

TOWN and AROUND



ISSUE 216 OCTOBER 2023

PRICELESS!

18th
Anniversary
Edition

Local News • Events • Great Outdoors • Features

First word



Another month and another magazine – and this one is special as it is our eighteenth anniversary edition, so indulge me, and please read on.

Hyperlocal was a term seldom heard in 2005 but according to the Centre for Community Journalism at Cardiff University, magazines like T&A are filling the void for local news as more newspapers merge or move online saying they: 'promote social cohesion, connect and engage individuals to address local issues and affect positive change.'

Although that wasn't our mission statement when we published issue number one, we did want to include news, arts and culture, sports, features, hobbies, clubs, cultural and community entertainment events, campaigns, transport, local history, business, and schools. Thankfully we've had a lot of people that have been prepared to write for us and looking back over the years there aren't many local issues we haven't covered!

With the support of local businesses, we've been able to increase the number of pages we print and our circulation. Our source of revenue is advertising and I'm incredibly grateful to all our advertisers, some of whom have been with us since our first edition. I really do mean it when I ask you to support them when you can.

Thank you to all our contributors; these pages are full of news, views and information.

I hope that you will enjoy our birthday issue.

Until next month,

Elaine

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

Follow the latest stories at www.townandaround.net
and on Twitter @hunny_bird
www.facebook.com/pages/TownandAroundNorfolk

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



ACCENT
Fencing, Decking and Paving

**Call us now
on
07771 508 212**

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

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

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



See our FB page for photos of our work



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

ADVERT SIZES

1/16 page: 42mm wide x 60mm high OR 88mm wide x 28mm high.
1/8 page: 88mm wide x 60mm high OR 180mm wide x 29mm high
1/4 page 88mm wide x 122 high (portrait) OR 180mm wide x 60mm high (landscape)
1/2 page 180mm wide x 122mm high (landscape) OR 88mm wide x 246mm high (portrait)
Full page 180mm wide x 246mm high
Centre DPS: 380mm wide x 246mm high

ADVERT PRICES

Size	1 issue	6 issues
1/16	27.00	22.50
1/8	52.20	43.50
1/4	86.40	72.00
1/2	161.82	134.85
Page	297.00	247.50
DPS	570.00	475.00

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

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

No part of the magazine may be reproduced, stored in a retrieval system, or transmitted in any other form, or by any other means without written prior permission. Copyright © 2023 All Rights Reserved. This magazine reflects the views of its contributors; not necessarily those of its editor or advertisers.



We're Hiring

Home Instead Norfolk is hiring CAREGivers now

We are looking for people with kind, compassionate hearts who want to make a true difference to the quality of life for our clients to join our team in Norfolk.

01485 496 987 | recruitment@hinorfolk.co.uk
homeinstead.co.uk/west-norfolk/vacancies/



Inspected and rated

Outstanding ★



Fee Fi Fo Fum, a Giant is coming to Hunstanton!

Christmas wouldn't be Christmas without a pantomime and for most of us it was probably our first experience of live theatre. The traditional stories are told and in the end good always triumphs over evil - but not until the characters have encountered danger and virtual despair.

This year the Princess Theatre presents Jack and the Beanstalk featuring a completely new cast, fabulous scenery, a huge break-dancing Giant Blunderbore and, we can reveal, a twist in the story that nobody will expect.

Produced by Tom Rolfe, Samuel Hague takes on the role of Jack Trot. No stranger to the town, Samuel was part of the entertainment team at Searles Leisure Resort in 2022. Jack's love interest is Princess Jill played by Felicity Colwell-Clark, a graduate from CAPA College where she studied Musical Theatre.

With a CV that fills a page, Phil Hoyles plays Dame Trot. In this production he/she has no less than twelve costume changes, some with lots of glitz and glamour! A fun fact is that Dame Trot's cow, Daisy, is the very same cow that appeared in Tom Rolfe's first ever production in 2016.

Every panto needs a good fairy and an evil henchman and this year Sophia Green, a graduate from the London Studios Centre is Fairy Peaseblossom. Sophia was a featured supporting artist in Netflix's Enola Holmes 2.

Fleshcreep is played by Emma Deborah Ward, and although no stanger to pantomime, this is her first time as the villain and she is relishing the chance to show her evil side. Emma trained with Musical Theatre Studio and is also a vocal coach - with lots of medleys and pop songs throughout the show, be ready for musical fireworks!

The professional dancers are Macy Hodgson and Hannah Futter and the show is choreographed by Lucy-Rose Rollason.

Completing the line up, Rollason Stage School's junior dance team are back again this year.

Tom Rolfe said: "I'm really excited about this show that has lots of surprises, audience interaction and even a brussel sprout fight!"

The pantomime runs from Saturday 2nd December 2023 to Monday 1st January 2024, with a Signed Performance on Tuesday 19th December 2.00pm.

Tickets

Adult £19.50 / £21.00

Child / Concession £17.50 / £19.50

Family of 3 Ticket £53.00 / £58.00 (2 adults & 1 child)

Family of 4 Ticket £69.00 / £76.00 (2 adults & 2 children)

Children's Groups (10+) £11.00 per child - 1 in Every 10 Goes Free (not available on Christmas Eve or Boxing Day)

Booking at:

<https://thelittleboxoffice.com/princess/book/event/175514>

Call (01485) 532252 if engaged or out of hours, please leave a message and a member of staff will contact you as soon as possible.



Bring your garden
back to life!

Ben Dawson
Gardens

Professional Garden Maintenance

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

Monthly payment plans available for regular maintenance

CONTACT ME TODAY FOR A FREE QUOTE



07534449260



bendawsongardens@gmail.com



@bendawsongardens



@bendawsongardens

Recommended by K Brown Auto Repairs LTD

Promotion for Rigil as he continues to serve and protect the community

A man who has served Hunstanton for twenty-seven years as a cadet, firefighter, crew manager and watch manager has been promoted. He is now one of the four Western District Station Managers for Norfolk Fire Service and will be working predominately at the new King's Lynn South Station at the Nar Ouse development.

Rigil Kent can't remember not wanting to be a firefighter, and even though his father suggested following him with a career at sea, Rigil was determined joining the cadets as soon as he was old enough.

The devastating wildfires of 2022 saw firefighters from all over the county fighting 674 fires in just three months and who can forget this image of Rigil emerging through the smoke captured by Ian Burt on 19th July at Hillington?



Asked about his service, Rigil said: "Being in the Fire Service is really something very special, the camaraderie of the crew, the places you get to visit, and the biggest thing is helping people - in their darkest hours we bring a sense of calm to their despair."

"Firefighters are like swans on the river, paddling hard and staying calm, we have systems and processes in place that enable us to do the things that need to be done, and it's the team working together that makes it work, just like the Lifeboats."

The father-of-three is also the operations manager at Hunstanton Lifeboat Station, having joined thirty three years ago at just fifteen, he was out at sea on his first launch on his 17th birthday.

Currently there are nine on-call firefighters operating from Hunstanton Fire Station and the ideal number is twelve. Over the years the numbers have gone up and down, and one year there were only five and incredibly they maintained a 99% availability for which they received a special award.

Rigil's promotion means that he has to step down from his role at the Hunstanton Station that he says holds so many great memories. "I'm really looking forward to the challenges in my new role but will really miss the team at Hunstanton."



Rigil with some of the Hunstanton crew



Dave Cleland and Rigil Kent

"Dave Cleland has taken over as watch manager temporarily until a formal process is completed", he added.

Sarah Kent said: "I am so proud of my husband; he's led by example, he always thinks about the pump and he's a great team leader."

"He's also made sacrifices like not leaving the town sometimes because the station needs at least four fighters to be available with a driver and officer in charge."

Rigil is pictured on this month's cover. Hunstanton's loss is Western Area's gain.



Rigil and Sarah Kent

All photos: Ian Burt

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

North Norfolk Properties Ltd

Committed to caring for your property



Gutter Cleaning with SkyVac

Working at a height poses many challenges, but getting instant 'eyes-on' the job with our camera system means we can clear gutters up to a height of 50ft.

No scaffolding, cherry-pickers or ladders required! Using skyvac® Elite poles with a vacuum release valve removes large clumps safely and quickly.

We can reach over conservatories and outbuildings.



Moss Removal with SkyScraper

Norfolk has ideal climate for roof moss to thrive in! If left untreated, roof moss can cause tile damage and potentially lead to roof leaks.

Our skyscraper® roof moss removal system can be attached to a telescopic pole, to safely scrape the moss away. What grows up, can come down, so roof cleaning goes hand in hand with gutter cleaning.

GET YOUR GUTTERS FLOWING AND REJUVENATE YOUR MOSSY ROOF



From this...



...to this

Driveway, Path and Patio Cleaning



From this...



...to this



About North Norfolk Properties Ltd

Based in Hunstanton and established in 2005 by David Loughlin, North Norfolk Properties provides a range of specialist property services including: garden maintenance and landscape services, garden clearance, fencing and patios, hedge cutting, grass cutting large lawns and amenity areas, patio and driveway cleaning, gutter cleaning, and moss removal.

Additionally, JCB Diggers with Operators are available for hire.

YOUR PROPERTY IS OUR PRIORITY

T: 07584 088097 E: nnpc099@gmail.com

Information event about the proposal for a Wash Barrier

Hunstanton Town Council (HTC) are to hold a Public Information evening to inform residents about a proposed scheme to construct a Tidal Barrier and Container Port across the Wash from North Norfolk to Lincolnshire.

A spokesperson for the Town Council reported: "HTC recognises that public awareness of the proposal for a Wash Barrier is currently quite limited. It is vital that our residents, along with those of North West Norfolk are fully informed about the proposals and how they will affect them."

The Wash Barrier proposal is a £2 billion scheme that will combine a tidal energy barrier with a container port and an 11-mile roadway connecting Norfolk with Lincolnshire. Proposals have been announced by Centre Port Holdings Ltd and are in the initial feasibility study phase. Funding for the study is provided by the energy utility company Centrica.

Concerns raised so far include the environmental impact on the Wash, a sensitive area for wildlife on an international scale. From another perspective there would be the production of green energy and the possible protection of the Fens from flooding.

As Chair of Environment at the council and organiser of the event, Cllr. Robert Corby will chair the meeting that will be held on Friday 20th October at Hunstanton Town Hall, starting at 7.00pm.

The spokesperson added "Currently the Council hope to have:



- A speaker from Centre Port (should be James Sutcliffe) - to outline the proposal and an update on progress.
- Cllr. Terry Parish Leader Borough Council Kings Lynn and West Norfolk - To outline borough council position and opinions on the proposal
- Emeritus Professor of Environmental Sciences, Tim Jickells, Oceanographer with research interests in ocean biogeochemistry and coastal management.
- A speaker from the Wash Management group to discuss coastal flooding and the long term flood management of the Wash.
- One or two wildlife/ nature speakers - Jim



Scott RSPB, Wild Ken Hill unable to attend due to holiday commitment, we are still waiting to hear back from Norfolk Wildlife Trust.

At the end of the meeting it is tea, coffee and biscuits and meet the public.

All local Parish councils have been invited to attend

"The meeting will be an open one and all are welcome. Speakers have been invited to explain the different points of view. After the presentations members of the public will be able to ask questions.

"Nearer the date we will produce an updated press release with names of speakers."

Docking FC under 11 squad have a new sponsor ahead of new season

Presented with their stunning new kit two weeks before the season started the squad at Docking are looking forward to playing 9 aside for the first time.

Manager of the team Ash Miles said: "This season they will be playing on a much bigger pitch and also with a goal that's over a metre wider; it's a big step up for them and it's great to have the sponsorship from RTG at this time."

New sponsor Ricky Fuller of RTG presented the full kit on Thursday 31st August and he's pictured below with Ash Miles (right) and Assistant Manager Wayne Howard.

The squad of twelve boys practice on Thursday evenings from 5-6pm at Docking Playing Field and Stuart Able runs the training.

Ricky's nephew, centre midfielder Laiton Fuller-Ellwood who attends Blenheim Park Academy is part of the squad.



King's Lynn Philatelic Society

Our 85th season began on Friday, 8th September with the first of many displays from outside speakers. We also have members' evenings, bring and buy sales and competitions.

We meet at the Scout HQ in Beulah Street in Gaywood on the 2nd and 4th Fridays of the month from 7:15 pm, and also enjoy displays, via Zoom, on the first Friday of each month.

In addition, we run a collectors' club on the morning of the 2nd Thursday of the month at the former Ouse Amateur Sailing Club followed by a convivial lunch.

If you would like more details of either, or both sets of meetings please contact Dahlia Harrison, redcrossrose@gmail.com. 01775 423087, Mike Kentzer, mike.kentzer@gmail.com, 01553 631446.



A FANTASTIC
RANGE OF
DESIGNS FROM
CONTEMPORARY
TO CLASSIC



Reeds
All your home needs



A WORLD OF CHOICE AT REEDS

UNBEATABLE PRICES FROM A FAMILY BUSINESS YOU CAN TRUST!

SOFAS | CHAIRS | FURNITURE | BEDS | MATTRESSES | FLOORING | CURTAINS | BLINDS AND MORE!

Opening Times: Mon – Sat 9am to 5pm in Downham and Ely | Sunday 10am to 4pm in Ely only

Visit the café in our Downham Market Store where delicious food and drink awaits you.



Check out our website reedshomestore.co.uk | Find us on facebook for the latest updates



REEDS Furniture, Flooring, Bed Centre & Homestore, Bridge Street, **Downham Market** PE38 9DS T: 01366 382213

REEDS Furniture, Flooring & Bed Centre, Lancaster Way Business Park, **Ely** CB6 3NX T: 01353 669754

Should I make my will with a solicitor?

By James Palmer, Associate Solicitor, Hayes + Storr

There have long been discussions as to why you might make a will with a solicitor. Particularly compared to the cheaper homemade option. The subject has hit the news again recently, with Aretha Franklin's handwritten wishes being found in her sofa.

As with the estate of the Queen of Soul, homemade wills can often result in issues and costly legal proceedings. Such important legal documents benefit from professional advice.

When I prepare a will for a client, my primary aim is to ensure clarity. That may be clearly stating who will oversee the administration of your estate, or how your assets shall be distributed. Homemade wills often lack such clarity. Which can cause time-consuming and costly complications, or the document being invalid.

A phrase I often hear when I discuss wills with clients is "Oh, I never thought of that". That may relate to what might happen with the balance of their estate, once they set out specific items they wish people to receive. Alternatively, it could be in relation to what happens if their chosen beneficiaries die before them.

By making your will with a legal professional, you put yourself in a better position of ensuring the whole of your estate is dealt with as per your wishes. Further, it allows you to explore and consider the

scenarios you may not have thought of, with advice tailored to your specific circumstances, including the size of your estate relating to Inheritance Tax where relevant.

Another common issue with a homemade will is that they have not been executed correctly. If a will is not executed properly, the wishes contained in it will be invalid and not legally binding. This could result in a previous will coming into effect, or passing in accordance with the intestacy rules if there was not a previous valid will. This can often lead to estates not passing to the intended beneficiaries. Further, there can be complications as to who is entitled to administer the estate in such a scenario.

Issues can also arise with homemade wills relating to capacity to execute the document or, indeed, undue influence. If such issues were raised, it can often result in costly legal proceedings and significant delays. When making a will with a legal professional, we owe a duty to all our clients to ensure they have the requisite capacity to put a will in place, and that we are receiving their true wishes.

As shown in the Aretha Franklin case, issues can also arise as to where a will might be kept. When we make a will, we store the document in our secure strongroom free of charge, ensuring your will is safe and secure, and not



at risk of being lost down the back of the sofa.

A will is one of the most important legal documents an individual can make. Each person will have valuable wishes as to who they want their assets to pass to. Whether it is their home, money in the bank, or any cherished belongings. They must also appoint someone they trust the most, to carry out those wishes. Such an important document warrants being prepared by an experienced professional who you can trust to ensure your wishes are carried out accurately and unequivocally, reducing the risk of a dispute in future.

For further advice on making a will, contact James Palmer on 01328 863231 or email james.palmer@hayes-storr.com.

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

MEET OUR FAMILY LAW TEAM



MARIA ENDALL
ASSOCIATE SOLICITOR

"We help our clients achieve the best outcome for them and their children and assist them to overcome situations that may seem overwhelming."

Maria Endall is an associate solicitor and heads up the children law team at Hayes + Storr. She provides robust advice to separated parents on all child related issues.



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

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

HS
HAYES+STORR
SOLICITORS

News from Brancaster Village Hall (BVH)

Geoff Wingrove

BRANCASTER VILLAGE STORES AND POST OFFICE

As we march rapidly towards the winter season and scenes brilliantly captured by Paul Gallico in "The Snow Goose" there are great changes at the Brancaster Village Hall. As from 4th September the village shop and Post Office are under new management: we extend a very warm welcome to Mark Eldridge and his wife, Kerry, who have taken over. Both shop and Post Office are now open six days a week, Monday to Saturday, from 9.00am until 5.00pm.

FORTHCOMING EVENTS AT BVH

The programme of monthly Community Hot Lunches will recommence for the winter season on 13th October.

All the World Cup rugby will be shown at BVH: everyone is welcome to watch the matches and enjoy a drink at the bar.

The annual Winter Fair will be held on 29th November.

Quiz Nights, Skittles and Darts continue at Bar 71: do come along and sample the brilliant pizzas produced by the Bardolis food van. For full details and times of all these events and of our regular activities – Yoga, Baby and Toddler Group, Coffee Morning, Beginners' Pilates, Fitness Fusion and the Mobile Library – please visit our website: www.brancastervillagehall.co.uk and for enquiries: brancastervillagehallcommunitybookings.co.uk

FROM THE BRANCASTER VILLAGE HALL ARCHIVE:

NATIONAL COASTWATCH INSTITUTION (NCI) BRANCASTER

Following on from my last article, which dealt with the inauguration of the National Coastwatch Institution and the setting up of the new Coastwatch Service in Brancaster, I was recently lucky enough to share two shifts with Station Manager, John Allen. This enabled me to see at first hand the main functions of the service and to learn about the course of training that each Watchkeeper undergoes in order to be certified.

The National Coastwatch Station in Brancaster is situated in the grounds of the Royal West Norfolk Golf Club. It consists of a small mobile office which was originally donated by the RNLI. It was in poor condition, but John and the volunteers worked hard to make it habitable – and have made an excellent job of it – sorting the flooring, constructing storage, providing a work and chart space and upgrading electrics. The site helpfully agreed with the management of the RWNGC is at the front of the building overlooking Brancaster beach, with panoramic views of the shoreline from

Brancaster Staithe to Titchwell, including Scolt Head Island. Matters are in hand with the Golf Club to provide a lease for the site, as this is needed to secure grant monies.

The cabin is in urgent need of replacement: the future is vested in attracting funding to provide for a new station. This will offer a slightly larger building with solar panels to make the structure self-sufficient in electricity. It will also have CCTV and a webcam facility so that beach and coast users can access details of weather, wind, tides and suchlike online remotely. The new building will be better equipped to house the charts and visual equipment needed and – perhaps most importantly – be weatherproof and warm during the winter. It will also require planning permission and a formal legal agreement with the Golf Club: these issues are likely to take time to achieve and more expense. It is hoped that these matters will be sorted in time for the new building to be in place for at least part of the winter.

The current station is equipped with a radio, telephone and IT connections. It has a wide range of optical equipment, including scopes and binoculars. It also has detailed charts of the whole coastline, along with direction plotting equipment. However, the most important feature of the station is the logbook which records all incidents; it acts as a legal document in the event of a serious problem, and therefore needs to be kept with the utmost accuracy. The radio is used every day to inform sea traffic that the station is operational and is useful for coast users to check on weather, wind and tide conditions, as well as to raise help in emergencies. Watchkeepers also work closely with Brancaster Staithe Sailing Club, particularly on race days, to ensure that the events are safe.

The Station Manager, John Allen, has a very wide breadth of experience that has equipped him in all the skills for his current role. Service with the Royal Navy was followed by a long career first in the police and then in the fire service in Canada. He became the Deputy Station Manager at the Cromer station and was assigned to be Manager of the new Brancaster station, which he had to set up from scratch. Following a lot of hard work in terms of the station and recruitment of volunteers, the station is operational seven days a week. However, it still needs to recruit a further 5-10 volunteers to provide the full cover required, taking account of illness, holidays and other necessary absences.

One of John's most important roles is that of ensuring that all volunteers are fully trained for the functions they will undertake. This means confidence in radio and chart work and a good level of communication skills in terms of advising the public and raising concerns with emergency services when necessary. However, the most vital skill is observation

and being constantly aware of what is going on along the beach and coastline, in order to take the appropriate action when incidents occur.

The second shift I attended took place on the Saturday morning of the bank holiday weekend at the end of August. The weather was fine and the tide was on the turn, reaching high tide just before 2.00pm. The beach had attracted a large number of users, some with paddle boards, rubber rafts and buoyancy toys such as dolphins, so extra vigilance was needed; most were there to exercise their dogs. There were no incidents during the time I was present, but in previous days there had been a stranding on the sandbank and difficulties in dealing with tidal conditions. I could only admire the professionalism and dedication of John and his volunteers who give so much of their time to this essential task. My view was further confirmed when the Coastguard Search and Rescue team dropped by the station, as they routinely do, and referred to the Coastwatch Service as their "essential eyes and ears".

The National Coastwatch Institution Brancaster is a registered charity: if you would be interested in volunteering or donating, please contact Richard Burrows, Deputy Station Manager and Watchkeeper, on 07505 612777. Many thanks to the RWNGC for all the assistance it has given.



The pictures show John Allen, Station Manager (on the right) with John Gould, Watchkeeper, and a view of the front of the Coastwatch Station at the Royal West Norfolk Golf Club.



People and Communities

Jo Rust

In August I was thrilled to be appointed as Cabinet member for People and Communities, areas that I'm passionate about. I was replacing Cllr Kemp, who remains a member of the Independent partnership, but wanted to be able to concentrate on specific issues relating to her ward. I thank her for the hard work that she'd made a great start on. Former council leader Stuart Dark has referred to me as a "controversial" candidate. Which made me smile. I've been campaigning for people and communities for well over a decade. I've always worked hard for our area and the people who live in it. So I'm not sure why he thinks a formal appointment naming me in the role is so controversial. But I know he's still getting used to being in the opposition and minority so I'll let it go!

On the 24th August I attended the first full council meeting in my role as Cabinet Member. I was really looking forward to taking some questions from the councillors present and had spent some time making sure I had lots of information to hand if asked about it. Sadly the three hours allocated for the meeting wasn't long enough! We ran out of time before members had the chance to ask questions of the Cabinet.

It's no surprise really when we spent 52 minutes debating one item. But that's democracy.

I had wanted to give information about some of the great services offered by the council, the hard-working staff and our partners in the community.

One important service that our council offers is called the Help Hub. Sometimes in our lives we struggle for a variety of different reasons, but if we're offered help early enough then we can overcome these problems. Our council takes referrals from organisations like the NHS, schools, housing providers, children's centres and others to provide support for those who are struggling with more than one problem. Help can be provided with housing matters, health and emotional well-being, independent living, community activities and much more. It's an amazing service designed to ensure our residents can participate fully in life, because sometimes we just get stuck and need a hand.

