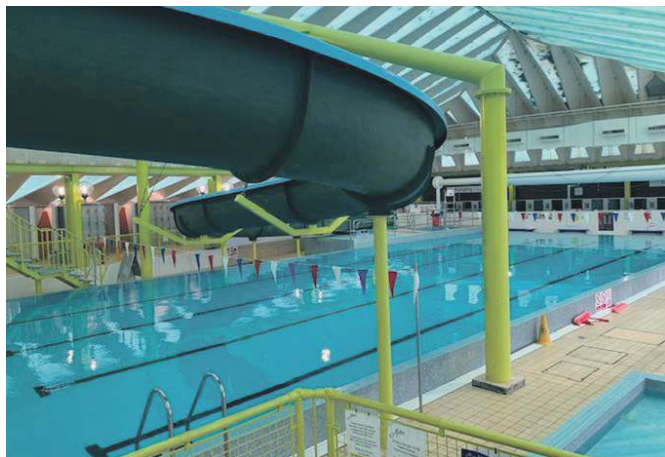
Social media is great but it's a bit like sticking a post-it note onto the windscreen of a car on a windy day.

Print cuts through the digital noise
Print is more trusted
Print lasts longer

Sporting Corner with Tim Keogh

Fancy a dip? Alive Oasis and Norfolk Swimming Club are here to help

The Alive Oasis swimming pool has been in Hunstanton since 1984 and what a pleasant setting it is. A leisure pool, superb slide (fortunately I forgot my bikini so couldn't test it out), a relaxing café with panoramic sea views and one of the best indoor play areas around. There may be hardy souls who can occasionally be seen braving the sea at this time of year, but for those less inclined, Alive Oasis can satiate all your swimming needs in a slightly more relaxed and warmer environment.



Whether you are starting out and looking to learn, want to enjoy the social side or maybe move into competitive swimming, the friendly team at Alive Oasis are on hand to help. With programmes to suit all needs - water babies, parent and toddler, school swims, learn to swim, water aerobics, adult lessons or just a sociable dip, it's all here.

Dave Cleland, Centre Manager, said "Our staff are ASA Level 2 qualified, so you really are in safe hands be it as a beginner or more experienced swimmer. We have tried to ensure our programmes cover all swimming needs across all ages and are also about to introduce a Disability, Impaired & Autistic programme. The pool and café are also available for private hire, a great setting for birthdays or anniversaries. Our friendly team are on hand to cater for all swimming needs".

Alive Oasis also have a tie in with West Norfolk Swimming Club (who merged with Hunstanton Sea Eagles four years ago). Whilst based at Kings Lynn, they actively utilise the Alive Oasis pool facilities three times a week, offering similar programmes but in a club environment. It is also a stepping stone for swimmers who want to progress and experience a more competitive scene. Presently they have over 150 members across all age groups with their youngest member only 9 and their oldest 74.

They also welcome beginners - linking into the Alive Oasis 'Learn to Swim' programmes - right the way through to advanced swimmers. Many of their members have progressed through the club from basic learning through to competition at a regional and national level.

Under the expert guidance of Senior Coach, Sarah Vanderloo, the club have a team of qualified coaches, including deaf swimmer Oli Kenny (pictured) who is a national record holder for the back stroke.

Club Chairman Simon Rose commented, "As we resume normal training and coaching classes at Alive Oasis, we are inviting new members of all ages and abilities to come and have a look. Sarah Vanderloo has created a superb coaching team and club where swimmers of all abilities can thrive, be it to learn, enjoy the camaraderie of social swimming or competing."

For the more adventurous swimmer the club have now set up an open water section. Presently, training is lake swimming based, but they hope to evolve into open sea swimming.

For more information about joining West Norfolk Swimming Club please contact Simon on 07867 548746 or email secretary@westnorfolksc.co.uk .



*The new club captains and vice captains
Back row - Sarah O'Brien, Sam Rose, Leah Wightman, Joe Wells
and Molly Lee. Front row - Harvey Isle and Alex Bryan*



*A number of our younger swimmers with their medals,
trophies and awards*

To find more information about your local swimming pool services at Alive Oasis, please call 01485 534227 or visit www.alivewestnorfolk.co.uk .



Swimming coach Oli Kenny

Sporting Corner with Tim Keogh

Football - match report and football round-up



Back row from left: Todd Coughlan, Will Irwin, Matthew Young, Joe Blue, Mark Lloyd, Mark Sainty (c), Lewis Cleland.
Front row from left: Luke Thomason, Kieran Bear, Oliver Hicks, Sam Fraser, Jack Warburton

If ever there was an advert for local football, it was here at Snettisham Football Club! For once the vibrant Rose & Crown and majestic St. Mary's Church played second fiddle as Snettisham FC put on a display akin to the Liverpool v AC Milan Champions League Final of 2005 (in reverse).

Okay, slight exaggerations maybe, but this match had everything. Hosting Birchwood FC of Kings Lynn, Snettisham knew, after two tight defeats, they needed a result to kickstart their season. And, boy, did they come out of the blocks, taking the game straight to their fancied opponents. Impressively, Snettisham actually try and play football (no Wimbledon-esque long balls to John Fashanu here*), and were rewarded early on when Mark Sainty slotted in an early goal. Continued pressure, led to quick fire goals from Todd Coughlan and Luke Thomason as Snettisham led 3-0, whilst a Kieran Bear penalty save seemingly made the result a foregone conclusion.

However, I would love to know Birchwood's half time team talk or half time beverage of choice (or Snettisham's for that matter!), as Birchwood turned the game on its head, launching the comeback of comebacks. 3-0, quickly became 3-1, which quickly became 3-2 and, you've guessed it, then 3-3. A flabbergasted crowd of 20 (including Rufus the dog) could not believe what they were seeing.

But, cometh the man, cometh the moment. As the clock ticked down towards 90 minutes, the tiring, yet effervescent, Snettisham captain, Mark Sainty, had not finished, managing to slip his man marker, he found space to unleash a 30 yard screamer to secure Snettisham's first win and points of the season. Cue jubilant celebrations. Magnanimous.

Poste match, an incandescent Sainty said "We lost two tight opening games so it was a relief to get three points on the board. We do try and keep the ball on the deck and play football so, whilst the three points are invaluable, to have deserved them is even more satisfying".

Unfortunately, Snettisham failed to capitalise on this win, losing their next two games. Whilst they plainly possess the talent to avoid the drop, Snettisham now sit bottom of the table, with a relegation battle looming akin to a tempest forming across The Wash.

