

TOWN and AROUND

ISSUE 191 SEPTEMBER 2021

PRICELESS!

NEWS FROM
NW NORFOLK
FREE



Local News • Events • Great Outdoors • Features

First word



September for many families is all about new beginnings - schools, colleges, universities, jobs and for some this means moving away from home for the first time. Good luck to everyone starting something new this month; seize the moment and enjoy it all.

Once again the magazine is crammed full of articles and information. My thanks to everyone who has written this month along with our advertisers, without whom we could not print and distribute to such a wide area.

Our diary on page 78 is full of

things to do and I hope you find something to interest you there.

On page 22 Colleen Roper, a founder member of Future4Fairgrounds, writes about this September being the first World Fair Month and there's also a lot of sports stories to enjoy from Tim Keogh. If you have a sports story to tell please contact Tim at: tim@townandaround.net

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

Until next month...

Elaine

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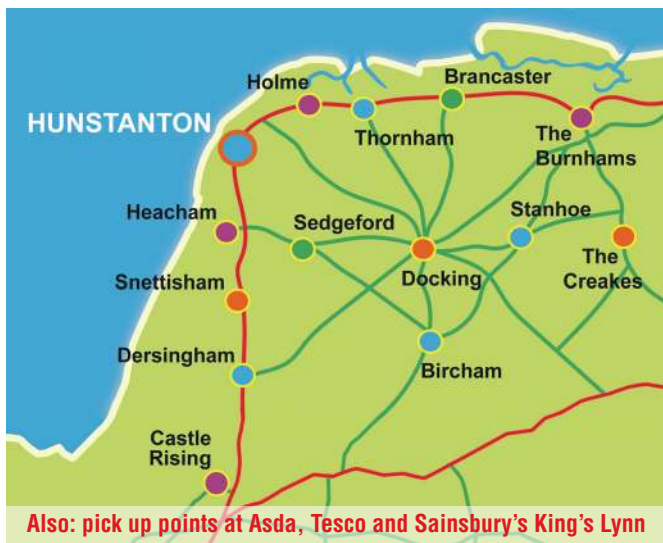
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Our pick-up points include supermarkets in King's Lynn

Cover photo of Charlie Frammingham by Ian Burt



Also: pick up points at Asda, Tesco and Sainsbury's King's Lynn

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JAMES BATCHELOR, PRINCIPAL

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Is it important to change your car's oil?

Abigail Brown

In short, yes; oil is incredibly important to keeping your car running safely and smoothly, but many often put this job at the bottom of their to-do list. It's easily done — life just gets in the way.

However, not changing your oil regularly comes with consequences. For example:

Poor engine performance

Oil is considered the lifeblood of a vehicle, so it makes sense that regular oil maintenance would have an impact on engine performance. It keeps the inner workings of your car clean; dirt and debris that builds up and moves around with the oil is removed during an oil change, preventing it from affecting the engine.

Oil is there to reduce friction in the engine; if it's degraded, it does the opposite, meaning the engine has to work harder. Simply put, old and contaminated oil does not protect the engine as it should do. Good-quality, fresh oil in an engine improves its performance. It's also worth noting that degraded oil can actually cause engine noise as well.

The easiest way to understand what happens to your oil if left unserviced for too long is thinking about it as cooking oil. Imagine you're heating oil in a pan on a hob - what happens if you cook it too hot for too long? It turns nasty and inedible, of course. A similar thing happens with engine oil if not seen to; go too long without getting it changed and it becomes ineffective and harmful to your car.

Engine failure

In worst case scenarios, avoiding an oil change could cost you your car. Ultimately, once oil becomes degraded, it no longer protects the engine. Running like this, the engine will eventually destroy itself

and/or seize up.

Voided warranty

If your car is under warranty, you will have to adhere to manufacturer specifications, which should include instructions to change your oil regularly. You will also have to use specific oil.

How often should the oil be changed?

You can change your oil every 3,000 miles (as some people suggest), however it's always best to check and adhere to the service interval recommended by your vehicle manufacturer. In fact, lots of new cars have extended service intervals - but these must be adhered to rigidly. Both the climate you drive in and your driving style can impact the duration between oil changes.

Most cars have some sort of service indicator that will appear on the dashboard and it's vital that this isn't ignored - it has appeared for a reason!

In conclusion, although it can be a pain to book your car in for something that may seem insignificant on the face of it, the ramifications can be costly. It may be worth pushing getting your oil changed further up your to-do list after all!

Our technicians are able to access any manufacturer recommendations and service your car with the approved oil to ensure you keep your warranty, and car, intact.

Visit www.kbrownautoskingslynn.co.uk for more information, or contact us in Hunstanton on 01485 533786 or in King's Lynn on 01553 763763 to book your oil change.

Electric Vehicles - is Norfolk ready?

Powering ahead with EV charging points.

The Royal College of Art has been tasked by the UK Government to design a chargepoint that will be functional and accessible for all electric vehicle users with sustainability at the heart of the design, and Transport Secretary Grant Shapps wants these to become as recognisable as the red post box or black cab.

Due to be unveiled at COP26 in Glasgow this November, it is hoped that this new chargepoint could be seen on streets across the country from 2022.

In T&A's article about electric vehicles (centre pages of the August 2021 edition) and online at:

<https://townandaround.net/news/electric-vehicles-the-torque-of-the-town-or-not-worth-the-energy>

we highlighted the ZapMap app that allows you to discover the exact location of the charging points nearest to you, by going to www.zap-map.com/live/, typing in your postcode, and see the charging points on the live map that updates every five minutes and covers 95% of public charge points.

Statistics from ZapMap reveal there are now over 25,000 public charging devices across the UK and it is claimed that electric vehicle drivers are never more than 25 miles from a chargepoint on UK roads - essential if drivers of electric vehicles cannot have a home chargepoint installed. This comes at the same time as recent statistics from the Society of Motor Manufacturers and Traders (SMMT) show that over one in 6 cars sold in July 2021 had a plug.

However, here in West Norfolk, whilst filming Springwatch at Wild Ken Hill, Chris Packham bemoaned the fact that it was a challenge to find charging points for his car - although when he returns to Norfolk for a show at the Princess Theatre next April he'll find a

convenient charge point in the car park behind the theatre.

And on Guy Martin's television show (Guy Martin: the World's Fastest Electric Car) broadcast on 9th August (rather ironically on the same day as the Transport Secretary's announcement), the 25 mile assertion is disputed - at least on the route between Grimsby and John O'Groats! This programme also revealed that the quality and function of the existing charge points is, at best, variable.

If you are considering purchasing an electric vehicle, the Government's Plug-in Car Grant (PiCG) is now only available for fully electric cars and from March this year the grant was reduced to £2,500 (previously £3,000) and only applicable to cars up to £35,000 (previously £50,000).

For homes that have dedicated off-street parking at their property, the Electric Vehicle Homecharge Scheme (EVHS) is a grant that provides a 75% contribution to the cost of one chargepoint and its installation. A grant cap is set at £350 (including VAT) per installation.

This raises the questions:

1. Does the general public have the appetite to switch to electric vehicles now while they remain more expensive to purchase and the network and functionality of chargepoints is inadequate - even if they want to do their bit to slow down global warming?

2. Rather than relying on manufacturers to establish their discounts for trading in an old car for a brand new model, should the Government introduce more attractive financial incentives to encourage people to switch to electric vehicles - perhaps repeating the scrappage scheme that was introduced in 2009?

And all this at a time when the latest UN report finds that the world is warming faster than previously estimated.*

* <https://www.ipcc.ch/2021/08/09/ar6-wg1-20210809-pr/>

Letters to: editor@townandaround.net



Don't take your car's air conditioning for granted

*If you're wondering why your car's air conditioning isn't as effective as it once was, you're not alone, as **K Brown Auto Repairs** explains...*

We've started to consider air conditioning a standard feature in our cars, but that means we've also started taking it for granted. Few people realise that it requires just as much regular care and attention as the rest of your vehicle, and even fewer know how it works.

"It's not simply a case of bringing air into the car from the outside and cooling it down," says Keith Brown, who started K Brown Auto Repairs with his wife Tamsin over 25 years ago. "Your car's air conditioning is actually quite a complex system comprising at least five integral parts, and it needs regular maintenance to continue working efficiently."

In fact, one of the most startling facts about in-car air conditioning (which will come as a big surprise to many drivers) is that the refrigerant generally needs to be refilled every two years - especially as up to 15% will evaporate from your car's system even if it's not being used.

K Brown Auto Repairs offers a totally free air-conditioning check, which is perfect to see if your car needs reconditioning - because your air-conditioning system is an ideal breeding ground for bacteria. It doesn't just result in bad odours, it can also have an adverse affect on allergies.

"Even if we have to re-gas your car's air conditioning it shouldn't take more than hour," says Keith, "and we're also now using a new refrigerant that contains 98% fewer climate-damaging pollutants than its predecessor. That's actually been a legal requirement on new cars for the last four years."

K Brown Auto Repairs has always been at the forefront of car maintenance, and Keith and his team of engineers are already fully-trained and qualified in the servicing of electric vehicles. Technology is transforming our cars and the way we use them, but we'll always need MOTs, regular services, diagnostics, tyre replacements and problem-solving - so we'll always need K Brown Auto Repairs.

"We've always been open and honest with our customers, and we'll never do any work to their cars without letting them know first," says Keith. "That's probably why we've got customers who've been with us from day one - and why we're now looking after their children's cars."

It's an approach to car servicing that is (if you'll excuse the pun) a breath of fresh air.



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OUT OF THE ORDINARY: “EVERY DAY A GOOD DAY”

By Margi Blunden

If I could arrange the weather I couldn't have done any better for the day of Wednesday 4th August: the air was kind with gentle breezes, the arch of blue sky was freckled with puffs of white, the sun beamed on its universe as if to say all is well.

A group of volunteers gathered in the Seagate Coach Park about 11 a.m. waiting expectantly for a group of people to arrive in two coaches from Norwich.

Cast your mind back ten years or so when the news was full of the Syrian conflict – a conflict which has continued to destroy the lives of its people ever since. Towns bombed, buildings pummelled, people killed, maimed and traumatised. The structure of the country built up over millennia gradually broken and the livelihoods of all those people who had helped create and nurture it, smashed into the crumble of concrete and bricks.

If chance spared them there was nowhere to find shelter and peace unless they left. And leaving meant they left behind their identities forged in the landscapes and townscapes of a country they may never see again or at least until this conflict has been resolved.

Such people are the Syrian refugees who have settled in Norwich and we welcomed some of them to Hunstanton on Wednesday 4th August - a small offering to help ease their way forward in this country.

Yvonne Bridger, who has for four years running, organised this outing from the Hunstanton end, had put a huge effort into gathering the resources needed to ensure that everyone enjoyed themselves.

After the coaches had arrived, our guests for the day were met by the Mayor of Hunstanton, Adrian Winnington, and his wife Catherine. They had thoughtfully and generously provided a big box of drinks and snacks for the families to refresh them after their journey.

Gathering by the Big Wheel we were allocated our families for the day.

Walter who works for the Big Wheel Company had offered free rides for those who wanted it and so some of our party got to experience the enormous views from the top and begin to take in where they had come.

After that it was free time to explore the beach and the playground in the Heritage Gardens.

I stayed with half of our allocated family on the beach and spent the time chatting to them. The younger members, even in the 18 months since they arrived in Norwich, had become very good in their language skills and it was possible to forge relationships quite quickly. I found that the mother in our family group was a woman of spirit and friendliness. She and I have an interest in cooking and as I am keen on Middle Eastern food she offered to teach me some Syrian recipes. I hope at some point this will happen. Her grown up children talked to me about their plans for how to create their



Hosts and visitors happy in the Hunstanton sunshine.

Photo credit John Bridger

futures in the UK and impressed me with their ambition and determination.

Excited to be on the beach, the younger children loved splashing in the sea which sparkled blue on this most lovely of days.

There was even a 4 month old baby carried around for the day who was loved and looked after by all the Syrian women around her.

The generosity of the owner of The Vegas Fish Bar, Joe Rodrigues, meant that we all gathered there for a free fish and chip lunch. This seaside experience was taking on an authenticity which everyone was appreciating!

Satiated with food there was now some free time before a visit to the Sea Life Centre and some of the youngsters went on the fun fair rides.

I will never forget their laughing faces as they came towards us afterwards, breathless with pure pleasure.

“That was soooo good!” one of them cried.

The Sea Life Centre was a success too. Nigel Croasdale the General Manager has provided complimentary tickets each year they have come for the families and helpers. There were many expressions of delight and surprise as everyone explored the interior of the centre.

Sadly it was time now for the coaches to take the Syrians back to Norwich.

Adrian Winnington and Catherine had returned to wish them well for their return journey. People's enthusiasm for their

experience of Hunstanton could be heard amongst the throng of departing guests.

Good seemed to be the feeling they all expressed about the day.

Earlier when Yvonne asked one of the women whether she was having a good day she replied:

“EVERY DAY A GOOD DAY”

Her answer struck right at the heart of something. Here are people who have experienced the unimaginable – losses and trauma greater than most of us can barely dream of and yet, and yet..... somewhere within the spirit remains indomitable. These victims of cruelty and brute force still have hope and it was our privilege to meet them and learn what it is to survive well.

This day would not have been possible without the organisation and help of volunteers Dale Craske, Ale, Michael, Netty and Tina all from the People Abroad Team, Norfolk County Council.

From Hunstanton: Grace and family, Kathryn and Rosie, Margi, Martin and Mylo, John and of course Yvonne whose dedication to organising this trip is founded in her refusal to ever forget the murder of Jo Cox, former MP for Batley and Spen, who firmly believed ‘we have more in common than that which divides us’.

A last but not least mention of those Hunstanton business managers mentioned above, whose generosity helped to fund the day.



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FIRST BEAVER KIT BORN IN NORFOLK FOR 600 YEARS

At the end of July, Wild Ken Hill announced that trailcams have captured footage of a young beaver, known as a kit, inside the 55-acre beaver enclosure. See photo right - the young kit is circled.

The kit belongs to one of two pairs of beavers that were successfully reintroduced at Wild Ken Hill in 2020. Although only one beaver kit has been spotted to date, beavers on average produce 3 offspring, meaning there might be more. Wild Ken Hill has now deployed more cameras to establish how many kits have been born.

Eurasian beavers were once native to Norfolk and are known as a keystone species or ecosystem engineers due to their presence having such a vital and positive impact on the local environment and biodiversity.

Once common in these lands, European beavers were hunted to extinction for their fur, glands and meat in the 16th century. The local villages of Babingley and Flitcham have beavers on their village signs as it was said that during a historic storm out in the wash, beavers guided Saint Felix to safety here in west Norfolk.

Dominic Buscall, Project Manager at Wild Ken Hill hailed the news as "an exciting step on the journey to restore beavers to East Anglia."

The footage shows a kit swimming in the territory of a pair of beavers named Orange and Flow, who first met in Autumn 2020 and have spent the winter and spring bonding and building dams.

In May this year, a lodge was also discovered in the beaver



enclosure. Beavers build lodges as protection from predators and will raise their kits inside them in the first few months. Professor Richard Brazier inspected the lodge at Wild Ken Hill earlier this year, stating "that's the first Beaver lodge to be built in Norfolk for 600 years".

Lloyd Park, the Conservation. Leader and Ecologist at Wild Ken Hill said it was an "historic moment"

Wild Ken Hill hosted BBC Springwatch 2021 and will also be featured on Autumnwatch and Winterwatch where it is hoped that further footage can be captured of the beaver family using the Natural History Unit's cutting edge camera technology.

Over 80 Eurasian Curlew chicks released at Sandringham and Wild Ken Hill

HRH The Prince of Wales and Natural England Chair Tony Juniper witnessed the release of one of the country's most iconic threatened species on the Royal Estate on 28th July.

Earlier in the month, the first release took place at Wild Ken Hill, following an innovative Natural England-led partnership project to boost populations in the East of England.

The curlew is Europe's largest wading bird and is now red-listed, meaning it is of the highest conservation priority, needing urgent action. The UK is home to roughly a quarter of the global breeding population of curlew – some 58,500 pairs – but the species has suffered very significant declines since the 1970s due to loss of habitat and predation, with lowland England experiencing some of the most severe declines.



At Pensthorpe Natural Park where the eggs were incubated and chicks were raised.

Photo: Martin Hayward-Smith

The project collected 106 eggs from a total

of eight military and civilian airfields across England, where nesting curlew presented a serious risk to air safety, and transported them to a new rearing facility at Pensthorpe Conservation Trust near Fakenham. From these eggs 84 chicks have now been released at Wild Ken Hill and Sandringham Estate.

The releases aim to expand an existing breeding population of curlew in Breckland, creating a new curlew nature recovery network. Some of the birds have been fitted with GPS or radio tags by the British Trust for Ornithology (BTO), so their progress can be monitored and information on their dispersal, habitat use and survival can be gathered.



Photo: Sam Franks

HRH The Prince of Wales said:

"I have always cherished the evocative call of the curlew, but it is now dangerously close to being something that our grandchildren will never have the chance to enjoy.

"I am therefore particularly delighted that the Sandringham Estate has been able to assist in a small way the recovery of this wonderful bird.

"This initiative would not have been possible without the tireless work of many people and organisations working in



partnership towards a common aim.