Our council also has an Energy Efficiency Officer whose job it is to deliver energy efficiency improvement schemes and provide fuel poverty and cost of living support. Many people aren't aware that there are

schemes, which can retrofit items like air source heat pumps, cavity wall insulation, or even solar panels. That are fully funded, meaning residents won't have to pay anything at all if they meet the criteria. We all know that the cost-of-living crisis isn't going to go away any time soon. Sadly, the Conservative government policies really don't help the average person, concentrating on tax breaks for the wealthy instead. So, your council wants to help combat fuel poverty across the Borough. If you live in a house that has an EPC rating of D or less, then you could qualify. Or if you have an income of under £31,000 you could also qualify. If your house has an improved EPC because of fitting these energy efficiency improvements it means that your heating bills will be less, so saving you money. Importantly, being more energy efficient also reduces the amount of CO2 produced, so helping the environment. To find out if you're eligible for fully funded home improvements please contact housing_standards@west-norfolk.gov.uk.

I also met with staff at The Purfleet Pantry which is a much needed service, but a sign of the times that life is so tough for so many, that a social supermarket is



the only way that some families can feed their family. With membership costing just £3 per year and it gives people access to low-cost items such as food, toiletries, hygiene and baby products. Sometimes they even have fresh bakery goods available that are free. You don't have to live in the PE30 postcode, or be on benefits to become a member, anyone can join. In addition to the social supermarket they also sell affordable furniture items for families or first home. They're based near the South Gates and are well worth a visit.

So, although times are tough for so many, I'm proud of the work that our council and its partners are taking to try and ease some of that burden for our residents.

A HAND TO MOUTH EXISTENCE

Edwin Salter

Of all satisfactions, the most easily available are those we put into our mouths. And nowadays there is a vast range delightfully designed to tempt us.

Our equally human ancestors a few thousand generations ago all had a hard time staying fed. They were active and slim hunter-gatherers (a few communities still exist): opportunities to feast were rare and had to be seized. That may help explain our behaviour, or perhaps it is simply that our infant dependency is never forgotten.

From natural resources we have found three substances of special power: sugar, alcohol and tobacco. In the last few hundred years people have eaten sugar while their teeth fell out, boozed their way into uselessness and danger, and smoked rough fumes providing both nicotine and cancer. A new industry, that again denies harm, now provides highly processed ready-made food. And vaping becomes another vast experiment of addictive danger.

The phrase 'a hand to mouth existence' was used to describe poverty. Only a few wealthy could afford to fatten, but obesity now tends to be a mark of relative poverty that just makes life worse. In only a few generations (roughly post 1950s starting in USA) we turn from lean toward fat, and that's no time at all in biological terms. Look at old family photos and just compare those folk with now. Obesity was

historically very uncommon but now a global wave of change can be traced through the world as calorie need is far exceeded (adult daily need about 2000C, many countries including us averaging around 3000). In this country adults are now roughly equal numbers in the groups okay/overweight/obese. The costs - human, financial and environmental - are astonishing.

Those of us who have gone further than cheerfully plump include some who believe they could switch into reverse, others who rather lose hope. In either case it might be sensible to put it to the test. Give up just one sweet treat, banish it entirely: as a reward for success do a good deed for someone else and then consider a seriously good deed for yourself. Be assured it is possible (and cheaper) to enjoy eating less and simply better, and worth avoiding the physical restriction, changed appearance and likely ill-health. One special plea whatever our own choice: excess weight when young is particularly damaging, so do keep children fit and active.

If in doubt about what is healthy in life, it's worth thinking about those ancestors who adapted to bequeath our biology. We live in an age of immense change that brings, along with benefits, assorted harms and entirely new and unfamiliar risks. Keeping well for ourselves and as a society needs some care.

NEW & IMPROVED PRODUCT RANGE

Transform your garage from £995

Garolla electric roller doors, engineered for everyday life.



Garolla's new range is strong, secure and durable. Revitalise the look, feel and function of your home.

- Unlock 25% more space • Free five-year warranty
- 100,000+ doors installed • UK's #1 recommended
- Fully fitted by a local Garolla engineer
- New SafeGuard Plus pack – even more light, detection and deterrence

Checkatrade
Where reputation matters
9.8 out of 10

Trustpilot
4.7 out of 5 / 6,000+ reviews

GAROLLA
ELECTRIC GARAGE DOORS

We survey, manufacture and fit...
01485 240 034
CALL TO ARRANGE A FREE SURVEY

BESPOKE ELECTRIC DOORS
MADE IN THE UK

garolla.co.uk

Staying aligned, staying aligned

Abigail Brown

Four-wheel alignment is the topic for this month's column. The clue is in the name, but, to clarify, the point of this process is to ensure all four wheels are correctly aligned.

If your car has perfectly aligned wheels, it will benefit from straight-line stability, enhanced steering performance, better fuel efficiency, and improved life expectancy of tyres by up to 12,000 miles.

Why might I need it?

Your wheels could be misaligned for many reasons - if you've hit a nasty pothole or a curb, for example. Here are a couple of common signs to look out for:

Unevenly worn tyres

Check if you have worn the outside tread of your tyre more than the inside or vice versa, as this can point to misalignment.

Steering pulling off to one side

It should be evident if your car pulls one way or the other. If you're unsure, you can test this by setting the steering wheel straight while driving and seeing if the car steers in one direction.

We recommend speaking to your garage if you're experiencing any of the above.

How does it work?

During a four-wheel alignment adjustment, the mechanic analyses three different settings - the caster, toe and camber. Manipulating the caster will correct your vehicle's steering wheel self centering ability. Or, in layman's terms, ensure that your steering is able to reset itself. Have you ever noticed how the car shifts back to driving straight on its own after turning round a corner? That's because the caster is correctly aligned.

Toe relates to the space between the front and the back of each tyre.

Your Local Insurance Broker

making your money go further



Price comparison

For a 2010 VW Transporter, driven by a West Norfolk resident

Call us on 01553 400399 for our best rates

Sample quotes are for premiums as stated for a 42 year old from PE32 area. The quotes are based on a 2010 Volkswagen Transporter with 3 years NCB (with varying degrees of excess) working as a self employed plumber. These quotes are valid from 12/06/2023 and are for information only so do not form the basis of any contract or tender. Competitive quotes were obtained from Prime and Liverpool Victoria (Via comparethemarket.com) on 12/06/2023. Full details are available on written request.

adrianflux.co.uk

Authorised & regulated by the Financial Conduct Authority

ADRIAN FLUX

Insurance for the individual

Fullers Body Repair Centre

Established 1973



Unit 10
Cheney Crescent
Heacham
Norfolk
PE31 7BT

T: 01485 570799

E: beautifulbodies@hotmail.co.uk

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

Toe-in means the front of the tyres are closer to each other than the rear of the same tyres. Toe-out - you guessed it - means the opposite.

Camber focuses on the angle your tyres are sitting at and measures the degree of tyre tilt. A positive camber is when the top of the wheel leans out from the centre. A negative camber is when the wheel is leaning into the centre.

This process requires a four-wheel alignment machine that shows the technician the necessary adjustments. It also enables the mechanic to create before and after-style images so you can see the difference in alignment.

Four-wheel alignment isn't generally something that a mechanic would advise on your service report or that you should get done regularly. Nevertheless, it is still worth being aware of it in case this is a service you need in the future.

www.kbrownautoskingslynn.co.uk/what-we-do/tyres
for more about alignment.

Wendy Warner's plant of the month - Festucas

Usually when we think of ornamental grasses in autumn, they tend to be tall and wavy with plumes of seed heads such as *Miscanthus* and *Pennisetum* which are ideal for deeper into the border, but *Festucas* are definitely worth a mention for the fronts of the border.

Festucas are smaller, low-growing, compact, mound-forming grasses with many narrow spiky leaves. They are evergreen so will look good year-round and are suitable for the fronts of borders or containers. Due to their tufted, compact nature, they are more tolerant than most grasses of the autumn winds, rain and even winter snow, and will quickly bounce back whatever the weather throws at them. Their wand-like spikes of small flowers will be produced above the mound of spiky leaves in summer. They can be used to edge borders, mixed with other

grasses or perennials, as feature plants in a minimalist or contemporary display or on their own or mixed with other plants in pots or containers. Most varieties will reach a maximum size of approximately 30cm height and spread.

They grow best in full sun where their leaf colour will be more vivid, and they require a free-draining soil which if not over fertilised. They prefer to be grown in an open position where they have air around them and are not touched by other neighbouring plants. If soil conditions are too wet, heavy or fertile or they are overgrown, the plant will lose its neat form and be short-lived. Gently comb through the grass with your fingers to remove any dead foliage in late winter and trim off any old flower spikes.

Probably the most popular *Festucas* are those with blue leaves. Originally there were



Festuca glauca 'Blue Glow' and 'Elijah Blue' but a more recent introduction is 'Intense Blue' which has silvery blue leaves which can look nearly metallic in bright sunlight. *Festuca glauca* 'Golden Toupee' has spikes of yellowy-green leaves which become greener in winter and bristly yellow-green flower plumes in early summer that turn golden-brown. *Festuca glauca* 'Sunrise' is probably the most eye-catching in autumn, although the least readily available. The tips of its blue-green leaves turn coppery-red in autumn and in summer the tall bright orange stems hold fluffy, orange-red topped flowers.

It's probably worth replacing *Festucas* every few years if they become tatty as they get older, but they will have earned their keep with their continuous year-round good looks!



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

New Season's Pansies, Violas and Cyclamen

Shrubs and Perennials for Autumn Colour | Great Range of Wild Bird Feed and Feeders

Autumn Lawn Care and Tools for Tidying the Garden

Scarves, Hats, Gloves, Jigsaws, Books and other exciting new gifts!

Dog Treats, Beds, Toys and Accessories

**GREAT SELECTION OF LOOSE AND PRE-PACKED BULBS
Plant now for a wonderful show next Spring!**



Thaxters

Garden Centre & Coffee Shop

49 Hunstanton Road, Dersingham, PE31 6NA

www.thaxters.co.uk

Tel: 01485 541514

**Garden Centre
Open Daily 9am - 5pm**

VISIT OUR COFFEE SHOP!

Enjoy Breakfast, Lunch or Coffee & Cakes

Open 9am - 4.00pm

Christmas Department Now Open!



Mudpies & Butterflies

Louise Barby, Balanis Garden Design

"If a year was tucked inside of a clock, then Autumn would be the magic hour" - Victoria Erickson

October in Norfolk is a riot of colour and beauty, both in our gardens and communal parks. Take care of some essential tasks without the pressures other seasons may bring.

Plant Spring Bulbs: Planting spring flowering bulbs like snowdrop, daffodils, tulips, and crocuses is a simple yet rewarding task. Taking time to do so now, will provide stunning results in spring with very little effort.

Collect Leaves: Raking fallen leaves is great exercise and keeps you warm on the coolest of Autumn days. You can use collected leaves to create leaf mold for mulch or compost.

Prepare Garden Beds: Clear out spent annuals and weeds from garden beds and add compost or well-rotted manure to improve soil quality.

Trim and Prune: Trim back overgrown or untidy shrubs and perennials. Remove dead or diseased branches to improve the overall health of your plants.

Divide Perennials: If you have perennial plants that have become overcrowded, consider dividing them to rejuvenate the plants and create new ones to share or replant elsewhere in your garden. Dig up, divide with back to back spades and re plant one half back, the other to fill border gaps.

Mulch Garden Beds: Applying a layer of mulch to garden beds helps retain soil moisture, suppress weeds, and insulate plant roots against the cold. Use organic materials like wood chips, straw, or compost. Doing so now will pay dividends throughout the growing season next year. Less watering and weeding is always a welcome result.

Plant Evergreens: If you'd like to add some evergreen plants to your garden, October is a suitable time for planting them. Skimmia, evergreen jasmine and heather are all excellent choices.

Harvest and Store: Harvest any remaining fruits and vegetables in your garden, such as apples, pears, and late-harvest crops like winter squash. Store them in a cool, dry place.

Clean and Maintain Tools: Take some time to clean and maintain your garden tools. Sharpen pruners and shears, oil wooden handles, and store them in a dry place.

Wildlife-Friendly Gardening: Set up bird feeders and baths to attract birds to your garden. Consider leaving some seed heads and vegetation for overwintering wildlife. Don't be too tidy, we all need a little wild area of our gardens.

Enjoy Your Garden: October can be a beautiful time in the garden, still bright sunny days, stunning displays of leaves change colour and autumn flowers in bloom. Take time to relax and appreciate the beauty of your outdoor space.

Remember that gardening should be enjoyable, and there's no need to rush through these tasks. Take your time, enjoy the process, and savour the beauty of your garden in the autumn season. Or use it as a moving meditation to de-stress for life's demands and stresses.

Anita's Salon



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



'Twas months before Christmas, when
all through the shop; things started appearing that
looked slightly odd.

"It's far too early!" people would say;
to the cashiers at the till, as they started to pay.

"Maybe" they reply, with a glint in their eye; as they
take payment for goods and wave you good-bye,

But now is the time to start to think; about what you
will eat and what you will drink,

Because when you sit down at Christmas and stare;
at the table before you that looks rather bare,

You'll think back to the time when you thought
it's too early; to think about Christmas
and ordering a turkey.



(OK, I'm aware that that doesn't rhyme; but it's the
best I could do, given the time)

So next time you visit, don't stand there and mutter;
those words that I know you're wanting to utter,

Instead think of what you'll want for your dinner;
and you'll be the one who comes out a winner.

As you sit there and eat, you'll be the one knowing;
that it's all on the table because of this poem.

So now, I feel, I can say this alright,
"Happy Christmas to all, and to all a good night!"



**Our Butchers, Deli and Shop Floor will be taking
Christmas orders from the end of September.**

**We also have a large selection of locally
produced beers, wines and spirits.**

Barking Bugle News!

Miss Zsa Zsa Finalist Rescue Dog of The Year

We are very excited to tell you that Miss Zsa Zsa is a finalist for the Rescue Dog of the Year. We are so proud of her to be recognised in the prestigious Pet Plan Awards. Since Miss Zsa Zsa was rescued three years ago she has worked really hard to bark loudly to everyone about how pawesome rescue dogs are. So when we recently received an email for help regarding rehoming some doggies who are desperate for new homes, we knew we just had to help out.



Please, please read the email below from a very caring human called Caroline Allan who some of you locals will know as she grew up in Hunstanton. If you would like to rescue one of the doggies please do get in touch with her. The process is actually fairly straightforward and is open to all regardless of age/disability etc. I really hope someone out there would like to help; rescuing a doggy is totally amazing, just ask our mum and dad! We are pretty sure that after you have read Caroline's email you will think she is a superhero - we certainly do!

Calling out to the wonderful Hunstanton community and its surrounding area!

As a 'Hunston' girl who spent my childhood and teenage years in the area, I always feel so at home back in this beautiful part of the country! Not only because it gives me precious time with my family who reside there but also because my heart is warmed by the love for animals I see amongst you lovely people! I have had the pleasure of chatting to some of you and was overwhelmed by your kindness.

My morning walks along the seafront area towards the lighthouse instill in me a sense of hope for dogs in less canine loving areas of the world! Unfortunately in this respect I am currently working in one of those regions, Oman.

The horrific shooting of street dogs as they are called (here we might say 'strays') or starvation and dehydration are part of daily life and haunt my dreams each night!

Hence I am reaching out to you for help, not in the monetary sense, but in the form of a loving home for the doggies I have been fortunate enough to save!

Thankfully there are amazing, kind people everywhere and I have had the honour of meeting fellow animal rescuers who spend days and nights rescuing these beautiful creatures, and who work hard to raise funds to bring them to safe countries with eventual loving homes. This is all totally legal and above board I should add, in case you are wondering. My recent visits to the UK have been extra special as I myself became flight buddy for cats and dogs and played a part in their journey to a better and well deserved life! This has been such a heart warming experience!

Every animal entering the UK is naturally fully vaccinated against rabies and has undergone a three month wait for blood test clearance. All are neutered and in perfect health. Many are puppies or young mothers! All are intelligent, gentle and loving beings who give back the love they have received from the wonderful humans who take away their suffering! I could go on! I won't! If you love animals you already get my message!

Now, let me introduce you to six of our delightful rescue doggies! Firstly there is Buffy, a gorgeous male of approximately a year old. A Saluki mix, Buffy is the most gentle soul I have ever met. He was living on a wasteland close to me along with five other dogs. I fed him daily on my way to and from work and we became friends. I noticed that he was struggling with the heat and as each day passed I sensed his desperation. Thankfully I managed to get Buffy, along with help

from my fellow dog rescuer, Sarah, into her car without much effort at all! Finally he was out of risk from the awful shootings! His life journey had just begun. This was only a few weeks ago! Since then Buffy has been neutered, fully vaccinated, dewormed and flea and tick treated (this goes for all the dogs and cats we rescue!). Most important of all Buffy has been integrated with other dogs, walked on a lead and given much love. I am currently paying for his care.



Buffy

Buffy deserves more than I can give for his long term future! With 13 rescue cats my household is not suitable for him. He is an affectionate boy who loves cuddles and play times as well as his daily walks. I am searching for a forever home for this adorable boy!

With Buffy on the wasteland were Molly, a pregnant mummy and her puppies named Poppy, Bobbie and Toby and daddy dog, Gusto! Again beautiful natures, calm, grateful and affectionate! These sweet girls and boys were easy to catch they knew we had come to save them from the harsh life they were experiencing! Molly, even though pregnant, virtually jumped into the car! Since then she has sadly lost the puppies she was carrying, possibly due to her stress on the street as she couldn't carry them full term, but



Molly

that day she saw her chance, bless her sweet soul! Poppy was nervous and it took a few days to coax her! Now reunited Molly, Gusto and the three pups play together and have security..... but only on a temporary basis. Molly, in particular, walks so beautifully on her lead and is great with other dogs and I am training the other five to do the same. They all love tummy tickles and nose kisses! They just need forever homes. I am currently looking after them in an outside area under shade! It's safe but they need a real home which sadly I can't offer!



Toby

Hundreds of other rescue dogs are in similar situations. I have just touched the tip of the iceberg! All I am asking for is homes for these six adorable pets!

Please can anyone open their heart and home to one (or in Molly and Poppy's case, both ideally, so they can be together) of these loving dogs. I promise they will bring you so much happiness!

I can discuss details with you such as shared transport costs. I am of course willing to organise all the paper work and flights etc. If you know anyone who can help please share my contact details below!

Thank you for reading this and please, it goes without saying that I will answer any questions you have. I am happy to arrange a zoom chat, call you or meet you soon on my next visit to Norfolk.

Caroline Allan

Email: andrew_caroline_allan@yahoo.co.uk

WhatsApp: 00968 79417852

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

C L STEPHENSON

PAINTER & DECORATOR

HUNSTANTON BASED



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

Tel: 07932 074 207
or 01485 533 783

ARE YOU ABOUT TO SELL OR EXCHANGE YOUR CURRENT CAR?

I am urgently trying to replenish my used car stock and I am particularly interested in local cars over 5 years old with service history and in good condition. If your car fits the bill I would love to hear from you.

Please call me in the first instance on:

07769 179 129

for an informal chat about your car.

I will happily come to you at any time and place that's convenient and pay you for your car
with either cash or bank transfer.

Of course, all DVLA paperwork is completed in full.

To give you an indication of how we operate, please take a moment to read our reviews on Facebook,
currently standing at 4.9 stars out of 5 stars based on an amazing 60 GENUINE customer reviews.


**MERCURY
MOTORS**

MERCURY MOTORS

☎ **07769 179129** ✉ carl.mercurymotors@gmail.com

📍 @mercurymotorskl 📷 @mercurymotors_kl

News From The Woottons

Richard Coates

There's always news from the Woottons and this month's no exception. I like to tell you about good news - and there's certainly some of that - as well as some that's not so good.

So let's start with news about that well loved icon of a pub the House on the Green. At the time that I'm writing this article, the builders have just moved on to the site and everybody's wondering what's going to be happening. Apart from those who live immediately adjoining the site and I'm sure would prefer to turn the clock back 20 years or more and have the bowling green back, I can tell you that the owner is going to build what I think is the better of the two schemes for which he's got planning permission. You may remember the Council refused his application to build 7 homes on the bowling green at the back of the pub but he appealed and was successful. Whilst waiting for the appeal to be heard, he applied for an amended scheme which was more likely to get permission for 5 houses. The appeal came through before the second application was determined so, in the light of the successful appeal, the Council decided to grant the second application and that's what the owner's intending to build. But these won't be ordinary 4 bed houses. For a start they're all three-bathroom homes and I suspect they'll be built to a high standard to set them apart from the larger estates now being built. Certainly, they'll be built including carrstone and in keeping with surrounding property.

But the best news is that for the House on the Green itself, the owner intends to go further than the planning conditions require. That was merely to draw up plans to refurbish the pub and put it on the market - but not actually do it. Instead, the owner intends a full re-design of the bar and kitchen facility and to rebuild that at the same time as the houses with it all done inside a year! At the end of that time the intention is to have an "all day" food and drink offering, family orientated facility which will complement the houses in both quality of appearance and operation.

So South Wootton might be getting its large housing estates, but North Wootton will be the place for some high quality!

To get the first of those large estates being built, the County Council agreed to a footpath being closed off - for up to a year! But when that time expired, the builder didn't open it up again but "forgot" about it. Local people complained to me, and this was at the time when our County Councillor was too ill to do his normal work so I took it on. Officially, I'm told, the builder asked for an extension of the closure but I could see no justification for the closure continuing and went and saw the site manager. Between us we got the footpath reopened and working again in a matter of a few days. Sometimes, direct action pays off.

After the Borough Council Planning Committee paused consideration of the temporary access and haul road planning application for the Knights Hill housing development roundabout so that the developer could meet the parish councils and deal with their generally well founded concerns, I thought I should look in detail at the "reserved matters" plans that would also be coming upon for discussion. There were 48 sets of new plans deposited in the online planning file on 15 August and it took some time going through them on my computer screen. No sooner had I found the time to do that than I found another 44 sets of plans deposited on 30 August! Some of them with changes, some of them, it seems to me, with no changes. I suspect they're just trying to hide something in there that we'll miss!

Contact me at: cllr.richard.coates@west-norfolk.gov.uk



Battle of Britain Service of Commemoration

Gary Walker

The annual wreath laying service, commemorating the 83rd anniversary of the Battle of Britain took place in Tower Gardens King's Lynn on Monday 11th September 2023, this marking the start of the Wings Appeal.

The battle, which saw the German Luftwaffe suffer its first major defeat during WW2 at the hands of the RAF, was the a significant reversal of fortune for the Germans following a string of victories during WW2, which saw most of Europe overrun and conquered.

It was arguably the turning point in the war, which would eventually lead to the victory of the Allies over the Axis forces and the freeing of Europe.

The service, which was organised by the Royal Air Forces Association, was led by Canon Mark Dimond from the Minster and was attended by Deputy Lieutenant David Goddard, Deputy Borough Mayor Cllr Paul Bland, together with representatives of the Armed Forces, Cadets and Veterans associations.

It was followed by a reception in the Trinity Guildhall.



A BUSY AUTUMN LIES AHEAD FOR THE MAGPIE CENTRE

Caroline Dudley

The evenings may be drawing in, and ponies growing their winter coats, but there are no signs of slowing down at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, based at Wallington Hall, South Runcton, PE33 0EP.

Children aged from five years are welcome to join us for some spooky fun at half term on Thursday 26th or Friday 27th October (various times available).

There will be an hour of treats, no tricks!, to include a Halloween Crafting Session, a Spooky Ride and a Treat to take home. The cost is £25 per child, and Fancy Dress is encouraged. To book or for more info, email: magpiecentrewnrda@hotmail.co.uk.

And on Saturday November 25, we shall be holding a Quiz Night with Hog Roast Supper (plus vegetarian option) at Stowbridge Village Hall, Downham Road, Stowbridge, PE34 3PW. The meal includes a huge range of salads and home-made desserts. Dare I say 'All You Can Eat'?