* apologies to any Wimbledon fans for any offence caused.

Heacham FC

Heacham continue their outstanding start to life in the Anglian

Combination Premier Division (pictured below) with eight wins from eight games. More impressive is how they are going about their business, playing attractive football and, when necessitates, meeting fire with fire. Whilst their lofty position is fully merited, opponents often raise their game in an attempt to burst the Heacham bubble. Not helped by suspensions and injuries, Heacham have, nonetheless, on every occasion, risen to the challenge. Early days still, but ten out of ten thus far. Watch this space.

The reserves are in equally good form and remain unbeaten, sitting top of the same division as Snettisham and Docking (match reports on these local derbies to follow in future edition of T&A).

All Heacham Youth teams kick started their seasons in September. With 12 youth teams across all age groups, this certainly bodes well for the future of the game at Heacham. More to follow on their progress as the season evolves in the December edition of T&A.

Heacham FC Chairman, Dave Page, received a lifetime achievement award for services to football in Norwich last month. Announced as "Mr Heacham", he was presented his award by the Chairman of the FA and Ex Norwich City ace, Darren Eadie. A very proud Dave said, "Thanks to all the help and support I've had from Heacham FC over the years, a great club moving forward all the time".

Walking Football

This has now re-commenced for the over 55s, taking place on the wonderful Heacham FC 3G pitch at 2pm every Wednesday. Those wishing to participate can contact Debbie in advance on 07506 887545.

Hunstanton FC

It was sad to hear that the only senior football club in Hunstanton has recently folded. The town has been represented on and off in local soccer circles as far back as 1892. Hopefully, this is only temporary, any town of Hunstanton's size should have football representation at a senior level.

League Table

FULL TABLE DETAIL >

Pos	Team	P	W	D	L	GD	PTS
1	Heacham	8	8	0	0	18	24
2	Wroxham Res	10	6	2	2	7	20
3	Scole United	9	5	1	3	14	16
4	Dussindale & Helledson Rov	9	5	1	3	0	16
5	Velverton	8	4	2	2	6	14
6	Long Stratton	8	4	1	3	2	13
7	Blofield United	10	4	1	5	-1	13
8	Norwich CEYMS	9	4	1	4	-2	13
9	Waveney	9	4	0	5	7	12
10	Caister	7	4	0	3	1	12
11	Mattishall	9	4	0	5	-2	12
12	Beccles Town	9	2	3	4	1	9
13	Mundford	9	2	2	5	-11	8
14	Acle United	7	2	1	4	-3	7
15	Bradenham Wands	8	2	1	5	-5	7
16	Thorpe St Andrew	9	1	0	8	-32	3

Introducing Good Hope Communities

Over the last 18 months, Reverend Sam and Suzie Abramian have been exploring a new kind of church work in the area which has led to the start of a new church community and other smaller groups, particularly engaging for families and young adults.

As much of this began at the start of the first lockdown in 2020, Sam and Suzie share below in more detail this new local ministry.

What is Good Hope Communities?

Good Hope Communities (GHC) is simply the name we have given to describe the church work we are now both leading. We felt the word communities was important as this is not just about one church but several different groups spread across Hunstanton and the surrounding area. 'Good Hope' refers to the good news of Jesus and the sure hope that he brings which is at the heart of all these communities.

Who are you supported by?

We are supported and part funded by the Baptist Union and a national Christian organisation called Rural Ministries. We also receive support from Lighthouse Community Church in Sheringham as well as individuals from the local area and across the country.

Who is Good Hope Communities for?

Anyone who wants to find out what it means to follow Jesus in our everyday lives! We extend a warm welcome to everyone but we have a particular focus in what we do towards families and young adults in this area. We also especially love to spend time with anyone who has questions about Christianity and faith.

How did you begin this during the pandemic?!

With a lot of prayer! We genuinely spent a lot of time just walking around our local communities and praying. Praying for all of us who live here and any specific needs in the area. We found it amazing to see how God was still working even when it felt like everything else had stopped in our lives.

When it was possible, we also made sure we were simply available for people, for prayer or just to chat through issues of life and the Christian faith. We led bible study groups over zoom and as the pandemic eased we started holding small gatherings at people's homes.

We also continued to lead Little Lights baby and toddler group which kept us busy providing alternative ways of reaching families when the full group were unable to meet (see page 58 for more information). As a Baptist minister, Sam has also continued with other ministerial work in the area such as taking weddings and funerals and speaking at other churches.



Sam, Suzie and their son, Josh

Where and how do you meet?

We meet in a variety of different ways depending on each community, although food usually plays a big part! For adults, we meet one evening a week at people's homes for food, prayer, to look at the bible and talk about faith together. On Sunday mornings we meet up with all ages, usually for a walk at the beach or local woods, we'll then explore a bible story or praying together in quite creative ways that children especially can engage with.

With the help of two local young adults we have also created a Minecraft server called 'Encounter' for 8-14 years. This runs online once a week as a safe place for young people to play on and also explore more about Christianity. Some mums from Little Lights have also started meeting regularly to pray for families in the area as well.

In short, we're always open to more of these kind of communities developing and multiplying, so we're excited to see whatever God brings next!

For more information about Good Hope Communities please email goodhopecommunities@gmail.com.

Or go to www.ghc.org.uk or

Facebook@goodhopecommunities

Christian Science Society, Hunstanton

November - autumn has set in, the days are getting shorter. Sometimes it feels as if we are losing something and the months ahead can seem daunting. Spring, with its freshness and brightness seems a long way off, however we can feel this freshness and brightness in the countryside all around us. The trees become vibrant, colours continually changing, interesting skies, watching the squirrels gathering their winter store and the birds feeding on the hedgerow berries.

We can see they are provided for, and reaching out to our Father, Mother, God, we can be assured that His children are provided for too. Seeing God, the power of the universe, the supreme intelligence as all around us, governing His creation gives us a peace that all will be well.

This isn't wishful thinking, but based on the same law that governs the seasons - the law that is God, good.

We are now back in our church building and our Sunday services are at 11am. We also hold a service on the first Wednesday of each month at 12 noon. Follow us on Facebook to see information about our church and its activities. Information on Christian Science and our worldwide church can be found at www.christianscience.com. Sunday and Wednesday services are also available online. Please go to www.spirituality4.me to find live-streamed services around the UK.



A couple of our prayer meetings have started up again. The Rosary group meet on Mondays at 2pm at St Cecilia's in Dersingham and the Mothers Prayers group meet every second Monday at 2.30pm at Our Lady's in Hunstanton.