"Every curlew nest is something to prize, nurture and protect, and it is utterly vital that we work together to turn this iconic bird's fortunes around."

Airfields provide the kind of open grassland habitat preferred by ground-nesting curlew, but due to the dangers to air safety posed by curlew nests close to runways, eggs were - until Natural England's project began - destroyed to prevent the, potentially catastrophic, risk of collision between birds and aircraft.

This new project, funded by Defra and Natural England, builds on a local and national partnership already in place between Natural England, Defra, Wildfowl and Wetlands Trust, Pensthorpe Conservation Trust, British Trust for Ornithology, the Sandringham Estate, the Ken Hill Estate, Defence Infrastructure Organisation, the RAF, Army Flying Service and USAF, bird control contractors such as NBC Environment and the Zoological Society of London.

This work is part of the England Species Reintroduction Taskforce, led by Natural England, to deliver a more ambitious approach to reintroducing species or helping their populations recover.



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New 50mph speed limits set on A149

The speed limit will be cut from 60mph to 50mph between Babingley and the Dersingham roundabout, and between Snettisham and Heacham to drive up safety.

These two sections of the busy road have a poor injury accident record. The southern section between Babingley and the roundabout with the B1440 has had 8 personal injury accidents over the past 5 years, one was classed as serious. The northern section between Paper Hall Farm and Heacham has seen 10 personal injury accidents over the past 5 years with 2 serious and 1 fatality.

Cllr Martin Wilby, Cabinet Member for Highways, Infrastructure and Transport, said: "Sadly this part of the A149 has seen a number of serious accidents due to excessive speeds so I welcome this change to help make the route safer for the more than 14,000 vehicles that use it every day. We hope this safety improvement will help to complement other recent changes along the road between King's Lynn and Hunstanton that has seen average speed cameras installed and changes to road signs and markings.

The new 50mph signage is expected to be installed this autumn which is when the new limit will come into effect.

New Youth Club at Snettisham

Snettisham Parish Council is funding a Youth Club for 8-12 year-olds in the Village, which started on 10th August.

The Council is working with the YMCA Norfolk Team, who will be providing the staffing and organising activities. Charlie Smith (Assistant Community Manager, YMCA Norfolk) said "YMCA Norfolk understand the importance of providing young people in the community a safe place in which they can meet their friends, build further friendships whilst also feeling supported by an experienced workforce. We are excited to work with Snettisham Parish Council in this endeavour"

Acting Council Chair, Cllr David Baxter, said: "We are very excited by this project, which has been a long time in the planning. It is important for councils to make provision for the youngsters in their parishes, and we believe this will be a real success in this area. I would like to thank Janet Todd for all the work she put into getting this up and running."

Janet, who was a Councillor until recently, was the driving force behind setting up the Club.

The Parish Clerk, Simon Bower, noted that if anyone has equipment which may be of use which they could donate, or part with for a small sum (table tennis, TV etc.) this would be a real help.

Children attending will not need to bring any equipment, and once dropped off can be left in the care of the trained YMCA Norfolk Engagement Workers. There is a nominal charge of £1 per week which will help fund trips etc.

Anyone whose children are planning to attend should let the Parish Clerk know asap so that numbers can be confirmed. clerk@snettisham-parishcouncil.gov.uk

77 year old Alan Smith is walking from Cromer to Hunstanton, 45 miles in aid of Macmillan Cancer Support



Alan with his dog Dave

We at Town and Around want to help Alan promote this fundraiser and ask you, dear reader, for your support. You can make a donation at:

<https://www.justgiving.com/fundraising/monicasmarchmacmillan>

Alan is a former sergeant in the regular army, entering as a 'Boy entrant' at 16, where he served for eleven years. He spent most of his service in the Royal Electrical and Mechanical Engineers (REME) with tours abroad that gave him the taste for excitement and travel.

Born in Leicester and raised in Bournemouth, after he left the Army he studied Architecture, working for The Dept of Environment and then private practice in central London. This was all a bit tame, so he decided to tour Australia where he walked the Karakoram Mountains for fun. The wanderlust took him touring around the world finally spending time in Denmark he decided to return to England.

His partner and then wife Lizzie, now deceased, was involved in mental health care, and convinced Alan to enter that profession, and this he did, serving our community for over 25 years.

While working in this environment Alan needed to continue with his many challenges, they included: riding a mountain bike from Holme to the Isle of Purbeck Dorset along the ancient pathways completely self-supporting camping on route, it took six days. In 2003 Alan took the challenge of walking the thousand year old pilgrim's way leading to Santiago de Compostela; he had allowed himself twelve weeks, he completed the walk in half the time so decided to walk back to the start again.

In 2012 he walked for many days and weeks visiting the war graves of Europe. In 2015 he tricycled the highest mountains in the Tour de France going higher than the professionals and has had many adventures of this type.

He has never sought sponsorship before but inspired by his lovely wife Monica, who has unfortunately conceded to cancer twice, Alan is asking for your help and support.

At midnight on August the 30/31 Alan will head off along the coastal path from Cromer and hopes to conclude his marathon hike at O'Quigley's Bar in Hunstanton 20 hours later at 8pm. T&A will be there. Alan has already been sponsored to the tune of over £1,000.

Alan is part of an age-related test at Kings College, the last being 9 years ago when he was in his sixties, monitoring the ageing process and its ramifications. At 12.5 stones and apparently in good shape overall Alan is a great example to all of us retired folks. Alan's other hobbies include banjo playing and entertainment.

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On Sundays we open at 11.00am and close at 10.30pm.

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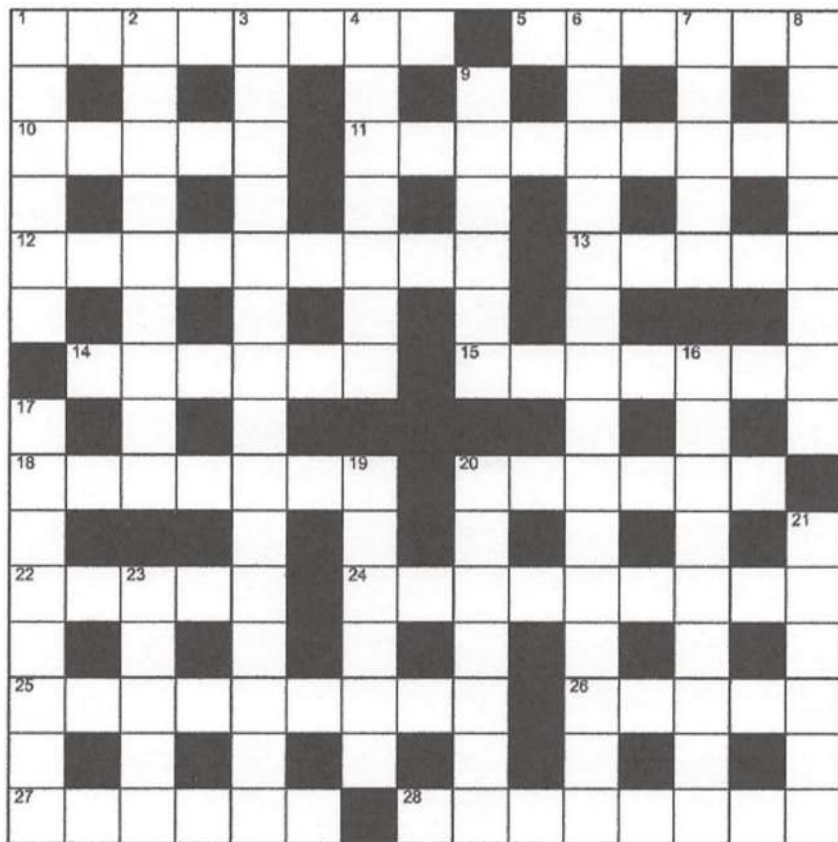


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David Elsey's Cryptic Crossword



Crossword solution on page 60

Crossword Clues Across

1. Old Greek with old car seen in part of Knossos asking for help (8)
5. Play with band, together again, making a comeback (6)
10. Walk confidently with support (5)
11. Fashionable look corporation leader dismissed as 'bad taste' (9)
12. Roman engineer with style looks like a king (9)
13. Being tense, pulled together ... (5)
14. ... stress could be acute (6)
15. Plate that can cater for one or more eaters? (7)
18. Carriage for Oscar left just before nine (7)
20. Change regular Arsenal, Villa and Tottenham kick-offs to accommodate tie (6)
22. Make smaller league, removing lowly German team (5)
24. Pilot Officer engages in extreme aerobatics at the drop of a hat (9)
25. Several are working – one in a different way (9)
26. It might get you running to see Queen's retrospective (5)
27. Like 5, change frequency for third podcast and waste time (6)
28. Women at church back top man to become overseer of commercial operations (8)

Crossword Clues Down

1. Opening word reveals source of oil (6)
2. Record, having lasted a long time, lost to Spain (9)
3. Against Conservative with links to Tyneside is public and government legal advisor (8,7)
4. Record has the makings of hit – not first for this label (7)
6. Accident in limousine (one I abandoned, foolishly) can be heard in background (10,5)
7. Break arm after pinching fortune (5)
8. Deliver concealed note, prompt! (8)
9. Drew out and knocked down missing leader (6)
16. Peaceful organization is held in high regard around Norway, it's plain to see (9)
17. Ticked off old fines that had expired (8)
19. Exists in hospital, unknown, having gone out to exercise and get a paper (6)
20. Situated at the foot of Mount Etna, Tom finds a new route to climb (7)
21. Pin down relative visiting island in Southeast Asia (6)
23. Eased left, going west and bailed out (5)

Ray Butchers Su Doku

Easy first...

...then the more challenging

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

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

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A word from the Sage

Well now I did not expect to be writing in the Town and Around as soon as this but the Norfolk County Council set me up with a very powerful set of lights that I am trying out. I would like to thank all my friends and relations that have helped me through my latest setback; special thanks to Joy, my children and all my grandchildren and my great grandchildren – all fifteen of them with two more on the way!



Now, how about all these webcams around the town? We now have five of them, one on the Town Hall overlooking the Green and Pier, another on the Waterside looking as far as the Fair, one more on the Cliff Top Cafe looking over the car park and Old Town beach, the fourth is on the Sailing Club looking over the North Beach, and the last one is on the power boat cafe (Hunstanton Ski Café) looking south along the beach and promenade as far as the hump.

Many people keep asking me if the rocks and stones on the beach between the Pier and the Oasis and they ask when will they be moved. They will not be moved as they have been there for hundreds of years it is just that for the last hundred or so years or so they have been covered with sand; this is the reason that the Pier was built in the area, the people who built it knew there was a good rock bottom for the legs to go into,

Just keep a troshin', keep well and enjoy the rest of the summer.

Letters to the Editor

Seal disturbance

Sadly, Norfolk Seal Project is receiving lots of reports of seal disturbance including cases where members of the public are picking up seals and carrying them back to sea. Seals are mammals not fish, and do not need to be in water all of the time. They come out of the water to rest, socialise and feed their pups as well as digest food and if they are put back in the water when they are not ready their health can be compromised. This can be fatal for tiny pups suffering dehydration or illness. If you see a seal on the beach back off and observe from a distance. Keep dogs and people away and contact British Divers Marine Life Rescue on 01825 765546. Seals may look docile but are unpredictable and can inflict nasty and infectious bites that require hospital treatment so do not touch a seal or let your dog approach.

If anyone wants leaflets with information about seals and seal disturbance they can email me at dianewestwood@hotmail.com

And for more information check out Norfolk Seal Project on Facebook.

Dianne Westwood

Music Festival on the Green

Well done for the HDEA music festival on The Green on Sunday 8th August. Although the weather did it's worse to interrupt with 3 monsoons and thunder, with true Titanic spirits the performers played on. As we live in Hunstanton we were able to dash home, open the windows and continue to listen. Later in the day the sunshine returned, we popped back and stayed until the end of the festival. What a fantastic setting with the sea and wind/kite surfers in the background. Just the tonic we all needed after the past 18 months, a joy to watch and listen to live music again. I applaud all who arranged and performed, you all did a sterling job. Thank you, we are already looking forward to next year's Festival.

Carol Rampling



Linda retires after over 20 years with Hunstanton Rainbows

On Wednesday July 14 we said goodbye to Linda Lee as the Assistant Leader with Hunstanton Rainbows. Linda has been with the unit for well over 20 years, and has been the assistant leader to 4 leaders over that time. Sadly, Linda's increasing loss of sight has made it difficult for her to attend meetings. The pandemic added to her problems as meetings were held via Zoom which she wasn't able to use.



Leaders from Smithdon & Brothercross District met to say goodbye to Linda at the final Rainbow meeting of the summer term, and to thank her for her dedication over such a long period of time. She was presented with a gift and card from all of us.

Eve Eates
District Secretary

If you would like to volunteer with Girlguiding [not necessarily for over 20 years!] and help the girls to participate in the excellent programme that is provided, please go to: www.girlguiding.org.uk and you will be put in touch with our local units.

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MAKING TAX DIGITAL – ANOTHER BIG CHANGE ON THE WAY: BUMPER TAX BILLS IN 2022/23

By Kathryn Gigg Chartered Accountants, Hunstanton

HMRC released a consultation paper on basis periods at the end of July which provides further information on how the transition to Making Tax Digital (MTD) is likely to affect the self-employed.

The consultation is in respect of a specific proposition to simplify how businesses are taxed in their early years, by removing the “current year basis” and replacing it with a “tax year basis”, which will have potentially concerning cashflow implications for a number of businesses.

In some ways the contents of the paper are not unexpected: most practitioners have long suspected that MTD would involve accelerating the pay date for those businesses (whether run by an individual, a partnership or a trust) which have a financial year end other than 31 March/5 April.

If the proposals are put in place the impact will be as follows:

- All profits will be taxed in the tax year in which they are made. (Businesses which already draw up accounts to 31 March or 5 April will see no practical difference from 2022/23.) This means that if the accounting year end is 30 September 2023, the profits assessable in 2023/24 will be based on 6 months of the period ending on 30 September 2023, and 6 months on the period ending on 30 September 2024.
- If the final accounts for this second period were not available before 31 January 2025, an estimated return would need to be completed and submitted to HMRC before this date, and then amended before 31 January 2026.
- The proposition is that there would be a “transitional” year in 2022/23.
- In 2022/23 a long period would become taxable from the end of the previous accounting period to 31 March/5 April 2023. All existing overlap relief (typically from the year the business started or from 1996/97 when self-assessment was introduced) would then be claimed against this, in order to reduce the profits to those of a 12-month period. For example, if the year end was 30 June, the period taxed in 2022/23 would be 1 July 2021 – 31 March/5 April 2023. All overlap relief brought forward would then be claimed.
- If this gave rise to additional profits, i.e. if overlap were lower than the additional profits taxed in the year, these could be spread over 5 years.

There remain many areas where HMRC are still looking into the impact of these proposals, and so subtle changes may yet be made.

No numeric indication is given of the number of businesses likely to be affected by these changes, other than that it will have an impact on 7% of sole traders and 33% of partnership members: given that there were 4.2m self-employed in May 2021 this would imply additional tax problems could be on the horizon for perhaps half a million self-employed.

Specific problems could include the following:

- Not all businesses will have records of overlap relief going back 25 years. HMRC should have the information, but there is no suggestion that it will be supplied as a matter of course. Those who have changed accountants during the period might find the figure elusive.
- Even where overlap relief is known, it will be based on profits made a generation ago and is unlikely to be of sufficient materiality to cover the impact of aggregating up to two years' profits in one year.
- In some cases, the transition may bring profits into higher tax rates (although the five-year transition may mitigate this in part). The transition rules will, however, come on top of an already complex change to MTD, so will ensure continuing lack of transparency until 2028.

In conclusion therefore, all businesses need to be thinking about how these proposals might affect them in future and should already be considering what can be done to mitigate the impact. If capital investment is planned for the next few years the timing of expenditure should perhaps be considered, and businesses with seasonal fluctuations may wish to consider whether a change of year end might



help.

If, having read through the information provided above, you require advice, please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in July 2021

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 I endeavour to ensure that the information contained herein is correct, neither I nor my 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 2021

Kathryn
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Piles and Tribulations Notes from a Rural GP

by Dr David Ince

'Half of GPs have experienced verbal abuse over the past month.'
'Stop work transfer from hospitals tops lists of GP requests to tackle workload.'
'RCGP demands emergency rescue package for 'crisis-torn' general practice.'
'BMA slams 'gaslighting' workforce data that shows rise in GP numbers over the past year.'
'GPs leading PCNs report heavy workload and limited impact from ARRS.'
'New NHS chief must 'reset relationship' with GPs, BMA warns.'

These are a selection of the headlines from just one edition of a GP magazine published this month. I don't normally read these magazines but thought I would flick through to assess the 'state of the GP nation' and glean some inspiration for this piece. Despite how I may feel (and I am generally jolly jolly), morale doesn't seem to be 'tip top' amongst the custodians of the 'Primary Care Jewel of the NHS'. I fear that this difficult case of 'Long General Practice' is merely a reflection across society of how most people are feeling professionally and personally at the moment. It has been a long, difficult eighteen months, like no other period in most people's memories, of collective misery, bereavement, isolation and hardship.