Doors open at 7.00 pm for a 7.30 pm start. Bring your own drinks. Teams of 4 – 8 people are usual, but singles and couples are welcome to make up teams on the night.

To book tickets, £12.50 each, call: 07715 467866 or email: magpiecentrewnrda@hotmail.co.uk. All proceeds go to the Magpie Centre.

And finally, a note to readers who are responsible for booking speakers for their local friendship groups. If your group would like to know a bit more about Riding for the Disabled in general and the Magpie Centre in particular, we have speakers who would be happy to come along, in exchange for a small donation to Magpie Centre funds. Just call the Centre on 01553 810202 to be put in touch with a local speaker.

CROSSWORD SOLUTION

Across: 1. Revive, 4. Ice cream, 10. Fantastic, 11. Order, 12. Near, 13. Grendines, 15. Railways, 16. Triumphant, 19. Impend, 21. Post-war, 23. Even-handed, 25. Spar, 27. Omega, 28. Incurring, 29. Meditate, 30. Bottle
Down: 1. Refinery, 2. Vandalism, 3. Vial, 5. Coconut, 6. Cloudburst, 7. End-on, 8. Morose, 9. Storey, 14. Sweetheart, 17. Newsprint, 18. Protogue, 20. Dentist, 21. Pierce, 22. Deform, 24. Emend, 26. Or so

INSTANT CASH PAID FOR WATCHES AND JEWELLERY

OMEGA

All Omega Speedmaster and Omega Seamasters bought.



Visit us for a top quote. All 1970's gents Omegas bought. **Guaranteed min £60.** All chronograph models or watches with unusual dials wanted, **up to £2000 paid**

WE WISH TO PURCHASE THE FOLLOWING ROLEX WATCHES

Rolex Date just wanted up to £2000 paid
Rolex Submariner wanted up to £3000 paid



ROLEX



Old and vintage Rolex wanted

Working or not, submariners, GMT's, all vintage Rolex Oysters including steel and broken

Minimum £100 Paid

ALL MILITARY WATCHES WANTED, ALL BRITISH & FOREIGN COINS WANTED, ANY AMOUNTS BOUGHT.

CARTIER



TOP PRICES PAID

CHRONOGRAPHS



URGENTLY WANTED

ALL VINTAGE ROLEX WANTED



URGENTLY WANTED



TOP PRICES PAID

Wanted

All military cap badges. Any military items issued out such as - Cap badges, Buttons, Top prices paid



ALL OMEGA'S WANTED

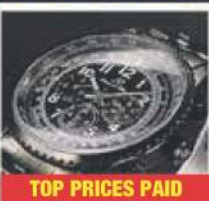


URGENTLY WANTED



TOP PRICES PAID

MILITARY/AVIATOR



TOP PRICES PAID

BREITLING



URGENTLY WANTED

Wanted OLD NOTES & COINS



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



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

LADIES

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



War & civil medals wanted



Old fountain pens bought

Parker, Sheaffer, Mont-Blanc



Old tin plate cars/toys wanted



Designer Perfume Fragrances or Aftershaves Part used or full Wanted



Old cigarette lighters

Dunhill, Cartier, Dupont, Ronson



COME AND SEE US AT

KING'S LYNN: Duke's Head Hotel, 5-6 Tuesday Market Pl, King's Lynn PE30 1JS
on Monday 9th October and Tuesday 10th October, 11am-2pm or call 07724 473810
HUNSTANTON: Hunstanton Community Centre, Avenue Rd, Hunstanton PE36 5BW
on Wednesday 11th October and Thursday 12th October, 11am-2pm or call 07724 473810

Are you able to help at Hunstanton Community Orchard?

Adrian Winnington

Henry le strange Community Orchard was planted on the Community Field in 2012 and has been added to since then. It currently has over 100 fruit trees, mainly East Anglian heritage varieties of apples and pears, but also plums, cherries, apricots, peaches, quince, medlars, mulberries, figs, walnuts and hazelnut, as well as a native fruiting hedge.

As the orchard approaches maturity we are looking for a team of volunteers to maintain the orchard and help it achieve its potential for production of fruit for the community and a place for people to enjoy and for wildlife to thrive. As well as the fruit trees there are

areas of wild flowers and a number of picnic benches.

Maintenance varies at different times of the year. In the spring and summer it is mainly mowing the paths and strimming around fences and benches. In the autumn the longer areas of grass have to be cut and raked up and hedges trimmed. Pruning of apples and pears needs to be done when the trees are dormant during the winter (pruning of "stoned fruits" needs to be done in the summer).

As well as maintenance we want the fruit to be harvested so that it can be used for the community. There is also a need to monitor the wild flowers and wildlife in the orchard.

An autumn "Tidy-up Day" is being arranged at the orchard on Tuesday 10th October, beginning at 10am (to be continued Saturday 14th October if necessary). If you would like to come along to help or just to find out more please contact me by email or phone as below. If you are not able to make that day, let me know and I will keep you informed of other sessions when they are arranged.

Adrian Winnington 07775 643877
adrianwinnington@btinternet.com



Hunstanton
OWEN'S DIY
Your local independent store for over 20 Years
Monday - Friday 9am - 4pm
owensdiy@btconnect.com
www.owensdiy.co.uk
01485-533053

Link2Home	Leyland Paint Mixing Service
Security cameras,	Key Cutting Service
Doorbells & Lighting.	Rug Doctor Stockist
Power Tools, Paraffin,	Heating & Plumbing
Water Softener Tablets,	Building & Hardware,
Mouldings	Electrical, Ironmongery,
	HG Cleaning Products,
	Faithfull Tools Stockist



Stanhoe & Barwick WI

Valerie Robson

Thursday 5th October Norfolk's Indian Princess, a talk by Juyna Lewis.

Thursday 2nd November Binham Blue, a talk about Mrs Temple's famous cheeses. The Reading Room, Stanhoe. 2pm.

Visitors are most welcome. Our charge is £5, which includes refreshments.

Please contact Valerie (01485 576261) for further details.

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@norfolknorfolkholidayhomes.agency
www.norfolkholidayhomes.agency
70a Westgate, Hunstanton PE36 5EP



by the book

October events

Poetry, Prose and Pints ~ celebrating all things poetic ~ featuring local writers Paul Berry and Ian Enters.

Golden Lion Thursday 19th October at 7.30pm £10

Terror Tales and Tapas at The Terrace ~ an evening of readings to get you in the mood for Halloween on Thursday 26th October at 7pm £19.95

contact Adrian at the bookshop - 9 High Street Hunstanton,

Tel : 01485 522349 email adrian@buyanotherbook.com

Quality preloved and new books in the heart of Hunstanton

STUDIO @ 55

Make your own lino-cut prints or Christmas cards at one of my workshops.

Saturdays and Sundays from 14 October 2 - 4 pm.

Xmas is coming ... book now.

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



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.

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

A selection of special meals are available each day, Sundays - 2 course Roast Lunch £9.90 for Members.

October 4th Prosecco and cake from 3.00pm

October 28th Music Night with the Elton John Story food from 7.00pm

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays : Strength and Balance Class 4.30pm.

Tuesdays: Cash Bingo starts at 7.30pm

Wednesdays : Scrabble 10am, Whist Drive 7pm.

Thursdays: Games evening from 7pm. includes, Darts, Table Tennis, Dominoes, Cards, Scrabble etc.

Fridays : Lunchtime Raffle drawn at 1pm. Cash Bingo start at 7.30pm.

Saturdays : 'Open the Box' draw at 1pm

www.hunstantonconservativeclub.co.uk



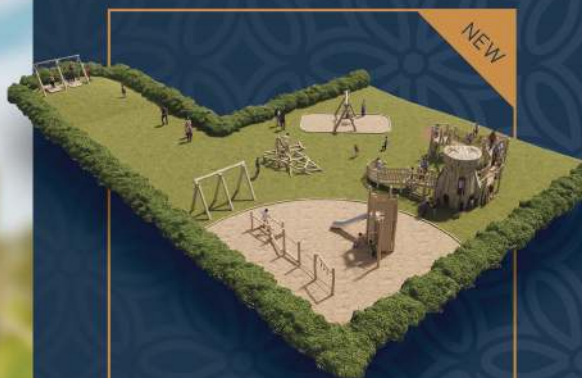
OCTOBER
HALF-TERM

Street FOOD AT BRIARFIELDS



STREET FOOD SERVED 12-5PM
MONDAY TO SATURDAY

For more information please call us on 01485 210742 or
email info@briarfieldshotelnorfolk.co.uk



PLUS!
ENJOY OUR BRAND
NEW PLAY PARK!

Briarfields
COASTAL HOTEL

briarfieldshotelnorfolk.co.uk

Hunstanton Eyecare blog

Following on from Francis last month, I thought you might be interested to hear how I got into optics. As with many twists and turns of fate in life, journeys are rarely as you would expect.

None of my family were in the optical or medical world, Dad spent most of his working life with Ford Motor Company, and Mum did clerical work, finishing work at Marks & Spencers HQ in London as a comptometer (key-driven mechanical calculator) operator, that's something pre computers!



I was never the brightest kid in the class, a "plodder" I think is the term. I went to a Convent junior school, and remember the nuns teaching the 3Rs, grammar and times tables were daily routines, but it was a good standard of education. We even had elocution lessons, don't think that exists these days, and although I spoke quite nicely when I left, it probably didn't last. Time moved on and not long after I left, the Convent closed and the school made way for offices. I think I was just one of two children in the whole class who failed the Eleven Plus exam, so I found myself at the Secondary Modern school for girls. During my time there the Comprehensive system was introduced and we were amalgamated with the girls grammar school nearby. It was a good time and I left with nine good CSE, Certificate of Secondary Education, passes, equivalent to "O" levels at the time. I went into the sixth form, but struggled with A Levels, ending up with just one, Needlework, so what good is that? It is useful when you need to fix the curtains or make your own clothes. I have three French O levels as I couldn't get the A Level! Music was becoming a greater part of my life and at least I could do music O Level in the sixth form. I thought being a music teacher would be a good idea, but as I hadn't got the A Level, I had to get grade 8 in piano. Although I was awarded a place at teacher training college, I only had the one A Level and then failed my grade 8, it was all going wrong! Through a music society that we had joined we met a charming couple, Mr & Mrs Pierson. My mother was bemoaning the fact that her daughter was not turning out to be the talented musician she had hoped, and was rather losing her way, Mr Pierson, a retired Optometrist, mentioned that I had enough qualifications to be a Dispensing Optician. Although we all wore spectacles we had never thought about a career in that field. School had never suggested anything of the sort, as if you weren't bright enough to go to university no-one came up with any ideas. However, I looked into it and it was really a matter of "well I'll have to do something I'll try that", such enthusiasm! I left school, which was later demolished to make way for further development.

I remember the interview for The City and East London College, Bunhill Row. Armed with proof of my qualifications and necessary paperwork, I remember being quite nervous. It was all over in about five minutes, checked qualifications and "OOH you play the piano, that's good, we need a pianist for the college pantomime, you're in! See you in September!" So the joke is that music got me into optics and yes I did accompany the pantomime, although I did have to persuade mother that the tone of it would not be to her liking, so please don't come!

The Dispensing Opticians course was two years full-time, I had always enjoyed science and maths subjects, but physics and optics were quite new to me. I was very pleased to meet up with my now long-time friend, Julia, who was more of a whiz with the sums. She could explain that a nanometre was something very small and you can prove a mathematical formula whereas I would be happy to take the lecturers word! I think I'll need next month to tell you of some of the things we got up to at college, apart from the pantomime. After two years we passed our professional exams and then had to do a "pre-reg" year in practice, before we could be let loose on the public. Needless to say, a couple of years after we left, the place was bulldozed in favour of yet more shiny offices!

Dear Mr Pierson was a partner in his own practice and was always interested in my career, he died at the grand age of 101. Mrs Pierson was the pianist and was always interested in my music, and she had a lovely Steinway grand piano. How fortunate was I to have met such lovely people on life's journey.

Annette

LOW VISION

What you need to know

1,800,000

There are **1.8 million** people in the UK with some level of sight loss

If your sight is poor, try to make things:

Bigger BOLDER Brighter

Magnifiers can help. Get advice on choosing and using one from a Registered Dispensing Optician



Is low vision causing you to miss out?

A registered dispensing optician is trained to advise on low vision and help you learn to use the sight you have.

Low Vision is when an eye disease affects your vision in a way that cannot be solved by spectacles.



Hunstanton Eyecare, 44 Church Street, Hunstanton PE36 5HD
Tel: 01485 532326
info@hunstantoneyecare.co.uk

Drayton patchwork and quilters showcase day

Pam McLaughlin

This is an exciting year for Drayton Patchwork and Quilters with an event not to be missed.

The group are celebrating an amazing 40 year anniversary, and will be hosting an exhibition of their stunning work. This will be on Saturday October the 14th from 11.00am to 4.00pm at The Old Hall, Taverham Village Hall, Norwich, Norfolk NR8 6JR where plenty of parking is available.

Members will be showcasing some of their gorgeous quilts and other sewing projects, and there will be sewing demonstrations throughout the day. In addition there will be a sales area of members makes including items from Just Sew Small, a lovely quilting shop in Wroxham Barns.

It will be an inspirational and creative day and entry will be £2.50 which includes tea, coffee or a soft drink and a cake or savoury as well as a raffle ticket. There will also be a separate raffle for three beautiful hand made quilts. If anyone would like further details about this stitching event or information about joining the group please email: pam@memoryquilts.co.uk. The group meets in St Margaret's Church Hall in Drayton on the first Monday of the month from 10.00am to 4.00pm and every third Monday from 6.30pm to 8.30pm. We welcome patchwork and quilters from beginners to more experienced sewers.



**Drayton Patchwork
Quilters Showcase**

Saturday October 14th 2023

11am – 4pm

**The Old Hall, Taverham Village Hall,
NR8 6JR**

Exhibition of Members Work

Sales Tables & Fabric Sale

**Including a sales table from 'Just Sew Small'
Wroxham**

Demonstrations

Tea, Coffee and Cakes

**Refreshments and raffle ticket included
in**

£2.50 admission – CASH ONLY

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

FIREWOOD

ALL GRADES OF
HARDWOOD

TIMBER SAWN TO ORDER
DECK, JOISTS, BEAMS ETC.
AVAILABLE FOR DELIVERY



UERCASAWMILLING

All timber UK sourced.
Felled under licence.
Oak, Sweet chestnut,
Ash, Larch, Douglas fir,
Western red cedar,
And other selected timber

Call: **01485544114**
or **07876220268**



Festive Menu

PRE-CHRISTMAS DINING

7TH NOVEMBER - 21ST DECEMBER

Served 12-2.30pm & 6-8.30pm daily



Groups welcome • Booking Essential
Pre-order required for groups over 10
2 courses £32 • 3 courses £38

Old Hunstanton Road, Old Hunstanton Norfolk PE36 6HH

Tel: 01485 533486 Email: mail@caleyhallhotel.co.uk

www.caleyhallhotel.co.uk

Nature notes with Carrie Carey

I walked into it before I saw it. My shoulder brushing carelessly against the gatepost tore the delicate threads from their moorings. A few sticky filaments curling around wisps of my hair were all that were left of one of nature's Grand Designs. Sweeping the tacky residue from my face I looked for the minute architect and wondered if she was resigned to moments like this.



I'm guessing she must be. Garden spiders, like many other genera in the orb-weaving family, spin a new web every night. It's encoded in their genes. Even hatchlings of some species will build a nest without the need to learn from parent arachnids. The ideal location is usually on an insect flight path and a twilight build is likely to reap the benefits of nocturnally flying moths and beetles. Sitting on a post or bush, the spider will put out several strands of silk which are caught by the wind and carried to nearby structures. This establishes an anchor point and the spider crawls along the line to the middle, attaches another silk line and pulls this down into a Y shape. She will then create radial threads and mooring lines that tie the whole thing into a perfect geometric structure. A spiral of dry silk ties the radial spokes together as she works from the centre outwards. This tiny engineer then finishes her build with a spiral of sticky silk worked from the outside in...

the capture spiral. Several auxiliary lines are used to hold the web in place and attach it to nearby fixing points. The whole process will take her about an hour, and she'll work tirelessly until it is finished.

Spider silk is produced by glands in the abdomen. The unspun silk transforms from a liquid to a gel and finally into solid fibre as it is released through the spinneret glands. Usually in pairs, spiders can have between two and eight spinnerets which excrete different types of silk. From sticky to non-sticky, dense or extra fine, these protein fibres are tensile, strong and able to endure the mechanical stress of a heavyweight victim flying into the web. These clever weavers don't use the same pattern repeatedly, perhaps this prevents prey from learning to avoid the web and predators from finding it.

Spiderwebs have a long association with Halloween and spiders are considered omens of evil spinning webs of horror on All Hallows Eve. Iconic landmarks such as dungeons and gloomy castles are covered with dusty cobwebs and there's always a spider in residence in a haunted house. In truth, they are creatures of habit and tend to favour the same location. Seen as unwanted visitors by many, they are in reality easy to discourage. No arachnicide required. If an orb-weaver has spun a web in an unwanted location, such as your doorway or in front of a window, gently shoo her away and remove the web. She'll soon get the message and move on.

This summer I've been captivated by the numerous Wasp Spiders that have taken up residence in my garden. Used to the sunny climes of continental Europe and north Africa, they've found a sheltered south facing spot covered in long grass. Wasp Spiders traditionally feed on crickets and grasshoppers and their orb-shaped webs have a secret weapon. Unlike the webs of common garden spiders, theirs contain a single zig-zag pattern of dense silk orientating down from the centre, called a 'stabilimentum'. Known to

display an element of ultraviolet fluorescence, it is thought to replicate the ultraviolet patterns that many insects use to find food.

Female Wasp spiders are around the size of a two pence piece, the male is considerably smaller and unlike his beautiful companion, he is a disappointing shabby brown. Not daring to approach his mate until she is at sexual maturity, he is still likely to end up on the dinner menu and after a brief seduction, she wraps him in silk prior to eating him. His sacrifice is not in vain, some of his bodily proteins will be used to nurture her eggs and she'll protect these in an urn shaped egg sac. The young hatch before winter but remain cocooned in the egg sac until spring. When the tiny spiderlings emerge, they release a single strand of silk which caught by a passing breeze disperses them to a new location, a process known as 'ballooning'.



It's now early Autumn and the Wasp Spider's days are numbered. Her young brood is safely cushioned in the egg sac and her maternal duties over. Her short life will end as the colder nights draw in but satisfied that her labours are finished for now, she settles down for a little doze. Basking in the warmth of a late Autumn afternoon she remains alert to the slightest movement of the web and in time she detects a small vibration.... her Deliveroo order has arrived.



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

☎ 01485 571363

☎ 07798 635860

✉ chrispalmer333@gmail.com

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



THE WHITE HORSE

Lunch & Dinner

To Start

Roasted Parsnip Soup with Celery Crisps
 Smoked Mackerel Paté with Melba Toast
 Chilli, Ginger & Garlic Mushrooms
 on Crostini

Prawn and Cockle Cocktail,
 Ailoi Sauce and Baby Gem Lettuce

To Follow

Roast Turkey Crown, Pigs in Blankets, Homemade
 Bread Stuffing, Roasted Potatoes, Roasted Parsnips
 with Gravy & Seasonal Vegetables

Seabass Fillets, Courgette Ribbons, Garlic Butter
 and New Potatoes, Roasted Lemon

* Rump Steak served with Field Mushroom,
 Grilled Tomato, Beer Battered Onion Rings,
 Chips & Peas

Potato, Spinach & Pinenut Gratin
 with Tomato & Mushroom Sauce

To Finish

Christmas Pudding with Brandy Sauce
 Raspberry Panacotta

New York Cheesecake & Fruits of the Forest
 Selection of Cheese with Biscuits,
 Onion Chutney, Cellery & Grapes

2 Course £24.95 3 Course £29.95

* Supplement of £2.00 applies

THE WHITE HORSE

HOLME - NEXT - THE - SEA

CHRISTMAS MENU

from

27th Nov - 24th Dec 2023



CHRISTMAS BOOKING FORM

Please check availability as soon as possible to avoid disappointment, in order to confirm your booking just fill in the form below and bring it to the White Horse with your deposit, alternatively call us with your requirements.
 27th Nov - 24th Dec

Date: Time:

Contact Name:

Number in party:

Address:

Postcode:

Tel:

Email:

Christmas Fayre Lunch ☐ Dinner ☐

STARTERS	QUANT
ROASTED PARSNIP SOUP	
SMOKED MACKEREL	
CHILLI & GINGER	
PRAWN & COCKLE	
MAINS	QUANT
ROAST TURKEY	
SEABASS	
RUMP STEAK	
POTATO SPINACH & PINENUT	
DESSERTS	QUANT
CHRISTMAS PUDDING	
RASPBERRY PANACOTTA	
NEW YORK CHEESECAKE	
CHEESE AND BISCUITS	

Food Allergies and Intolerances, please speak to a member of our staff for advice on ingredients used.

BOOKINGS NOW BEING TAKEN

Tel: 01485 525512

Email: whitehorseholme@gmail.com

Pope's Blessing to mark three special occasions

At the end of the Mass on Sunday 10 September in the Church of Our Lady and King St Edmund, Hunstanton, Father Michael Stokes presented the Pope's Blessing to mark three special occasions.

On 15th June Michael and Hillary Rhodes (on the right) celebrated their Diamond Jubilee of Marriage.

On 25th July, Tom and Elizabeth Koning (in the centre) celebrated their Golden Anniversary of Marriage.

On Monday 28th August Sr Mary Gonçalves FDC (on the extreme left) pronounced her vows as she made her Final Profession as a Religious Sister in the Daughters of Divine Charity. Pope Francis "invoked an abundance of divine graces" upon them all. The congregation was enthusiastic in its expression of congratulations.

Photo: Mark Fuchter



Peas and quiet at Northfields Allotments

There was never a dill moment at the annual open day

A queue formed for the open day on 7th August and at 11am Hunstanton Mayor Michael Ruston opened the gates at the town's allotments on the peaceful Northfields site. Accompanied by Mayoress Christine Earnshaw he welcomed the visitors and praised the allotment holders for their work in putting on the event.



Next to the entrance gate the refreshment tent with a wonderful selection of cakes and pastries provided a perfect stop-off on the way in, and out! To complete this article it was essential to sample the lemon drizzle cake (me) and Victoria sponge with strawberries (husband); both were excellent.

The tombola, raffle, book, bric-a-brac, cake, produce and plant stalls along the main pathway through the site were busy with customers from the outset, and at the end of the path in addition to the famous allotment hot dogs, Chinese dumplings made by Joanne Yuan were in high demand.

Judged by Snettisham's David Bocking, Michael Fisher's plot 12C won the Best Allotment.



*Danger Men Cooking (well, that's what it says on the apron):
Andrew Murray, Paul Dixon and John Butler*

Visitors were keen to see the new accessible allotment that is being prepared for people with disabilities, some raised beds have already been built and a special greenhouse that has been purchased with funding from the Hunstanton Charity Shop is to arrive on-site shortly.

Having toured the site with Northfields committee member Angie Stray, the Mayor said: "It has been a lovely visit; of course the site is not strange to me as I'm on the Allotment Committee as a council member; it's good fun and a great community day.

"The Town Council works closely with the committee and financially supports projects such as facilities for disabled people and the new clubhouse.

"I will be very interested to see the development of the new allotment with the raised beds in the coming year."