For Parish news including Mass times and prayer requests, please see the Parish News page on our website. For information about live streamed Masses in the Diocese and related matters, including Coronavirus updates see the Links page of our website at www.hunstantoncatholicparish.org

People are advised not to go to Mass if they have any symptoms, however mild. Wearing masks when coming to church is still advisable, although not mandatory, and hand sanitiser are still provided. We now have communal singing of hymns at our Sunday Masses.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton.

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday and Fridays and 10.15am at Dersingham on Wednesdays.

The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Hunstanton and the Saxon Shore

Dear Friends,

I was thinking today about the importance of friends and support networks. A good friend phoned and we had a lovely chat for ten minutes about an upcoming meet-up. In the conversation we could be slightly cheeky and we made each other smile and giggle like two schoolgirls. Friendship and support is very important in life.

In this month of November we remember those who have lost their lives, often along with friends, in service of our country and our freedom. The horrors that many people have seen in our armed forces is often the experience of those fleeing wars and violence in a number of different ways. We have seen the dreadful cruelty across our world caused by one group of people towards another. Somethings the scenes on our TVs are so horrid we want to turn them off, but the reality of those caught up in these situations cannot just be switched off. They are lived every single day.

Sadly violence is not limited to war zones, it happens in homes and workplaces... even here in North West Norfolk! I would love to think that everyone has good friends and family they can turn to in times of difficulty but I don't think that's always the case. The local clergy in this part of Norfolk gather regularly and we met together for prayer and fellowship at Dersingham this week. While we were there Rev Mark Capron explained the work of the Baby Basics group. For those with a new baby on the way, it can bring a level of uncertainty and fear about managing to find the money to buy basic items, this group makes up baskets to be given away. Some of the stories we heard were heart wrenching and at the same time heartwarming. We heard of sad and difficult situations new mums are facing but also of the kindness of strangers.

At this time of remembering those who have lost their lives it is also good to turn our attention to those who are still suffering today. As

ADVENT & CHRISTMAS WREATH FESTIVAL

St. Marys Church, Old Hunstanton

We are inviting local businesses, individuals and organisations to get involved in our Wreath Festival.

Please take your individually designed wreaths to St. Marys Church on Friday 3rd December and collect on 31st December.



**Sunday 5th-30th
December 2021**

The church will be open daily for everyone to enjoy this event.

Entry: FOC.

Enquiries: Rev Rachael Dines:

t: 01485 535936 m: 07763 211901
e: revd.rachael.dines@hotmail.com

Jesus taught us to love others as ourselves there is somewhere you can start. If you would like to be a friend to someone you will never meet why not get in touch with the Baby Basics group? The difference you can make to a new mum, who is facing a worrying time ahead, is priceless and shows love in action. If you would help a friend why not help a stranger? If you cannot help practically then pray for their work and those who need the help of strangers.

Email: babybasicswestnorfolk@gmail.com or www.babybasics.org.uk

May you all know the gift from God of good friends. God bless you!

Rachael

t: 01485 535936 m: 07763 211901

e: revd.rachael.dines@hotmail.com



Three years of planning came to fruition in October as we at the Snettisham Corps of The Salvation Army celebrated our 125th Anniversary with a visit of our international leaders General Brian Peddle and Commissioner Rosalie Peddle. As the head of The Salvation Army worldwide the General would normally spend a lot of his time visiting The Salvation Army in one of the other 132 countries in which we are at work and so we were very fortunate that when we invited him to lead our

125th anniversary celebrations he agreed come to Snettisham.

During the week leading up to the celebrations our hall was open for people to enjoy refreshments and to see a display of memorabilia and learn a little of the history of the corps in Snettisham. It was really good to meet with people and to hear of their memories of the corps in Snettisham, some bringing in old family photographs and newspaper cuttings telling of their connection to the corps.

On Sunday 3rd October General Brian Peddle and Commissioner Rosalie Peddle led our worship based on the theme of hope. Past officers and corps members travelled from all over the country to celebrate with the present soldiers, adherents and friends of the corps and also officers from our headquarters in Norwich.

After our morning worship there was a buffet lunch held at Dersingham Village Centre where the General spoke about the international work of The Salvation Army.

A celebration cake was cut by The General and Commissioner along with the longest serving member of the corps, Wendy Ward and the youngest member Bethany Ward.

We were so blessed to enjoy a weekend of celebrating God's faithfulness in the past and remembering those who had faithfully served in The Salvation Army in years gone by but now we are looking forward to, and trusting in God for, the next 125 years!



Piano Party

John Harris

I was not only very pleased, but also mightily relieved to be able to present my Piano Party on 11th September after the necessary postponement in June.

It was good to see so many friends, old and new, on that day and evening and the result was an amazing £594, which I made up to the round figure, and sent a cheque for £600 to the National Health Service.

Many thanks to all those who attended and helped in various other ways. I am now devoting my attention to preparing to present a Platinum Jubilee Gala next June in honour of Queen Elizabeth's 70th anniversary as our Queen.

Evolution – Fact or Fiction?

by Gordon Tanner, a member of the Way CF Leadership team

When I was growing up I was taught the theory of evolution that over millions and millions of years lower life forms climbed out of the slime and eventually man developed from the apes. This never seemed to sit right, because the school I went to was, at least nominally, a Christian school, and Christians believed the bible. And the Bible tells us of creation. So how come a Christian organisation was teaching an anti-biblical science?

After leaving school, I went to university and had a scientific education staying there long enough to get three degrees. As time went on (about 30 years later) I did become a Christian and knew that the Bible has the truth in it. So I was faced with the conflict between what my education taught me - the theory of evolution – or what the Bible said in the record of creation. For a number of years I tried to reconcile these conflicting ideas in my mind, but without success.

Sometime in the early nineties I saw an article in a national daily newspaper entitled 'Re-enter the Divine Creator'. It was an account of the translation of a group of Sumerian clay tablets that had been found in Iraq. The Sumerian civilisation was one of the earliest civilisations and was centred in southern Mesopotamia. It was in existence at roughly the same time as ancient Egypt. The tablets contained an account of a massive flood that had affected the whole world. Just like the Bible account of the flood in the sixth and seventh chapters of Genesis, the first book in the Bible!