It has been written (not by me, honest gov.) that 'General Practice is the bedrock of the NHS. It relies on it to both survive and thrive'.

GP numbers have dropped and what is an exciting, varied and enjoyable job has also become more demanding, challenging and frustrating. GPs are not happy and patients' needs and expectations are not always being met. But, fear not readers, this is not a 'woe is me – look how awful my life is and it is all the government's fault' rant. So I thought if anyone asked me what would my solution be, I should get something ready – the phone from Whitehall may ring at any minute. I thought I would share the rambling thoughts of a middle aged GP with you.

1. Better integration of hospital and community care. The typical scenario is the GP says the work has shifted to them. GPs are being asked by hospitals to prescribe, refer, investigate and follow up patients referred to the hospital. We have recently been asked to manage the hospital waiting lists also! Equally Dr 'A&E Consultant' says every patient who turns up in their department is because they couldn't get a GP appointment. The patient is caught in the middle. The whole system is bulging at the tightened waistband and we need to stop the playground fighting. Better communication between hospitals and general practice with the IT infrastructure for direct/immediate messaging and a culture of working together and good personal relationships between us needs to be restored and secured.

2. Use of additional roles. We all claim to remember fondly the days when I would consult out of my front room and then cycle out on my home visits with my Labrador and Gladstone bag. 9 holes of golf and a stiff whisky then back for evening surgery. The face of general practice is changing. Ring up with a bad back and you should be speaking to a physiotherapist not a GP. Medication problem, the clinical pharmacist. Fallen over and not coping, the community matron will attend. Social prescribers, nurse practitioners, occupational therapists, paramedics, health & wellbeing coaches, dieticians amongst others are being grown in Primary Care. We need to accelerate the use of the multidisciplinary team. And with this there needs to be a bit of 'user' information:

3. Brace yourself - You don't always need to see the GP. GP numbers are dropping and there is little we can do about this particularly in rural areas where recruitment is harder. We have all become rather obsessed with the GP and that somehow seeing another member of the team may be inferior. It is not. I would much rather see a physiotherapist to diagnose and treat my neck pain than see me. Our clinical pharmacists are experts on medication and can often sort out patient's problems better than GPs. Our nurses, our dear nurses are

experienced, independent practitioners. Our social prescribers are experts in recommending lifestyle interventions. As time goes on our surgeries will look very different. I truly believe this will enhance care although it will take time for the right team to bed in and for all of us patients (I am a patient also) to get used to it.

4. Having said the above we still need to both attract new GPs but also retain senior GPs. General Practice must be attractive to enter and too irresistible to leave. Some simple changes in the pension penalties and encouraging flexible working would retain senior GPs who we will otherwise lose. Many GPs are choosing early retirement and this needs to be looked at and averted.

5. IT. A little like the additional roles in general practice, we need to embrace some of the IT changes. The use of email, video, and telephone are all convenient and effective means of communication. Many patients like and prefer it but, again, some see it as an excuse (by us) to avoid the face to face GP consultation – the traditional holy grail and dependence forming drug that we may need to try and break. I wanted to be GP because I like seeing patients and would be happy to sit seeing patients all day but we have to work more innovatively to ensure demand is met and that health inequality is equalized.

6. Stop the box ticking/bureaucracy. We, as GPs, sometimes feel that we are treated like children by the Department of Health (DoH). The form filling, the endless returns, pointless targets – it wastes an enormous amount of time that should be given to patient care. I think we have truly shocked the DoH by how well we have managed the COVID vaccination campaign. Just let the GPs and their teams get on with it and we will deliver – try and micromanage and interfere and it won't work. Tell us what you want and we will discuss, negotiate and deliver but insist on telling us how to do it and expect a report and computer return by 3pm yesterday and it will make it ten times harder.

7. Public Health Campaign. All the above needs to be effectively communicated with the population. We all need to understand the pressures the NHS is under and take some responsibility for our own health. Public Health drives to increase exercise, healthy eating and the ability to self-care for minor illness is key to reducing obesity, diabetes and the burden on the NHS. We need to be able to triage patients – this is not to limit access but to ensure the right people are seen by the right clinician according to clinical need. He who screams loudest is not necessarily the one most in need. We need a system that is accessible and accepted to deal with this.

8. NHS Staff Wellbeing. We need to protect and value all staff who work within the NHS. From the part-time 80 year old cleaner to the Senior GP partner, all need to be valued, safeguarded and protected from abuse. Everyone must feel proud of being part of the NHS team.

9. Medical School training should have more focus on General Practice. 90% of undergraduate training takes place in hospital but over 50% need to be attracted to General Practice. A recent survey of medical students found only 25% were considering a career in General Practice.

10. This is the most important one but everything we do must have in mind how it impacts and protects patients. The word 'patient-focused' is bandied about. To use a chess analogy, the Queen piece in the game of Primary Care Chess is the 'patient'. All the other pieces are there to protect the Queen and must work together to ensure that any move at any point on the board is aimed at protecting her.

Now the good news is that I have been reliably informed that Sajid Javid, the new health secretary, and his team exclusively use 'Town and Around' and my articles as their 'go to' default source for policy making so it is only a matter of a few weeks until it is all sorted. Just bear with.

I wish you good health.



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email: marie125@btinternet.com

Hunstanton Eyecare blog

I enjoyed a lovely day out on a Norfolk Wherry last weekend. This occasion was supposed to have celebrated my best friends' 60th birthday back in 2020, but the pandemic put paid to that. However, we all enjoyed each other's company as we elegantly sailed down the river and into Wroxham Broad. The weather was changeable, with a couple of heavy showers, but it was lovely to get out with friends I hadn't been able to meet for months.



Most of my friends are spectacle wearers, not surprising when you meet your life-long buddies at the Opticians College, and we were glad we had "Transitions" lenses. "Generation 8" is the latest photochromic material which gives 100% UVA, UVB and harmful blue light protection and darkens to around 75% on a lovely bright day. Why does that matter? It is a good thing to inhibit the amount of UV entering the eye to protect the macular from irreparable damage and stave off the development of cataracts. The colour range has been extended, so not only do we have the traditional grey, brown and green, we can now offer emerald green, sapphire blue, amber and my favourite amethyst. So whatever frame you choose there must be a photochromic colour that goes with it, so come and view the samples in the practice. It's a good idea to apply an anti-reflection coat so that in the lighter state, and especially at night, the lens is more transparent and vision is clearer. For those who are particularly light sensitive an "Xtractive" version is available in grey, brown or green. This photochromic does darken down even behind the windscreen of a car, so more appropriate for drivers, however, I still believe that a polarised lens is more effective as a drivers sunspec.

I know we are now into September, but I remember that when you went back to school the sun blazed on, so UV protection and sunspecs will still be required - probably!
We look forward to seeing you!

Annette

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CELEBRATIONS ON A-LEVEL RESULTS DAY

There were celebrations at Springwood High School in King's Lynn as students collected their A Level results.

Joshua Ampomah was one of the top achievers at Springwood with 4 A* and is off to Oxford University to study engineering: "I'm feeling pretty good and excited for the next step - I'm just enjoying the moment right now!"



Beth Norman, Ezra Nwobodo and Joshua Ampomah

Patrick Boon is off to Imperial College London to study Mechanical Engineering after picking up 4 A* and an A, while Lola Bunting will now study Physics at UCL after obtaining two A* and an A.

Lola said: "The amount of support from the staff at Springwood has been incredible - I couldn't possibly thank them enough! I'm just so grateful to them for everything."

Beth Norman secured a place at Cambridge University to study music after achieving 3 A*, and Lucy Henry will go to Oxford University to study Biology after she achieved an A* and two As.

Beth said: "I feel like the hard work that I've put in has paid off. We've had a lot of support from school. Right now it's all a bit overwhelming because I wasn't expecting these results."

Other top achievers included Head Girl Holly Clark who collected 1A* and two As and is now off to study history and International relations at Belfast.

"I really wasn't very confident at all but this is way above what I was expecting. I'm over the moon! I was really shocked but really



Holly Clark

happy. I was head girl at Springwood and I'm really proud of myself for juggling part time work, studying and helping out so much at the school."

Ezra Nwobodo was delighted with his three A* and one A and is now looking forward to studying at Bristol University. Also celebrating were Phoebe Claxton with three A* and a place at UCL to study Neuroscience, and Jack Collinson whose three A* and an A secured him a place to study Engineering at the University of Warwick.



George Hipwell with mum Alice

Andy Johnson, West Norfolk Academies Trust executive headteacher, said: "The staff and governors at Springwood are delighted with the achievements of our students today. Days like this are what we exist for.

"There was a very positive atmosphere at

Springwood this morning and after a challenging few months, it's been a wonderful celebration of the success of the brilliant young people collecting their results.

"This has been an excellent year group and it was great to see the excitement from students as they head off to start a new chapter in their educational journey."

Several Springwood students also secured brilliant apprenticeship or employment opportunities. Jacob Scarsbrick will now take up a Degree Level Apprenticeship in Chemistry at EDF, whilst Josh Green will become a Trainee Mortgage Advisor at Tomas & Allen and Marni Bullock will become a Trainee Accountant at Mapus, Smith & Lemon.

Elle Walden is looking forward to starting a Business apprenticeship at Frazer Dawbarns, Lucy White will become Pharmacy apprenticeship at Boots, and Keenan Langley is joining the Army.

Jamie Warner-Lynn, deputy head of Springwood, continued: "While we excel at STEM subjects, I was delighted to see students heading off to study humanities like English, history, music and social science.

"It's always about finding the appropriate path for each student and some of the apprenticeships that we have confirmed include things like trainee accountants and mortgage advisors as well as degree level apprenticeships like one student who is studying Chemistry with EDF."

Roger Livesey, Chair of the West Norfolk Academies Trust, added: "We are delighted that the hard work, dedication and perseverance of our students and staff have been rewarded by such fantastic results.

"As an inclusive Sixth Form with a strong focus on academic achievement and progress for all students, we know that excellent teaching, personal target setting and support really work for our young people. We are very proud of them all."

All photos: Ian Burt More photos on the news page at www.townandaround.net

GCSE JOY AT SMITHDON AND SPRINGWOOD TOO!

Year 11 students were jumping for joy when they opened their results envelopes just a few days after the A level results had been announced.

At Smithdon high achievers included Jack Bolderstone, who attained eight grade 9s and three grade 8s; and Eleanor Paterson who achieved four grade 9s, four grade 8s, one grade 7. Also, Thomas Wilson and Alana Raby, each achieved grades 7-9 or equivalent in all 11 of their subjects, including several at grade 9. Both will start their A-Level studies at Springwood next month.

High-performing students at Springwood included Anoushka Chandrasekar and Merissa Lawrence who both achieved 11 grade 9s while Karishma Srikantha picked up 10 grades 9s and one grade 8, and Fatima Massawi obtained nine grade 9s and two grade 8s as well as Alisha Gail Bedeser who was celebrating nine grade 9s, one Distinction, and one grade 8.

For a full report and lots of photos please go to the news page at www.townandaround.net



Springwood Sixth Form:

The First Choice Sixth Form Destination for West Norfolk

Springwood is a large and inclusive school Sixth Form with a reputation for academic excellence and superb pastoral care. Year after year, our students achieve incredible results in both Level 3 Vocational Qualifications, such as BTEC, and at A Level. Because of this, Springwood Sixth Form has become the first choice sixth form destination for West Norfolk: more young people choose to continue their education at Springwood than at any other sixth form in the area.

As impressive as our results are, at Springwood our focus is on life after Sixth Form. Strong results mean that our leavers are able to secure places at top rated universities, such as Oxford and Cambridge and Degree Apprenticeships at companies, including Kennedys and EDF. Increasingly, our students are looking beyond our shores to international universities, including Hong Kong Columbia in New York.

Results and destinations of this sort do not happen by accident. At Springwood, our motto is 'Big Enough to Challenge; Small Enough to Care' and this underpins everything we do. Our competitive and challenging academic ethos is balanced by the expert guidance of subject specialist teachers and a pastoral system which is focused on ensuring that each student benefits from personalised, one-to-one mentoring and advice. Support of this sort, coupled with clear channels of communication between home and school, ensures that students at Springwood have clear goals and understand what they must do in order to achieve them.

However, we recognise that 6th Form is about more than just academic success. We aim to ensure that our students leave Springwood as well rounded individuals who are prepared for the world of work and the next stage in their journey. The key to this is

our structured work experience and enrichment programme: Duke of Edinburgh Gold, spoken Mandarin and Level 3 Sports Leaders are just some of the many enrichment opportunities open to students.

Nor is the social side of life neglected at Springwood: we have a thriving student council that organises social events ranging from Sixth Form Bake Offs to the Sixth Form Prom!

Open Evening

We are excited to be able to open the Sixth Form facility for tours and talks on the evening of 7th October. You will have the opportunity to hear from the Sixth Form Team, chat to our specialist subject teachers and, even more importantly, talk to our students.

6pm – Springwood High School Students

7pm – Students



Springwood
SIXTH
FORM

**Come to our Open Evening
Thursday 7th October 2021**

6pm - Springwood students 7pm - All other students

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RNLI Sandcastle Competition 2021

With buckets and spades at the ready about forty youngsters headed to Old Hunstanton beach on 11th August along with parents and helpers for the traditional sandcastle competition organised by the Lifeboat Guild.

The competition, divided into three categories, was judged by the Borough Mayor and Mayoress Cllr Barry Humphrey and Mrs Brenda Humphrey.



Winners in each category all awarded vouchers to spend in the RNLI shop were as follows:

2-7 years

- 1st Eden, Rowan and Luci Butler and Bella
- 2nd Taylor and Ellison Trawford, Darcie and Louie Chamberlain
- 3rd, Tabitha Mews.

8-11 years

- 1st Lollie Gates
- 2nd Toby Devlin and Elodie Swale
- 3rd Matilda and Seth Clarkson.

12+ years

- 1st Billy and Lollie Hairsine
- 2nd Sophie Birkett and Olly Goodman
- 3rd Jessica Scott

Cllr Humphreys said: "I am amazed at the children's creativity and attention to detail; well done everybody."

Photos: Ian Burt



Matilda Clarkson (9)



Seth Clarkson (11)



Sophie Birkett (13) & Olly Goodman (13)



Eloise Baines (12)

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Brancaster Parking and Safety Team

Following many years of frustration within Brancaster about the inadequate measures to deal with the annual summer problems of parking for visitors - and year round parking for residents, Amy Loose and Val Carpenter decided to set up Brancaster Parking and Safety Team.

Last year was a watershed moment as the easing of lockdown led to vastly increased visitors all along the North West Norfolk coast, having a specific impact on the residents of Brancaster.

The Brancaster Parking and Safety Team are working alongside the Parish Council and other organisations to support them in their initiatives, as well as working on their own ideas, in the firm belief that there are many wide-ranging solutions needed to satisfactorily solve the problems.

Val Carpenter said: "If we all work together we increase the speed that solutions can be found and implemented."

They have set up the following Facebook page <https://www.facebook.com/groups/373946160758957/> and would be really grateful if readers are able to share or pin it to their Facebook page or group as they will be providing updates on their progress, as well as being a place for residents and visitors to find information on visiting the village.

"We hope you will support us in this positive initiative to increase the quality of life here - all year round.

"Additionally, we are desperate for volunteers to do 2.5hour shifts at our new temporary overflow car park, so if you can help please get in touch via our Facebook page." Val added.

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September is World Fair month

Colleen Roper (Future4Fairgrounds Founder member)

Future4fairgrounds are proud to announce that the first ever World Fun Fair Month will be celebrated this September.

After over a year of lockdowns and restrictions, with covid impacting on everyone there has been a distinct lack of fun in people's lives. In September people will be encouraged to visit their local fair, wherever that may be, to enjoy a fun day out for the whole family.

As part of World Fun Fair Month, fairgrounds everywhere will be holding special events that everyone will be invited to take part in. World Fun Fair Month is a celebration not just of the industry but also of the people that share the unique cultural heritage as Showmen. A tradition that has been passed down from generation to generation. All intrinsically linked with the towns they visit as Showmen and the fairgrounds have been a staple of the community for centuries. With many Charter fairs dating back hundreds of years such as the famous King's Lynn Mart Fair which has been proudly serving the people of King's Lynn since 1537.

There are a number of Charter fairs in the UK which take place annually in September such as Bridgewater Fair, Neath Great Fair, Wisbech Statute Fair, Stevenage and Brackley Fair to name a few but also many towns have small fairs in September that are equally important to the towns they attend. So wherever you are there should be an opportunity to visit a funfair local to you. Local communities will be encouraged to get involved in the fun. We are inviting local authorities to be proud of the fairgrounds associated with their towns and encourage local schools to celebrate their funfair that visits their village or town annually during the year by finding out about the history and the science of fairgrounds or turning their classroom into a fair for a day in September.

Future4fairgrounds are working closely with authors of a fantastic children's book, "The Show Must Go On" published by Pearson, which we aim to distribute in as many schools as possible in time for the return to school in September and making sure our unique and often misunderstood community is represented positively on every school's library shelf. This book is extraordinary, portraying a subject that has never been covered before in this way, raising awareness of our community, in a positive way from the ground up.