GOLD AND SILVER WANTED

CASH PAID FOR GOLD AND SILVER ITEMS IN ANY CONDITION

Turn out your drawers and Jewellery boxes, search your attic & even your shed. You will be amazed at the value

No item is too small or too large! Even if you are unsure if it has any value bring it along and find out

Any interesting old item bought for cash, pocket watches, old wrist watches, cigarette cases, gold and silver coins

RINGS



TANGLED CHAINS



GOLD COINS



DAMAGED JEWELLERY



BANGLE & EARRINGS



Bank Notes



Kruggerands



Krugerrands bought up to £1,100 paid

Gold up to £900 per oz paid



All of out of date withdrawn bank notes
£5, £10, £20 and £50 notes
Large and small amount required,
£5-£25,000 taken

We buy for Cash

Gold

Jewellery, broken, unwanted, bracelets, earrings, watches, foreign coins, brooches, medals, proof sets, rings and chains

Silver

Medals, coins, charm bracelets, pocket watches, cigarette cases, jewellery, spoons, cutlery, trays, trophies, boxes, pre 1947 coins, tea services, candle sticks, photo frames

SOVEREIGNS AND HALF SOVEREIGNS WANTED TOP CASH PAID



COME AND SEE US AT

KING'S LYNN: Duke's Head Hotel, 5-6 Tuesday Market Pl, King's Lynn PE30 1JS
on Monday 9th October and Tuesday 10th October, 11am-2pm or call 07724 473810
HUNSTANTON: Hunstanton Community Centre, Avenue Rd, Hunstanton PE36 5BW
on Wednesday 11th October and Thursday 12th October, 11am-2pm or call 07724 473810

NDL: Giving Norfolk a fresh coat!

Us again from Norfolk Decor Ltd, it has been a while since we have updated you on things and been published in our lovely local magazine. That's not to say we haven't been busy with lots of various projects across Norfolk and as always working locally for the local regular customers and developers.

Developments Projects

Which brings us to these photos that were taken in Burnham Market for Avocet Homes. We started decorating there last summer and have recently completed the last plot.



These are three-bedroom homes with an open planned living space and hand built kitchen, they were painted by us in F&B Worsted 284 & Ammonite 274 ceilings & walls.



Our Purbeck Stone 275 was used for the built in vanity units in the bathrooms, en-suites and downstairs utility rooms. If anyone is interested, they are now up for sale via Sowerbys estate agents.



In early summer we completed a lovely beach house property in Old Hunstanton alongside Matt McGinn that you might have seen



The NDL team at the Avocet Homes site



on the front page of a magazine. It was a pleasure to paint and work alongside those guys. Photos to follow very soon online.

Website update

We are in the process of refreshing our website and looking to keep a monthly newsletter/blog online to let people know where we are working and what materials we are currently using. You can contact us via the website at any time with all our information and contact details directly.

Socials

Looking to review products as we go each week on our social media platforms, so please keep an eye out for that if you're interested in products and popular trends.

Domestic Projects

We have been hanging some very interesting wallpapers on the North Norfolk coast with pictures to follow on our website/blog/socials.

Staffing

We are still a small business, and the team is currently made up of myself (Glenn- Director), Carl (Director) and Stuart. We have over 60 years' experience between us all but always looking for the right candidates to take on a full-time basis to grow the business slowly but surely as we aim for quality over quantity on projects to achieve the finish our customers desire.

Renovation Projects

You may have seen us working in Docking at the gate house on the main road, we teamed up with local business 'Custom Build Norfolk' to complete a traditional 400 year old cottage with lime plaster with free standing bath and hand painted kitchen all done in the Tikkurila Paints. Photos to follow on our usual outlets online.

Commercial Projects

We are currently working on a maintenance plan at Saint Nicholas Court, Dersingham

where we are transforming the place by going back to the traditional barn look where the butcher's used to be and plan to hopefully carry the work all the way around the courtyard this year and into early springtime. This is because the blue King Charles chose when the project was renovated has now faded and was in need of restoring to its former glory.

As many of our customers let us know when we're working outside and inside The Neptune by beeping the horn, we recently re-decorated the exterior front windows and have been booked in for more interior work this winter to keep the rooms and restaurant looking fabulous as always. We will post the resin repair photos on our socials and website soon for all to see. This is the best way to go with traditional sash windows if they are in need of some care.

We helped transform Searles gym this summer in the evenings by painting it all matt black and putting up some bright LED lighting in. We must admit when we first went to look at project the staff and I were cautious of doing so, but we took the plunge and it really did turn out fantastic and gave the gym the lift it needed. Again, photos to follow.

Giveaway

Please keep an eye out on our social media channels as we are looking at running a giveaway and a competition open to all ages with a prize of a complete room decorated by us worth over £500!

If you need any painting and decorating work done, or are thinking of having work done, please contact us as we are more than happy to help discuss colours and plan ahead as we do operate normally 8-12 weeks in advance with a 25% deposit to secure a fixed date to bear in mind.

Look forward to hearing from existing and new customers in due course. Best wishes to all T&A readers.

Glenn Perkins
Norfolk Decor Ltd
www.norfolkdecorltd.co.uk
info@norfolkdecorltd.co.uk
07495794151

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 2001!



OSTARA'S FLORIST
Seasonal & Beautiful Flowers For All Occasions
'Delivering Beautiful Flowers For All Occasions'

Bouquets & Basket Arrangements, Door Wreaths
Funeral Tributes & Sympathy Flowers, Wedding Bouquets
Dried Flower Wreaths & Arrangements
Delivery within 15 miles of Hunstanton
Contact Julie at Ostara's Florist:
Tel: 01485 532934 or 07391 059624
info@ostarasflorist.co.uk. www.ostarasflorist.co.uk





West Norfolk Glass
A family business since 1967

Quality double, triple & secondary glazing

Call **01553 763164** for a free quotation



Scan to see our website
westnorfolkglass.co.uk

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

Which?
Trusted Trader



Christmas Parties and Pre-Christmas Dining
at The Lodge this festive season

For more information or to book please call us on 01485 532896
or email info@thelodgehunstanton.co.uk.

The Lodge
Hotel & Bar

Book Now
LIMITED AVAILABILITY





THE END OF THE TAX RETURN?

By Kathryn Gigg Chartered Accountants, Hunstanton

When the concept of “Making Tax Digital” (MTD) was first introduced, back in 2015, one of the promised benefits was that the number of taxpayers required to submit annual Tax Returns would plummet, since their income would all be automatically uploaded from all sources so that tax affairs would be updated without direct involvement from the taxpayer.

Eight years on, things have not gone exactly as planned. The introduction of MTD has been deferred four times and is now scheduled for April 2026, and even then, it unclear when (or if) all the self-employed will be brought into the system.

One interesting change which was announced quietly in a taxpayer Agent Update in May, is that from April 2024 taxpayers whose income derives mostly from PAYE (and who have no rental income or self-employment) will no longer need to file a Tax Return if total income is below £150,000 (currently £100,000). Those affected by this will receive a letter from HMRC removing them from self-assessment in due course.

The rationale behind this is, presumably, that HMRC will have received details of most sources of untaxed income direct from the payers and such income will be picked up and taxed via the coding system. However, the new policy seems to open up huge possibilities for over or underpayment in several different ways:

- The higher rate relief on gift aid and private pension contributions will still need to be claimed.
- Even if UK bank interest is accurately supplied to HMRC and matched to the individual taxpayer, HMRC will not know about private or offshore interest which will still need to be declared.
- With the reduction in the tax-free dividend allowance announced in the 2022 Budget many more individuals will need to declare and pay tax on dividends from listed shares. Even if such information were to be supplied to HMRC by the listed companies (and accurately matched) there may still not be a mechanism for HMRC to pick up private company dividends.
- The interaction of all these factors when income is in the marginal “60% band” (where personal allowances are reduced by 50 pence for every pound of income over £100,000) is extremely complex and can only be calculated when all the correct income details are to hand.

There is therefore a real danger that taxpayers will receive the HMRC “exit letter” and assume that they never need to file a Tax Return again. This raises the material concern of underpaying tax on investment income (particularly as interest rates rise or circumstances change) with consequent discovery assessments, interest and penalties for failure to declare. Alternatively, taxpayers may not benefit from the reliefs to which they are entitled and end up overpaying.

For those fortunate enough to be in this position it is always worth consulting with a qualified accountant to have matters checked, even if a Notice to File a Tax Return has not been received. This will avoid accidental under or over payments and will also give the opportunity



to discuss one's tax affairs generally, including the looming danger of Inheritance Tax which is likely to affect growing numbers in the next few years.

For advice regarding whether or not you should continue to submit a Tax Return please contact either of the partners Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk.
N.B. Article written in August 2023

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

© Kathryn Gigg Chartered Accountants 2023

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.

Gary Kite Computer Services

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

Tel: Gary on 07444 759 653 or 01485 544 606
gary@garykitecomputerservices.com

HUNSTANTON CHARITY SHOP

Westgate, Hunstanton (opposite Sainsbury's)

CAN YOU HELP? We are in need of donations.

If you are having a sort out, please consider donating to our little shop.
Solely run by volunteers for the last 14 years.

We have supported many organisations and your donation makes a difference!

Free local collections.

We also need more volunteers.

Any time you can spare to help makes a big difference to the support we can offer to others.
Please pop in and see us for more information.




Petals
TEA ROOM

Vintage Tea Room.
High Tea, Savouries, Cakes and more,
Dogs are always welcome.

61 Manor Road, Dersingham PE31 6LH
Phone: 01485 297250, Web site: www.visitpetals.co.uk
Find us on Facebook and Instagram

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

Careline Community Service

24/7 assistance at
the press of a button



Handyperson
Service



Careline
Alarm



Careline
Falls Alarm



Keysafe

- 🔑 Free keysafe and installation (subject to eligibility)
- 🔑 Handyperson service
- 🔑 No contract – cancel any time
- 🔑 24/7 assistance at the press of a button
- 🔑 Personal installation

If you want to find out how to stay independent in your home,
call us on 01553 616200 or visit careline-cs.org.uk



11/20-190

Le Strange Arms
— BEACHSIDE HOTEL & LODGES —

SUNDAY LUNCH

Served from 12.30 – 2pm in the hotel restaurant

TO BOOK CALL 01485 534411

lestrangearms.co.uk | Old Hunstanton

2 COURSE
£22.00
3 COURSE
£25.50



Private dining
rooms also
available for
your birthday
or anniversary
celebrations
– ask us for
details.

Scan this
QR code
to find
out more!

Diary of events - see also: <https://townandaround.net>

Sunday 1st

Titchwell's Big Weekend at RSPB Titchwell Marsh events, talks and walks
<https://events.rspb.org.uk/events/50500>

Art Sale (Downsizing) at 11 Iveagh Close Dersingham. 11am-3pm or by appt: 01485 542240

Monday 2nd

Anmer Social Club BINGO NIGHT - Club opens at 7.00p.m. "Eyes Down" at 7.30 p.m. £6.50 for a book of 10 cards; £1.50 for a "Flyer Card" & £2 for a "Cash Accumulator" card. Fully licensed bar and Raffle. events@anmerclub.co.uk

Tuesday 3rd

RNLI Bridge Drive with soup and sandwiches. Old Hunstanton Village Hall PE36 6HS 1pm lunch, Bridge from 2pm £15pp. Book: Carrie 07968 483577 carrieharey@btconnect.com



Jolly Charity Quiz for Big C at The Jolly Sailors Brancaster Staithe PE31 8BJ. 8pm Teams of 6 £2pp

Wednesday 4th

Burnham Market and Norton Village Hall Beacon Hill Rd, Burnham Market, PE31 8ER 3.30pm. Community cinema Empire Of Light 15 (2022). £5 on the door, cash only. Bookings Diana Walker on 01328 738604 www.burnhammarketandnortonvillagehall.org.uk

Friday 6th

Fincham Memorial Hall PE33 9EJ QUIZ NIGHT 7.30pm £2pp. 50/50 Raffle. BYO refreshments. Up to 6 in a team, bring your own team or help make up a team on the night.

United Services Club Hunstanton PE36 5HL Glen Cooper all eras 8pm

Saturday 7th

United Services Club Hunstanton PE36 5HL DNA Rock, Blues & Soul 8.30pm

Wednesday 11th

Burnham Market and Norton Village Hall Beacon Hill Rd, Burnham Market, King's Lynn PE31 8ER. The Phoenix Ladies meet for a talk on Mike's Adventures on Christmas Island by Hilda Hall-Smith.

Thursday 12th

King's Lynn Community Cinema Club presents Charade (1963) PG 7.30pm at St George's Guildhall, King's Lynn. Mystery Comedy Romance. www.klccc.uk

Friday 13th

Coffee/brunch morning with stalls at Snettisham Memorial Hall PE31 7PB 10am-1pm

Alexander O'Neal Time to Say Goodbye: Farewell World Tour. St Nicholas Chapel King's Lynn PE30 1LT 6.45-10.30pm <https://thelittleboxoffice.com/oeplive/event/view/178382>

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

Fun Quiz night at Dersingham Village Centre in aid of the Norfolk Hospice. Tickets are £6 each (including snacks) Max team size is 6. Booking essential Graham Eley on 07901 896102 grahamreley@tiscali.co.uk.

Classical Music Rocks concert at St Mary's, Snettisham. Klio Blonz (Flute) 7.30-8.30 followed by drinks reception. Subscribe for £7.00 pcm. At the door £12.00. Free to u21s.

United Services Club Hunstanton PE36 5HL Travis 60s onwards & soul 8pm

Saturday 14th

Drayton Patchwork Quilters Showcase, Taverham Village Hall NR8 6JR. Exhibition, sales tables, demonstrations, raffle refreshments £2.50 admission cash only.

Fincham Memorial Hall PE33 9EJ LIVE MUSIC with THE MACRANOS. Doors open 7.30pm, Licensed bar available. Entry £5 at the door.

United Services Club Hunstanton PE36 5HL The Tonics Duo great tunes fun evening 8.30pm

Sat 14th - Sun 15th

Christmas is coming! Make your own lino-cut prints or Christmas cards at Studio@55, 55 High St Heacham PE31 7DW 2-4pm.

Booking essential: eb@estherboehm.com or call 01485 570506.

Monday 16th

Hunstanton u3a AGM followed by a Quiz and refreshments at Hunstanton Community Centre, Avenue Road, Hunstanton website hunstantonu3a.org T:07443 763679

Old Hunstanton Village Hall PE36 6HS. Bingo: Doors 7pm, eyes down 7.30pm

Wednesday 18th

Burnham Market and Norton Village Hall Beacon Hill Rd, PE31 8ER 7pm Community cinema presents The Unlikely Pilgrimage Of Harold Fry (2023). Certificate 12A Tickets are £5 on the door, cash only. Refreshments are available at all shows. For bookings please contact Diana Walker on 01328 738604

Thursday 19th

By the book presents Poetry, Prose and Pints - celebrating all things poetic - featuring local writers Paul Berry and Ian Enters at the Golden Lion, The Green, Hunstanton PE36 6BQ at 7.30pm £10.

Friday 20th

Anmer Social Club FILM NIGHT ALLELUJAH 12A The club opens 7pm Film starts 7.30 Admission £4 at the door. For further information email enquiries@anmerclub.co.uk

Fincham Memorial Hall PE33 9EJ FINCHAM FILM FOR ALL 'The unlikely pilgrimage of Harold Fry' Entry £3 at the door. Doors open 7pm with licensed bar available

United Services Club Hunstanton PE36 5HL Quiz Night £50 first prize. Up to 4 in a team. £4pp inc supper 8pm

Saturday 21st

North Wootton Village Hall Market, PE30 3PT 9am-2pm Fresh, seasonal produce from local suppliers & hand-crafted products from local makers

Snettisham Flea Market, PE31 7LX, 9am-3pm Admission 50p, refreshments available.

The Two Anniversaries Concert at Union Church Hunstanton PE36 5BN at 3pm. Celebrating 150 years of Union Church and 25 years of the Hunstanton Concert Band. No entry charge, collection at the end of the concert for Union Church.

United Services Club Hunstanton PE36 5HL Toni G 50s, 60s and Elvis 8.30pm

Sat 21st - Sun 22nd

Christmas is coming! Make your own lino-cut prints or Christmas cards at Studio@55, 55 High St Heacham PE31 7DW 2-4pm. Booking essential: 01485 570506. eb@estherboehm.com or call 01485 570506.

Tuesday 24th

Dersingham Village Centre Village cinema 7.30pm See how they run 12A. Doors 7pm £6, under 16s £3

Wednesday 25th

Hallowe'en Crafts and Fun for children up to Year 6 at Dersingham Village Centre 2-5.30pm (all materials supplied). Music and Games, Magic and Balloon Sculpting. £5 per child £8 for two. Booking essential: 01485 542465/543195/540433. bookings@dersinghamvillagecentre.org.uk No unaccompanied under 8s. Light refreshments available.

Afternoon Tea at Beach View, Hunstanton PE36 6DL 3-4.30pm Tea, cake and good conversation.

Snettisham Gardening Club 7.30pm at the Memorial Hall, Old Church Road, when Simon White from Peter Beales Roses will be telling us how to make Rose Growing easy. You will be welcome to join us. Any further information can be obtained from Gail on 01485 541279 or Addie 01485 544754.

townandaround.net/whats-on/october

Thursday 26th

Hansel & Gretel. Strange Fascination Theatre children's puppet show! Four FREE shows for kids (accompanied by an adult). In collaboration with Hunstanton Town Council. 11am, 12pm, 2pm & 3pm Town Hall PE36 6BQ

New Hunstanton Women's Institute- Open Meeting, 2.15pm Methodist Hall, Austin Street, Hunstanton. 'True Stories of a Lorry Driver and Furniture Removal Man' by Leonard Priestly. Visitors welcome, £5.00 to include tea/coffee & cake Details contact 01485 572027.

By the book presents Terror Tales and Tapas at The Terrace - an evening of readings to get you in the mood for Halloween.

The Terrace 48A Westgate, Hunstanton PE36 5EL at 7pm £19.95

Friday 27th

Snettisham Memorial Hall PE31 7LX Craft Fair 10am-2pm

Halloween Phantomime 'Wonder Witch Wicked Way?' at St George's Guildhall, King's Lynn 1pm and 6pm. Tickets £12-£16 <https://www.kingslynncornexchange.co.uk/theatre/whats-on/event/halloween-phantomime>

United Services Club Hunstanton PE36 5HL Friday Night Cabaret. Tranny Night with 2 'girls' & a blue comedian. Tickets available on the door or from the bar staff £15 pp over 18s only 8pm

Saturday 28th

Hunstanton Craft Fair, Town Hall Hunstanton PE36 6BQ 10am-4pm Free entry, refreshments available.

Barn Dance and Hot Supper 7pm Dersingham Village Centre with Whirligig Ceilidh band. Tickets £15 from Dersingham Post Office or call 01485 540271 (No on-the-door-admission) Licensed Bar.

Anmer Social Club HALLOWEEN PARTY - 7.00 p.m. - Admission £3 - Children under 16 free. Musical entertainment with Roger

Williams. Prize for the Best Fancy Dress. Fully Licensed bar and Raffle

The Haunting of Hunstanton! Join Strange Fascination Theatre for an immersive murder mystery evening full of mystique and horror... not for the faint of heart! More information and booking at west-norfolk.gov.uk/hunstantonevents - 7pm start The Golden Lion Hotel PE36 6BQ

Syderstone Village Screen Cinema, Amy Robsart Village Hall 7.30pm. THE FABELMANS (12A) £4 advance booking, pay on the door. 01485 578171 or email: syderstonecinema_ARVH@outlook.com



The History of Soul - Princess Theatre, Hunstanton PE36 5AH <https://thelittleboxoffice.com/princess/event/view/172966>

Fincham Memorial Hall PE33 9EJ LIVE MUSIC with TRAVIS GRAHAM. Doors open 7.30pm, Licensed bar available. Entry £5

United Services Club Hunstanton PE36 5HL Cecil Farayi Motown Man 8.30pm

Sat 28th - Sun 29th

Christmas is coming! Make your own lino-cut prints or Christmas cards at Studio@55, 55 High St Heacham PE31 7DW 2-4pm. Booking essential: eb@estherboehm.com or call 01485 570506.

Sunday 29th

RAF Bircham Newton Open Day PE31 6RH 10am-4pm Disabled access & toilets available, car parking and entrance free. Signposted off the A148 and B1454

Editor's note

Please send details of November events by 12th October to: editor@townandaround.net

Book now for Aurora Season!



Campston Farm

HOLIDAY LET

Come and stay with us

Campston Farm is a cottage perfectly positioned on the wild and beautiful island of mainland Orkney




Immerse yourself in the dazzling spectacle of the Aurora from our pristine, light-pollution-free location. Stroll down the private farm track to a secluded beach, marvel at the captivating wildlife and make unforgettable memories at Campston Farm.

Book your stay at: <https://campston.com/>






ORCAS | PUFFINS | SEALS | OTTERS
NEOLITHIC & WWII SITES | CREATIVE ARTS
BEACHES | DISTILLERIES | FOOD



Accommodation perfect for couples

Enquiries: Jack & Rhiannon

07590 927817 or 07833 460870

News from Hunstanton Foodbank

The Foodbank is delighted to welcome Anne, our new Outreach Caseworker, as part of an exciting pioneering project in partnership with the British Red Cross and the Trussell Trust. She is working in the locality to help identify and address unmet social needs. This can include supporting people with more complex issues including mental health, long-term conditions and those in financial hardship.

Many people are not aware of what benefits or financial assistance are available – Anne will be very pleased to be able to help with this. Support can be up to 12 weeks and includes home assessments and visits as required.

If you would like to meet Anne, please leave a message 07395877614 or email her AnneSipple@redcross.org.uk; she will also be available at the Helping Hands Community Hub café on most Monday and Wednesday mornings, as well as taking referrals from the schools.

We continue to be grateful for all the support that you give us, both financially and through local food collections, including the box behind the checkouts in Sainsburys, Hunstanton.

At present we would be particularly grateful for donations of tins of fruit, custard, rice pudding, spaghetti hoops in sauce, tuna and meat products, as well as cartons of UHT milk, bottles of fruit squash and boxes of breakfast cereals.

A big thanks to all our loyal supporters.

James Monro (Chair of Trustees, Hunstanton and District Foodbank).

HUNSTANTON EVENTS UPDATE

Roger Partridge, Events Coordinator

MURDER IN HUNSTANTON!

The Halloween highlight of the Borough Council events programme in October will be Strange Fascination Theatre's murder mystery evening at the Golden Lion on Saturday 28th October at 7.00pm. "The Hauntings of Hunstanton" is billed as: "an immersive horror theatre murder mystery show, full of mystique and not for the faint of heart!" There could be a little tongue in cheekiness going on here, but an entertaining evening is on offer for sure. A buffet is included in the evening and the event will cost £24.50 per person. Bookings are being taken now at the Hunstanton events website below. Limited places are available so early booking is advised.

Strange Fascination Theatre will also be staging their acclaimed puppet show for children in the half term holidays. Hansel & Gretel will take place on Thursday 26th October in Hunstanton Town Hall with shows at 11am, 12pm, 1pm and 2pm. Free of charge, attend which ever session suits you. Strange Fascination Theatre will be up to their usual fun and games and the kids will love it! Children must be accompanied by an adult. The Borough Council is staging this children's event in collaboration with Hunstanton Town Council.

August events saw a variety of activities for children. Thanks go to local artist Kate Dunbar for her work in running our Pebble Painting sessions which received a big response. Over 800 young people took advantage of the sessions. Adventure Gardeners went well in the Heritage Gardens and Punch and Judy was ever popular with large attendances. Disappointingly, the tennis coaching courses did not receive a good enough response to run. Our large event was the Open-Air Cinema with Top Gun Maverick and Grease receiving large attendances on the Green. It was great to see the 2,500 audience singing along with John and Olivia! Despite the Women's World Cup Final taking place at the same time, 60 still attended at the Town Hall for the Super Mario Bros Movie. Thanks to Hunstanton Town Council for their help with staging this film for children.