A few years ago I read a book called 'One Human Family' by Carl Wieland. In this book he deals with all aspects of the Bible account of creation, and the conclusions of scientists as they report what they observe in nature. The fossil record, the development of races, time scales are all examined, and Dr Wieland concludes that the creation account is much more reliable than the theory of evolution. There are some fundamental things that evolution cannot explain so its proponents hide behind 'millions and millions of years'. For instance, one of the fundamentals of life, DNA, needs RNA to make it. But RNA needs DNA to make it! Scientifically the odds of either DNA or RNA being formed by chance are so unlikely that this is regarded as mathematically impossible.

I recently watched a video in which 24 eminent scientists, some of them Nobel Prize winners, speaking from their specialist scientific view points each concluded that creation was far more likely than evolution. There had to be a creator.

Nowadays, young people are being taught evolution theory as if it were fact, which gives them no purpose except to eat and procreate as part of the animal chain, whereas Christians believe we are individuals made in the image of God, and we each have a God given purpose in life. Ultimately we are offered the opportunity to live with him for ever.

We really need to decide whether we see ourselves as the pinnacle of evolution, in which case there are no rules and anything goes, or are we made in God's likeness as the Bible says, in which case we need to live in alignment with God's plan for our lives.

I urge you, if you have never read it, to get a Bible in modern English and read what God tells us. You may find yourself amazed.

MOJO UPHOLSTERY



RE-UPHOLSTERY | PUBS/CLUBS | BEDS
FOOTSTOOLS | HEADBOARDS | CARAVANS
NEW SEAT FOAMS SUPPLIED & FITTED
UPHOLSTERY FABRICS FOR SALE
CALL ASH 07591 194 411



West Norfolk Glass

A family business since 1967



Windows
Doors
Conservatories
Orangeries
Roofline
Guttering
Fascias
Flat
roofing
Garage
doors
Carports
Porches

**Double, triple and
secondary glazing**

Call **01553 763164**
for a free quotation

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

www.westnorfolkglass.co.uk



In the Wings with Jenny Beake

Entertainment Columnist

Tim FitzHigham is an actor, explorer and comedian who was born in King's Lynn. Having performed at the Edinburgh Festival where our paths first crossed a decade ago, Tim is a mentor in comedy not only to me but also to many comics based in Norfolk. He works as an advisor on the BBC new comedy show in Norwich and his fascinating life can be read about in books and listened to on his new podcast. Always entertaining, Tim answers some of my questions.

How has lockdown affected you within the arts and theatre? It's been decimating hasn't it.

All theatres were shut, all comedy clubs, venues. So we had to go with other ways of making people smile. I did a raft of shows on Zoom which was great everything from comedy and stand up to Shakespeare. It's coming back - I just got back from the Edinburgh festival which, although pared down, was absolutely superb.

How can we all rebuild the theatre industry post pandemic?

I think it gives us a chance to reset and not fall into some of the things that were less good about our industry before the pandemic. We should take this as an opportunity to be even better. It is most important to make audiences feel medically safe because without that they won't have a good time. But loads of new and exciting things have happened because of the pandemic - on line shows are a great way to include people who for whatever reason can't get to the theatre you might be at to see the show. On line meetings mean you can be creative with people from continents away without having to be face to face with them - all these things were here before but people just weren't using them - now they are!

Have you found time to be creative during the pandemic?

Between the various lock downs I was lucky, I managed to get various film and tv jobs. I also won an international competition which came with a bursary funded by the Arts Council and Farnham Maltings, British Council, Canadian Council de Arts and Canadian High Commission in the UK. It was supplemented by a further bursary from Selby Town Council in Yorkshire. That's been great and has led to me trying to twin two towns. It's been a superb project. So that kept me busy. That and my chickens.

What advice would you give to young people who want a career in theatre/comedy/music?

Don't give in. It's a really competitive game - a lot of people think it will be easy. Mainly as when we're on stage/screen/radio/web, we try to make easy. It might be easy when you're doing it but getting to do it takes quite a bit of hard work. For example, you might get one clip that goes viral - and well done for that (if you liked it) - but trying to get two is much harder...you might get one radio series, but try getting two...same with tv or live gigs. They



say you're only as good as your last gig...but it's also about getting the next gig as if your last gig was 20 years ago, you're probably not still in theatre/comedy/music

What is next for you in terms of work?

I'm playing Norwich at the end of September and then I'm off filming a bit in a new movie after that. There's a series of podcasts I've done that are being released over autumn - details will be on www.fitzhigham.com - I'll also continue to advise the Borough of King's Lynn and West Norfolk on the theatre side of the new Town's Fund money - which is very exciting

Have you been to West Norfolk/King's Lynn/Hunstanton before and if so what do you like about it?

I was born in King's Lynn and grew up for the first part of my life in the fen near Denver - I loved that. Big skies, middle of nowhere in a sinking house, happy cat (less happy mice), close to stunning beaches...what's not to love. I've been very involved in St George's Guildhall Theatre in King's Lynn for a number of years - my parents performed there too so it's got a special place in my heart and I love that building. I'm doing my best to use all the experience I've got to help with re-invigorating it. If you were born somewhere and it's got a project you can help with - then you absolutely should.

Growing up in this area - what have been the highlights living in West Norfolk?

I think of all the happy memories that I've got from growing and being there - that probably isn't that specific but it's just a general feeling of happiness within the WN landscape. Yes I could say the time I decided to go adventuring on my tricycle in the fen when I was small, or playing in the windmill at Denver or the people I know there, or the time I got to ride a horse down King's Street (to celebrate the Guildhall Theatre there), or getting to do the 575th

anniversary performance at the Guildhall or the beaches, seaside, events, architecture...there's a lot...generally as a place it's always made me smile and there's a lot to be said for that.

What has been your highlight in your career?

There have been quite a few...so many things have happened to me that I never thought possible - a small kid from the fen growing up to work with Clint Eastwood, Matt Damon or Benicio Del Toro...or being in Paddington 2...I've got to be the only person to manage to row the English Channel in a bath tub...while doing my show for CBBC I got to fly all over the world setting world records in different places (another thing I didn't think possible)...doing stand up in places from Norway to New Zealand or Iceland to Tasmania...winning awards I never thought I would...getting to write a book (<https://www.amazon.co.uk/All-At-Sea-bathtub-Conquering/dp/1848090269>)...doing a bit on Time Team (I loved that show as a kid)...getting to do the work of Flanders and Swann (a double act from the 50s and 60s who's songs I get to do)...having several series on BBC Radio 4 (I loved comedy on Radio 4 when I was small)...most of all I think being able to have a career doing all this at all has been a highlight - I never thought it would be possible so I'm very grateful.

What obstacles have you faced in the industry and how have you overcome them?