There will be World Fun Fair Month merchandise and material, such as flags, books, and decorations available which will be given out to schools and local authorities to ensure this is truly a community celebration. The celebrations will also raise awareness of the importance of protecting our fairgrounds in the wake of the devastating pandemic. During the pandemic, many fairgrounds across the world were cancelled and Showmen have endured huge financial losses and uncertainty as a result. However, World Fun Fair Month represents a fantastic opportunity to recover by reminding people of all the joy a fair brings to the town and welcoming families back for a fun day out. We are hopeful World Fun Fair Month will become an annual event. It was first registered by Future 4 Fairgrounds, a grassroots campaign group in the UK dedicated to promoting the travelling fairgrounds community.

Future 4 Fairgrounds was founded by six female Showmen and represents travelling fairgrounds across the UK. Future 4 Fairgrounds said: "We are so excited to announce the first ever World Fun Fair Month this September! By working with Showmen from all across the world, we will be raising awareness of the importance of fairgrounds with communities everywhere. Fairgrounds have been bringing joy to people around the world for centuries, and we cannot wait to celebrate all the fun of the fair with you."



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Walks with Pupstar - HUNSTANTON CIRCULAR WALK

One day last week I decided to wet my paws by going for a splash in a little swimming pool my pawrents had just bought for us. The weather was warm and it was great to cool off. I was in a world of my own dreaming about doggie chunks when my sister, Miss Zsa Zsa, jumped in too and soaked me to the fur! Although I love her very much she can be very bossy and annoying.

'It's all very well chilling out here at home during this sunny weather,' she barked loudly, 'but I want to have some exercise and get out of the house. What about trying out a local walk very early one morning when it is still cool?'

That did sound like a pawsome idea although I didn't want to admit it. 'Ok', I woofed rather reluctantly, 'but where shall we go?'

'Your driving is rather appawling these days, we almost ended up in a ditch the other week, so why don't we just do a simple round walk in Hunstanton? We won't need the woof mobile if we do that,' Zsa Zsa continued enthusiastically.

I decided to ignore the insult regarding my driving skills and I nodded in agree-ment. She does have some rather good ideas but I am sure that this is all down to my excellent training.

The next day early in the morning we set off before the other humans and their doggies had got out of bed. It is such a good idea – you avoid the heat of the day and it is so quiet and peaceful. We began our walk at the cliff top and carried on past the remains of St. Edmund's chapel. Did you know that St. Edmund is Hunstanton's most famous visitor and the first patron saint of England, arriving in the town in 855 A.D.? Zsa Zsa and I did some research and found out, much to our mirth, that he was born into the Wuffing family – great name, eh? Apparently 'Wuffa' was the old English name for a wolf. There is a statue of a wolf next to the chapel and you can follow a route named the Hunstanton Wolf trail at the entrance to the Esplanade Gardens where



you can find some interesting facts on an information board about the story of St. Edmund.

Anyway, let's carry on with the details of our walk as I am getting distracted as usual! From the chapel walk past the lighthouse and a dog friendly café, go through the car park and then access the path to the beach in the corner. It is really lovely here and woof friendly all year round – how good is that? You can have a good splash in the sea or sniff along the shoreline. You will soon reach a path on your right leading to the lifeboat station and another very doggie friend-ly café where you can stock up on refreshments if you like. They even serve bis-cuits for pooches in there! Yum, yum!

You can follow the North Norfolk coastal footpath between the beach and the golf course as an alternative route but it is tricky as it hasn't been cut back properly in places, and there is a danger of getting a bramble or something else sharp in your eye as you are walking along. The sand is very soft here and it would be difficult if you are pushing a dog stroller. Therefore we recommend sticking to the shore.

Keep walking along the beach where you will see a channel of water with some groynes. This is a very good place for a dip, particularly for small doggies like us who don't like the strong currents and big waves. It's a great opportunity for your human to have fun and throw a bone in for you to chase after! On the other side of the channel, however, there is a section cordoned off for birds who are nesting so if you think you are going to get a little too carried away and run off make sure your human puts you on the lead. We don't want to spook our feathered friends now, do we?

A little further on you will pass a wooden hut next to the Hunstanton Golf course and a sign to the right indicating the North Norfolk coastal path. Turn right here past the two red doggie bins conveniently placed, and then walk through the golf course following a sign which mentions the White Horse Inn at Holme. Go along the road past the car park and the public toilets and walk a couple of hundred metres past the entrance to a static caravan site. Soon afterwards you will pick up a path on your right with a yellow sticker on a post just before you come across a little bridge. Walk along this path past the caravan site and follow the trail alongside the golf course. The path has been cut back here and is just wide enough for a doggie stroller. There is an open field to your left and a narrow channel of water. You will soon come across some tall netting on your right which is there to stop you from being hit by a ball by humans who are not very good at golf. At the end of the path turn right and walk along the road past the Hunstanton Golf Club and up the private road. Then walk past the L'Estrange Hotel, turn right and go down a road which leads you to the cliff top car park, past the pitch and putt/footgolf course. I think there should be a paw-golf course just for us doggies! Walk through the car park and you will soon be back where you started at St. Edmund's chapel.

If you amble the whole walk will take you about an hour and a half. Of course you can do this in reverse and I guarantee it will be just as enjoyable. Take your own snacks and plenty of water, particularly if you go very early in the morning when the doggie cafés will still be closed. We really hope you enjoy this walk - please woof all about it to us if you decide to try it. You won't be disappointed.

For more walk ideas visit www.thebarkingbugle.co.uk

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On the turf with Charles Joyce

As it was intended to do, the BBC TV Panorama programme "The Dark Side of Horseracing" caused waves in the racing industry with much print and comment made. The programme claimed to have used covert CCTV installed by Animal Aid in one abattoir where horses were slaughtered. Animal Aid make no secret of their agenda which is to have horse racing banned. The footage was said to have been taken over four days at the end of 2019 and early 2020. However, one horse named in the programme (Vyta Du Roc) was born in June 2009 and is recorded by the Racing Post as died as a twelve year old. He won at both Ascot and Cheltenham and was second in a top grade one race. His last race under rules was in November 2019. If it was the horse named then the footage was this year or the Racing Post records are not accurate. Another horse Beneficial Quest was born in June 2015 and last ran in November 2019. The Racing Post has no information on his present state. Nor does the Racing Post website have any news on a third horse named in the programme. High Expectations was born in 2011 and is recorded as a ten year old with his last run under rules in July 2019. The Irish police have been called in to investigate how a horse with a microchip from another horse who was euthanised at the track four years earlier could appear at this abattoir. There have been mix ups with horse identities before, but that was human failure at work. Only in Galway this year a three year old ran in and won a race restricted to two year olds. This was put down to the horse not being scanned after it was saddled. Although last year in a Group 1 race at Newmarket two horses ran under each other's names. Neither horse won the race. Although remarkably both won an English Classic this year.

It's an unfortunate truth that not all racehorses are sold for millions of pounds to wealthy owners. Even during their racing career some sell for a few hundred pounds. When their racing career is over many are rehomed and go on to other careers such as showjumping, hunting, polo or just someone's riding horse. But rehomed or not the day will come when their life ends. Making that end as free of stress as possible rests with the final owner.

There are a few large scale racehorse owners who usually are also breeders. But for many there is ownership through syndicates some of which have an entry level of less than a couple of hundred pounds. Whatever, the amount of money invested by the original racing owners there is some onus on owners of thoroughbreds who pay in the region of fifty pounds a day to keep a horse in training to ensure the animal is cared for after its racing days, or if that is not possible to pay the small sum for the horse to be euthanised in the most humane way possible.

In the Panorama programme it was shown that some injured horses can be cared for, but there is a cost implication to that care. Sometimes money is not an issue for example 1971 Epsom Derby winner, Mill Reef's racing career was ended when he broke his leg during routine training, but he was treated and recovered enough to have a successful career as a stallion at the National Stud where he sired 1978 Epsom Derby winner, Shirley Heights, and 1984 Epsom Derby winner, Reference Point. However, even when money is no object it may not be possible to save a horse. The Godolphin syndicate have wealth beyond avarice, but Rewilding, who would at the time have been valued in the millions was euthanised after a race injury. The same with George Washington who was injured in the Breeder's Cup in America. The "lads" at Coolmoore wanted him to be a stallion but his injuries were beyond care. Even champion stallions who earn their owners millions of pounds every year have injuries or sickness that money cannot cure, and they have to be euthanised. Galileo, Deep Impact and Street Cry are some of the better known recent casualties of incurable injuries or illness. The daughters of Street Cry, Zenyatta and Winx are legends in America and Australia. It is said that Dubai Millennium was the all-time favourite horse of Sheik Mohammed. Although he sired champion stallion Dubawi he died from grass sickness when only a five year old.

It seems strange to me that Animal Aid felt it necessary to install

covert CCTV in 2019/20, because back in 2018 Michael Gove made it mandatory for CCTV to be installed in all English abattoirs when he introduced the Mandatory Use of Closed Circuit TV in Slaughterhouses (England) Regulations 2018. Under the regulations CCTV must be in all areas where there are live animals. The images must be held for 90 days and made available to inspectors to view, copy or seize. Yet even with these regulations Animal Aid who want to have horse racing banned installed covert CCTV over a year later after the regulations were introduced to show what was happening in an English abattoir. The Irish television broadcaster RTE had someone at the Galway festival proclaiming such things as happened at the English abattoir could not happen in Ireland due to all the rules and regulations. I have to admit to a piece of scepticism. But it does beg the question if the regulations and rules are now so severe in Irish abattoirs why are horses being shipped to the UK mainland from Ireland for slaughter, because the shipping does not come free.

The widely published photos of Gordon Elliott were shown on the programme as it was claimed three horses originated from him. This is three in around four thousand in the two years of horses being sent to the English abattoir. Elliott himself said the horses were passed to a well-known dealer without naming that dealer. Elsewhere in the mainstream media it has been suggested that the pictures that were pivotal in getting Elliott banned were published because Elliott had refused to train horses for a well-known Dublin criminal. That does not excuse Elliott's actions, but the BBC could have made reference to this. Rather the programme choose to identify another trainer Gavin Cromwell (in the Racing Post as trainer of Beneficial Quest) who was once Elliott's farrier. I ask myself is there a picture forming?

Following an incident in 2018 the abattoir in the programme had been prosecuted by Wiltshire Trading Standards in 2020 for cruelty when District Judge Tim Pattison said the abattoir had shown an excessively relaxed approach to the problem underplaying the pain and suffering of the horse involved. A member of the Drury family wrote on a Horse and Hound forum that the family of F Drury & Sons were no longer involved in the abattoir and could the keyboard warriors stop sending the family hate mail. In 2011, a worker at the abattoir lost his life when he was cleaning a machine. The firm was fined seventy thousand pounds at Swindon Crown Court in 2013.

When I was farming in Ireland I did from time to time have to go to slaughterhouses. There is never an easy way of killing an animal, but some abattoirs did so more humanely than others. Any description of the worst of what I saw would not be suitable for an adult magazine, and far too graphic for a family magazine such as T&A.

When a horse is euthanised it brings to mind its life has ended by a lethal injection of anaesthetic the same way the family pet such as a cat or dog is put to sleep. In the harsh reality of the commercial world that is not always possible. But there is no genuine reason to transport an injured animal for it to be slaughtered. At some stage common decency has to trump commercialism. Yet still more shocking for me was to learn that horses were shot with a rifle while not being either controlled, and therefore could move, or they were not stunned. But what shocked me the most was such practices are sanctioned by the regulators. Even if Animal Aid are successful in ending horse racing it will not end the actions of some to how horses, or for that matter any other animal, ends their life. While I would not agree with Animal Aid in banning horse racing, I did take a look at their website and some of the pictures of the abattoir, said to be taken in 2010. I do think they have a point as far as the treatment of animals in the abattoir and others is concerned. At some stage the regulators do need to step in and look at the CCTV pictures and where failures of procedures happen action needs to be taken and if necessary prosecution of offenders. But as we will have seen on programmes such as Countryfile when a vet tests animals for such as TB the animal is controlled and it cannot run around. It's over 40 years ago those rules came into Ireland because too many vets were getting injured treating larger animals. So the procedures in abattoirs also need to be scrutinised very carefully

because leaving someone with a deadly weapon to kill animals that are not controlled can and almost certainly will lead to serious incidents.

The BBC's coverage of the Olympics was not up to the usual standard expected of Auntie Beeb is the best I can say. It was left to satellite channels to show most of the live action. Must do better has to be the report on the BBC's efforts.

Looking forward to the racing Hurricane Lane is best price of 5/4 for the Doncaster St Leger. I would be interested in him at the price if he was already in the starting stalls, but not with real money ante-post. Foreign entries for the spring races in Australia are down massively. Aidan O'Brien does not have a single entry in the Melbourne Cup. Nor does Godolphin trainer, Charlie Appleby.

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.

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Nature Notes with Roger

Final thoughts from North-West Norfolk

This will be my last article for the Town and Around: as Elaine mentioned last month we will be moving away. It will actually be the vast distance of the length of the North Norfolk coast to the resort of Cromer. So we will be departing this lovely part of the county and swapping it for another of equal charm and beauty.

We had not visited this part of Norfolk much before coming to live here, but I have found it to be an area of lovely countryside with spectacular rural views, some superb walking, and large parts given over to extremely good environmentally-friendly agricultural practices. I have seen more hares than ever before, so they obviously like this part of the county too; and I have been most encouraged by the enlightened farming, where hedges have been left and managed sympathetically, and wildflower strips grown along the headlands of fields. One of my favourite hedgerow birds, the Yellowhammer, has been seen in relative abundance, and after severe decline over the last 40 years or so, is, I am sure, making a steady increase. I have also delighted in the quantity of butterflies I have seen; their numbers fluctuating with the weather and the abundance of food source. In some years I have enjoyed seeing large numbers of white butterflies, and on one occasion spotted a Purple Hairstreak, a first for me and also the first time it had been seen in this location for over 20 years.

The Peddars Way has been a delight to walk (short sections at a time), although it has been a great shame to find that parts have been dug up into deep ruts by off-road motor bikes and 4 x 4 vehicles which have been granted access to certain sections, making it very difficult, or even impossible, to walk at times. This is all the more ironic as the name of this ancient track is said to derive from the Latin *pedester* – on foot – and has been used by pilgrims and wayfarers for centuries.

My garden list has been the longest ever, the result of living between farmland and woodland, and the Wash shoreline. I have noted 70 species either in, over or from (but nearby) my garden, and the highlights have been a Wryneck in April 2016, 9 Whimbrel flying over very high in July 2016, a Turtle Dove at the end of the road in August 2018, and a pair of Sandwich Terns flying fairly high over the garden in August 2020.

My articles have all been written during what must rate as the most extraordinary and disturbing time in recent history, but it has also been a time when I have learnt a lot more about wildlife, and re-adjusted my views on certain aspects of conservation. Through the various periods of lockdown I have explored new areas, walked some unknown tracks, discovered some amazing natural wonders, and have realised once again that much of our wildlife is not confined to our nature reserves. When younger, and my interest in birds took hold, I thought, rather naively, that these were the only places to see the birds that held such a fascination for me, and whenever I went away from home or on holiday would avidly seek out the reserves nearby, as I felt that all the “good birds” would be heading there too. But of course the birds themselves don’t know they are reserves, that they should head for these spots, as here will be all the humans so keen to get a glimpse of them. It is, of course, true that many of our nature reserves are managed specifically for wildlife, and can be more attractive than much of the surrounding area, but over the last several decades many of them have become even more attractive to the humans, and this can have a detrimental effect for the very wildlife they were established for in the first place. Managing the reserves for wildlife in some cases seems to have changed into managing them for humans. During the lockdown periods, when many of our nature reserves had to close, there were reports of the wildlife flourishing, birds nesting in all sorts of hitherto “off limits” areas and many mammals extending their territories due to the lack of disturbance. Perhaps this whole period of lockdown and restriction could be a time which has caused us all to think about how our actions can give priority to wildlife.

For my final notes on nature I would like to invite you on one of my many walks that have been such a delight for me over the past several years. A crisp, sunny September day with a light north-west wind



Pink-footed geese

means that I make for Old Hunstanton beach and head east towards Holme, with the expectation of seeing lingering summer visitors and early winter arrivals. I start on the landward side of the dunes to stay sheltered from the wind; the sandy track bordered by bramble bushes laden with blackberries which will draw in the birds and also sustain me during the day. Several Linnets are sitting on the tops of the sedge bushes, while Swallows swoop low over the short grass opposite. A small bird flies across to the wires of the fence, which I manage to identify as a Stonechat, before it flits along the line of the fence, always staying a good distance ahead of me. On reaching the saltmarsh at Holme Dunes I survey the landscape in front of me, a carpet of purple sea lavender interspersed with pools. A couple of Little Egrets are fishing and a Redshank flies off. The boardwalk that leads to the shore is bordered by sea buckthorn and bramble bushes which could hold some interesting migrants. I hear the ticking alarm call of a Robin, and catch sight of a Dunnock, but nothing more, when my attention is drawn to the familiar “wink wink” call of Pink-footed Geese. Across the sky to the north a number of waving strings of birds are flying in their characteristic V shape. Several small groups, but totalling about 300 in all, these are the vanguard of an invasion that will fill our fields and marshes for the winter. I turn my attention to the flat marsh land to the south and can see a number of Lapwing feeding and flying, before I catch sight of a hovering Kestrel. Beyond it, fairly high in the sky, a larger bird circles on broad wings held in a shallow V. This is a Common Buzzard, and as I sweep the sky with my binoculars amazingly I see a total of twelve, all in the air at the same time circling in the thermals. Eventually I reach the shoreline where groups of waders are all feeding along the water’s edge. I identify a few Curlew, good numbers of Bar-tailed Godwits and Oystercatchers, as well as a small party of Sanderling. There are at least two Grey Plovers and a Ringed Plover and I hear the four note ringing tone of a Greenshank. Out to sea there are Gannets passing, both adults and juveniles, on long slow wing beats, and on the sea itself several large rafts of Common Scoter and a single female Eider Duck. On the beach, perched on an old tree trunk, a Peregrine is eyeing up its lunch from among all the waders, before flying eastward low along the sand. As I head back a small falcon shape passes overhead. It looks like a Kestrel, but is darker and with thinner more pointed wings. A late Hobby, probably a juvenile, is making its way south and shortly will be in western Africa for the winter. As I end the walk I pass a small inlet from the sea and catch sight of a flash of blue as a Kingfisher heads inland across the saltmarsh.