Thoughts are turning already to next year's programme. We are in discussions with the East Region Committee of NAFAS (National Association of Flower Arranging Societies) about bringing their 70th anniversary Flower Arranging Show to Hunstanton. I am interested to hear any views and opinions about possible events or activities that could be arranged for next year.

Tel: 01553 616326

Thornham Village Hall & Playing Field

A Message from our new Chairman, Jeremy Cave

We are a local charity for which the objectives are to run the village hall for the benefit of the community and to provide and maintain a sports and recreational ground, including a children's playground.

We aim to provide an inclusive social centre for the village, to promote healthy recreation, access to entertainment and exhibitions, and support for amateur sport. We are run by an enthusiastic team of Trustees and volunteers.

The Hall is a busy place with many activities going on throughout the year. These include: Soup and Sandwich, a regular event to provide a homemade lunch, some entertainment and the opportunity for guests to socialise with each other and to meet new friends; FABS, exercise classes for over 50's, set to great music; a thriving cricket club with a very successful local team; Winter Warmers, our very popular series of lectures; yoga; exhibitions and fairs.

We are planning to expand our activities and bring back live streaming of opera and ballet performances, film shows and other community events. For this to succeed, we are looking to appoint two more Trustees and to recruit volunteers to help promote and run our activities.

2023 marks the 10th anniversary of the opening of the Hall, which will be celebrated on 23rd September (have you got your tickets yet?). This is a great time to get involved to help us to continue to grow for the next 10 years!

If you are interested in joining the team, please contact me.

Jeremy Cave

07500 978376. jeremy.cave@zen.co.uk

Thornham Village Hall & Playing Field

LIVE SCREENING AT THE VILLAGE HALL IS BACK!

Streamed from the Royal Opera House in Covent Garden, our season begins with Don Quixote on Tuesday 7th November 2023 followed by the Christmas classic The Nutcracker on Sunday 17th November 2023

Don Quixote - Tuesday 7th November 2023

Teeming with wit and an abundance of bravura choreography, this 19th century ballet is enlivened by Ludwig Minkus' spirited score and is a wonderful showcase for the virtuosity of The Royal Ballet's Principal dancers. Created for The Royal Ballet a decade ago, Carlos Acosta's exuberant production brings the sunshine and charm of Spain to the stage with Tim Hatley's characterful designs.

Doors and bar open at 6.30pm. Curtain at 7.15pm

Tickets £15.00 – Children £10.00

THE NUTCRACKER - Sunday 17th December 2023

A Christmas treat with Julia Trevelyan Oman's period designs bringing festive charm to Peter Wright's beloved Royal Ballet production, as fairy tale magic comes together with spectacular dancing in this unforgettable classic ballet.

Doors and bar open at 1.30pm - Curtain at 2.00pm

Tickets £15.00 – Children £10.00

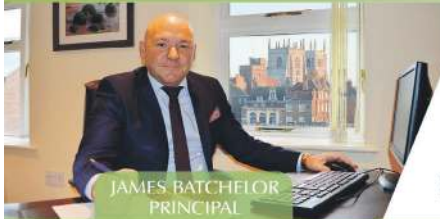
During the first half of 2024 we are offering Rusalka, Madama Butterfly and Carmen from The Royal Opera and Manon, Swan Lake and The Winter's Tale from The Royal Ballet. We will end the season with Sadler's Wells dancing to the music of Sting in Message in a Bottle.

To book your tickets please email balletandoperatvh@gmail.com

WE LOOK FORWARD TO SEEING YOU

Enjoy the lifestyle you deserve after a lifetime of hard-work.

Is your retirement income not what you'd hoped for? Unlocking the wealth in your home while still retaining full ownership could be an option that's available to you.



JAMES BATCHELOR
PRINCIPAL

Evergreen Equity Release Solutions specialise in offering advice to people in your situation. If you're over 55 or approaching this milestone and would like to find out more, call us for a personal illustration and a FREE initial consultation on:



"A big concern I have is that many people decide Equity Release isn't an option for them without being in possession of the full facts. They could be missing out on a great opportunity because of this."

T: 01553 692800 • 27-28 Tuesday Market Place, King's Lynn PE30 1JJ
W: www.evergreenequity.co.uk • E: info@evergreenequity.co.uk

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



HOTEL · RESTAURANT · GOLF
**HEACHAM
MANOR**

Open to Everyone

Welcome to Heacham Manor Hotel situated within beautiful grounds and surrounding 18-hole Golf Course.

Enjoy Norfolk dining with casual brasserie fayre served in the Pavilion and fine dining and afternoon tea served in the Mulberry Restaurant.



OPEN DAILY FOR LUNCH
SUNDAY CARVERIES | AFTERNOON TEA
SPECIAL EVENTS

Please scan the QR code or visit:
www.heacham-manor.co.uk
or Simply Call: 01485 536030



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

David Elsey's cryptic crossword

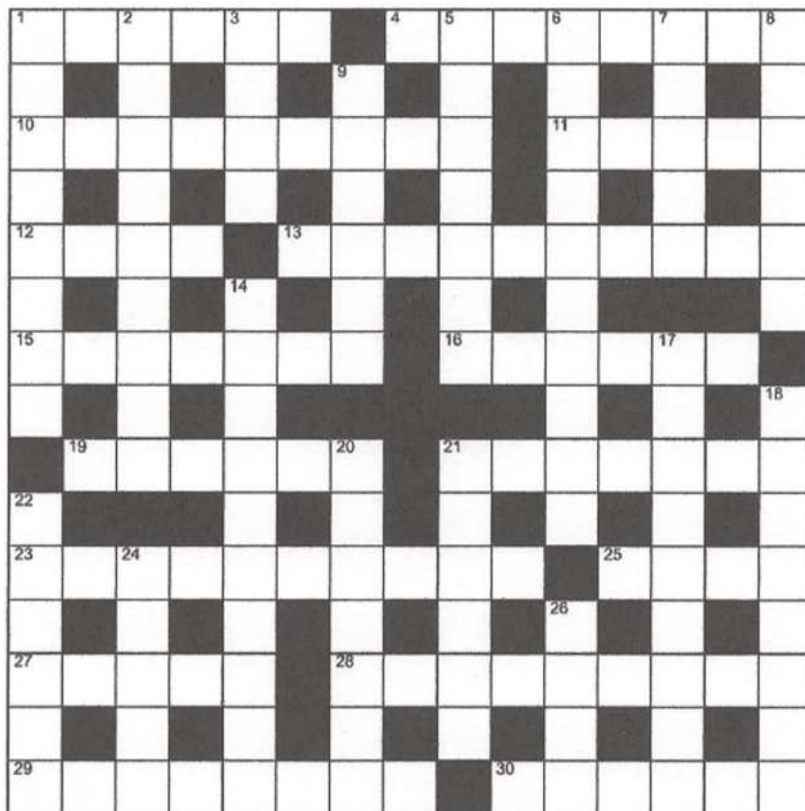
Across

1. Bring round anytime, take back around six (6)
4. Dessert that is cold in the middle – the best part! (3,5)
10. Great anagram indicator for fanatics with time to fill ... (9)
11. ... and another? You can keep it! (5)
12. Close salon early – just a little (4)
13. They use pins to hold in fabrics (10)
15. Bar opportunity to advance along these lines ... (7)
16. ... one will never learn (6)
19. Approach little monkey, latching on to tail (6)
21. After hostilities port was flowing (4-3)
23. Just have a couple of workers? (4-6)
25. Box is small, as might be expected (4)
27. Watch foreign series finale (5)
28. Wearing fashionable collar, dog is suffering (9)
29. Think team in front is influencing referee? (8)
30. Container for grit (6)

Down

1. Make improvements to transport system at chemical plant (8)
2. Deliberate damage done to lad's van – I'm furious! (9)
3. Small vessel is available from time to time (4)
5. It's a fair target to aim at (7)
6. Film pop going under shower (10)
7. Stop working in this direction (3-2)
8. Gloomy – and more so when ill (6)
9. You start to take stock before flight (6)
14. Engaging character follows duck ... (10)
17. ... it makes the papers (9)
18. Suspend meeting with master crook (8)
20. One often has to extract canines from traps (7)
21. Run through part – right through (6)
22. Made mum drop mould, which is put out of shape (6)
24. I trip up and get run out? Correct! (5)
26. Roughly remove lid from trunk (2,2)

Solution on page 18



Sandringham based painter & decorator
 Hand painted units & renovation work a speciality
 Please call or email for a no-obligation quote
01485 601106 or 07342 917990
 paulandjamesbrennock@outlook.com



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.TCFP)



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



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



Proud members of



CALL JOE: 07555 730 857 - OFFICE 01485 558 582

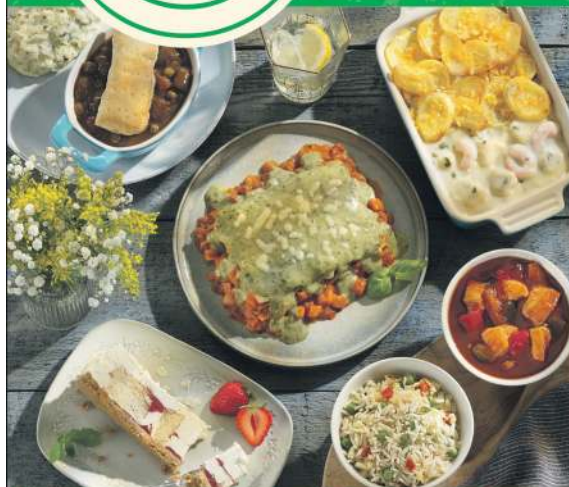
www.leemacconstruction.co.uk

leemac ltd@gmail.com

52 Poplars Avenue, Heacham, Norfolk PE31 7EA



Life in full flavour
**Delicious frozen meals
delivered to you**



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

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

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



Softer Foods Range

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

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



**OVER
300
MEALS**

No
contracts
so order
when you
need!

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

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

01379 870 117 LOCAL RATE
oakhousefoods.co.uk

Jimmy's missing years

Rob Shears

I am involved with the 1st Snettisham Scout Group, and have been researching the history and origins of their campsite, known as Jimmy's Field, on Beach Road, Snettisham. Within living memory, the field has been known by that name and it got us wondering who was Jimmy?

I have managed to garner some information, but there are a few years when there are gaps that I haven't been able to fill. The article below is how much I have been able to source; but there is a period from age three (after he lost his parents) to his sad death at age eighteen. Assumptions have been made that he was immediately adopted by his Aunt and Uncle, I could not clarify this. His life up to thirteen is a blank, as is most of his time at the Training Ship "Stork".

It is hoped that someone may be able to shed information on these missing years. The idea is to provide the information, on display in our new Scout Hall at the campsite, so all that use it will know who Jimmy was, and he will forever be remembered.

I can be contacted at 11121940jf@gmail.com, if anyone has information.

A BRIEF HISTORY OF JAMES HERBERT OTWAY - After whom Jimmy's Field Scout Campsite is named.

Snettisham Scout Group has owned the field since February 1940, when it was deeded to them by Walter Ridley from Ingoldisthorpe Manor.

Jimmy was born on the 16th November 1922, to Frederick and



Kathleen Otway, in Edmonton, London. He sadly lost his parents before he was three years old. His mother's sister, Celia, was married to Arthur Smith of Sedgeford, and they adopted Jimmy.

At the age of thirteen he joined the Training Ship "Stork", based at Hammersmith, London. He excelled in this environment and won certificates and medals for some of the activities. He was known for his friendliness and for helping those around him.

After completing his training, he applied to join the Royal Navy. Unfortunately, although he was a fit person, he was found to suffer from colour blindness. Instead, he enlisted in the Merchant Navy in July 1939. Joining the New Zealand Shipping Company, he embarked on the first merchant ship to leave England since the outbreak of World War II, the "Rotorua". The journey took the ship from England to New Zealand, and back through the Panama Canal, onto Halifax, Nova Scotia, then across the Atlantic Ocean heading for the United Kingdom with a cargo of refrigerated meat, butter and wool. On the 11th December 1940, at about three in the afternoon, she was torpedoed by U-96, a German U-Boat, and sank within twenty minutes. Her position was 110 miles from the Outer Hebrides. Several officers and men were lost, but 25 managed to get in the lifeboats, including Jimmy. These survivors were picked up in the evening of the 11th by armed trawlers and transported to Stornoway. Sadly, Jimmy did not survive the journey, and died on the way.

Jimmy is buried at Sandwick Cemetery in Stornoway, and his grave is looked after by the War Graves Commission.

There is a plaque on a lamp in Sedgeford churchyard which reads "THIS LAMP WAS PLACED HERE IN MEMORY OF THE MEN OF SEDGEFORD WHO GAVE THEIR LIVES TO KEEP THE LIGHT BURNING. 1939 - 1945", Jimmy's name is inscribed on it.

Those that knew Jimmy wanted him to be remembered other than as a war casualty. His friends, who had shared happy times with him at the Scout Campsite on Beach Road, Snettisham, asked those in charge of the campsite if it could be named after him. Hence the name has been synonymous with our campsite ever since; and Jimmy Otway will always be remembered by those who use this field.

Round the bend with Dean Baker

Cold water or ice cold water or keep your cooking water ...

I despise drinking cold water, but Mrs B loves it. If you prefer cold drinks, filling a water jug in the morning before putting it into the fridge, saves you from running the tap until the water is the right temperature. As I pointed out, to our ever wary and recalcitrant teen - no one is trying to limit how much water you drink, but you can limit how much you waste. Let's start with the kettle. A surprising number of people insist on emptying and refilling theirs every time they use it. If this is you - Stop! If you can't break the habit then challenge yourself to fill the kettle with millilitre precision so that your favourite mug is perfectly full! If like Mrs B you're a bit more slapdash, use your mug to decant the correct amount of water into the kettle.

A good conservation tip is to reuse water used for washing fruit, vegetables or rice - on houseplants or in the garden. You can also use cooled pasta water, apparently plants love starch. This does take a bit of getting used to, but the corner of our garden by the back door is a happy patch of green!

Always try and run your dishwasher and washing machine full. Fewer loads reduce water consumption. While researching for this



Round the Bend



DEAN BAKER
PLUMBING REPAIRS
TAPS & TOILETS
DRIPS & LEAKS

Tel: 07973 131 906 E: plombierdean@yahoo.com

article I came across people who barely wash their clothes, choosing to spot clean them and air them on the washing line. Doing one full load a week will save lots of water. A survey of 50 of the UK's most popular washing machines found they used an average of 49 litres a wash. In our house a weekly wash would incite a mutiny - so we favour a 20 minute cool wash and a line dry, weather permitting ...

I'm in Hunstanton on Tuesdays for drips and leaks.

Until next month, all the best.

plombierdean@yahoo.com
Tel: 07973 131 906.

10 year guarantee!!!

Sandringham Windows Norfolk

Friendly & Family Run!!!

Tel: 01553 611631



Windows·Doors·Conservatories·Aluminium·
Garage Doors·& now offering a full repair and
maintenance service!

INSTALLsure 
installer insurance, sorted

CERTASS

Reg No: 19-1268

CERTIFIED INSTALLER

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

New Head for Glebe House School & Nursery

Hannah Searle

We are thrilled to introduce Mr. Adrian Stewart as the new Head of Glebe House School & Nursery. While his official start date was 1st September, Adrian has been working diligently alongside our previous head over the summer break to ensure a seamless transition. In these few short weeks, it's easy to see that for Adrian joining Glebe felt like coming home to a place he had always wanted to be.

With over 25 years of teaching experience in the independent education systems of South Africa and England, Adrian brings a wealth of knowledge and a genuine passion for education. His journey has seen him work with pupils ranging from rising 3-year-olds to A-Level candidates, with his happiest moments spent among Prep School children. Adrian's training as a Prep School specialist, with English and Geography as his main areas of expertise, was complemented by his role as a Design Tech teacher, where he played a pivotal role in establishing the subject in the South African education system,

including teacher training.

Beyond the classroom, Adrian is a dedicated sports enthusiast, having coached a wide array of sports at various levels, including 1st XV Rugby, 1st XI Football, Cricket and 1st XI Hockey. His specific experience coaching Hockey at a representative level is a testament to his commitment to nurturing well-rounded students.

What sets Adrian apart is his unwavering commitment to the values that make Glebe House School & Nursery special. He believes in the power of Prep schools to provide unique and essential opportunities for children to reach their full potential. His core belief is that every child should feel a sense of belonging, appreciation and excitement for learning. Adrian aims to promote strengths, address weaknesses and cultivate happy and independent learners, capable of tackling challenges. His vision for Glebe pupils is to become change-makers in their communities, leading through service and becoming interesting, engaged adults.

Adrian's love for sports extends

to his excitement about the current Rugby World Cup and his fondness for cricket. As a loyal Liverpool Football Club supporter, he's ready to convince anyone that they should be too! It was his love of travel that brought him to Glebe about a decade ago, highlighting the adventurous spirit that will undoubtedly benefit our community.

What drew Adrian to Glebe was the strong sense of community and the commitment to seeing children and the school succeed. In his brief time here, he has witnessed the dedication of staff who are at the top of their game, and he's eager to be part of the fantastic educational community they have built.

To kick off his tenure at Glebe, Adrian has planned Coffee & Cake afternoons over the next three weeks, where he will invite every family to come in and chat about their children. This will be followed by our Open House on Friday 6th October. This open line of communication reflects his dedication to involving everyone in shaping the school's future.

The Glebe Governing Body is



excited to have Adrian as our new Head of School and CEO of the GHS Trust, and in the words of Phil Haslam, Chair of Governors, "We are looking forward to making great progress with Adrian at the helm. His wealth of expertise, leadership and life experience will undoubtedly help us drive forward with our vision and mission. We also extend our warmest welcome to Adrian's wife, Charmaine, as they settle into the Glebe and local community."

Let us share the Glebe House School Difference:

Join Us for an Open House!

Step into our world of learning, where creativity, curiosity and excellence create a transformative educational experience.

We welcome you to take a tour through our classrooms and around our outdoor spaces to see the daily routine here at Glebe. Explore our facilities, designed to create a well - rounded education encompassing academics, arts and sports. Experience the camaraderie among our pupils and discover how our nurturing environment empowers each child to thrive, both academically and personally.

Join us for an informal gathering with the Headmaster and Senior Leadership Team in the Drawing Room, as we enjoy the company of current families, sharing their experiences and happy tales of Glebe life.

We look forward to welcoming you to Glebe House School

- Friday 6th Oct 2023
- Wednesday 22nd Nov 2023



To register your interest, please contact Mrs Fraulo at: tjf@glebehouseschool.co.uk or call **01485 532 809**
Glebe House School & Nursery, Cromer Road, Hunstanton, Norfolk PE36 6HW | www.glebehouseschool.co.uk

TO BOOK CALL
01485 536010

The Fountain

Sports Bar

Open to all!

FOOD SERVICE: Sunday to Thursday - 10am to 7.45pm, Friday & Saturday - 10am to 8pm
BAR OPENING: Sunday to Thursday - 9am to 8pm, Friday & Saturday - 9am to late.

 <https://www.facebook.com/FountainSportsBar/>

Warm up this autumn with a delicious Sunday Carvery

Served: 12pm to 2.30pm

**ONE OR TWO COURSES AVAILABLE
PLUS A CHOICE OF DESSERTS!**

CALL: 01485 536010



EAT • DRINK • WATCH

The Fountain Sports Bar & Restaurant,

Searles Country Park, South Beach Road, Hunstanton, Norfolk PE36 6BB T: 01485 536010

IMAGINE YOUR NEW KITCHEN, BEDROOM OR BATHROOM

Visit our
showroom to see
all our new displays
and special offers



THE POSSIBILITIES ARE ENDLESS



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

WE CAN OFFER THE FOLLOWING:

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

GIVING YOU MORE FOR YOUR MONEY SINCE 2009

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

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

**TRI
ANGLIA**

HOME DESIGNS LTD

Brancaster School news

School started on 6th September and it was lovely to see everyone. We enjoyed hearing all the holiday news and also meeting our new children and staff. Everyone is settling well and we look forward to a good year.

We are currently awaiting the arrival of our new secretary so, until then, please bear with us if we do not answer phone calls or emails (or the door!) as quickly as we would normally. We are also awaiting a "fix" on our website – we will be back up and running again as soon as possible.

Thrift Class (4 – 7 year olds) are learning about "Superheroes" this term, ranging from story book superheroes, to real life heroes, to us as heroes.

We have checked out our plants after the summer and have picked runner beans and tomatoes, and pulled up beetroot and onions. Our pumpkin is still growing madly as are our sunflowers. If anyone has a spare water butt that you would be happy to donate to us, do please get on touch.

Samphire Class (7 – 11 year olds) are studying Romans and have a visit from the Norfolk Archaeological society planned, plus a trip to Norwich Castle Museum.

We have restarted School Council and Sports Council and these children will be using their voice to help us improve our



provision. School Council will also be planning our Children in Need event.

The PFA are just beginning to plan the term's events, so watch out for details.

Key Dates:

Our Harvest Festival is at Brancaster Church 2pm on Friday 6th October. All welcome.

Half Term finishes on Friday 20th October and we start back on Monday 30th October.

Our Nativity/Carol Service is Tuesday 12th December 2pm in the church. Again, all welcome.

Term finishes on Wednesday 20th December.

Smithdon and Springwood schools celebrate GCSE results

Smithdon High School received its best ever exam results, with the Class of 2023 achieving grades almost 10 per cent above the 2019 results.

Despite national warnings of lower gradings, 67 per cent of Smithdon students achieved a standard pass of Grade 4 and above in English and Maths, while 38 per cent attained a strong pass of Grade 5 and above in those subjects. Other subjects with improved outcomes included History, Art and Music.

"Smithdon students' results are representative of the progress that the school continues to make," said delighted headteacher Amanda Gibbins. "I am so pleased for all of our Year 11s."

Notable student successes include: Olivia Raines (4 Grade 8s, 4 Grade 7s and a Grade 6), Amy Howard (1 Distinction*, 3 Grade 8s, 1 Grade 7 and 5 Grade 6s), George Stevenson (2 Grade 8s, 1 Grade 7, 4 Grade 6s and 3 Grade 5s).

At Springwood High School the Year 11 Class of 2023 reported impressive grades all round, with 39 per cent achieving a 5 or higher in English and Maths and 11 per cent gaining a 7 or higher in those subjects – an increase of 5 per cent on 2019's levels.

Overall, 35 per cent of Springwood students were awarded a grade 7 or more in at least one subject, with 10 per cent receiving at least one grade 9.

Among the high fliers at the school, which is a member of the West Norfolk Academies Trust, were Colby Wood, who achieved seven grade 9s, two grade 8s, two grade 7s and an A grade in Additional Maths GCSE; Piers Gostling-Ireland, who attained five grade 9s, three grade 8s and three grade 7s; Amelie Dockerty with four grade 9s, four grade 8s and three grade 7s; and Rayan Shaikh with five grade 9s, two grade 8s, and a grade 7.