Look...there will always be obstacles...you have to meet challenges and do your best with the chances you're given. I'm not going to get bogged down in the things that have slowed me down or pushed me onto a different path...I just enjoy the path I've been on.

Do you ever get stage fright?

I certainly have had some pretty hilarious feelings backstage in my times but part of the work I did at RADA (I was there for a while - I did not finish the full course) was to ensure that stage fright was not something that overcame anyone. Anyone thinking of going into live performance I'd suggest getting some ideas to deal with that as it can really upset some people.

When will you be back in Sunny Hunny or KL?

I'm in and out of King's Lynn a lot at the moment as I'm on the advisory board for the borough trying to help get a sustainable and brilliant future for the Guildhall site on King's Street. Find me on twitter @timfitzhigham or instagram and send me a picture of a big sky please! I wrote the green plaque at 78 High Street in Lynn to commemorate Robert Armin (King's Lynn's other great comedian: he worked with Shakespeare) - if you'd have told little me in the fen that one day I'd get to write something on the wall in the High Street in Lynn that wasn't graffiti I would have been blown away. Do check that out next time you're there.



SEARLES LEISURE RESORT HUNSTANTON

Christmas

Party Nights

COME AND CELEBRATE THE FESTIVE SEASON AT SEARLES

10th, 11th & 17th DECEMBER 2021
18th DECEMBER 2021 SOLD OUT

TICKETS £32.95 PER PERSON

PRICE INCLUDES:

- Arrival Glass of Wine
- 3 Course Festive Meal
- Coffee, Mints & Disco

A £10 per person deposit is required when booking.

To Book Call: 01485 534211

Searles Leisure Resort, South Beach, Hunstanton PE36 5BB www.searles.co.uk

McALLISTERS

Quality British Fashion Brands
for Men and Women

MARC DARCY OVB SEASALT FABLE CORNWALL ENGLAND EARTH SQUARED FABULOUS & FAIR TRADE Hatley




Business Hours
9.30 – 5.00 Tuesday – Saturday

01485 544136
Poppyfields Retail Park, Snettisham
(Just off the A149)

Est. 2001

Jack's Gentlemen's Barbers

For Gentlemen and their Sons

High quality men's grooming at a traditional barbers in Hunstanton Town Centre just off the High Street.



Open: Tues - Fri 8am - 5pm & Sat 7.30am - 12.30pm
Phone or message for an appointment

01485 533730
[instagram.com/jacks_gentlemens_barbers](https://www.instagram.com/jacks_gentlemens_barbers)
[facebook.com/Jacksgentlemensbarbers](https://www.facebook.com/Jacksgentlemensbarbers)




Free Customer Car Parking
Annexe, Town Hall, Hunstanton PE36 6BQ

NEED HELP WITH A BUILDING PROJECT?

- Quantity Surveying
- Cost Management
- Project Management
- CDM/Principal Designer
- Contract Administration



We are PLMS - A small family-run organisation

Contact: Philip on 07703 521111 Email: philip@philip-law.co.uk



Any Electrical works undertaken by our
Friendly Family Business.

Please contact us for a free no obligation quote on

07895 683150 or 01485 601379

Email: steve@swelectrical.org.uk

www.swelectrical.org.uk

Proud members of
Checkatrade.com
Where reputation matters

Heacham author and musician returns to West Norfolk

By Jenny Beake

A musician and author who has returned to Heacham, after originally being brought up as a young child in Snettisham, is set to share his talents.

Damian Carruthers has written a book called *The Cheese Miner on the Moon* for children and the village he grew up in gets a mention.

His recent book signing took place for a number of limited copies at the indoor market in Hunstanton Town Hall last Tuesday between 10am and 2am and he hopes to make this a regular event.

Damian said: "I have been appearing at events around West Norfolk with the book, and I have been invited to attend a meet the author and signing session at the National Exhibition Centre in Birmingham as part of their Christmas event, it will be attended by over 30k people."

"Also, I am doing the Wymondham Abbey Christmas Fair in Norfolk." Having been based in High Wycombe for a number of years, Damian moved back to Norfolk to look after his mother who was unwell and realised how much he wanted to relocate to the county and during the first lockdown formed the band Rane whose members are from Lynn. He said: "I grew up in Snettisham from the age of four until ten, and when I came back I really wanted to get around Norfolk and get out in the county."

"West Norfolk is such a supportive county that embraces creative people."

"The dream is to live in Norfolk making a career doing what I love to do."

Rane are made up of Damian, Tor on guitar, and Kerri Rasberry and Laura Turner who are both well-known singers in Lynn.

Exciting times are ahead for the band who were headlining at B2 near Norwich last Saturday.

Lucky fans at the gig had the chance to win merchandise and prizes as part of a competition.



"Coming together during the lockdown, we have not had a chance to get out and play live before, and now we have played our very first gig at the B2 in Norwich," Damian added.

<https://www.facebook.com/events/337114741429716>

<https://cheesemineronthemoon.co.uk/>

IN BLOOM RESULTS - Summer Competitions

Christine Earnshaw

All the winners were presented with a certificate and a voucher to spend at Thaxters, Dersingham who are always very supportive in years when In Bloom has judging days.

Will everything will be back to normal in 2022? We really hope so as it is the Platinum Jubilee year when there could be opportunity for some amazing tribute displays.



Our winning artist of Geraniums on the Esplanade Gardens was Gillian Allard (pictured above) with two runners up, Ninfa Flavin (top right) and Susan Madden (bottom right.)



Pat & Lesley Richardson Biggest Sunflower.



Brian Heighton Tallest Sunflower

Illusions Hair, Barbers, Beauty and Foot Care Specialist

All your needs under one roof.
Pop in or phone for an appointment



SUMMIT ARCHITECTURAL LTD

DESIGN, DRAWING AND SERVICES FOR
PLANNING, BUILDING REGULATIONS
BUILDING NOTICES
3D SITE AND BUILDING DRAWING

01485 570472
07787 568908

ivan@summitarchitectural.co.uk

Hunstanton and Snettisham Slimming World

taste
the
freedom

Tuesdays: 9am, 10.30am 12pm, 5.30pm or
7pm at Hunstanton Community Centre
Call Jo 07942 818059

Thursdays: 4.30pm or 6pm at Snettisham
Memorial Hall. Call Emma 07876 403570



Mann Made Developments Ltd

Free No Obligation Valuation & Estimation for

Extensions, Garages, New Build, Conversions
plus All Other Tasks including
groundwork, brickwork, etc
No Job Too Big or Too Small

Call anytime for your Free Quote
07798 723 287 or 01485 540 008
or email info@mannmadedevelopments.co.uk
www.mannmadedevelopments.co.uk



WE SPECIALISE IN

- ✓ CARPET CLEANING
- ✓ UPHOLSTERY CLEANING
- ✓ GUTTERING CLEARING
- ✓ CONSERVATORY CLEANING
- ✓ ROOF CLEANING

PRICE STARTING FROM

£40

PER ROOM

AFTER EVERYBODY BEING AT HOME MORE
THAN NORMAL OVER THE LAST TWELVE
MONTHS, ARE YOUR CARPETS, SOFA AND RUGS
IN NEED OF A FRESHEN UP?