I do hope you are able to get out and enjoy our wonderful wildlife in this part of the county; I shall certainly continue to do so further east, and look forward to new discoveries and adding to my knowledge of the wonders of nature. Happy walking and wildlife watching!

Plant of the month - Miscanthus

Wendy Warner

Grasses seem to be one of those groups of plants that gardeners either love or hate. Those that dislike them tend to think they can become very messy, often with leaves turning brown and straw-like and they are unsure when to cut them back. For those, Miscanthus would be the perfect grasses to try as they are reliable, easy and provide interest over a number of months.

These clump forming grasses have strong stems and bladed leaves. Although they are not evergreen, the foliage remains attractive over the winter and is then cut down close to the base in the Spring before new shoots emerge. They have the added bonus of flowering in September and October with fluffy plumes and these seed heads make a fabulous architectural feature if left in place throughout the winter months.

There are numerous varieties and many of those that are popular in England were bred in Germany by Ernst Pagels to be more hardy and to grow successfully in heavier soils. You will therefore come across some which are labelled with the German name instead of the English translation such as Miscanthus sinensis 'Silberfeder' which is also known as 'Silver Feather'. Most of his names were also particularly descriptive of the nature of plant

– 'Kleine Fontäne' means little fountain. With a range of colours of leaves from plain green to delicate stripes of green and gold or silver, there are others with more prominent horizontal bands such as 'Strictus' or the dramatic 'Zebrinus' (zebra grass) with its creamy yellow rings. The flower colours can vary from white and cream through pink to deep red. They also come in heights from 3ft (90cm) to a massive 10ft (3m) so be careful when choosing!

Their ideal position is in full sun in well-drained soil, as in very heavy soil they can be prone to rotting off in the winter. Some varieties with pale variegations to the leaves may benefit from partial shade as these can become scorched. You will find they all flower best in the hottest summers.

Miscanthus can be grown as a specimen plant on their own or look very attractive in a mixed border alongside other late summer flowering perennials such as crocosmia, rudbeckias or echinaceas.

You can find the National Collection of Miscanthus for the British Isles at Bressingham Gardens as part of their Summer Garden, well worth a visit if you are in South Norfolk and likely to look at its best at this time of the year.



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Here we hoe again

Old Muck

Size isn't everything, or so they say. That's probably just as well when it comes to this year's garlic. If you get yours from the supermarket, you usually just find one type on offer - the white variety.

Grow your own and there are literally dozens more, including hard-necks, soft-necks, mild, smoky, strong - you name it.

Allotment garlic aficionados can bore for Britain when it comes to whether a purple-tinged hard-necked Moldovan vampire deterrent which would have Dracula winging it for his cave is better than a milder Mediterranean variety goes better with your fish.

But this year, the bulbs have mostly been conker-sized. So no prizes there then.

It was a different story prizes-wise at the AGM, when we finally got to dust off the trophies which should have been dished out in 2020 after the 2019 season.



Allotment of the Year went to Eugene and Shayla Green for the second year running.

The aptly-named Greens know their onions, to say the least. They tend a plot which always seems to be bulging with produce.

Will they make it a third year running..? They're going to take some catching if anyone fancies going toe to toe with them and getting their

name added to the shield.

Runners-up were Peter and Pam Robinson, tillers of another highly-productive plot. Best newcomer was Fred King, while Jeremy and Teresa Plummer won the coveted Green Welly Award.



The welly is handed out for the best green initiative. The Plummers have a living fence - or fedge, apparently - which they have planted with willow which has been carefully trained, as opposed to the usual old pallets or wire mesh.

The AGM also heard how many of our usual activities have had to be curtailed - for obvious reasons - over the last 18 months or so.

We may have lost working parties, our annual open day, the Christmas meal and various other opportunities to eat, drink and be merry along the way.

But Northfields has given members the chance to enjoy some fresh air and socially-distanced company during lockdown - even if this year's garlic was pants.

Credit: Pictures: Chris Bishop

Dersingham Open Gardens 2021

From exotic to natural, perfectly manicured to wild, large to small, Dersingham Open Gardens has it all this year. After the success of opening in September last year we have decided to repeat the timing this year. Our gardens will be open on Saturday 4th and Sunday 5th September from 11am to 5pm.

We have approximately a dozen gardens opening their gates and their owners will be on hand, not only to welcome you but to chat about their garden and exchange knowledge with you. Hopefully, everyone will end the day wiser than they started it. It has been another strange year from all aspects, and it will be interesting to see how our gardeners have coped with the restrictions and the unpredictable weather. The warm wet spell has certainly helped many plants (and weeds!) flourish.

Will projects begun last year have been finished, have new ones been started, or have the gardens just been enjoyed as they are. Gardening, in the widest meaning of the word, has played a major part in the mental and physical welfare of many people during the pandemic and its popularity has grown enormously. Gone are the days of only "retired" people having the time to garden. Now, from very young children upwards, all age groups are discovering how even a few

minutes tending to plants is a very calming activity and takes us away, even for a short time, from the worries of the world! So we are hoping that, after spending time wandering through our gardens, our guests will feel completely relaxed without a care in the world. At least for a while!

St Nicholas church will be hosting a number of floral arrangements entitled "Together Again", showcasing the amazing skills of the flower arranger. The subject is a feeling we can all relate to and it will be fascinating to see how it is interpreted in flowers.

Dersingham has a wonderfully diverse group of artists and some of them will be show-casing their work alongside their open garden.

As if that's not enough, there will be light refreshments served from 10.30 in the Village Centre. We are looking forward to meeting old friends and new visitors for a celebration of all things floral.

Tickets will be on sale in advance from Dersingham Post Office priced £4, and on the day from The Village Centre priced £5. Proceeds from the weekend will be shared between St Nicholas Church and the Village Centre.

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What a success!

Old Hunstanton village celebrated 2021 with Flowers at the Church and Food & Stalls at the refurbished Village Hall. Villagers and businesses embraced the Flowers and Fun theme creating over 35 Scarecrows with more than 700 visitors enjoying the village and the 14 Open Gardens.

The past year has been extremely challenging for so many people, so the committee focused on a fun theme for this year's event, and celebrated its community whilst welcoming visitors.

Villagers who would like to participate or help in the 2022 Open Gardens, please contact Nell Bailey nellbailey4@hotmail.com.

The Village Hall and the Flower Festival are also looking for volunteers to get involved with organising/helping with events – if you have some free time, please contact:

Flower Festival: Chris Guest chris@guestco.net

Village Hall volunteers: Julia West julia55@hotmail.co.uk

Village Hall bookings: David McLeod dmc008@gmail.com



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Snettisham Gardening Club

We are very pleased to advise we will be holding a Social Meeting at the Memorial Hall, Old Church Road on Wednesday September 29th at 7.30pm and look forward to seeing you then. Soft drinks will be available.

In the meantime all those who hold 2020 Membership Cards may use them in 2021 at Wards Nurseries and Moulam & Horn who very kindly agreed to accept them.

Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

Norfolk Coast Dark Skies Festival

The Norfolk Coast Dark Skies Festival is returning for its 3rd year this autumn. With an emphasis on wildlife and the dark, a range of face-to-face and online events will include wildlife walks at night, stargazing, soundwalk, talks, podcasts and activities. The 2-week long festival launches on Saturday 25th September at Thornham Village Hall and will celebrate the stunning dark skies and landscapes of the area as well as raise awareness about issues of increasing light pollution. (See dates in the Diary listing on page 78)

We are really lucky as the Norfolk Coast is one of the darkest areas in the UK. This contributes towards the rural character and feelings of remoteness and tranquillity that we enjoy here. Our wildlife also benefits enormously from the dark night-time – whether they use it to hunt, to hide from predators, reproduce, migrate or simply to sleep like we do.

Unfortunately, light pollution can have a negative effect on our wildlife, our well-being and the rural atmosphere of the coast. Through this festival we can discover the wonders of our environment after dark and learn how we can all do our bit to preserve the night skies. We're very interested in talking to parish councils, businesses and organisations who are keen to become more dark skies friendly.

The theme for this year's festival is WILDLIFE and DARK SKIES - how different species use and need the night for different reasons, be it to migrate, find food, escape predators (or hunt prey!) and more. We also look at the impact that light pollution can have on wildlife but also explore ways in which we can preserve our dark skies and dark landscapes for the benefit of wildlife, but also for our own well-being and to retain the tranquil, rural character of the Norfolk Coast that we all love. So join in with the festival, either online or in person, and find out how you can do your bit to look after our AONB's nightscapes.

More information, event listings and booking details can be found on the Norfolk Coast Partnership website <http://www.norfolkcoastaonb.org.uk/partnership/dark-skies-festival-25-sep-10-oct-2021/1229>

More information about dark skies and what you can do can be found at <http://www.norfolkcoastaonb.org.uk/partnership/dark-skies/1120>

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From The Ground Up: ID Parade...

Hanneke Robson

Where were we? Oh yes, we have a scythe and a patch of previously cultivated ground to ponder over, in view of creating a chalkland meadow.

It is now August. The year is marching on with not much to show for our efforts bar a ragtag jungle of persistent growth. With our 'Harrap's Wild Flowers' book to hand, in the heat of a summer's evening, the Peddars Meadow group set about naming our prolific tenants. We yomped up and down the uneven ground and pounced on anything that wasn't a murderous thistle or an ankle grabbing medick. Our determination was fuelled by the fact that author Simon Harrap from Natural Surroundings, was coming to lead us on a plant ID walk next week and we needed to have an inkling as to what was here.

Two members of our group knew more than I could ever hope to learn and my right hand 'man' neatly logged their finds. Their diligence was reassuring. To our delight we (they) found 41 different species; some clinging to life, others alarmingly robust. How different the land looked from last year's blanket of bugloss and fumitory! That had gone - without our interference - replaced by a thick cover of black medick and a forest of brome, thistles and whatnots. Just as we were finishing our perusals, a beautiful pale-yellow flower was discovered reaching up between the grasses at the far end of our plot. What could this be? Our book supplied no clue.

Retiring to the infinite knowledge of cyberspace, we found the answer; a rare (we thought) sulphur cinquefoil. Our excitement didn't end there. The next day a member of our group found the very same plant growing peaceably in her garden. Odd huh? Makes you wonder what rarities are growing round about us, being pulled out as weeds or just not appreciated. We couldn't wait to show it off to Mr. Harrap.

On the day of his arrival, twelve of us, plus Gemma from the Norfolk Wildlife Trust, gathered at the Garage Studio Art Gallery to await him. I explained our mission of removing an acre of land from cultivation and returning it to its natural state, and off we went - round the corner and up Peddars Way South.

We were soon we engrossed in the



intricacies of ubiquitous plants such as scarlet pimpernel, bristly oxtongue and mugwort, jotting down an ever-growing variety of names and meanings. For example, wort was the worth of the plant, mugwort being used to flavour beer before hops were grown - so very worthy.



A lovely moment of discovery came with wild carrot flowering along the edge of Peddars Meadow. Also known as Queen Anne's lace, no doubt for its delicate construction, each floret subdividing with mathematical precision into pentagonal shapes - tiny flowers white to pale pink with the central floret in each umbel presenting a dark purple to reddish hue. The explanation for this oddity is unclear, but Queen Anne did jab herself with a needle while she was lacemaking - just saying! Late summer, the flower turns inward and to my mind becomes even more attractive, like a delicate green bowl.

The tiniest of plants were examined with Sherlock Holmes precision, thyme leaved sandwort was identified, Jersey cudweed was reduced to common and our list of plants grew

with every step Simon took. Our pride and joy, the sulphur cinquefoil, we left till last as we led Simon to where it grew, alone, in a sea of grass. 'It's not in your book,' I told him with certain smugness. No, and that was because it was a garden escapee. Oops! But then, walking along the edge of the adjacent beet field, we finally found our bugloss and fumitory residing placidly where the crop herbicide had failed to reach. Plants can only flourish when conditions are right for them and where they are allowed to.

The morning had been all about appreciating what the earth provides and how to move forward to make our meadow. As I explained in my last article, once the ground has been disturbed for decades, you have to follow a course of action to get it back, otherwise you would get thistles, scrub and trees - none of which would be appreciated by our landowner.

To find arable plants that once grew abundantly, we must search hedgerows and look in field gateways where they are still clinging on. Just think... if every village in the land could remove an acre from agriculture, or turn waste ground into meadow, then surely this would give these precious plants a boost and at very little cost (£300 per annum, approximately to farmer for loss of crop) and then a tad more for the creation of it - free if you have a band of volunteers.

A massive amount of help is available from Wildlife Trusts throughout the land and the learning curve is a joy. We look forward to hearing from anyone interested in doing something similar.

I once heard a chap on the radio explain that if virgin land was cultivated once and then left, it would take the microbes in the soil 15,000 years to recover. We haven't got that long, but we can each do something. Its healthy, its organic, and it's fun! I can be contacted through our website below.

We are indebted to the Norfolk Wild Life Trust for their brilliant support and to Simon Harrap. Also, to the customers and artists of the Garage Studio Art Gallery which supports Peddars Meadow.

RINGSTEAD VILLAGE HALL

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

The 2nd September meeting will be a talk from Gary Hibbard from Norfolk Wildlife Trust about "A year at Holme Dunes"

The 7th October meeting will be a talk from Andrew England about

"War Memorials in Norfolk"

The 4th November meeting will be a talk from Dr Bill Jacobs about the "Ringstead History project"

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We were back indoors with a speaker for our August meeting and with plenty of prospective new members. Norfolk Milliner, Rebecca Tate, spoke to us, followed by tea and cake and a good old natter. It was a thoroughly enjoyable afternoon.

Our programme for the rest of 2021 is:
2nd September - Big Green Week7th October - Susan Barnett,
Sandringham Secrets4th November - Annual Meeting
(members only)2nd December - Juyna Lewis, Spice
up your ChristmasAll meetings are at 2pm in Stanhoe
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Meet your new lawyer: a robot

By Miranda Marshall, Director, Hayes + Storr

The French existentialist philosopher Jean-Paul Sartre said, 'Hell is other people'. ('L'enfer, c'est les autres'). So, if you don't much like your solicitor, help is on its way. Meet your new lawyer: Robert the Robot!



Clients still want a lawyer they can relate to. The days of clients being amazed that the young woman standing before them was a real solicitor have gone. The old guard are no longer perturbed by their solicitor being from a different culture and religion than them. But are clients yet ready for a robot?

Sure, we will all have an advanced version of Siri who can answer our questions, in much the same way as many of us now turn to google. Doctors are under the same threat, as technology can be better at medical diagnosis than a human.

This Brave New World, dystopian vision of the future was described in the leading article in today's (online!) Law Society Gazette. Just as I was pondering the subject matter of this month's article, this popped into my inbox.

This bleak vision of a legal profession largely replaced by artificial intelligence (A.I.) and self-service legal advice has been published by a Law Society-sponsored initiative. The report, based on projections by a 'Delphi panel' of experts, forecasts a 'savage reduction' in full-time jobs by 2050. That's okay, I'll be 86 by then.

Those human lawyers who remain, will work alongside technology, and be required to take 'performance-enhancing medication in order to optimise their own productivity and effectiveness'. There have already been quips in the online responses about 'litigator-strength coffee'. I hear that in high-octane spheres of the legal profession 'performance-enhancing substances' have long been as prevalent as in show-business.

The report, Images of the Future Worlds Facing the Legal Profession 2020-2030, is the first fruit of the Society's Future Worlds 2050 project. The project aims to enable 'raw, frank and honest discussions around what clients will need in the future and to think about the legal business models our members may adopt', the Law Society said.

This 'Delphi panel' foresees surviving lawyers working alongside robots. Among the forecasts is a prediction that employment in the UK legal sector is already declining, following a peak in 2016. Not with private client work in north Norfolk, it ain't.

The report also cites research suggesting that '85% of job concepts in 2030 do not yet exist, and half of people think that the roles and skills of the next two decades are impossible to predict within their industry'.