**CYCLE SALES
CYCLE REPAIRS
CYCLE HIRE
CYCLE ACCESSORIES**

A.E. WALLIS
HIGH ST, HEACHAM
01485 571683

www.aewallis.co.uk @heachamcycleman

01485 570303 **A.E. WALLIS** 34-40 High St Heacham
www.aewallis.co.uk
Over 20 years serving the local community

Internet prices with local service

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

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

euronics

crystal cave
SERENITY

Crystals • Gifts • Aromatherapy • Jewellery • Therapies

THERAPIES AT SERENITY:

- Advanced Hypnotherapy (NLP)
- Swedish Massage
- Aromatherapy Massage
- Indian Head Massage
- Balinese Massage
- Hot Shell Massage
- Sports Massage
- Acupuncture
- Foot Care
- Reiki and Rahinni
- Reflexology
- Psychic Tarot Readings
- Past Life Regression
- Herbal Ear Candling
- Advanced Bowen Technique (NST)

CONTACT US
01485 535321
crystalcaveandserenity.co.uk

OUR LOCATION
34 Westgate
Hunstanton PE36 5AL

dns
COMPUTER SERVICES

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

Extra Hands Established 1993
Providers of Home Care in Norfolk

Multi-award winning providers of Home Care in your community

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

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

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

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

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

Tel: 01485 570611

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

www.extrahandshomecarenorfolk.co.uk

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

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

On the turf with Charles Joyce

Back in October last year a filly trained by William Hagars by the name of Doom ran 2nd beaten by only a head by another filly Soul Sister who won this year's Group 1 Epsom Oaks. Doom certainly has the pedigree to compete in the top races. Her sire is champion stallion Dubawi and her dam is Dank who in her racing career was trained by Sir Michael Stoute and won the Grade 1 Beverley D Stakes at Arlington along with the Grade 1 Breeder's Cup fillies and mares race. Still a maiden after 4 runs Doom turned up on 5 September in Class 5 maiden over a mile at Ripon with a single solitary opponent the Karl Burke trained Karmology who was having her first run. Doom's starting price was 1/25. A couple of years ago buying money at 4 pence in the pound may have been seen as okay with only heavy bettors getting involved, but today with such as National Savings offering 6.2% backing any outcome in any sport at 1/25 to me seems downright foolish. I appreciate that when we pay our Council Tax to the Borough Council often less than 4 pence in the pound is spent on the services stays with the Borough Council to pay for such as bin collection, but this was not a bet to have. It is rare for a horse to lose at such odds. The last horse to lose at such odds was Royal Forest at Ascot in September 1948 when he lost to another unraced runner in Burpham. Royal Forest was ridden by Gordon (later Sir Gordon) Richards. In his previous race he had won the Coventry Stakes from Nimbus who went on to win the 1949 Derby thereby denying jockey Rae Johnstone the possibility of being only the second jockey in history to win 3 Epsom Derbys on the bounce. The Australian had won on My Love in 1948 and would win on Galdador in 1950. Nimbus beat his mount Amour Drake by a head. Back in 4th place that day was Royal Forest who went off favourite. 9/2 not the prohibitive odds of the previous September.

Looking back Shaquille did show up for the Sprint Cup at Haydock. Out of the stalls on terms with the rest of the field I can't blame anyone if they were counting their winnings when he went to the front. Odds available on the day of 11/8 and slightly bigger on the exchanges were just too big to ignore, especially with most serious contenders for his crown of champion sprinter staying at home. Would I buy a holiday home in Saint Lucia or some other Caribbean Island or at least a fish supper with the winnings will have been going through punters' minds. Then it seemed as if the fuel filter had got blocked when the colt started to go backwards. Trailing in a disappointing last with the trainer's representative having no explanation for the poor run. That does beg the question why the trainer was not interviewed by the stewards as she was at the track. Getting a few pound back didn't seem too difficult when top of Division 1 Exeter were playing at home to Leyton Orient and at half time were still drawing 0-0. Exeter were 3.2 or better than 2/1 to win the game.

Back them to win and lay them back when they go 1 goal in front was the idea. Sure enough in the 48th minute Exeter went a goal up. Immediately they dropped in price to around 1.5. Cash out and take the 1.7 difference on the exchanges was the plan. At that precise moment the phone rang. Like a fool I answered it. By the time the conversation was over Leyton Orient had equalised. In the end the away team won. Money gone due to answer a phone call. The trials and tribulations of being a councillor always on call. All was not lost as Adelaide River was due to run with an early price of 15/8. It was almost certain the ante-post bet for the Doncaster St Leger was gone (he was not declared at the 5 day declaration stage on the following Monday). He did eventually win at 11/8. So, something back. Then in the evening Cori Gauff was playing at Flushing Meadows in the final against Aryna Sabalenka. I had taken the 12/1 for her to win at the start of the US Open. She was best priced at around 8/1 each/way. So 12/1 to win meant she had to win the final playing against one of the best women players in the world. It didn't look good when the teenage American lost the first set. But after a break she came good winning the second set. In the third and final set she raced to 4-0 lead. It was time to cash out because the Belarussian is no push over even that far down. I was rewarded with £11 for every £1 that had been placed on the winner. It seems as if only young women can win the US Open in recent years with 3 of the last 5 winners being teenagers

and Naomi Osaka and Iga Swiatek barely in their 20s.

Earlier in the day Aidan O'Brien had performed another apparent miracle when Auguste Rodin won the Champion Stakes at Leopardstown. His previous run had seen him trail home last as he did at Newmarket in the 2,000 Guineas with no obvious reason for failure. The following day was Sunday with the 2nd day of the Champions weekend in Ireland only at the Curragh home of Irish racing.

There is a debate about whether Warm Heart or Henry Longfellow was the 4,000th winner for the Ballydoyle maestro, but as Warm Heart won the Prix Vermeille on French trials day before Henry Longfellow won the National Stakes in Ireland, she must be his 4,000th win. Henry Longfellow ended up being the mount of Ryan Moore after City of Troy was a late withdrawal. That's something we need to be aware of come next year. City of Troy is likely to compete in the Dewhurst Stakes at Newmarket in October where he is currently top price of 7/4. After his withdrawal at the Curragh only the foolish and the heroic will take those type of odds before the day of the race. As for 2/1 about next year's Newmarket 2,000 Guineas there are likely to be people in white jackets visiting anyone taking those odds now.

Horse racing has much to do with bloodlines. Henry Longfellow's blood cannot be any more blue. Henry Longfellow is a son of the great stallion Dubawi and multiple Group 1 winner Minding. He's also an example of the new relationship between Godolphin and the lads at Coolmore. The top breeders in the world were once sworn enemies with neither being willing to purchase yearlings at the big sales from each other. That did change a few years ago and now each are using the other's stallions for their mares.

It's very possible he is a winner of a classic next year and just an outside chance of him winning the Triple Crown for the first time since 1970 when the Charles Engelhard owned Nijinsky won for the legendary Vincent O'Brien ridden by another legend Lester Piggott. Engelhard died just six months after Nijinsky became the first horse since the Aga Khan owned Bahram in 1935 to win all 3 English classics open to colts. The son of the German American Engelhard inherited a firm involved in the precious metal industry and married Jane Mannheimer the widow of German Jewish banker and art collector Franz Mannheimer. Mrs Engelhard and her daughter Anne were both initiated into the Best Dressed Hall of Fame. Engelhard himself was a major contributor the Democrat party and organised the National Committee of Business and Professional Men and Women for JFK and LBJ during the 1960 presidential election which President Kennedy beat Richard Nixon. There is a dam on the Letaba River in the Kruger National Park named in Engelhard's honour for his generous donations to the South African National Parks Board. Following his death the Charles Engelhard Foundation was run by his widow until 2004 when she died and since by their children providing funding for a wide variety of causes including education, medical research, cultural institutions and wildlife and conservation organisations.

In France the trials, especially the Prix Niel threw a spanner into the works. In the race once seen as a necessary to win the Arc D'Triomphe for 3-year-old colts German trained Fantastic Moon beat the odds-on favourite Feed The Flame into 2nd place. Going forward the Arc D'Triomphe on the first Sunday in October is looking as if it will come down to unbeaten favourite and French Derby winner Ace Impact who is still to race beyond a mile and a quarter and has a slight stamina doubt at the Arc's mile and a half, and 6-year-old Hukum who just seems to keep on improving with age tries to be the oldest horse to win the race since Motrico who was winning the race for the second time in 1932. Perhaps Auguste Rodin will turn up, but reports suggest he is on his way to the Breeder's Cup at Santa Anita the first weekend in November. Horses have run at Longchamp and then in America before and a change of mind by "the lads" may happen.

Whatever happens at Longchamp or anywhere else in the world as always pay the bills first and under no circumstances bet if you cannot afford to lose, because even the best professional punters lose more often than they win.

Leisure Club 



Splash Pool Parties!

- 1 Hour in Splash Pool
- Main meal & dessert
- Birthday Cake - choice of Chocolate Cake or Victoria Sponge (Parties not available in school holidays, T&C's apply)

£14.95/CHILD Birthday Child FREE!
£119.60 DEPOSIT (Non Refundable)




For more info call: **01485 536029**
www.searles.co.uk/for-the-locals/leisure-club/birthday-parties

 **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 and Saturday)

t: 01485 572202 email: rushmoreflooring@btconnect.com
www.garyrushmoreflooring.co.uk

P.D. BIRD

Plumbing & Heating Engineer
for Oil & Gas

 No. CI 1852  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

Hear **CLEARLY** again...

**FREE
HEARING
AID TRIALS**

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

t: 01553 760250

Day Centre also at: Hunstanton Eyecare, Hunstanton

Being an Apiarist is The Bee's Knees

Tim Keogh

Bees. Lovely insects, unless you get stung by one that is! There are over 250 types of bees in the UK, from the small scissor bee to the orange-tailed mining bee. Of course, everyone is familiar with the humble bumble bee, a friendly type compared to its annoying cousin, the barbecue spoiling wasp. It is thought bees evolved from wasps over 130 million years ago.

Bees are an important part to the environment through pollination. However, it is the honey bee, possessing the wax-producing gland, that creates honey. Based in hives, they require careful management and caring.

Local apiarist, Rob Charles, from Holme-next-the-Sea, took on his first hive in 2020, buying it from Stuart Grant, former Chairman of the West Norfolk and King's Lynn Beekeepers' Association (WNKLBA), who lives in Heacham.



The temperament of each hive is different. Rob's colony was a bit unfriendly to start, dictated by the pheromones the Queen gives off. In this case the bees create a Queen cell to rear a new Queen, feeding the larva Royal Jelly. Eventually, the new Queen takes control and the old Queen defects with half the colony, looking for a new home. This is sometimes why you might see a swarm hanging from a tree, the bees surrounding the Queen to protect her as they send off scouts to search for a new home. Rob's present hive seems to be a happy and contented one, although he did have a slight problem to deal with, as the old Queen decided to temporarily relocate to his neighbour's garden.

As Rob says, "you do have to look after the bees". They are susceptible to various parasites, one of the biggest being the Varroa virus - mites that affect the bee's wings. Once treated, the mites literally drop out of the bottom of the hive. The bees are dormant in the Autumn and Winter, feeding off honey supplies before awaking in the Spring. At this stage, Rob has to check the Queen is laying, identified by small grubs evident in the honeycomb.

When bees hatch, all functions are performed in a chronological order - domestic bees feed the Queen, whilst some become guard bees preventing predators such as wasps entering the hive. If a wasp does enter, the bees crowd around it, the heat from the bees eventually suffocating the wasp. Domestic bees do get promoted to become foragers, who collect nectar. Interestingly, Drones (males), do very little but sit in the hive or go out in search of a new Queen to mate with.

Domestic bees also produce propolis - a glue used to fill gaps in the hive, producing a bee wax to make the comb. All domestic and worker bees are female, whilst the male Drones make up about 5-10% of the hive.

When forager bees find a good source of nectar or pollen, they perform a Waggle dance when returning to the hive. The dance points towards the good source according to the sun's position.

Sometimes a hive will also swarm if it becomes too full. Swarms tend to be innocuous and harmless, as the bees are loaded up with honey, focussed on looking for a new place to live and nothing else.

Although bees tend to live for six weeks, ones that hatch in October, actually live until the Spring, a lifespan of six months or more. During a dormant period, continually working their wings keeps the hive at a balanced 18 degrees throughout winter.

An average hive can contain as many as 50,000 bees in the Summer, although this may drop to 10,000 during the Winter. They tend to forage on rape seed and can travel up to two miles from the hive. All garden flowers, fruit blossom, hawthorn and, in late Autumn, flowering ivy are ideal for the honey bee.

As well as wasps, hives are also threatened by woodpeckers, mice and, more increasingly, by Asian hornets. Bees try to keep their entrance as small as possible, making it easier to defend against predators. The invasive hornet is a real threat in Europe and the UK as their numbers are rising (there have been more sightings in the UK in 2023 than the previous six years combined). Feeding on native wasps and bees, they damage biodiversity. The threat is so great that people are being advised to be extra vigilant and report sightings.

The honey is reaped from the honeycomb, which has eleven chambers. These are on levels - called supers - with some hives having as many as five. The bees basically chew the nectar and spit it in to make the honey. Once it is roughly 18% water and deemed honey, they fan it before wax capping the honey into the honeycomb. Rob spins the honeycomb frames with a centrifugal extractor to harvest the honey. As much as 11 kilos of honey can be sourced from one super, although Rob managed to reap 60 kilos of honey from his multi supered hive last year.

As well as pure honey, Rob makes prize winning mead and wine from the honey, all of which proved popular during Holme's recent Open Gardens event. Rob donates all the proceeds to the Church Fund.

If you are interested in understanding more about beehives or even becoming an apiarist yourself, you can visit the West Norfolk and King's Lynn Beekeepers' Association website at WNKLBA.co.uk.

As for the origins of the phrase "the bee's knees", meaning something is excellent, this is open to debate, although there are several theories. Some people believe that it is a reference to the fact that bees carry pollen in sacks on their knees, and that the expression therefore alludes to this concentrated goodness. Others maintain that the saying is just a corruption of the word



'business'. Another suggestion is that the 'bee' in question was actually Bee Jackson, a world champion Charleston dancer who was very popular in New York in the 1920's. Another theory is that it originated during the 1920's prohibition period in the US when alcohol was banned. Honey was added to cocktails or drinks to mask the taste and smell of alcohol from the authorities, hence the name of a popular cocktail created called the Bee's Knees.

The
GRANGE
Dental Practice

Finance available **0%**



General Dentistry

Dental Implants

Cosmetic Dentistry

Teeth Whitening

**Partial to full dentures
(acrylic or chrome)**

Flexi dentures

Accepting new private patients

Call: 01485 541875

Practice Plan: This is a pay-monthly subscription plan so you can spread the cost of your routine dental care, including check-ups, hygiene appointments and X-rays across 12 easy payments. You can also access the benefit of 10% off selected treatments.

Alternatively there are pay as you go options

Quality, Affordable
Dentistry
for all the family



The Grange Dental Practice

Lynn Road, Snettisham,

King's Lynn PE31 7QB

T: 01485 541875

E: reception@thegrangedentalsurgery.co.uk

Open Monday-Friday 9am-5pm

Sporting Corner with Tim Keogh

16 year old tears up the record books to win the Hunstanton Tennis Tournament

Charlie Swaine became the youngest ever winner of the Men's Singles Open at this year's Hunstanton Tennis Tournament in its 102-year history.



Epitomising the phrase 'a young head on old shoulders', the talented teenager deployed a smart strategy, tweaking his all round game plan, to outwit his opponents, on his way to a memorable victory.

The 16 year old Bristol based youngster, who attends Bath University Academy, had to do it the hard way though, firstly beating top seed Philip Peters in the semi-final before overcoming last year's winner, Tom Davenport, in the final (6-3, 6-2).

In the Women's event, last year's champion, Emma Mastin, was beaten in a three-set semi-final thriller by Izzy Morgan-



Evans. Morgan-Evans then lost to second seed, Boston based Alice Gamman, in the final (6-1, 6-0).

The weather was kind this year, although storms on the final day meant some finals had to be cancelled, mainly in the veterans' competitions, with finalists having to share the relevant titles. Various refreshment stands and a marquee bar kept all the spectators suitably nourished and refreshed.

The tournament, sponsored by law firm Birketts, took place from Saturday, 19th to Saturday, 26th August. With participants travelling from across the country, nearly 900 players, ranging in age from 6 to 83, took part. With over 1,000 matches played across the week - making it one of the largest tennis events nationally outside of Wimbledon - it is

always a logistical challenge for the organisers.

Chris Holt, who runs the event with his many volunteers and helpers, was extremely pleased with the smooth running of this year's tournament. Credit must also go to Groundsman, Jonny Ives, who ensured the finely manicured courts were maintained to the very highest standard.

Hunstanton Mayor, Michael Ruston, was on hand to present all the trophies.

Despite sleepless nights and sometimes working until 2am, Chris Holt is already looking forward to the 2024 event with the closing words, "See you all again next year".



Girls' U12s Finalists - Kitty Baker and Lois White with organiser Chris Holt

Armchair Sports Trivia sponsored by Berni Beans

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

QUESTION: Golf's Ryder Cup takes place in Italy for the first time this year. Who was the first left hander to participate in the Ryder Cup?

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

The Editor, Town and Around,
18 Tapping Close, Snettisham PE31 7FF

CLOSING DATE: 15th October 2023.

Last month's question was: Which country won Olympic gold the last time the 15 a side version of Rugby Union was held in the Summer Olympics? The correct answer was USA in 1924. Mrs Tina Smith is the lucky winner, congratulations.

More competition news



Dick presents Judy with her prize

Judy Dennis was the winner of our recent Sage competition, correctly identifying that Dick Melton was born in Portsmouth.

Her name was drawn using Marianne White's bingo machine, with Joy Melton pressing the magic button that selected Judy's name from all the correct entries.

Thanks also go to The Lodge at Old Hunstanton for providing the excellent prize of a £60 meal voucher.

AFTERNOON TEA

PRE-THEATRE
DINING & COCKTAILS

SUNDAY LUNCH

CATERING SERVICES

BOOK NOW!



Berni Beans

01485 532288

www.bernibbeans.com

My Encounter with Rabies

Ian Smith is a former Scottish international rugby union player, Army dentist and author who lives in Snettisham. He has been giving Town and Around's Tim Keogh insights into his fascinating life.

We do not have rabies outbreaks in this country, but in late October 1969, just before I was due to make my debut playing rugby for Scotland in Edinburgh, a pet mongrel had died of rabies in England.

Our problem was that Robbie, our cross Alsatian-labrador, was a wanderer and we lived out in the country, not far from Camberley, where the potentially lethal outbreak had taken place. The problem we faced was that Robbie used to disappear on a regular basis looking for lady friends so we had no idea how far he would stray.

We had been going to take our car up to Edinburgh, and take Robbie with us, but made the wise decision, taking advice to go by train as long as we took certain precautions. Because of the outbreak he had to spend the journey muzzled in the guard's van and in isolation. Had we gone by car Robbie the dog would have been put down and I would probably have been court-martialled.

I did find it hard to believe the precautions we had to take at that time, but I realise now how very fortunate we are to have the English Channel between ourselves and Europe, which acts as a barrier. Having recently taken two dogs to France, the injections and precautions they had to go through, both coming and going, has been very instructive.

Looking back to 1969 I had no idea that within four years I would have more than one experience of being close to rabid dogs due to being in the Army as a dentist.

It was in Nepal in 1973 when my eyes were really opened. Apart from patients dying of natural causes waiting for appointments, and extracting teeth with a screwdriver, I was to come within a few feet of at least one rabid dog and also experienced at first hand the harshness of life in that part of the world.

I lived in the Officer's Mess in Dharan, which was at that time the headquarters of the British Gurkhas, but had to go outside to get to my accommodation, and almost every night whilst ambling down the path to my room I could hear rustling in the undergrowth, very close to where I was walking. When I asked what it was, I was told to look at the fence round the camp. I could see pyres of smoke at regular intervals, which apparently were trapped rabid dogs, who had had petrol poured on them which was then lit. The noise in the bushes I was hearing were the same dogs, only a few feet away from me. I ceased to amble after that!

A week or so later I was being driven outside the camp in a land rover when I saw a gate being opened and a group of men all using very long poles with sharp tips to push a man out of a gate. Again, I was told he had rabies, which came as somewhat of a shock as you can imagine. When I asked what would happen to him, I was met with a shrug of the shoulders.

Finally, driving back to Dharan from Darjeeling the driver of the land rover on at least one occasion went to the wrong side of the road to run down a dog, and when asked why, he simply said it would be rabid.

How lucky we are because of our stringent health controls this horrendous disease has been eliminated in the UK, but how upsetting it was to see the consequences in a country where it is endemic, and how we must continue to be on our guard.

Heacham Walking Football Host Tournament

Heacham Walking Football FC held a tournament on their 3G football pitch on Sunday, 20th August. The tournament consisted of teams from Norwich, King's Lynn, Leverington as well as the hosts, Heacham.

It is a great means for getting and keeping fit, epitomised by 73 year old, John Goode, who still turns out for Heacham (even when he got hit in the face by the ball - not sure if he was trying to head it or get out of the way - the crowd gasped as he staggered, wavered, but carried on like a true legend). Leverington's keeper was 78 and proved age is just a number as he performed heroics between the sticks.

There is a light hearted element to walking football but also a serious side, as players seem to regain their youthful competitive instinct as soon as they walk onto the hallowed turf.

King's Lynn took on the hosts in the first match and immediately stamped their authority on the game as Heacham failed to gel. King's Lynn were deserved leaders at half time, 1-0. An astute management decision by Heacham manager, Steve Watson, reaped dividends as he introduced twinkle-toed Sam Becci. He set up the lively Colin Chilvers, arguably Heacham's best player on the day, as he smashed home an equaliser. King's Lynn rallied but the effervescent Paul "the cat" Giles in the Heacham goal kept the hosts in it. Penalties! Both teams missed their first, before King's Lynn took a 3-2 lead. Up stepped Keogh, he fluffed his lines, missed. Heacham were out. Watson was incandescent

as he kicked a water bottle.

Norwich then took on the physical Leverington in the second match. The well drilled Norwich team stroked the ball about with ease, to the delight of the spectators. Leverington did well to contain them but ill discipline proved to be their downfall, with one player being sin binned twice in quick succession. Norwich ran out easy winners in the end, 3-0.

Heacham then faced Leverington in the 3rd/4th place play off. An early goal by the away side settled the match as Heacham failed to deliver on the big occasion. Norwich produced a master class in the final, overcoming a valiant attempt by King's Lynn, as they eased to a well deserved 3-0 win.

With all players aged 50 and over, the tournament was played out in the right spirit. The referees performed admirably, busy penalising running and tackles from behind, but generally being able to oversee matches smoothly.

Organiser Steve Watson did a terrific job laying on the event with wife Julie. A buffet, raffle and presentation completed a wonderful day. Most importantly, they have raised over £1,500 for the Anglian Air Ambulance.

Anyone wishing to join Heacham WF FC can contact Steve on 07931 383401. Training takes place every Monday at 5pm on Heacham FC's 3G pitch.

Right: Organiser and Heacham WF Manager presenting Norwich WF captain, Gavin Jones, with the trophy.



*Heacham Walking Football Squad. Back row from left: John Hyde, Mark Morrison, Malcolm Wilson, Keith Lasenby, Nick Walker, Daryl Gray, Duane Gowen, Andrew Fletcher, Denis Tokley
Front row: John Goode, Phil Gaunt, Sam Becci, Michael Freeman, Paul Giles, William Jones, Colin Chilvers, Tim Keogh*





Rural Broadband
broadband anywhere

Unlimited
4G Mobile Broadband,
Home and Business Fibre

Local Company

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

Fibre and Mobile Internet
Satellite Broadband
VOIP
Equipment to suit YOUR needs

You In Mind Counselling & Hypnotherapy With Sandie Payne Here to help and support you

Are you anxious, depressed, have addictive habits or have other problems you need help with, or maybe you have a phobia that is affecting you in life.