OR MAYBE YOU'D LIKE TO GET YOUR HOLIDAY
LET READY FOR A BUSY SUMMER.



Please contact us on

07309560605

jtcoastalcleaning@gmail.com to
arrange an appointment

Or Visit www.jtcoastalcleaning.co.uk To see
a full list of prices, our work and reviews

[f](https://www.facebook.com/jtcoastalcleaning) [@jtcoastalcleaning](https://www.instagram.com/jtcoastalcleaning)

Le Strange Arms
— BEACHSIDE HOTEL —

TERRACE RESTAURANT

2
COURSES
£12.50
PER PERSON

Served Monday to Friday Noon - 5pm
Available from 4th October

Autumn Special Menu



Golf Course Road, Old Hunstanton, Norfolk, PE36 6JJ T: **01485 534411** E: reception@lestrangearms.co.uk www.lestrangearms.co.uk



Eat, Drink and be Merry

At

The St Edmunds Day Medieval Banquet

Saturday 20th November 7pm - 11.30pm
at Hunstanton Town Hall

£19.50 per person includes welcome drink
3 course meal and medieval entertainment

Visit www.festival3.com to book

HDFA
Hunstanton & District Festival of Arts

Borough Council of
King's Lynn &
West Norfolk

Strictly Arts: update from the HDFA

Verity Jowett

This November, we celebrate the life and death of Edmund, King of East Anglia who was despatched by the Vikings, led by Ivar the Boneless on 20th November, 869. Edmund was later appointed as the first patron saint of England (later replaced by Saint George) and according to some reports, was also patron saint of kings, pandemics and wolves!

The St Edmunds Day Medieval Banquet presented by the HDFA in conjunction with Black Knight Historical on Saturday 20th November at Hunstanton's Town Hall is held on the anniversary of King Edmund's death and we will be doing our very best to give a taste of medieval times with an authentic menu to include a Hog Roast, music and dancing. Tickets are £19.50pp from Whitley's Newsagents, Hunstanton or go to www.festival3.com for more info.

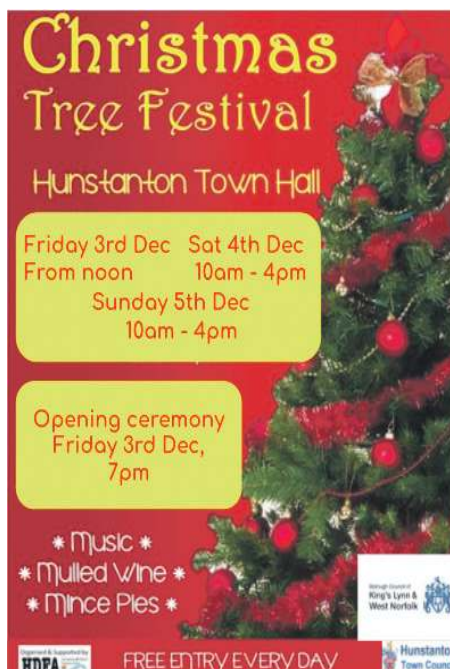
Our regular Craft Fair returns on Saturday 27th, 10am - 4pm and our wonderful Christmas Gift Fair will be held on Sunday 28th November with extended opening hours 10am - 5pm. Entry is free to both events and you'll be sure to find beautiful and unusual hand-crafted gifts and items on whichever day you decide to visit. Refreshments will be available throughout the day. To herald the festive season and round off a special day on Sunday 28th, we will also be presenting a special Christmas musical set from local band Yes, No, Maybe who will be performing at the Spinney at the end of the

High Street from 4-5pm. Don't miss it!

Lastly, we're inviting you to enter your group's Christmas Tree for our 2021 Christmas Tree Festival which also takes place in the Town Hall from Friday 3rd - Sunday 5th December. Get in touch with Christine on 2chrisearshaw@gmail.com to book space for your tree.

More on our upcoming events in 2021 & new for 2022 in our next 'Strictly Arts' update.

In the meantime, you can keep up to date by visiting our website www.festival3.com or our Facebook page Festival 3 by the Sea.



Christmas Tree Festival

Hunstanton Town Hall

Friday 3rd Dec From noon
Sat 4th Dec 10am - 4pm
Sunday 5th Dec 10am - 4pm

Opening ceremony
Friday 3rd Dec,
7pm

* Music *
 * Mulled Wine *
 * Mince Pies *

FREE ENTRY EVERY DAY

Borough Council of
King's Lynn &
West Norfolk

Hunstanton
Town Council



Come and join the Christmas Tree Festival!

Hunstanton Town Hall

on 3rd, 4th & 5th December.

No cost to enter a tree but please book in advance with Christine on 01485 533367 or email 2chrisearshaw@gmail.com for more info.