Apart from advances in technology, the panel considers predictions about the dominance of China in the world economy, climate change and 'rising social movements and resurgence of the civil rights movement'. Law Society president has said: 'The legal profession is at a pivotal moment, as is the world in which we live. There are a plethora of forces shifting our collective experience and the business environment. If we've learnt anything from 2020, it's that the future can still catch you unawares.' She reckons that there is likely to be a rise of climate litigation against corporations or governments.

There is something to be said for working in the more people-centred section of the legal

world. It is comforting to know that my 6 years of training and thirty years of post-qualification experience in the world of private client work makes me less likely to be replaced by a robot.



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

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Linking up - Live Locally and Prosper

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

As I watched the closing ceremony of the Tokyo Olympics it once again brought home just how much of what we have previously taken for granted has been changed by the pandemic. Seeing the stadium empty of spectators, such a contrast to Rio, and of course to London before that, was a real reminder that across the whole globe the fight against the virus is far from over. But the Games have also shown us that despite these fundamental changes, the determination to compete, to be part of a team, to lean on and be supported by each other and to celebrate success is still well and truly alive. We may not be Olympic athletes but various of your successes in the face of some hefty challenges are worth celebrating too – and it's lovely to be part of such a great team, living and working in Norfolk.

Norfolk is rightly proud of its stunning countryside - big skies and wild coastline are



a huge draw for people – not just for visitors but for people who grew up or relocated here and for businesses who want to be based here. But what makes the county so appealing in one way can have drawbacks in others.

Some parts of Norfolk aren't as digitally

connected as we'd like. We've been determined to change this and to make Norfolk the best-connected rural county in the country and so it's fantastic that we'll be receiving hundreds of millions of pounds of funding as part of the Government's Project Gigabit. This will give around 119,000 additional Norfolk premises super-fast broadband – opening up more opportunities to live and work flexibly. This is a really exciting part of the county's recovery from the pandemic and I hope that some of you will personally feel the benefits too. Hard to reach premises in Norfolk are to receive between £115m and £195m of funding as part of the Government's Project Gigabit to provide 1GB per second broadband to up to 119,000 premises. Contracts will be awarded from February 2022; this is a huge step forward in Norfolk's ability to attract and retain talent in burgeoning local sectors such as film production.

Wild in Westminster & West Norfolk



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How was your summer? Once again, I opted to staycation in Norfolk and booked my campervan from Retro Campers in Old Hunstanton for a few days. Driving along the coast and through the villages is a fun experience with lots of admiring looks (at the van!). And I'm not sure much beats parking up on the

hard, cooking a bacon sandwich, and then enjoying the views across Burnham Overy Staithe.

It's fair to say that the weather was a bit like a washing machine spin cycle with short sharp showers. No matter what the weather it was encouraging to see the attractions, pubs, restaurants, and other venues busy as people stayed local or came to Norfolk for their holiday. And the beauty of a campervan is that it is a warm and dry place to take shelter.

My base at Burnham Deepdale was ideal for a long London Marathon training run along the Norfolk Coast Path with amazing views of our area of outstanding natural beauty. Being a short distance from the Barrow Common Dark Skies Discovery Site meant I could see a brilliant sky and I'm looking forward to the Festival later this month. There are lots of events but booking is required so visit <http://www.norfolkcoastaonb.org.uk> for details.

One of my campaigns is to protect and restore the precious

chalk streams in Norfolk so it is great news that Norfolk Coast AONB Partnership has been awarded £855,400 for its "Norfolk's Two Chalk Rivers—Restored, Revitalised, Resilient". This project will receive the funding as part of the government's Green Recovery Challenge Fund to help restore the River Hun which flows from its source in Hunstanton Park to Holme Dune National Nature Reserve. The River Stiffkey will also benefit from the scheme in partnership with the Norfolk Rivers Trust. As part of the scheme, there will also be as strong community focus with Kickstart opportunities for young people at risk of long-term unemployment as well as volunteering opportunities.

Among the iconic buildings along the coast is the greenhouse by the sea - Smithdon High School. Whether you love or loath the brutalist architecture, it is common ground that the school needs more investment to provide better facilities for pupils in Hunstanton to learn and realise

their potential. During lockdown the school completed £1 million of improvements to art studios, ICT suites, a food technology area, the sports hall and other areas. However, when I visited to see the new facilities, I also saw the remaining issues with the state of the buildings.

Since then, I've worked with the Headteacher and West Norfolk Academies Trust to make the case to ministers for further capital investment. So it is great news that Smithdon High School has been selected as one of 50 schools in the second round of the government's schools rebuilding programme. Funding for Smithdon will be determined when the scope and delivery plans at the school are developed following a site inspection. This will help the school to deliver better facilities for pupils in Hunstanton to learn.

It is another example of West Norfolk benefitting from the government's levelling up agenda to spread opportunity which is as relevant here as other parts of the country.

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Borough Council News Heacham, Sedgeford and Fring

Terry Parish Borough Councillor and Leader of the Group of Independent Councillors (16)

Not a lot has happened since last month, very few meetings and local matters discussed then are still in progress. The time of writing of this article is 11th August.

A number of officers remain heavily involved in the processing of the Towns Fund which is scheduled to be submitted to Government at the end of August so should be on its way when you read this.

A public drop-in session to discuss the Cheney Hill, Heacham, reserved matters applications was organised for the 14th August. Objections to some of the details in this application were made by Heacham Parish Council – style of houses, their closeness to existing properties, maintenance of brick weave access roads with no footpaths, drainage, etc. These applications will come before planning committee in the near future.

On the 13th August there was a special planning committee to discuss the preliminary environmental report on the proposed Energy from Waste and Combined Heat and Power facility proposed at Wisbech - an advanced incinerator. The Borough Council opposed this planning application almost unanimously at a council meeting several months ago. There was only one dissenter who abstained from the vote – it was me.

An awful amount of non-recyclable

(residual) rubbish is produced in the UK every year. Much of it used to be buried and a lot still is. A great deal was sent overseas but images of British rubbish piled high in Africa, Turkey etc has, hopefully, stopped that. Still more is burnt to reduce its volume and recover energy. Communities often fight against this including West Norfolk in the past and, now, in sympathy with Wisbech. However, West Norfolk has no qualms about others burning their rubbish. Much has been sent to incinerators in Holland. Contracts just signed will see residual waste being burnt in Suffolk.

The partial solution is to produce less waste and recycle more. However, there will always be residual waste to dispose of and there is a huge backlog waiting in the wings. Burning it and recovering energy whilst minimising pollution (Not CO2 though) seems a viable medium-term solution. 'Burning it where?', will remain controversial.

A similar scheme with the same operators functions in Plymouth. This was opposed by the local council and public but councillors now say that the scheme is well managed, provides energy for local businesses and the grid, and employs local people. The Wisbech application will be decided by the Secretary of State.

Just in, flooding at Station Road Heacham. NCC Highways have realised that their



attempt to alleviate flooding at times of heavy rainfall have failed. Investigatory work indicates a large scheme is needed with an estimated cost of around £1million. Budget restraints make this unlikely and/or maintenance spread over a 10-year period.

I have been asked by a London based reporter for comments about why Heacham is attracting so many Londoners to buy houses here (national news item that Heacham is one of the most popular destinations in the post Covid exodus). Perhaps I should add Station Road sludge to the list of attractions. Seriously, house prices are high enough without this sudden surge of popularity brought on by an excess of Zoom and self-isolation.



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Town and Around Team of the M

By Tim Keogh

Heacham Football Club are about to embark on the most important and exciting era in their history, debuting in the Anglia Combination Premier League.

Expectation is high and there is genuine belief that a promotion push is well within their capabilities. However, strong pre-season performances aside, there are no illusions that the visit of steadfast and experienced premier division opposition, Dussindale and Hellesdon Rovers, will provide a good initial indicator of Heacham's credentials this season.

The tie up with recently turned professional Kings Lynn FC has benefitted both clubs, offering junior Linnetts players a platform to experience senior football at Heacham. Indeed, it is testament to the excellent sports facilities that Kings Lynn selected Heacham FC as a pre-season training base. Rob Back, Director of Football at Kings Lynn, said "We are very lucky that Heacham are allowing us to use their fantastic facilities which has to be one of the best in the County".



Formed in 1907, Heacham Football Club - "The Magpies" - have experienced success throughout their 114 year history. Their first trophy was believed to be the Beloe Cup in 1920 (pictured above) with, arguably, their most successful era coming in the 1960s including one season where they won four trophies (pictured below).



Out of this era came Heacham's most famous prodigy, Colin Garwood. Born in Heacham, Colin went on to play for a host of professional clubs including Peterborough, Huddersfield and Portsmouth, scoring over 150 league goals as well as winning the Division 4 golden boot in 1980.

More recently, a wise move to join the Anglian Combination league in 2015 has reaped dividends. Successive promotions have brought the club to a level that suddenly gives serious representation of North West

Norfolk at this level of football. The newly formed Supporters club has also aided the transition with Denis Cooper and his team making stern efforts to raise funds to back the clubs rise. Denis explained, "For £5 a season membership, you get a limited edition pin bag, entered into prize draws throughout the season with added incentives and discounts, such as 10% off at North Beach Fish Bar. We have over 100 members this season which is invaluable for the club".

Indeed, the success of the senior club has proved infectious as the junior section has gone from strength to strength, now hosting teams across all age groups ranging from u9s all the way through to u16s. There is also a disability group and a popular walking football set up. Ultimately, it has been the floodlit 3G pitch that has enabled each of these groups to develop and prosper (more will follow on each of these teams in future editions of T&A).

The ultimate aim for the club is to move up the FA ladder system even further. Speaking with Chairman, Dave Page, who has been involved with the club for over 50 years and was part of, arguably, the most successful ever Heacham team, "There is a lot of excitement around the club at the moment as the junior teams set up is growing and growing, whilst there is a real buzz about the senior team. Manager Dave Griggs and his assistant Ross McNeil have created a well-balanced yet talented group that all those involved with the club believe can compete at this level, if not higher". Asked about his memories playing for club, one story came to light. "We had a tie up with a German football club called Stadt Bocholt, whom we travelled over to in Germany to play in the '70s. It turned out they were actually a professional outfit and we were comprehensively beaten". All attempts to fathom out the exact score from Dave were met with short thrift and convenient memory relapse as he quickly digressed, "we ended up going across several times playing a team called Havizbeck in the end who were much more to our standard! They came across to Heacham too, which were enjoyable occasions".

A club, with a history dating back over a 100 years, now have a group empowered with the opportunity to enrich the village sporting heritage further. Exciting days indeed for this small coastal football club.

To sum up Dave's wise and positive insight "Since the introduction of the floodlit 3G pitch, the growth of the junior and senior sides has been amazing. If we can take the club to the next level it opens up so many opportunities, not only as exposure for the local area but, more importantly, for existing and future generations. I just hope everyone locally embraces the opportunity".

For more information about the Supporter's Club, please contact Denis Cooper on 01485 570 216.

The senior teams train on Thursday evenings from 6.30pm, the junior teams train throughout the week, whilst the Disability Football play on Friday evenings. For more information on any of these clubs please contact club secretary Darren Bailey on 07775 647 323.

Heacham FC kickstart season with valuable win

There was an air of tension as Heacham FC took to the field making their debut in the Anglian Combination Premier Division, the highest level the club have ever participated at, on Saturday, 14th August.

They were under no illusions that opponents Dussindale and Hellesdon Rovers had made the trek across Norfolk just to make up the numbers. The seasoned Premier League stalwarts, with a midweek win against fancied Acle United already under their belt, were certainly not here for a jolly boys outing.

From the outset it was plain Heacham's strategy was to take the game to the opposition, impressing their intentions straight from the kick off. Indeed, Ben Coe was immediately out of the blocks clipping the ankles of an opposite forward - for readers of a certain vintage, in

Month - Heacham Football Club

a sly Vinnie Jones-esque challenge within the first five seconds - which, rather fortuitously, went unseen by the referee. Indeed, Dussindale were struggling to contain Heacham's front foot approach, quickly resorting to spoil tactics. It was no surprise that the Thetford based referee was forced into flashing an early yellow card to the visitors, trying to keep a reign on what was turning into a feisty affair.



Heacham's Ben Coe in action



Nathan Davies

Heacham, however, managed to rise above the aggressive tactics with the front three of Nathan Davies, Jack Defty and John Flanagan causing all sorts of problems for the opposing defence. The individual skills they clearly possess, is enhanced further by their understanding and link up play with one another, creating a three pronged attack that



John Flanagan scored Heacham's second goal

will clearly be a force to be reckoned with at this level.

In the end, it was midfield live wire, Ben Coe, who broke the deadlock, pouncing on a loose ball in the box and volleying the home side ahead. A deserved lead was quickly doubled just before half time, as Flanagan rewarded a superb lay off from Defty with a sublime bottom corner finish.



Heacham's coach (L) Sean McQuaid and managers, Ross McNeil & (R) David Griggs

Whilst Dussindale did raise their game in the second half, excellent game management and some tactically astute substitutions by management duo Dave Griggs and Ross McNeil, including the introduction of a very busy Sam Lammiman in midfield, allowed Heacham to see this match out and earn their first three points. Defensively, the back four coped well with anything that Dussindale threw at them. The rare threat that did pierce the defence was quickly dispelled by the more than competent hands of Sam Pishorn in goal. The excellent attacking full back, Liam Mitchell was voted man of the match but, on this occasion, every Heacham player gave faultless man of the match displays.

Whilst it is far too early to gauge how Heacham will fair this season, it is likely Fortress Heacham could well prove key. Notwithstanding, the counter attacking style often required of away games may indeed suit this Heacham unit.

Ultimately, there was no doubt this match was a great advert for the Anglian Combination League. Tougher games plainly lie in wait for Heacham, but, credit where credit is due, a maximum point start cannot be faulted and, if this performance is anything to go by, the Magpies and their supporters are in for a good season indeed.

Final Result: Heacham FC 2 Dussindale and Hellesdon Rovers 0



Back row (from left) Ben Dear, Matt Goss, Ed Tann, Jack Defty, Royce Rawlings and John Flanagan. Front row (from left) Ben Coe, Freddie Collison, Sam Pishorn, Liam Mitchell and Nathan Davies.

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Community Day & Official Re-opening of Refurbished Town Hall

Hunstanton Town Council will be holding a Community Day on the 1st September 2021 between 2pm – 7pm in the Town Hall on the Green.

The venue has been closed since the beginning of the Covid pandemic and this time has been used to undertake major repairs and refurbishment. These works are now nearing completion and The Mayor of Hunstanton Cllr Adrian Winnington will be officially re-opening the Town Hall at 4 pm.

Cllr Winnington stated: "The idea of holding a Community Day is to provide an opportunity for key organisations, groups, individuals & charities in Hunstanton and surrounding areas to offer their assistance, advice and support to our residents, and to showcase what is available in our community."

Over 35 representatives will be in attendance during the afternoon including members from 'Lily', Community Action Norfolk, SJP Solicitors, U3A, Emergency Services, The Chances Project (NCC), HTC Community Fridge, HTC Friendship Group, Community Choir, Benjamin Foundation to name just a few.

Refreshments will be available, proceeds to the Mayor's Charity (Local Youth Groups).

Queens Platinum Jubilee

Hunstanton Town Council will be holding a meeting in the Town Hall at 6pm on 4th October 2021 to discuss any plans or ideas to celebrate the Queen's 70 years of service in 2022.

The Mayor of Hunstanton Cllr Adrian Winnington announced "we are asking all community group organisers, business owners and residents to come along to the meeting or to get in touch and register their events, even if they are just general intentions at the moment. The information gathered will be used to map venues, share resources and ultimately put forward a coordinated programme of events covering each of the four days of the Jubilee celebrations."

Officers from BCKLWN will be present to discuss the original Borough plans and offer help, advice and support where they can. Hunstanton Town Council looks forward to working with the Borough to make the Jubilee weekend a spectacular time in Hunstanton.

Hunstanton Town Council will be setting up a website page with an online registration form to help publicise community events for marking the Queen's 70 years Platinum Jubilee from Thursday 2nd to Sunday 5th June 2022.

Hunstanton & District Civic Society

HERITAGE CENTRE

We have managed to continue keeping the Heritage Centre open over the summer and now that the Lockdown is as good as ended, we are able to ease off slightly on the rules and regulations. However, we are encouraging our visitors to continue wearing Facemasks, sanitise their hands and voluntarily continue utilising the NHS Track and Trace process or provide the personal details of name and contact number. We continue to sell a range of cards, leaflets and books, including the popular Hunstanton Guide Book that contains a number of heritage walking trails. Recently, we have also received a number of interesting new and pre-loved books that are available to purchase for a modest sum.

Andrew Murray is about to set up displays in the Heritage Centre to provide background to the Local Plan Review Pre-Submission Consultation Stage which runs from 2nd August through to 27th September. You can read the whole Review document by clicking here <https://west-norfolk-consult.objective.co.uk/kse/event/36371>.

HERITAGE OPEN DAYS 10-19 September 2021

These days organised on a National Scale have returned this year after missing out last year due to the Pandemic. We have managed to arrange the following very popular tours some of which you are unlikely ever to be able to experience again!

Friday 10th September. HUNSTANTON LIGHTHOUSE - Tours of Hunstanton lighthouse dungeon and tower from 11.00 at 30 minute intervals until 14.00 by kind permission of Derrick Lloyd.