Whatever it is that you are trying to overcome or need support with, I am here to help. Please text or call me now on **07842 974 748** or email me at

support@sandiepayne.com
www.sandiepayne.co.uk

A recipe from the Prudent Pensioner

I have grown Rainbow Chard for the last 2 years now it is quite easy to grow, I tend to use smaller leaves in salads and larger ones in soups. This easy recipe makes a tasty and nutritious soup.



Carrot & Chard Soup

1 med. Shallot or small Onion
A knob of Butter
Potato approx. 120g
Carrots approx. 230g
1 large or 2 medium sticks of Celery
Chard approx. 60g including stems
Chicken or vegetable stock cube dissolved in 500ml hot water.
Salt and Pepper to taste.

Peel potato and carrots and cut them into small pieces.
Peel shallot or onion and slice thinly.
Clean celery, trim off and discard base and top of stalk and slice fairly thinly.
Rinse Chard, cut stems and leaves into small pieces.
Place butter in a saucepan over a medium heat, add onion slices, stir and mix well. Cook for 1 minute stirring continuously.
Add vegetables stir and mix well. Carefully add stock, stir and mix well. Increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, stirring occasionally, until vegetables are fairly soft (approximately 15-20 minutes).
Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.
Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well.
Season to taste. Reheat stirring gently. Serve and enjoy.

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

Copies are available to borrow from Heacham Library & Hinckley Library. See lots more recipes on The Prudent Pensioner Facebook page Email: pru.pensioner@btinternet.com

WE ARE IN THE TOP 10

THE SUNDAY TIMES
The 10 best fish and chip shops in the UK



6. Fishers, Hunstanton, Norfolk

There are newer, more fashionable chippies on the north Norfolk coast, but I've eaten at them all, and the best is the shop on the Green that has been serving since the 1950s. Most fryers make a big deal about their "signature batter", but Fishers is the lightest and crunchiest I've tasted this year. There's a charming restaurant, but unless it's raining you'd be mad to use it when you could sit on the Green overlooking the sea, or walk for five minutes up Cliff Parade to find a bench in Esplanade Gardens and watch the sun set over Lincolnshire. Cod and chips £9.70 (fishershunstanton.co.uk)

FISHERS
TRADITIONAL
FISH & CHIPS

www.fishershunstanton.co.uk

f Fishers of Hunstanton i fishersofhunstanton

Fall in love with Autumn fashions

Autumn is here, and it's time to layer up your fashion game.

Autumn is a wonderfully predictable season and very soon we will all be reaching for warming layers and comfortable separates as the temperature drops - and it's finally nice enough to wear boots!

You want to look your best as the weather gets colder so check out at Adini's collection which has the most gorgeous comforting fabrics, signature prints and a sophisticated colour palette.

Their gorgeous Freesia midi dress (see right) in an elegant, classic floral print is a real head turner. Cut from sustainable, soft and sumptuous cotton slub jersey, has a notch neckline, long sleeves and shapely princess seams for an ultra-flattering silhouette and is so versatile it can be worn at the office or dressed up for special events.

Perfect for work or a pub lunch is the three-quarter sleeve Kora top that looks great with jeans or trousers. It has front pockets and its flattering boxy shape drapes elegantly over the body and is ideal for making an entrance with its chic, Curacao print. Made from soft, cosy BCI cotton jersey it is machine washable at 30c.

In store the rails are dressed with all the latest autumn/winter collections, including knits from St Tropez and Lily and Me that team perfectly with boots or heels.

You are guaranteed to find a warm welcome from Cheryl and her staff at Allez Chic, they are fashion specialists and they've got you covered! Head down to Castle Rising where you'll find free, easy parking and excellent customer service as you browse the rails in the light, airy store.

Allez Chic, The Old School House, Lynn Road, King's Lynn PE31 6AG

Tel: 01553 631915 allezchic.co.uk



Stroke Association Strawberry Fair

Bob Wyllie



Early August saw the Stroke Association Coastal Group Strawberry Fair. A traditional afternoon tea with the added bonus of strawberries and cream, following sandwiches, cakes, scones with jam and cream, was enjoyed by the members and carers of the Stoke association Coastal Group.

Special thanks to Allison at Moss Bakery, for providing the food, and Amanda at Bernie Beans for providing the fine china.

Jamm'in Joe provided a wonderful musical backdrop for a special afternoon.

allez chic

Chic and affordable fashion
for all ages

Fall in love with
Autumn fashions

New collections
in-store now

t: 01553 631915

The Old School
Castle Rising
King's Lynn
PE31 6AG

SHOP IN-STORE

TUES-SAT 10am - 4.30pm

www.allezchic.co.uk



Helena Anderson Portrait Artist

Paintings of People, Pets and Places in
Pastels, Oils and Acrylics



Cleaning and Renovation of soiled and damaged
Oil Paintings and Frames

Contact Helena: Tel: 01485 541509 Mob: 07982945447

Email: hmanderson14@gmail.com

Web: www.andersonportraitart.co.uk



Simply CookKit

Order your freshly
cooked, oven ready
Christmas dinner for
delivery on
Christmas Eve!
Order by 12th December

**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





Mark's Gardening Services



Garden Maintenance
Free quotes
£20 per hour
over 20 miles round trip £10
Call: Mark Wright
07876 151688
wright680199381@gmail.com

Quanceart

Art Sale

1st October

Not an Exhibition
Downsizing

Lowest price £1 in mounts
£5 Canvases £20+ Framed

f Quanceart
01485 542240
11am - 3pm or by appointment
11 Iveagh Close Dersingham

CJB COMPUTING

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

No job too big or small,
give Chris a call

Office: 01553 606555
Mobile: 07447 748356

SUPER-FRESH OYSTERS



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



HUNSTANTON DENTAL LABORATORY

Open for Emergency Denture Repairs

Call: 0787 634 7753

or: 01485 533 388

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

HUNSTANTON HARDWARE



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



Family owned and managed - Established 1851

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



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



FUNERAL PLANS FROM
Golden Charter
Smart Planning for Later Life



40 Greevegate, Hunstanton PE36 6AG 01485 534421
1 Blackfriars Street, King's Lynn PE30 1NN 01553 766795

Also in Downham Market & Wisbech
Website: www.ajcoggles.co.uk

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



MOWS • MOVES • MENDS • MORE

MARK & TERRY

Scan me



or call

Mark - 07832304290

Terry - 07808181757

or email: mtlocalservices@gmail.com

SUMMIT ARCHITECTURAL LTD

01485 570472

07787568908

ivan@summitarchitectural.co.uk

The dark skies of West Norfolk

Terry Parish

Check your torches. The 29th sees the end of British Summer Time, clocks go back an hour and it becomes darker earlier. You do get a chance of an extra hours sleep though the dog won't understand that.



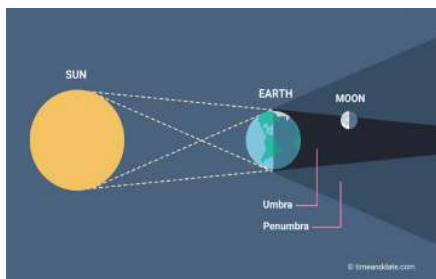
Don't forget clocks go back by one hour at 2am, so you get an extra hour in bed
Unless you have young children

Why these time changes anyway? BST was begun in 1916 after a campaign by a builder. An assumption is that he wanted to make better use of mornings during the spring and summer. He died before it came to pass and, since then, trials have been done with Double Summertime, removing it altogether and, perhaps, letting Scotland do something different.

Anyway, darkness comes earlier and that's good if you want to look at the night sky. Jupiter was burning bright last month and continues to do so at magnitude -2.9. Look along an arc starting in the SE at 7pm and finishing in the SW after midnight.

Jupiter is close to the Moon on the 1st and 28th. On the later date it is another supermoon. Watch from 8.35pm and see the southern pole of the Moon get nibbled away until 9.15pm. Then, magically, the 12% missing will grow back again and the Moon will be whole at 9.53pm.

This is a small partial eclipse. The Moon clips the Earth's shadow and then moves out of it.



The bottom of the Moon will just be clipped by the Earth's shadow on the 28th. Internet

Back to the planets. Saturn precedes Jupiter being well to the right in the sky. It is much dimmer at magnitude 0.6. Well worth looking at through a small telescope, including a birding 'scope, which will pick up its rings.

Between Jupiter and Saturn lies Neptune. An astronomical telescope needed as it is at magnitude 7.8. Remember, last month it was at its closest to us this year and nothing much has changed so it remains a good time to look for it. I put in a Voyager 2 picture of the ice giant last month. It showed some clouds which past telescopic observations have seen change over time. They are now missing entirely. Observations of the clouds allowed wind speeds to be determined and, at 1,300mph, they are the highest in the Solar System. The cloud tops are also one of the coldest places at minus 218°C.

Saturn is not the only ringed planet. Neptune has faint rings as does Uranus. This ice giant is much closer than Neptune and, consequently, brighter at magnitude 5.6. Not even young eyes will pick it up this year but good binoculars should. It is close to Jupiter being just 80 apart at the start of the month. That's a small fist held at arm's length. It moves further away after that.

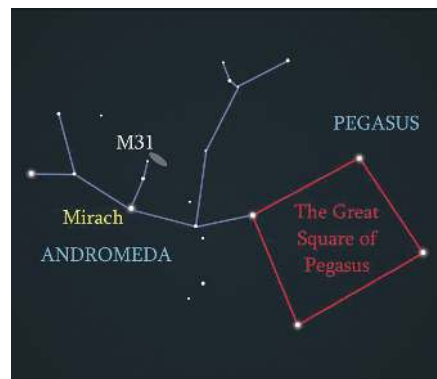
Uranus is just below and to the left of the Moon on the 29th at 9pm. It lies between The Pleiades star cluster to the left and Jupiter to the right.

Venus is much brighter than Jupiter. It is a brilliant magnitude -4.4. You will have to get up at 3am to see it rise at around 3am but 4am will do, before the Sun rises. On the 10th and 11th there will be a crescent Moon just above the Morning Star.

I hesitate to say 'meteors' after the clouds dimmed out the Perseids in August. However, there are four showers in October which begin around the 8th and continue through to the end of the month. If the sky clears on any night, you have a good chance of seeing a meteor streak across the stars.

There are the Draconids, 6th to the 9th, which is a minor shower. The Southern Taurids, faint but with the odd fireball, peak on the 10th. A major shower, the Orionids, is active between the 14th and 28th, peaking on 21st when the Moon is just a fat crescent. These originate from Halley's Comet and are fast. I saw the famous comet in 1986, faint but trackable with eyes and binoculars even from my Wolverhampton Garden. Bits it dropped in space then will be streaking across the sky this month. And the Northern Taurids meteors join the fun from the 20th, peaking in November. Both Taurids showers are debris

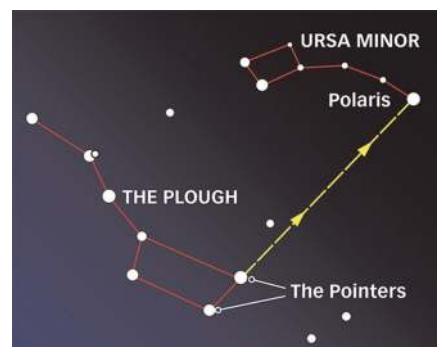
from Comet Encke.



Look south. Internet

Darker skies mean the stars come out. Look due south and about half way to the zenith (over your head) try and pick out the Great Square of Pegasus. Above the top left corner of that, binoculars might find a fuzzy blob, the Andromeda Galaxy, M31. This is our nearest big neighbour being just 2.5 million light years away. So, if you see it, the light entering your eyes started off about the time most life on Earth died off and dinosaurs started appearing.

From the east to the west in an arc through the zenith the Milky Way should be glowing. You are looking towards the centre of our galaxy which contains around 250 billion stars. Andromeda is usually presented as having four times as many but this is disputed.



Internet.

Look north and you will find the Plough near the horizon, the W of Cassiopeia close to the Zenith and, to the east, Orion just poking over the horizon. The winter hunter is on his way.

Don't be afraid of the dark, use it to find a few planets, see some meteors and dwell on the vast amount of stuff out there.

Dersingham Choir needs you!

You may have come to our summer concert, liked what you saw and/or be interested in a new hobby during the coming months.

We are looking for more members to join our friendly, enthusiastic village choir. Our new term starts on September 7th at St Cecilia's

Church Hall at 7pm for a two hour rehearsal with a break halfway through. Tea, coffee, biscuits and a chance to have a chat and a catch up. Your first rehearsal is free, with following weeks charged at £5 per week. You can see and hear more by visiting our website - www.dersinghamchoir.com where you can contact us for more information.

HUNSTANTON AND DISTRICT INNER WHEEL CLUB

Coral Campbell

We had our first meeting of our new year on 6th September when we were delighted to welcome our District Chairman, Deirdre Rothwell. Deirdre told us a little about her life but featured on the voluntary work she does visiting a local prison. Her Charity this year is The Longford Trust which endeavours to help prisoners when they leave prison and come back into society. Help and hope is very necessary so they do not reoffend.

District Chairman also spoke of our Centenary Year. We have been set the challenge of 100 for 100 by our Association President. Our aim in our Club is to dance for 100 hours over the year! We will do this at our meetings and other public events. We also hope to hold 10 coffee mornings with 10 people at each charging £1 which will result in £100 for charity.

I would like to share with you the origins of our organisation.

The organisation was originally established for the wives and daughters of Rotarians. Inner Wheel was formed in 1924 at the instigation of our founder Margarette Golding. She met with other wives of Rotarians with the object of setting up a Club in support of Rotary, to foster friendship between wives of

Rotarians and to increase the opportunities for service.

The first meeting place was in The Manchester Social Club, Lower Moseley Street on the 10th January 1924. It was here that they decided to call the Club 'Inner Wheel'. More Clubs were soon formed in Great Britain and Ireland and eventually it was necessary to divide the Clubs into Districts. Hunstanton and District Club belongs to District 8. There are 29 Districts. In 1934 the Association of Inner Wheel Clubs in Great Britain and Ireland was formed. In 1967 the organisation went world wide with the formation of International Inner Wheel. Now it is one of the largest women's organisations in the world. Margarette had no idea what she started! Inner Wheel started out as a ladies club for only female relatives of Rotarians. The Constitution was changed in 2013 and now women do not need to have a connection with Rotary in order to join.

The Association of Inner Wheel Clubs is like a wedding cake with tiers: The largest and most important tier is the grass roots level with the clubs. The next tier is the District level. There are 29 Districts that make up GB and I. The third tier is the GB and I Association. This has the Governing Body



and Executive members representing all corners of GB and I. The fourth tier is International Inner Wheel. This has an Executive along with a Board of Directors who represent members in over 100 countries.

Our Objectives over the 100 years have not changed:

- promoting true friendship
- encouraging the ideals of personal service
- fostering international understanding

We have an International Convention every 3 years and this year we are honoured to be hosting the Convention in Manchester in 2024 where it all started. We are looking forward to welcoming members from all over the world to Manchester.

Hunstanton & District Rotary news

Bra Day Bucket Collection in support of Breast Cancer



We held a Bucket Collection on behalf of the QE Breast Cancer Unit on August Bank Holiday Monday. Known as 'Bra Day' this went really well, raising £550.

On top of this we had a donation of £100 from Veronica Ashton and her ladies local Yoga Club, making a grand total of £650.

We hung up 400 Bras in Hunstanton High Street and would like to thank Hunstanton

Hospice, Keelies Beauty Salon, and Heacham Charity Shop for helping us to collect the Bras. Also, our thanks to Mr Bun the Baker for letting us put up our Gazebo outside and supplying us with Tea and Coffees during the day. Also, our thanks to Berni Beans Café for letting us hang Bras on their railings and giving us refreshments and to shops up and down the high street.

We heard many stories of people who suffered breast cancer and it was nice to know we were helping to make a difference.

We will also be sending many of these Bras to Africa.

Once again Rotary would like to thank you for your donations and hope to see you all again next year.

Picnic at Peter's

On Saturday 9th September, around 25 Rotarians and friends met at the beautiful garden of Peter Brookes to enjoy some wonderful sunshine, great fellowship and a superb fish and chip lunch and dessert. The fish and chips were supplied by Superfr.

It was great to see so many old and new friends there and a big thanks go to Peter Brooke, Peter and Val Atterbury for making sure that the whole event was a great success.



Copy date for the November edition of Town and Around
is strictly 12th October - please don't be late!

Hunstanton Lifeboat Station

Our volunteer crew launched the RNLI hovercraft Hunstanton Flyer on Sunday 3rd September, to assist an injured woman who had fallen from her horse on the beach at Holme.

Other emergency services were in attendance, but the woman was some distance down the beach beyond access for road vehicles, so our crew was tasked to pick her up and fly her to a waiting ambulance.

The hovercraft returned to station shortly after 8pm, after which it was washed down, refuelled and readied for service.



The previous day more than 200 singers gathered on The Green in the town, as hundreds more turned out to see them.

Choir members had come from towns across West Norfolk and as far afield as Peterborough, Northampton and Market Harborough.

After an hour-long show that ended with a rousing rendition of Go Your Own Way by Fleetwood Mac, choir leader Sally Rose presented a cheque for £1,100 to station mascot Stormy Stan.

The total raised will be even higher once donations collected on the day have been tallied up.

'We're the West Norfolk Rock Choir and a large part of the area is the coastline, with people coming here from all over the country,' Sally said.

'We want to make sure they're safe when they go on their holidays. The RNLI are all volunteers and they're amazing.'

Hunstanton Lifeboat chair Charles le Strange Meakin told the choir: 'It's been a great pleasure to have you here, you're fantastically entertaining.'

'We're incredibly grateful for the money you've raised for the RNLI locally.'

'We're a seaside town, so having a lifeboat here is incredibly important to keep people safe.'

Fundraising in a Porsche

A couple who aim to visit every RNLI station in England in their bright orange Porsche met volunteers at Hunstanton on the Norfolk leg of their journey.

James and Belinda Richardson, from London, are set to clock up 3,500 miles as they raise funds for the charity that saves lives at sea.

Their aim is to raise £89,000 to buy a D class inshore lifeboat by 2024.

And they're well on their way to pushing the boat out, with £70,000 already in the bank.

'We started these RNLI fundraising tours back in 2018 when we visited all 238 RNLI stations in the UK and Ireland,' said Belinda.

'In successive years we have toured RNLI stations around Scotland, Wales, Northern Ireland and Ireland. In 2023 it is England and the Isles that we are focusing on.'

As their distinctive car pulled up outside the Hunstanton station, on Sea Lane, Belinda said she remembered it from a previous visit on their 2018 tour.

'We went upstairs, there's a desk at the window and what a view,' she said. 'I'd never get any work done if I was looking at that.'

When the Richardsons visited on Friday, 1 September, you could see their next stop Skegness across The Wash from the station ops room.

While it might have looked close, the couple faced a 70-mile trip



by road around the estuary to reach it.

The Richardsons, who live in London, originally planned to tour Europe after they retired from building and interior design.

But their plans changed after they watched the TV series Saving Lives at Sea, which highlights the heroism of the RNLI's volunteers who maintain a 24/7 search and rescue watch around the coastline, 365 days a year.

Crew members and volunteers were in awe of the car, a Porsche 911 in the RNLI's trademark orange, covered in branding for the charity and sponsors who have backed the trip.

Paul Stewart, one of the station's deputy launch authorities, said: 'They're doing a great job and I really admire what they're doing, trying to get to every station. It was really good to see them.'

Paul was presented with a plaque by Matthew Lockwood, centre principal at Porsche Centre Norwich, which sponsored the visit.

After Skegness, the Richardsons planned to continue north up the East Coast on their anti-clockwise circuit of the coast.

Their journey, which began at St Helier, on Jersey, on 23 August, is expected to end at the RNLI's HQ at Poole on Friday, 15 September.

Letters to the Editor

Kit-Kat

I was very pleased to read the article regarding the Kit Kat and myself and my brother Martyn were the actual Sam and Dave of the The Out of Sight Blues Band it was great we were fondly remembered by either Peter Brooke or Martin Chown as we had a regular slot downstairs then upstairs on a Sunday night it use to be packed there were times when we were on stage performing the floor was alive with Soul and Tamla Morton fans people really enjoying themselves in the late 60s. It was great to be remembered nearly 50 years on the Kit Kat was a great memory for all our group and many more from the Wisbech area. Thanks for the memories.

Stephen WOOLNER Marshland St James

Dick Melton

Dick was born in the City of Portsmouth on 7th July 1939, He was Christened Richard William Melton, later to be named the Sage of Hunstanton by the Editor of Town & Around.

I do believe Dick was delivered by an elephant who carried him with his trunk rather than by a stork carrying him in his beak because Dick has a memory like an elephant who never forgets and has the ability to recall most things that have happened in his lifetime.

Dick is a good friend of mine, we spent many an hour cockling on the beach at Sunny Hunny, we did say if we didn't find any Cockles it was still good to get out on the beach to have a good mardle and a laugh. Dick having a great knowledge of the beach always knew where to find the cockles so we always came home with a bait for our tea.

Keep you on a troshin Dick.

Pat Richardson. Sandringham Road Hunstanton

SN HANDYMAN

**Services for all your general home
and garden maintenance.**

Painting & Decorating (interior/exterior)
Garden Maintenance
Gutters Cleared & Repaired | Pressure Washing Patios etc
Tiling & Sealant Replacement | DIY and Improvements
No job too small

References available upon request.

**Please call Steven Newton 07713 859712
or email: newton73@hotmail.co.uk**
Sedgeford, Norfolk



SARAH SENDERSKI PT
PERSONAL TRAINER

Make a fresh start and begin your new fitness journey

*Personal training on a 1-to-1 basis or in small groups.
Online training sessions and plans available.*

**Based in Hunstanton, covering the North Norfolk Coast
and King's Lynn**

**sarahsenderskipt.co.uk
sarah.senderski@gmail.com
07835 808314**

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

Tim's Tree Services

LOCAL MAN - LOCAL RATES

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

**All aspects of tree and hedge work undertaken
OVER 30 YEARS EXPERIENCE**

QUALIFIED - INSURED

CALL 01485 541 560 OR 07884 263 897



FOR YOUR FREE QUOTE

timstreesnorfolk@gmail.com



SEMBA TRADING CO LTD

**Timber, Building & Landscaping Merchants
Public & Trade welcome**

**SANDSTONE, LIMESTONE & PORCELAIN PAVING
STANDARD DECORATIVE SLABS
CONCRETE POSTS**

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

STATION YARD, STATION ROAD, DERSINGHAM

TEL: 01485 541394



Get a professional website showcasing your
business to help you get more enquiries,
customers and clients...

...All from just ~~£1,199~~ £399!

Glen Piggott
WEB DESIGN

Order your
website today:
glenpiggott.co.uk

**01485 472000
glen@glenpiggott.co.uk**



Borough Council news

Cllr Terry Parish ward member for Heacham, Sedgeford and Fring and Leader of the Borough Council

Planning appeals

It has always been a mystery to me that a planning application failed by the local planning authority and recommended for refusal by the Parish Council can go to appeal at the Bristol headquarters of the national planning inspectorate. So many do, that the delay between submitting an appeal and having it considered is anywhere between 8 months and well over a year. If you fall into this system and wish to comment on an appeal, then do follow instructions on the notification letter. These are a little bamboozling to the uninitiated. If the case is within my Ward, then I can assist. I may submit a statement myself which may or may not support your view. This happened recently.