Borough Council of
King's Lynn &
West Norfolk

Hunstanton
Town Council

November Diary

- 1 Bingo night at Anmer Social Club PE31 6RN. Entry £6 per book of 10 cards & £1.50 for a flyer card. Club opens at 7pm. Eyes down 7.30pm. Bar & Raffle
- 4 Ringstead Village Club meeting 2pm at Ringstead Village Hall. Speaker: Dr Bill Jacobs about Ringstead people serving in World War 2 and their welcome home - The Ringstead History Project. All welcome.
- 5 Thornham Village Hall Winter Warmers talk by Stephanie Mocatta "Why the Americans elected Trump, why they will never give up their guns, and will Trump be the 48th President of the USA?" Tickets £20.00 booking essential Doors Open at 1830, talk starts at 1900. Two Course Supper. email winterwarmers@thornhamvillagehall.co.uk for enquiries and bookings
- 6 Smithdon and Brothercross Girlguiding Autumn Hall of Stalls. St Edmund's Church Hall, Hunstanton PE36 6BE. 10am -1pm Scarves, Jewellery, Hand-knits, Books, Christmas decorations, Gifts, Cake Stall and more
- 6 Hunstanton Clifftop Fireworks Display. With this year's fireworks being choreographed to music and accompanied by lasers, the only place to get the full effect will be inside the clifftop car park! Bonfire lighting at 6pm - Fireworks at 7:30pm Entertainment and family fun includes Funfair, Hot Drinks, Children's Rides, Rock Choir, Mulled Wine, Stalls and Hot Food to accompany the fireworks display. £25 per car (up to 7 people), £10 adults and £5 concessions (over 65 and under 16's)
- 6 50s, 60s and Country Music in Snettisham Dance, Bar and Raffle at Snettisham Memorial Hall PE31 7LX with Disk Jockey Dinky in aid of East Anglian Air Ambulance. Music from the 50s, 60s and Country Music. Tickets are £6 and are available from Dinky on 07787966000
- 8 West Norfolk Deaf Association CHAT Club 10am-12noon at Hunstanton Community Centre. Talks on Lavender Fields and Anna Pugh on tinnitus.
- 8 The Arts Society lecture at Sedgeford Village Hall. Speaker David Phillips – Magic of Patterns. From the Alhambra to William Morris, patterns can be gorgeous, yet pattern has often been dismissed as "mere ornament" in comparison with painting. We will discover what a mistaken view that is as we look at the ideas that inspired some of the great pattern inventors and traditions from around the world. We'll see that whilst some glorious effects depend on very simple patterning procedures, others can be wonderfully clever, as we watch patterns evolving across the screen in beautiful animations. Visitors are very welcome free of charge for their first visit, to book a place email: info@theartsocietynwnorfolk.org.uk
- 8 Hunstanton and District Festival of Arts AGM 6pm at The Conservative Club Meeting Rooms, High St Hunstanton. Drinks available at the bar and light refreshments.
- 10 Searles Christmas Fair 12noon – 7pm La Piazza, Searles Leisure Resort PE36 5BB. Over 40 stalls ranging from artisan food & drinks, art and crafts, Christmas decorations, gifts and more. Festive entertainment, FREE welcome drink & mince pie, raffle in aid of our charity of the year and food & drink outlets. Free entry to all.
- 11 Remembrance in Hunstanton High Street 11am Meet at 10.50 outside the Conservative Club. Fr James, Last Post and Reveille, 2 minute silence.
- 12 Thornham Village Hall Film Club presents Shakespeare in Love. Doors open 18.30, film at 19.00. Free to Film Club Members but booking required.
- 12-19/12 Luminate Sandringham 4.15-9pm. Back for a second year of spectacular Winter Light in an illuminated trail through the Royal Park. Tickets must be pre-booked online in advance. Mon - Weds (up to Wednesday 8th December 2021) Adult: £16.50, Child (3-15): £11.50, Child 2 & Under: Free, Family (2+2): £52.00, Carers: Free. Thurs - Sun (plus everyday from 13th December 2021) Adult: £18.50, Child (3-15): £13.50, Child 2 & Under: Free, Family (2+2): £60.00, Carers: Free.
<https://luminate.live/tickets/sandringham-estate/calendar>
Christmas Craft Fair, Methodist Church Hall, London Road, King's Lynn PE30 5EJ 10-4pm. Free entry. Great ideas for Christmas, live music. Enquiries 01553 816559
Pie and Mash supper Anmer Social Club PE31 6RN Contact Dorothy on 01553 631349 with name and contact telephone number or email events@anmerclub.co.uk by Monday 8th November
- 14 Remembrance Sunday. Parade begins at the United Services Club. Meet there by 10.15. Parade through town to War Memorial for short service.
- 14 RAF Bircham Newton Open Day PE31 6RH The Heritage Centre will be opened in compliance with current Covid 19 guidance. Opening times are from 10am to 4pm Disabled access & toilets will be available, and car parking and entrance will be free.
- 15 u3a HUNSTANTON meeting at Hunstanton community Centre 2pm. Briony Bax, Poet and Editor of Ambit Literary and art magazine will tell us about her work with a Kenyan orphanage. New members are always welcome. For further information see our website at u3asites.org.uk/Hunstanton where details of committee member contacts are available. Covent Garden Consort presents Bach, Beethoven and Brahms including the complete Beethoven string trios. The Yorke Trust, South Creake NR21 9JF. Tickets £15 Phone 07980 837 320. Online tickets at www.ticketsource.co.uk search 'Covent Garden Consort'.
- 16 Hall Farm House Concerts. Chamber music at East Winch 7pm. Bach Goldberg Variations (Selection), Beethoven Piano Quartet in E Flat, Beethoven String Trio, Brahms Piano Quartet in C Minor Op. 60. 6.30 Drinks reception, bubbles, wine and canapes included. Tickets £30. Reservations: 07980 837 320
- 17 Chanter's Jigge "One for the Road" performance by Early Music Duo Chanter's Jigge at King's Lynn Town Hall 7.70-9pm. An exploration of street music over the centuries. Hosted by King's Lynn Music Society. Visitors welcome - suggested donation of £10 at the door. Free to Students and under 18s. For more information www.klmusicosoc.org.uk £10 donation at the door.
- 19 Early Years Open Afternoon Hunstanton Primary School PE36 6DY 2-3pm For all new prospective parents of children who are due to start school in September 2022. If you would like to visit, please contact the school office on 01485 533373 or office@hunstanton.norfolk.sch.uk to register your interest.
- 19 Quiz night at Anmer Social Club PE31 6RN. Club opens at 7pm. Quiz 7.30pm. Bar & Raffle
- 19-21 Christmas Craft, Food and Gift Fair. 10am-5pm daily. Christmas is back in 2021 with the Sandringham Christmas Craft, Food and Gift Fair. All the ingredients for fun, gifts and friends to meet accompanied by an array of music throughout the weekend including a very special guest on Saturday and Sunday of a very renowned Opera Singing Santa. Adults: £10.00 Over 65: £9.00 Child: (5-15): £4.00 Family (2 Adults up to 3 Children): £28.00
- 20 North Wootton Village Market PE30 3PT. 15-20 stalls. High quality, local, produce and delicacies. Teas, coffees, bacon rolls, sausage baps, and cold drinks on sale. Organised by the North Wootton Village Hall Management Committee, all proceeds from the Village Market go directly to the Village Hall. 9am-2pm
-continued overleaf