Monday 13th September. HEACHAM HISTORY - History tour of Heacham led by Mavis Windibank starting at St Mary's Church, Heacham at 11.00 and 14.00

Wednesday 15th September. HUNSTANTON INFANT SCHOOL, JAMES STREET - Tours of former infant school, James Street led by John Maiden at 11.00 then at 45 minute intervals until 13.15

Thursday 16th September. HUNSTANTON HALL - Tour of grounds of Hunstanton Hall grounds and courtyard starting at St Mary's Church, Old Hunstanton led by Nick Torry at 10.00, 11.00 and 12 noon.

All tours must be pre-booked by phoning Andrew Murray 01485 532376 or by e-mail andrew.murray1942@gmail.com. Further details concerning accessibility and facilities can be found on Civic Society and Heritage open Days web-sites including:

Sunday 12th September. MULTIPLE EVENTS - organised by King's Lynn Civic Society

Visit <https://www.kingslynncivicsociety.co.uk/heritage-open-day/>

PHOTOGRAPHS WELCOME

We are within a couple of months of our deadline for submission of images from budding photographers, which should give us a stock that we can use for the calendar that we hope to publish at the end of this year. We would also like to build a stock of photographs for use in presentations, press releases, etc. Credit would of course be given to the photographer.

Photographs (ideally in excess of 1MB in size) should be submitted to the Secretary, Sheila Kent, either by email (secretary@hunstantoncivicsociety.org.uk) or by mail (2 Clarence Road, Hunstanton PE36 6EG). Thank you!

AN OBJECT OF INTEREST FROM HUNSTANTON HERITAGE CENTRE

A STANHOPE containing a photo of the original Hunstanton Pier

A couple of months ago, John Maiden presented us with a number of items following his move from Heacham to Hunstanton and his inevitable sort-out of many personal possessions. One was a lovely painting of Hunstanton Cliffs and Pier. Another was an animal bone and finally a "Gift from Hunstanton" in the form of a Stanhope. These we shall be displaying in the Heritage Centre.

This is the Stanhope we have been given. In the form of a model fish – As you can see it is really small when held in one's fingers. When

you look through the glass aperture really close to your eye you see a picture of the original Hunstanton Pier.



Not many people will know what a STANHOPE is! The following we hope will explain with thanks to Wikipedia for much of the information:

Stanhopes or Stanho-scopes are optical devices that enable the viewing of microphotographs without using a microscope. They were invented by René Dagron in 1857. Dagron bypassed the need for an expensive microscope to view the microscopic photographs by attaching the microphotograph at the end of a modified Stanhope lens. He called the devices bijoux photo-microscopiques or microscopic photo-jewelry. In 1862, Dagron displayed the devices at the Exhibition in London, where he got an "Honourable Mention" and presented them to Queen Victoria. In 1864 Dagron became famous when he produced a stanhope optical viewer which enabled the viewing of a microphotograph 1 square millimetre (0.0016 sq in), (equivalent in size to the head of a pin), that included the portraits of 450 people.

A story to tell?

Perhaps you have a subject of interest that you would like to write about – or an interesting story to tell? One of our committee members would be happy to work with you to produce an article for an upcoming Newsletter. Please contact our Secretary, Sheila Kent, on 01485 534200 or email secretary@hunstantoncivicsociety.org.uk.



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NORFOLK HOLIDAY HOMES

Reminders, welcome and goodbye!

My goodness, three quarters of the year gone already and the nights and mornings are getting darker earlier. It will soon be Christmas.....

Which brings me to an annual reminder for holiday bookings for family gatherings at this time. Many families have not seen each other due to lockdown, isolation, work schedules or maybe lack of funds. Christmas and New Year is special and is an excellent excuse for a get together and catch up. For local people in the community, if you have relatives/friends wishing to visit for that long-awaited hug, gossip and inspection of the new baby, etc. they can stay in one of our holiday homes. We know that everyone loves each other dearly, but maybe being a bit too close will be overcrowded and both parties will want their private space at the end of the day. So, if you have no room for overflow give us a call and we will gladly oblige in endeavouring to find suitable accommodation for that special week.

I just wanted to say a HUGE thank you for the heavenly biscuits from the Mobility shop in Hunstanton as their thanks to us. Much appreciated - coffee breaks are always better with biscuits! More importantly, each year, we have many less able guests who visit and because of all the small hills, places to visit and unfamiliar area they may need the assistance of a mobility scooter, frames or wheelchairs. What better direction to point them in but just down the road from our office! We were disappointed and shocked to learn that Hunstanton was to lose Mobility 2000 after lockdown and went into panic as we knew our regular guests who used them would panic also and were starting to ask what they could do. Thank heavens for East Anglian Mobility solutions who have saved the day, or season as it may be. They have made so many of our guests' holidays much easier. Long may they continue!

I have had the pleasure and



privilege of working with my colleague Julie Rushmer for the last 17 years. Since 2015 we have been business partners. Working together for such a long time we feel that we know our business very well as well as each other. Besides our own lives changing with it's many ups and downs - having to battle with many issues sent to try us both - we also know how each other works and can read each other's 'work' minds which has been quite scary on many occasions. We are also as different as chalk and cheese but have always worked well together. We must have made all the right decisions because Norfolk Holiday Homes is still going strong! So, we now welcome a new team member as Julie left the business at the end of August to drift off into the sunset to enjoy her freedom and future with her husband, family and new puppy. She will be greatly missed and could never be replaced but we are training Karina Collins who has unfortunately been thrown right into the deep end and is rapidly trying to learn our systems, reasons, office procedures and the myriad of processes which we operate every day. She has also got to get familiarize herself with Carol's and my own little idiosyncrasies!

Over the years we have processed holidays for thousands of people, so now it's time for me to thank Julie for all her hard work on behalf of all our clients, housekeepers and everyone involved with Norfolk Holiday Homes and to wish her good luck in her very own future permanent holiday!

Sandra Hohol – Norfolk Holiday Homes
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Annie is running the London Marathon for Child Bereavement UK

I am running the London Marathon on October 3rd and I am proudly representing and supporting Child Bereavement UK. This amazing charity supports families to rebuild their lives when faced with a difficult time such as bereavement. Child Bereavement UK helps families and educates professionals by providing them with the training they need both when a baby or child of any age dies and when a child is facing bereavement.

I am currently on week 8 of training and I feel confident, the training plan helps me to keep motivated and I can see improvement each week. As well as training regularly I am working hard to raise as much sponsorship for this cause as well as awareness, so as many people as possible can see what incredible work the charity put in.

On Sunday 29th August there will be a Charity Funday at Ingoldisthorpe Sports & Social club starting from 1pm, there will be football, zumba, a BBQ, music and much more!

For more information on our Charity Funday and how to sponsor me for this year's London Marathon, please contact by Mobile - 07917170499, my facebook - Annie Kelly & Just Giving - <https://www.justgiving.com/fundraising/activewithannie>

Active with Annie

As well as my love for running, I also love fitness and I am a qualified fitness instructor. I teach classes each week at Old Hunstanton & Ingoldisthorpe village halls, including Zumba fitness, Cardio HIITs & Aerobics. My current timetable is as follows - Mondays at Old Hunstanton, Zumba Fitness 6pm and Tuesdays at Ingoldisthorpe, Zumba Fitness 6pm & Cardio HIITs 7pm. Contact me - Facebook 'Active With Annie', Instagram @activewithannie or contact my mobile number.



Active with Annie

Classes each week at Old Hunstanton and Ingoldisthorpe village halls, including:

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My start wasn't great, but now I can help others - Bob's story

Born in 1939, Robert (Bob) Jolly lives in Holme-next-the-Sea and here he writes about gaining his Bachelor of Laws (Honours) degree over six years from the Open University and what he wants to do next.

I chose to study law because, for many years, I worked on my own at home as an accountant. I 'used' laws daily, but was always curious about how they actually came to be. I also watched the film Educating Rita too many times.

I studied part-time with The Open University because I have a lifelong visual impairment which means I was unable to commit to working early mornings or late nights.

I had some personal obstacles to overcome. I had great difficulty in dealing with the first two modules. Firstly, I had no idea how to academically set out my replies with appropriate legal referencing, or how to distinguish between essay writing and descriptive responses – it was a long time since I did my GCE exams.

I also struggled with reading and utilising the provided printed text books, due to the very small font used. Eventually, I decided to ring the OU and tell them that I was simply not coping. At once, they came to my rescue. They provided me with an amazing



magnifying reader, with a large TV screen and a special hand-held device. This changed everything.

Things got even better by the third module, when there was some improvement to online text book access. I also began to find my way around The Open University's alternative Word modules. I then had a variety of resources that were putting me on an equal playing field with others. From about that time, my results became far better.

I cannot even begin to describe the benefit of having my qualification. The mere

academic achievement was far beyond what I imagined it would be. It has left me feeling confident in myself and in my professional skills.

I started life with a disadvantage. At birth, I started a long trail of hospital visits. I missed schooling. At 11 years old, I was sent to a secondary school where I was treated cruelly by my fellow students. I have had good times – at a children's hospital where I received an education, and at a wonderful administrative accounting job in the multi-cultural surrounds of Finsbury Park in north London. But the real world has been tough. People in offices and work places are pretty unforgiving, and at times my confidence, health and relationships have been affected.

Now, armed with my Open University degree, I have a desire to help others – to help the disadvantaged and the disenfranchised in life, as I once was.

I want to use my knowledge and skills to steer a poor soul who has been disenfranchised from society and simply never able to get on this mad merry-go-round of greed and grasp. I am not talking about someone who by their own mistakes have fallen off the merry-go-round... but those handicapped and incapable of knowing their fundamental rights in society. In particular with State institutions.



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Rare Gold Medieval Matrix Seal Found in West Norfolk

Kevin Elfleet

The discovery of this beautiful artefact was made by a metal detectorist in West Norfolk in June of 2020. The rare seal is only the 3rd gold medieval seal ever to be recorded by the British Museum.

This particular gold seal is unusual by the fact it has an elephant engraved on a gemstone called carnelian and set in a gold mount with engraving in Latin surrounding the stone and is believed to date to the 13th century. The elephant engraving with its war tower is interesting because possibly no one in Britain at that time would have heard of an elephant let alone seen one, later the war tower became known as a castle (elephant & castle).

However it may be coincidental but there may be a possible royal link as records shows that in 1255 Henry III received a gift of an elephant from Louis IX King of France. Once the elephant had landed on our shores it was taken to the menagerie at the tower of London where it survived until 1257, therefore there is a possibility Henry III may have received the seal as a gift or had it commissioned. Scholars have made suggestions whilst attempting work out the interpretation the 13th century Latin inscription, so far the words "by my head" "upon my soul" "dragon or beast" maybe the best guess so far.



The seal has recently been declared treasure by the Coroner's Court held in Norwich and is waiting valuation. Dr. Tim Pestell of Norwich Castle Museum is hoping to acquire the artefact so it will remain in Norfolk.

Mayor's visit to Sedgeford archaeological dig

Kevin Elfleet

The Mayor of King's Lynn and West Norfolk Cllr Harry Humphrey was welcomed to the Sedgeford Historical Archaeological Research Project (Sharp) by site director Dr. Ellie Blakelock. During his visit the mayor was given a guided tour around the site which included their latest discoveries. Two new features to add to their already impressive Saxon site, which is now recognised as not just of international importance but of world importance, even the Scandinavian homelands of some of our ancestral Saxon residents has no archaeological remains to match those discovered at Sedgeford. The discovery of two new features a kiln in a good state of preservation and the remains of a malthouse floor with a collapsed wall constructed of wattle and daub (mud and tree branches). These features indicate beer making had taken place on the site at some stage within the middle to late Saxon period.

After missing last year's season due to covid restrictions a decision was made earlier in the season by directors following a meeting to go ahead with this year's dig but limiting the season to four weeks instead of the normal six weeks. It was also decided with regret for safety reasons to cancel the very popular public open day which sees up to a thousand visitors to the site and would normally generate much needed funds for the project. This year there have been two school visits plus twenty-eight students on site from all over the UK as well as university academics keen to see the new features. Next year SHARP hopes things may return to some sort of normality whereby they can invite the public to their site.





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Joe Hipkin (13) and Borough Deputy Mayor Lesley Bambridge cut the ribbon at Dersingham's new skate park

In the same week that Team GB won medals for skateboarding in Tokyo, Dersingham's long-awaited skatepark was officially opened by former resident of the village Deputy Mayor Cllr Lesley Bambridge.

Financed by grants and local fundraising the skatepark has been in continuous use by skateboarders and scooter riders since it's completion.

Dersingham Parish Council Chair, Cllr Coral Shepherd recollected the meeting several years previously when Joe Hipkin asked for a skatepark and said she was so pleased that the dream had become a reality.



T&A's cover this month features 13-year-old Charlie Frammingham flying through the air on his scooter. Charlie's Dad, Digby Frammingham, said: "Before this was completed we had to drive Charlie and his friends into Lynn and beyond so it's great to have this right on our doorstep; Charlie's been here every day!"

Clearly a young man who is enjoying the school holidays at the park Charlie said: "I'm loving the memories that have already been made here with all of my mates, great fun and so happy to finally have a local skate park."

"People can follow my Instagram if they would like to see edits of me using the skatepark. @charliedoesnotscoot"

Cllr Bambridge said she was delighted to open the new facility and she might be tempted to have a go on it.



Round the bend with Dean Baker

It's Gas Safety Week, no more no less, or Bob's Back

The 13th-19 September 2021 is Gas Safety Week. If you're a regular reader of this article you'll realise that Gas Safety is a much discussed topic! It's hard to find a happy medium. I could discuss how serious Carbon Monoxide poisoning is every single month, but that would be very boring. I could ignore it, and tell you humorous stories of the Bakers, but it's important and you deserve the correct information.

Gas Safety Week is a national safety campaign to raise awareness of gas safety in the UK. Since 2014 the campaign has been fronted by Bob, he's a chirpy looking chap with a cape and a good head of hair. He's also a gas safe registered plumber. You can check if you're plumber is registered on the website. He or she must be able to provide id at the start of the visit. If a tradesman can't provide identification on the door step -don't let them into your house.

The top and bottom of this week is that faulty unsafe appliances in your home can leak lethal Carbon Monoxide. I mainly discuss boilers, however it's important to note that gas fires are equally dangerous, as are water heaters and cookers.

Carbon Monoxide is a poisonous gas that has no smell or taste. Breathing it in can make you unwell and it can kill if exposed to high levels. Carbon monoxide poisoning has similar symptoms to flu but there isn't a temperature and you will feel better as soon as you leave



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Hunstanton and District Round Table 615

Mark Williamson, Vice Chairman Hunstanton Round Table



Tuesday 27th July saw our AGM in which the jewels were handed over to our new Chairman Wes Attwell. The photo below shows outgoing Chairman Matt Hallard congratulating Wes as he takes the Chairmanship.

Matt Hallard had an outstanding two years in office doing a great job in extremely difficult circumstances and we applaud him.

In his first Chairmanship statement Wes Attwell said:



"I am very much looking forward to my term as Chairman of Hunstanton Round Table. I have a very large pair of shoes to step in to following in the footsteps of my predecessor Matt Hallard. Matt proved to be a vital key in coordinating the efforts given by my fellow Tablers during the pandemic last year. The guys gave a lot back, as a way of thanks to the local community for all their support shown to us over the last 50 years at our events.

"With the full support of the tireless guys in my table, the first charity event that I will be getting my teeth into is the Hunstanton Fireworks display. This will be going ahead on Saturday 6th November. Our plan is to deliver an even bigger and better experience than we delivered for the 2019 display.

"After that event so many people commented on social media that it was the best display they had ever seen. I think this was because the lasers and fireworks were choreographed to a musical soundtrack. With the food and funfair and live music from Rock Choir and DJ Mark Purdy it was such a great success.

"Given the excellent responses we had we are going to do it again except this time bigger and better than ever before. The trick now will be to keep the soundtrack secret until the night!"

Wise Owl and Barn Owl

Angela Canning who lives in Heacham asks, does anyone know of a privately-run wildlife hospital to which she will donate the royalties of her new book, "Wise Owl and Barn Owl"?

It is the story of two incredible women, Louise and Yvonne, who started up their own Newbury Wildlife Hospital when they knew of no other in the country, and were on call day and night for thirty-three years.

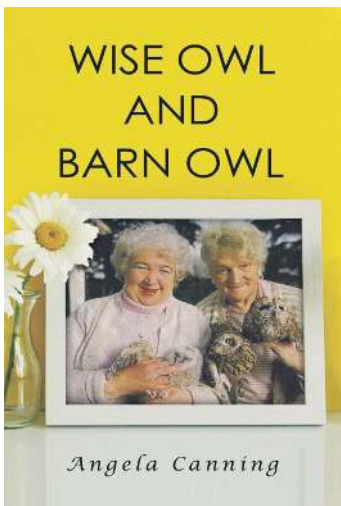
Deer, badgers, stoats, a polecat, bats and every variety of bird were brought to them from as far away as the Clyde, and their experiences were many – from rescuing fox-cubs born in a tombstone to separating two male swans involved in combat.

Louise and Yvonne won a Radio 2 award and appeared in programmes such as BBC's "Country Ways" and ITV's "Magpie", as well as in illustrated articles for the national press.