Busy roads are an annoyance

I often go to the tip, sorry recycling centre, on a Saturday as I no longer am free in the week. I can queue for up to 3 changes of lights at the Lavender junction and, upon my return, may have to turn left up the A149 to re-enter the village at Lamsey Lane. The reason, of course is queues on the A149 heading for Hunstanton. All good for the tourist industry says my Cabinet member for tourism - independents can disagree. I sometimes wonder how many locals don't go to Hunstanton in the summer precisely because of the tourists, so causing loss in local trade.

Thinking of traffic, you may remember the Wild Ken Hill application and the debate about improving the Lamsey Lane junction. This will only happen when County funds it. The land necessary, currently belonging to Ken Hill, is made available for 15 years in the planning agreement. The planning committee, borough and county officers, consider that the land was gifted. WKH thinks not. An agreement is being sought or application could revert to planning committee for reconsideration.

Sea water quality

Sea water quality continues to hit the headlines. Some pretty farfetched fairy tales gain prominence. An MP appeared to support a view that bird mess washing off the Oasis in Hunstanton contaminated the North Sea. A silly season story I think, otherwise Cornwall needs to be worried about an American peeing into the Atlantic off Long Island.

Be assured that bird mess on the Oasis centre is managed rather better than storm overflows from sewage works. All tittering aside, pollution remains an issue. Currently, you are still advised not to bathe off Heacham Beaches.

Shingle ridge

Neither is all well with the shingle ridge which is the first line of flood defence at Heacham. The Environment Agency intends to take action against beach front property owners who remove the shingle to give themselves a better view of the sea. This was raised 5 or more years ago by Heacham Parish Council who the EA then ignored. However,

the shingle ridge is of concern now as it is undergoing natural changes which move it further inland.

The shingle comes from the beach which is refreshed every February with material that has drifted to Snettisham moved back to Heacham and beyond. In the last two years the sea has largely undone this work in a few weeks. Plans to recharge the beaches by moving material from The Wash back onto land seem, now, very unlikely to proceed. Prohibitive cost linked to practical difficulties and uncertainty in its effectiveness lie behind this.

The defence of the permanent housing stock, rather than holiday accommodation, is down to the secondary flood defence, the long bund which provides a nice walk from the outskirts of Hunstanton through to the edge of Snettisham Beach. Work to improve this will, I am told, be undertaken.

Planning matters

The long awaited or dreaded Cheney Hill development is, once again, approaching a decision. The agents are supposed to be meeting with the Parish Council so that reserved matters, how the site will look, can be explained. I met an agent of the company by chance at a meeting to talk about another matter. I stressed that nearby locals were concerned about the proximity of houses, construction traffic and noise, etc. I await contact with the developer.

Unadopted roads are exercising some minds. The clue is in the adjective. Maintenance is either by formal agreement (in the deeds or a signed legal document) between property owners accessing the road or an informal decision to do nothing except, perhaps, repairing the bit in front of your own home. Potential house purchasers beware.

The Borough

A Cabinet member, Cllr Kemp, resigned and I appointed a replacement, Cllr Rust. Interruption to business was less than a week. Both people are eminently qualified to do the role, both are hardworking, both are of independent spirit, both were members of the Labour Group during previous administrations. Neither, for different reasons, are well liked by the principal opposition. The latter qualification applies to several more of my members too – all hard working with the knowledge and skill to challenge people. They do it to me never mind opposition members. It's called independent thought rather than whipping a decision.

Anyway, enough of this political whinging.

Amongst other things I am responsible for issues pertaining to Council staff. A significant one is the annual, locally agreed, pay award which was due last April. Union representatives supported the local deal and I concurred with it. As well as trying to provide a reasonable increase in pay for all, the deal seeks to help retain staff in key positions. Recruitment is a problem particularly in the new era of home and hybrid working. Some councils allow almost all staff to work from



home all the time and potential new officers are often asking for that provision. I don't think it a good idea and would prefer staff to balance how they work. Seeing an officer in person generally produces a better outcome.

Councillor allowances are linked to staff pay awards – yes you do pay us allowances, basic plus any special responsibilities. The increase last year was around 10% and may have escaped your notice. It will come to Council this month.

There is an organisation called the Local Government Association which, I believe, most councils belong to. It provides advice and resources to councillors and councils to help make them better. My cabinet had a day with two of their trainers to help us think about issues independents have both working their own portfolios and considering conflicts arising from their peers'. It was useful and provision for it is included in the Council membership. As it happens, the LGA will also be carrying out a review of aspects of the whole council this month. This was booked in during the last administration through a request of the current Deputy Leader.

There has been a lot in the papers about West Winch, the large housing development which has been in the pipeline for years, and the housing relief road associated with it. Various statements from all sides of the argument cloud the current facts. The road is not a designated bypass and does not attract funding as such. It will be a relief road and the funding depends upon a visible commitment to the new housing. Without signs of that, no relief road. 'Hooray!' Some might say. However, as all the multiple sites that make up the West Winch masterplan are allocated for development some would then come forward in an ad hoc manner which would not deliver the planned infrastructure, e.g., primary schools.

A significant part of the West Winch development is the 1100 home Hopkins site, which does not depend on the relief road. This will certainly go ahead one way or another, possibly via an appeal. And, without the West Winch development, the Local Plan could easily fail and a free for all across the Borough could possibly occur. 'Hooray!' say the circling developers.

The circle has to be squared.

P.J.C**Carpenter & Joiner** **07393 897 219** **phill.cook451@gmail.com** **PJCOOKJOINERY**

We supply and fit the following:

- Bespoke built-in furniture
- Kitchens
- Skirtings and doors
- Home offices
- Staircases

Builders' enquiries welcome

Mann Made Developments Ltd

Free No Obligation Valuation & Estimation for

Extensions, Garages, New Build, Conversions
plus All Other Tasks including
groundwork, brickweave, etc.Family run business with over
30 years' experienceCall anytime for your **Free Quote**
07798 723 287 or 01485 540 008
or email info@mannmadedevelopments.co.uk
www.mannmadedevelopments.co.uk**CALL PAUL**

Property Maintenance

M: 07990 938341**T: 01553 617965****E: paul.reed29@btinternet.com**Kitchens and Bathrooms supplied and fitted
Wet rooms installed

- Hardwood, Laminates and LVT flooring.
- Carpentry, General plumbing.
- Painting and decorating. General repairs.

Fully insured, work guaranteed, references available.

Coastal Fascias & Cladding

All types of property maintenance

Window repairs
New UPVC windows and doors
36 years experience
All types fascia and cladding**Tel Paul 07469 051886**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**Safe Professional Earwax Removal...**for your appointment at The Drift Complementary Health Clinic,
Station Rd, Heacham PE31 7DTT: 01485 205085 or 07966 403517 E: bex.hearcare@gmail.com

PRE-PAID FUNERAL PLANS | CHAPELS OF REST | MEMORIALS

Thornalley
FUNERAL SERVICESBehind every independent
business is a family that cares

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

www.tfs.co.uk

THE ARTS SOCIETY NORTH WEST NORFOLK

Lesley Nadel

On Monday 9th October 2023 The Arts Society North West Norfolk begins a new season of talks which take place monthly at Sedgeford Village Hall, starting at 2pm. Do come as our guest for £5 to see if you like our meetings. If you join as a member you can enjoy a range of benefits apart from the talks: trips and tours in the UK and abroad, special interest days, regular newsletters and magazines, and a warm welcome. www.theartsocietynwnorfolk.org.uk.

Our season begins with a talk by Linda Collins: 'Magnificence and Splendour: The Royal Art Collection in the Court of Henry VIII'. Linda is an accredited Arts Society lecturer who has lectured worldwide and is author of King and Collector: Henry VIII and the Art of Kingship.

The Royal Art Collection of the British royal family is the largest private art collection in the world and Henry VIII is considered the founder. His rivalry with the French king and desire to enhance his own personal image were considered his motivations to lavishly furnish his palaces with paintings and tapestries.

Few of us will ever have the same opportunity, but there is often an intrinsic relationship between what we collect and who we are, a means to channel our tastes, beliefs and even our politics. Some may even buy to suit the interior design scheme, others only as an investment. The obsession of one

generation of a family may displease another.

The roots of art collecting began with the ancient civilisations, primarily in Egypt, Babylonia, China and India. But it was with the rise of the Roman Empire that art collecting really came to the fore. From 27 B.C to 138 A.D., from Augustus to Hadrian, an art market was created. The Italian Renaissance is perceived as the origin of the modern-day museum and one of the most important collectors of that time were the Medicis of Florence. The many princely Italian collectors were followed by members of royalty and the aristocracy. In the 17th century and during the 18th and 19th centuries many of them began to donate their huge collections to museums for the viewing public to see. Continuous collecting has evolved alongside fashion and is essentially linked to the development of the world's most famous art museums and private collections.

The curation of great collections are more than the personal tastes of the collector. They have been carefully organised and assembled. In the 19th century huge fortunes were made in industry, particularly in the United States – J.P. Morgan, Henry Clay Frick, William Vanderbilt – and European artworks were much sought after to build their collections. One of the most famous collectors in the 1930s and 1940s was the one and only Peggy Guggenheim, herself a recipient of industrial

We meet at Sedgeford Village Hall at 2pm.



THE ARTS SOCIETY
North West Norfolk

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



Next talk:
Monday 9th October 2023

Magnificence & Splendour: The Royal Art Collection in the Court of Henry VIII.

Lecturer:
Linda Collins

Would you like to join our Arts Society?
There are many benefits apart from our interesting and varied talks:

- * Trips and tours in the UK and abroad
- * Special Interest Days
- * New Year members' lunch
- * Support for Young Arts
- * Regular newsletters and magazines
- * A social event with a warm welcome

For more information & how to join, visit www.theartsocietynwnorfolk.org.uk

wealth which has resulted in one of the best-known art collections in the world in Venice. Rare, quality works will be an integral part of any great collection but in the end, it will be the viewer who will make a subjective judgement.

We look forward to seeing you on Monday 9th October 2023 at 2 pm at Sedgeford Village Hall.

A message from Hunstanton's Mayor, Cllr Michael Ruston

It seems a long time since my fellow Councillors elected me as their Chairman and Mayor on 17th May and Adrian Eden as my Deputy. I am lucky that my partner Christine Earnshaw is a former Mayor (2009) and her knowledge and help is invaluable to me, as is that of Jan Roomes our Town Clerk and other past Mayors.

What has the Town Council been doing for you, the residents?

The Helping Hands Café and Community Shop (Mon 10am) and the Community Fridge (Wed 10am) both in the Town Hall Community HUB thrive and many thanks to the Councillors, volunteers, Steve and Jan Roomes.

NCC have installed a new bus shelter and seats outside Tesco in partnership with the Town Council. We are responsible for future upkeep and costs.

Wash Barrier public meeting – we have arranged this for Friday 20th October at 7pm in the Town Hall. Come and hear all about it, ask questions and have your say.

Planning applications – always divide local opinion. We read them and respond with our opinion SUPPORT or OBJECT. There are few that we object to as, mostly, they comply with law and local policies.

The Community Centre grounds will soon be getting a haircut. Growth sticking through fences onto paths along Avenue Road and Park Road will be dealt with along with tree and shrub cutbacks inside the grounds.

The Town Hall lift has now been modernised and back in use.

We are liaising with other bodies on improvements to car parking and bus services and work with Roger Partridge of BCKLWN co-ordinating public entertainment events in town.

Cllr Mark Williamson has led a project to improve the children's play area at the Recreation Ground and CiL funding will be applied for in January 2024.

Into July with presentations at the Community Fridge one Wednesday, The Festival 3 by the Sea Music Festival a few days later

led by Ian Wells which saw a crowded Green.

Formality took over next with a reception at County Hall by the Chairman of Norfolk County Council where we met interesting people, some we knew, many we didn't but Christine was able to meet a past Chair, Shiela Gurney she knew from her days as Hunstanton Mayor – nice to meet again after 14 years!

Next, to RAF Mildenhall for a very impressive "Change of Command" ceremony and got to touch a KC135 refuelling tanker aircraft. They are like "Trigger's brush", old Boeing 707 airliner airframes from the 1950s/60s much altered.

Scouts and Guides had a "Sleepover" in the Town Hall and after they performed on stage, wanted to know about being Mayor. I explained about formality and wearing the Chain of Office. They all had a go wearing it and having their photos taken. Great people.

Judging for Anglia in Bloom came next and everywhere looked magnificent thanks to Chris Durham and his team plus all the town volunteers. Results will be known by the time you read this.

Let's not forget the efforts of Roger Partridge, the Resort Staff team and many others in staging events by the Borough Council namely the recent two nights of Open-Air Cinema, Soap Box Derby earlier and much more to come.

Most recently, the CO of RAF Mildenhall hosted a New Mayor's BBQ which Mark Williamson and I attended. 5,500 military personnel and 3,500 dependents are based there and in nearby villages! Think of the economic impact had it closed as was proposed a while back. Followed by presenting the trophies at the Tennis Tournament and formally opening the Allotments Open Day.

NOW, HOW ABOUT YOU JOINING THE TOWN COUNCIL?

We have vacancies. We need women (to balance out the majority who are men) and we need younger people – few of us are below the age of 60!! Contact Jan Roomes, Town Clerk for details 01485-532402 Email: clerk@hunstantontowncouncil.gov.uk

That's enough from me.



WOULD YOU LIKE TO LEARN TO PLAY A CLARINET OR SAXOPHONE WITH ONE TO ONE LESSONS IN HUNSTANTON?

I can help beginners or more advanced players
and recommend the best tutor books for your home practice.
First lesson is free and would start in September.

contact David on 07754 497562 or 01485 534220 www.solosaxclarinet.com



SANDRINGHAM SAWMILL

Sandringham Sawmill currently produces around 175 timber products for retail direct to the public, including sawn timber, fence panels and posts, creosoted poles, garden furniture and firewood.



Come and see our range of garden furniture
All timber sold at the Sandringham Sawmill is British-grown and pressure treated using Celcure AC-500.
The on-site shop sells everything you need for your project including hand tools, ironmongery, paint and postcrete.

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

HUNSTANTON SKI CAFE & BAR

Tripadvisor Travellers' Choice 2022



Whatever the weather - enjoy the seaside with us!

Tables available every day inside and out.

Traditional home-made favourites and specials board every day.

Vegan and GF options always available.

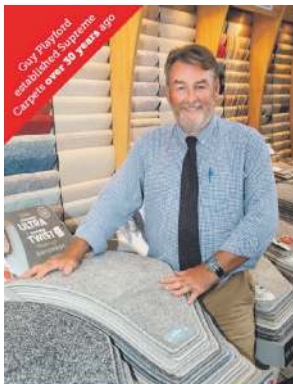
Live music on Wednesdays, Saturdays and Sundays 12-3pm.

Bookings: 01485 524475 or: contact@hunstantonskicafe.co.uk

South Beach Road, Hunstanton.

OPEN 7 DAYS 9am - 5pm

01485 524475 Follow us



Supreme Carpets

SUPREME QUALITY & SERVICE

Your local family owned & run flooring specialist

Carpets - 1000's of samples to choose from

Rugs - Traditional Persian & Chinese/Indian rugs

Vinyl, Natural Flooring & Luxury Vinyl Tiles



Visit our showroom: Foresters Hall, 49 Manor Road, Dersingham, King's Lynn PE31 6LH
Open: Mon-Fri: 10am-5pm Sat 10am-2pm **Call:** 01485 542384 **Web:** www.supreme-carpets.com

**DALEGATE
MARKET** PE31 8FB
BURNHAM DEEPPDALE
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

Behind the scenes

Welcome back to the next edition of Behind The Scenes. This month we will look at some of the shows we have performing during October, this includes 2 shows perfect for the Halloween season, and a very special performance to celebrate the 75th Birthday of Marie Curie UK.

A few days before Halloween, Do You Believe in Ghosts? will be performing. We have some words from James Taylor – the show's creator, the show is described as "an experiential ghost story, unlike anything you have ever experienced before" and "a haunting night at the theatre". Continuing, James states that if you are brave enough to join us, we will "tell you all the secrets of what goes on when the theatre goes dark. When the only thing to guide you is the Ghost Light."



'Do You Believe in Ghosts?'

The Team of Do You Believe in Ghosts? continues to speak about the Ghost Light, which is pivotal to their performance, and theatres alike. "The Ghost Light is a theatre tradition whereby theatre stages are lit with a single light, even when there is no performance taking place that night." This can link back to the fact that "tradition has it that it affords ghosts the opportunity to perform when the theatre is shut and, in doing so, keeps mischievous spirits away." Hence, expect a night of "ghostly stories", some may even be related to our own theatre!

Continuing we also have performing, The Bench – A Tale From Paradise Heights this October. This play is from Joe O'Byrne, the writer/director of the brilliant The Haunting of Blaine Manor that was met with outstanding feedback from those who watched it earlier this year. When Joe spoke to us, he described the

show as "a wonderful slice of life comedy/drama" which "touches so many hearts, even with the salty dialogue in some of the scenes...but even then, there is a poetry



*'The Bench –
A Tale From Paradise Heights'*

among the parlance."

From both Joe's words to us, and a recent video Joe has filmed describing the show, it is clear this is a play rich with dynamic characters. Joe states that it's the characters "and the situations they are in that will blow audience's minds...audiences just love these characters". Within Joe's video he encourages audiences to think of "urban grit", and that these characters will "make you laugh" and "make you cry", and as Joe mentions, a lot of audiences that have seen this play express "there is something really magical about it". A play not to miss this October – please keep in mind it is aged 16+.

On October 18th, the Princess Theatre will host the Marie Curie 75th Birthday Show. An important event to celebrate the work of the amazing people that give their support and care in times of need. The event is part of a large campaign across the local region, in order to raise £26,000 for Marie Curie UK. The event at our theatre will feature multiple talents, including Jay Harrison, Adam Brucass, Cara Knox, and will be headlined by Tiger Sky, a band local to Hunstanton. Furthermore, we will also be joined by special guests Snettisham School Choir, and the evening will be presented by Ian Larkin. The Princess Theatre will also be donating £2,000 towards this fundraising campaign.

Damian Carruthers, member of Tiger Sky spoke to me regarding the event. He notes that the official kick off for the campaign is with our show on the 18th, and at the theatre beforehand, a music video will also be captured, featuring



Gemma

the band, and Snettisham School Choir. Damian also spoke about how he first became involved with Marie Curie UK. In 2021 he was "asked to write a song for their annual lights remembrance service". The song was sponsored by us at the theatre "and was broadcast all over the UK!". He continues, "Marie Curie were so impressed with it that they asked (me) to write the song for 2022 also."

This brings us to the current 2023 75th Birthday, and as Damian states, this year he has "teamed up with Marie Curie to write and record an official single which will form part of the fundraising campaign". Damian continues that the charity is close to his heart, as for the last 3 years he has been the sole carer for his mother who suffers from both Dementia and Alzheimer's. This has given Damian "a real insight into the hard work Marie Curie UK do and a real understanding of how difficult the role of end-of-life care is."



Thank you for reading through this month's edition, and for supporting the Princess. Please look to the back what's on page for a full list of shows that we have performing this month. We look forward to seeing you again soon, but until next time, break a leg!

The Arts Society King's Lynn

CHILDREN'S ART PACKS FOR THE FOODBANK APPEAL 2023

The Arts Society King's Lynn is about to launch its appeal for help again as it aims to run its Children's Art Packs for local families in need of some support at Christmas. This will be the third year that TASKL has organised this project and given that numbers using the foodbank at the moment are about 40% higher than last year the need will be even greater this year. Young Arts Volunteer for TASKL, Tricia Rowlands, explained "One of our members, Barbara Vincent, came up with the idea of making up packs of art materials for local children during lockdown and they were so well received that we decided to do more at Christmas time when so many families are really struggling to afford even the basics let alone the extras children deserve.

We approached King's Lynn Foodbank to see if they would be happy to distribute the packs for us to their clients and they jumped at the chance. In the first year we made up 50 packs and then last year with support from the Arts Society, local charity the Guella Trust and Hayes and Storr Solicitors we were able to double this number to 100. This year as more families struggle with the cost-of-living crisis we are appealing for wider support so we can provide even more." The packs contain a range of age-appropriate art and craft materials, story books and a sheet of ideas for art projects. The packs were all contained in fabric bags sewn specially by members of TASKL.

If any local companies or individuals think they would like to support this project, please make donations directly to the Arts Society King's Lynn account Sort Code: 30-99-77 Account No. 00147703 with the reference 'Foodbank'. For further information about the project please contact Tricia Rowlands at triciarowlands23@live.co.uk or any problems making donations email taskl.treasurer@gmail.com



Enjoy safe, easy bathing with an accessible bathroom

Specialists in bathroom adaptations for the elderly, disabled & less abled

Start to finish you are in safe hands with our employed installation team

Our easy-access walk-in showers, walk-in baths, wheelchair-friendly wetrooms and comfort-height toilets are installed quickly and safely by our own dedicated team. We'll manage the changes from concept to completion.

- Bespoke services to suit your needs
- Helpful, friendly and caring team
- Fully employed installation teams
- Finance options available subject to status
- We service the whole of Norfolk & Suffolk

CALL NOW TO GET YOUR FREE NO OBLIGATION HOME ASSESSMENT



"The bathroom is brilliant. The home assessor made me feel comfortable straight away. The installer was excellent. They really have done a fantastic job with my bathroom."
Mrs W. Norwich



Family owned and managed business based in King's Lynn

Call to arrange an appointment or request a **FREE** brochure today

0800 955 0176

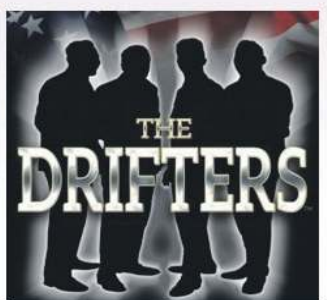
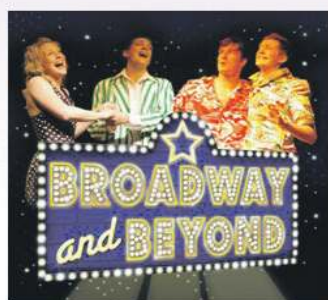


Friday 6th

Saturday 7th

Sunday 8th

Friday 13th

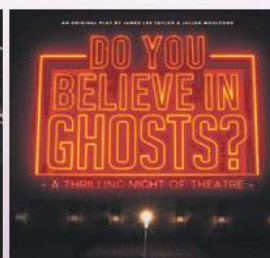
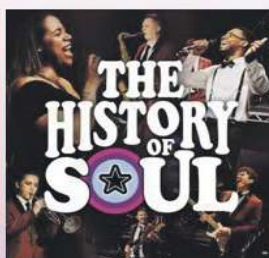
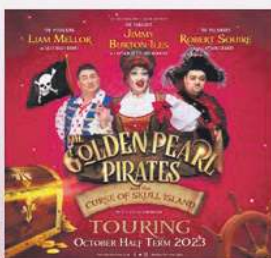
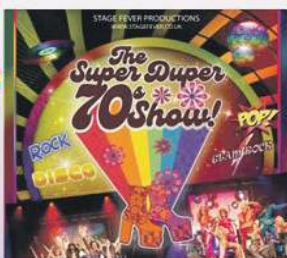


Saturday 14th

Sunday 15th

Wednesday 18th

Thursday 19th



Friday 20th

Saturday 21st

Thursday 26th

Saturday 28th

Sunday 29th

Box Office open daily from 10 am

Phone : 01485 532252

Email : boxoffice@princesshunstanton.co.uk

Website & Online Bookings: www.princesshunstanton.co.uk



BOOK NOW TO AVOID DISAPPOINTMENT