- 20 St Edmund's Day Medieval Banquet 7-11.30pm at Hunstanton Town Hall £19.50 pp includes welcome drink, 3 course meal and medieval entertainment. Visit www.festival3.com to book
- 21 Dersingham Christmas Fair 12noon-5pm at Dersingham Village Centre. A mixture of local businesses and crafters all in one place, selling some delightful products to make your Christmas shopping so much easier. Plenty of Parking, Free entry and a Cafe selling Tea and Cake For more Information, please visit <https://fadetogrey.selz.com/>
- 21 Hunstanton Gardeners' Association AGM 2.30pm at Hunstanton community Centre. Visitors welcome.
- 25 Fundraising sound bath with gongs and crystal singing bowls in support of Toiletries International Thornham Village Hall 6.30pm – 9pm to book tickets visit www.soulstarstories.com - tickets £45.00
- 27 Christmas Fair at Sedgeford Village Hall, Jarvie Close PE36 5NG 10am-2pm Cards, Gifts, Decorations, Art, Cakes, Raffle, Tombola, Refreshments
- 27 Craft Fair Hunstanton Community Centre 10am-4pm PE36 6BW
- 28 Hunstanton Christmas Craft Fair Hunstanton Town Hall PE36 6BQ 10-5pm. A wide selection of gifts and handmade crafted items, ideal for that unusual and special Christmas present for friends and family.
- 28 Hunstanton Christmas Cracker including Santa's Grotto at the Princess Theatre and the Light Switch on with members of the panto cast at 5pm. Rainbow Park are providing free tea cup rides throughout the day outside the theatre.

Looking forward to early December

- 3-5 Christmas Tree Festival at Hunstanton Town Hall. Free entry every day. Opening ceremony on 3rd at 7pm. Music, mulled wine and mince pies. Organised by HDFA.
- 4 Winter Gift Fair – The BagLadies of Thornham annual fair with unique gifts, seasonal produce and delicious refreshments. 10am-4pm Thornham Village Hall
- 4-1/1 Aladdin pantomime at The Princess Theatre. Matinee and evening performances. T: 01485 532252 e: boxoffice@princesshunstanton.co.uk
- 5-30 Advent and Christmas Wreath Festival. St Mary's Church, Old Hunstanton. Enquiries t: 01485 535936 m: 07763 211901 e: revd.rachael.dines@hotmail.com

Editor's note: To be included in the December listing of What's on, please let me have the full details (preferably by email to editor@townandaround.net) by 12th November latest.

A recipe with a brilliant name – Rumbledethumps



Ingredients

600g diced potatoes
400g swede, peeled and chopped into chunks
1 medium Savoy cabbage, shredded
2 large onions, chopped
50g salted butter
100g good quality cheddar, grated
Salt and pepper

Rumbledethumps is a traditional dish from the Scottish borders; it could be described as the Scottish version of bubble and squeak or colcannon - but with cheese.

In 2009 Gordon Brown, PM at the time, contributed a recipe for a charity publication for a school for the deaf. He said it was his favourite food.

Preheat oven to 180°C/ 200°C (fan / no fan).

Boil the potatoes and swede until tender, then drain and mash them up Sauté the onion and cabbage in butter

Mix the onion, cabbage potatoes and swede together then add half the cheese and stir until the cheese has melted

Season to taste

Place the mixture in a casserole dish then sprinkle with the remaining cheese

Cover with foil and bake for 30 minutes

Remove the foil for the last 5 minutes until the cheese is golden and bubbling.

For a more substantial meal this is great served with boiled gammon.

Smithdon & Brothcross Girlguiding invite you to their

Scarves and Jewellery

Lucky dip and Sweet Stall

Autumn Hall of Stalls

Saturday 6th November 2021

10.00am till 1.00pm

Books

St Edmund's Church Hall

Hand knitted items

Raffle

Christmas decorations

Free admission Refreshments available

Table Top games

Cake Stall

Gifts and toiletries

Girlguiding

THE WHITE HORSE

HOLME - NEXT - THE - SEA

PRE CHRISTMAS DINNER MENU 2021

available from 29th November - 24th December

To Start

- Lightly Spiced Butternut Squash soup
with Crusty Bread & Butter
- Chicken Liver Parfait with Winter Berry Chutney &
Melba Toast
- Smoked Salmon & Crayfish Cocktail
with Garlic Mayonnaise,
Brown Bread & Butter
- Kale & Beetroot Tart
with Caramelised Red Onion

To Follow

- Roast Turkey Crown, Pigs in Blankets, Homemade
Bread Stuffing, Roasted Potatoes, Roasted Parsnips
with Gravy & Seasonal Vegetables
- Mushroom, Garlic, Pine Nut and Basil Parcel served
With Vegetables & New Potatoes & Tomato Concasse
- * Rump Steak served with Field Mushroom, Grilled
Tomato, Beer Battered Onion Rings, Chips & Peas
- Salmon Supreme marinated with Lime & Coriander
served on Wilted Spinach with New Potatoes &
Seasonal Vegetables
- Slow-Cooked Belly Pork with Dauphinoise Potato,
Wilted Spinach, Apple Gravy & Seasonal
Vegetables

To Finish

- Christmas Pudding with Brandy Sauce
- Lemon Mousse with Gingernut Crumb & Mint
- Selection of Cheese with Biscuits, Onion Chutney,
Celery & Grapes
- Chocolate Pannacotta with Orange Compote

2 Course £18.00 3 Course £24.00

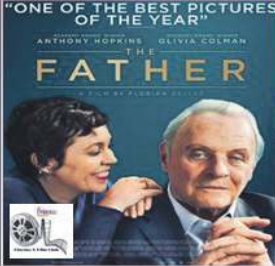
* Supplement of £2.00 applies

BOOKINGS NOW BEING TAKEN

Tel: 01485 525512

Email: whitehorseholme@gmail.com





Tuesday 2nd

Wednesday 3rd

Sunday 7th

Tuesday 9th

Friday 12th



Saturday 13th

Sunday 14th

Sunday 14th

Tuesday 16th

Friday 19th



Sunday 21st

Christmas Cracker Sunday 28th

Light Switch on at 5pm

**BOOK
YOUR**



**TICKETS
NOW**

SATURDAY 4TH DECEMBER 2021 - SATURDAY 1ST JANUARY 2022

BOX OFFICE OPEN 7 DAYS WEEK FROM 10AM

Telephone : 01485 532252

Email : boxoffice@princesshunstanton.co.uk

Website & Online Bookings: www.princesshunstanton.co.uk



BOOK NOW TO AVOID DISAPPOINTMENT