"Wise Owl and Barn Owl", their code names for CB Radio, can be seen on-line.

<https://olympiapublishers.com/books/wise-owl-and-barn-owl>

https://www.amazon.co.uk/Wise-Owl-Barn-Angela-Canning/dp/1788309669/ref=sr_1_1?dchild=1&qid=1627980222&refinements=p_27%3AAngela+Cannings&s=books&sr=1-1



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Hunstanton and District Rotary Club

Rotary working within the Community

Andy Sexton

With Covid rules easing, Rotary have been able to get out and work within the community. Hunstanton and District Rotary worked with the charity Riding for the Disabled to assist in the private visit of Princess Anne, the Princess Royal to the Magpie Centre to open their new Sensory garden. Rotarians dealt with security and car parking arrangements and also served refreshments for over 100 guests after the Royal visit. Princess Anne was able to view a riding lesson and an exhibition of carriage driving.

The Magpie Centre provide both activities for people with disabilities. The new Sensory Garden will provide a calm area for users to relax in and enable a new venture of "Tea with a Pony" for people with Dementia.



Photo courtesy of Rachel Hurcomb Photography.



The three day event of "Flowers and Fun" in Old Hunstanton at the end of July was a wonderful occasion to view 14 gardens and over 30 scarecrows as well as enjoy the various stalls and the Flower arrangements in St Mary's Church. Hunstanton and District Rotary joined in the fun by providing a pair of scarecrows. President Mick Harpley and his wife and fellow Rotarian Mary produced a wonderful pair of Pirates complete with treasure chest and parrot! It certainly was a Flowers and Fun time!

Hunstanton and District Inner Wheel

Flowers and Fun at Old Hunstanton Church

June Sexton Club Correspondent (temp)

After a few sleepless nights and many get togethers Hazel and I came up with the idea of doing a beach scene for our corner in the church. Having begged, borrowed and stolen (NOT REALLY) seaside items and a visit to the shops at Hardwick Kings Lynn we found we had a good collection of things that would be ideal.



Hazel kindly donated the dingy and play sand and Inner Wheel members and friends gave us shells, stones and seaweed they collected

from the beach and flowers from their gardens and a few from the shops. The shells, stones and seaweed will be returned to the beach once we have finished with them.



Hazel and I had a fun time putting it all together and felt it was worth all our efforts and lost sleep. Thanks, Gill, for being our gofer and to President Rosemary and Michael for bringing oasis, flowers and a crab pot to the church for us.

Goodness knows what Inner Wheel will be having us do next..... Why not join us and find out!!!!

Hunstanton Ski Cafe & Bar - with music!

Adjacent to the sea front where the Power Boat Club operates the Ski Cafe and Bar is developing a reputation for great music with David Young playing on Wednesdays and Fridays and some evenings when there's a clear sunset. Jef Manhattan on trumpet, trombone and vocals plays on Tuesdays and Thursdays.

Next month we hope to tell you more about Jef Manhattan's career, but this month we focus on David.

When thirteen year old David Young received a clarinet as a bar mitzvah gift from his father, little did he know that music would eventually take him around the world.

Never expecting to have a career in music, David played the clarinet and then the saxophone for fun. He started an apprenticeship aged just sixteen as a civilian with the Royal Electrical and Mechanical Engineers (REME).

In 1965 he completed the apprenticeship and went to work for the British Forces Broadcasting Service for the next thirty two years working in radio telecommunications with a first posting to Cyprus. You'll probably recall the BFBS 'Two-way Family Favourites' programme broadcast on Sundays until 1980.

During his second posting to Cyprus in 1974 there was a military coup; David was living off-base in the east coast resort of Famagusta, the city that eventually became the symbol for the island's division. A speedy evacuation at the time of the invasion saw David and his young family moved to a secure British military base. Other postings to Malta and Hong Kong followed and then in 1982 he was sent to the Falklands to set up the radio station - but this time the posting was unaccompanied.

Later, based in the UK, David saw an advert in a local newspaper that led to him playing in a dance band called Take 5 for nine years.

Upon retirement from REME, David turned to his wife and said: "Before I get too old I wonder if I could get a paid music job?" He saw an advert for Carnival Cruises, an American company that led to the most bizarre interview/audition he'd ever experienced.

Having received David's resume, the audition took place over the telephone. Music was downloaded from an internet link then David had 30 minutes to learn the pieces before playing the saxophone part over the phone. The rest, as they say, is history; David spent six years on the cruise ships working in the show band on four month contracts gaining experience, increasing his musical confidence and having a great time.

Describing his style now as 'easy listening' David plays 60's rock to ballads, Latin, show music and pop through several eras and he divides his time between performing and teaching students of all ages.

"If you want to learn to play reed instruments the best one to start with is the clarinet," says David, "it's actually a much harder instrument to play, so when you start the saxophone it's much easier!"

David's website www.solosaxclarinet.com has a full playlist plus over twenty audio samples.

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The Mayor of Hunstanton writes...

On Sunday 8th August I was pleased to open the Hunstanton & District Festival of Arts Music Festival. This free festival of live music has a long history and the HDFA committee and Ian Wells have worked hard to bring it back to the fore. Unfortunately a few heavy showers during the day dispersed the crowds temporarily but didn't stop the performance and enjoyment of the live music. Hunstanton Town Council was pleased to support the event by partly sponsoring the cost of the stage.



A few days earlier the weather was warm and sunny when I was able to welcome ten refugee families from Syria who are now living in Norwich. Since arriving in Norwich the families had been very limited by the Covid restrictions and so a day at Sunny Hunny was very special for them all. Some of the younger family members had begun to get quite a good grasp of English but everyone knew how to say thank you, many times, and to smile. I want to thank especially Yvonne Bridger for organising the day once again and also all the individual residents and businesses who looked after the visitors during the day.

I have been pleased to see so many people enjoying their visits to Hunstanton; seeing families with their youngsters brings back memories of when we used to have holidays here with our own children. The visitors support many of our businesses in town and make it a vibrant place to be in the summer. It is hoped that by working with the Borough Council and local businesses we will be able to make Hunstanton more of an all-year-round destination.

We have been welcoming groups back to the Community Centre and they have all been pleased with the work which has gone on there during the periods of lockdown. Repair and refurbishment work at the Town Hall has been taking place and any group or individual wishing to enquire about booking it for an event should contact the Town Clerk. On Wednesday 1st September we are holding a Community Event in the Town Hall. It will be open from 2.00pm till 7.00pm for anyone to call in, have a tea or coffee and cake, and look at the new facilities. A number of local community and volunteer groups will have information stands. There will be an official re-opening of the Town Hall at 4.00pm.

As Covid regulations ease more of the town's voluntary groups and charities are restarting their meetings and activities. For a number of reasons many of these organisations are short of volunteers who are essential for the important work they do. It may be that you now feel able to help by volunteering some of your time. It could be 2 or 3 hours helping in one of the charity shops or the Heritage Centre, or some outdoor work at one of the local nature reserves. Perhaps you feel you could become a committee member or officer of a group. What about joining our emergency service volunteers in the Fire Service or RNLI? Or maybe you would consider putting yourself forward to join myself and my fellow councillors on the Town Council. There are many opportunities for you to give a part of your time to help others. Perhaps most importantly we can all be good neighbours.

Of course there are those residents who are not able to volunteer but need the help of others. Some may already attend support groups such as the Coastal Stroke Support and Carers Group or the HTC Friendship Group. There are a number of organisations which exist to provide support. If you are not sure where you can get help then contact the Town Clerk or myself and we will try to put you in touch with people who can help.

After a long period of meetings held virtually via Zoom or Teams we are now beginning to hold meetings face to face, following Covid guidance. We are pleased to restart our Town Councillor Surgeries. These will be held in the ground floor Turret Office in the Town Hall once a month from 10.00am to 11.30am beginning on Monday 6th September. This is an opportunity for you to come along, meet two of your town councillors and bring any matters to their attention.

Contact: Mayor: cllr.winnington@hunstantontowncouncil.gov.uk
Cllr Adrian Winnington 01485 534747

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

Thornham Village Hall Car Park

The Hall has been operating a Pay & Display system in the Car Park since October 2020. The Trustees have now reviewed and updated the tariffs.

The main reason for introducing the Pay & Display system was to address the H&S concerns which had arisen due to the car park being so busy and with only one restricted entry/exit point.

TVH has invested a large amount of money in constructing a new exit point and has introduced an In and Out entry/exit system. The new system started in May, is working well, and the flow of traffic is easier and safer. New signage, clearly indicating the entry/exit points has been put in place.

We now have more experience of how the tariff system is working and are bringing in the following changes to help our customers.

1. We are amending the late-night Tariff - currently parking is free from 6.00pm - 10.00pm. Free parking will now be available from 6.00pm to Midnight. This will give extra time and free parking for those attending evening events.

2. Overnight parking now will be available from Midnight until 6.00am for a flat overnight parking charge of £25.

3. Currently, parking is free for the first hour. This will change so that parking is free for first 75 minutes, after which the current charges will apply.

4. Permit Parking. We will provide free annual parking to Supporters of Thornham Village Hall - Trustees, Hall Committee Members, Parish Councillors, 100 Club Members, Tennis Club Members, Cinema & Theatre Members, and those registered attendees of regular weekly classes. Class instructors will be responsible for issuing permits, valid for the duration of the classes, for those attending.

All permits will be renewed annually by 1st October every year.

If you fall into one of these categories and would like a renewable annual parking permit, please email your name, email address and car registration number to: tvhpermits@gmail.com. You will receive an email confirming your registration, but please note, no actual permits will be issued.

We hope that these amendments will allow easier usage of the Hall Car Park while, at the same time, allowing us to control the flow of traffic and keep the car park safe for all users.

In the first instance, funds raised by the Car Park charges will be used to pay for work done on the new entrance as well as for general maintenance of the car park and facilities.

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Pride in our Neighbourhoods - 59

Cllr Andrew Murray

New Permitted Development Rights (PDR)

In September 2020 most business premises - shops A1; financial and professional services A2; food & drink A3; business (office, research and light industrial process B1; medical or health services, creches, day nurseries D1; indoor sport, recreation and gyms D2 all became a new class E.

Because the government wishes to increase the housing stock, a new permitted development right came into force on 1st, August 2021. If a business premises has been vacant for at least 3 months but prior to that had been in Class E for over 2 years and has less than 1500 sq. m of floor space, it can be converted from business use to Class C3 residential use without needing full planning permission but it does need prior approval. Prior approval is a light touch application which restricts the local planning authority to only consider transport impacts, contamination or flooding risks, noise, provision of adequate natural light and the impact of residential use in industrial, waste, storage and distribution areas. Where a registered nursery or health centre is concerned, the impact of loss of services may be considered. In a Conservation Area the character and sustainability may be considered. It attracts a lower planning fee. There are no section 106 or Community Infrastructure Levy contributions to pay.

The PDR does not apply to sites of special scientific interest (SSSIs), areas of outstanding natural beauty (AONBs), areas for nature conservation, the Broads, a National Park or World Heritage Site or listed buildings or scheduled ancient monuments.

The fact that this PDR applies in Conservation Areas is very controversial. Inappropriate development or unsympathetic alterations can lead to loss of the historic character and is potentially harmful to the diversity of our High Streets, town and city centres.

An application (21/01382) to change the vacant former Bears fish & chip restaurant at 26 Le Strange Terrace, known as Bank House, Hunstanton into habitable accommodation seems to meet the criteria for this new PDR

although it has been submitted as a full application and validated on 29 July 2021.

Local Plan Review 2016-2036

The consultation period for this pre-submission document has commenced and ends on Monday 27 September at 17.00. It can be viewed on the Borough Council's web-site <https://west-norfolk-consult.objective.co.uk/kse/event/36371>. Hard copies can be viewed at Dersingham Library on Mondays, Wednesdays, Thursdays and Saturdays and at Hunstanton Library on Tuesdays, Wednesdays, Fridays and Saturdays. Extracts are also on display in the Heritage Centre.

The present local plan consists of the Core Strategy (CS) adopted in 2011 and the Site Allocation and Development Management Policies (SADMP) adopted in 2016. There is now a legal requirement for the local plan to be reviewed every 5 years. The process started in 2016 with a call for sites and policy suggestions. 600 sites were put forward which have all been evaluated.

The majority of the sites allocated in the SADMP have been brought forward into this new document but since 2016 a number of the allocated sites have been fully developed and the development boundaries have been extended to include them (e.g. the car park and housing at Burnham Market). A few sites are no longer allocated because for various reasons development seems not to be progressing, the most notable being the land at Knight's Hill.

In Hunstanton and Heacham all the 2016 allocations have been carried forward. In accordance with Neighbourhood Plans, new sites have been allocated in Holme-next-the-Sea and Snettisham.

Previously, attempts had been made to restrict the growth of Downham Market because the amenities hadn't kept pace with the number of dwellings but it is now recognised that the A10 corridor and electrified railway line gives that direction growth potential. Growth is also planned for Marham and Watlington.

A few years ago, the Borough did not have a five year land supply which permitted developers

to forge ahead particularly around Wisbech. Fortunately the land supply now seems to be healthy and the Local Housing Need (LHN) has been reduced from 700 to 539 per year.

A new Climate Change policy LP06 will require developers to demonstrate how proposals are sustainable and provide climate change mitigation and adaptation measures. Another new policy LP16 is designed to give the Norfolk Coast AONB more protection. Policy LP19 now encompasses environmental assets, green infrastructure, landscape character, biodiversity and geodiversity. This includes giving appraise weight to the roles performed by the area's soils. Aspects of sustainability, flood risk, density, design and renewable energy come under LP18.

The Borough's wealth of heritage assets and the historic environment are important in giving a sense of place and local identity are to be supported with policy LP20.

LP29 is a new policy aimed at providing appropriate accommodation for the elderly and for those needing specialist care, whilst LP30 states that all new homes must be built so that they are adaptable and can meet the changing needs of their occupants over their lifetime.

Most of the railway trackbed from King's Lynn to Hunstanton was given protection in 2016 but in addition LP12 now proposes to protect the trackbed from Heacham to Burnham Overy and that from Watlington (Magdalen Road) to Wisbech, so hopefully they could become footpaths and cycleways.



The policies for King's Lynn, Downham Market and Hunstanton town centres now include support and enhancement of markets although these now compete with on-line shopping.

In addition to the main document which contains 41 policies, there are 29 supporting documents some of which are over 300 pages in length, so it is difficult to be able to provide an effective summary. Nevertheless it is important to try to be involved because the Local Plan will direct development in the Borough until and perhaps beyond 2036. The younger members of our communities potentially have the most to lose if the plan is deficient.

If you wish to learn more about the developments that are at present being built or what might be in the future, you are invited to come to the Hunstanton Heritage Centre and view the special display of maps and documents. Briefing sessions led by Andrew Murray are being arranged for Thursday 2nd at 19.00 and Sunday 5th September at 16.00. All welcome.

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Sew on and Sew Forth

Mark Pickering

We all know it has been a torrid 18 months or so, we have all struggled too with the constant uncertainty of repeated lockdowns and social distancing worries. This has, of course, had massive implications for businesses of all sectors. We at Sew on and Sew forth are no different. Sadly, we had to say goodbye to our Drop-in lessons and (consequent reduction in time) with some of our longstanding friends who have been with us for over 10 years.

It is, however, not all doom and gloom. With the lockdowns and time that afforded us we were able to finally re-organise and re-invigorate the shop. So many things have changed. We have completely revamped the look of the shelves and invested in completely new (to us) fabric suppliers, getting fabulous deals on new stock so we can pass the savings on to you. We continue to offer our fantastic alterations services, albeit with a few Covid related restrictions in place, but have managed to keep the prices low in the knowledge that this service is convenient and ideal for you. We have a new booking system in place to try and streamline all our services from alterations to curtain making and caravan refurbures.

Angela spent lockdown designing and making new kits for bags and coasters and bowls from one of our own exclusive fabrics

All the reorganising has given us much more room to accept both bigger jobs in quantity and items meaning Caravan refurbishments can be done to a much better time frame and schedule. Already we are seeing this "reap its' own rewards" with seating areas always in the shop ready to be done.

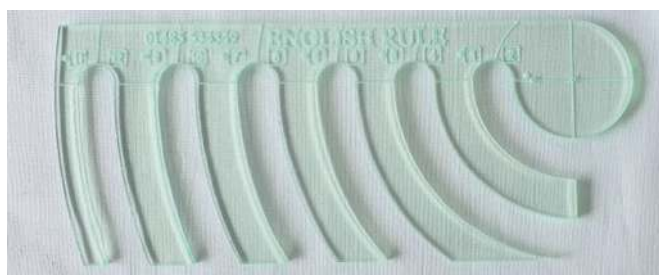
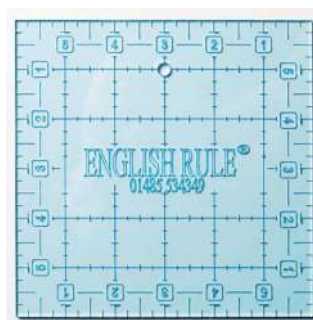
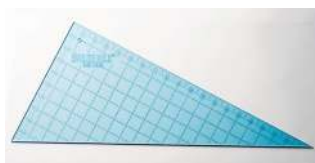
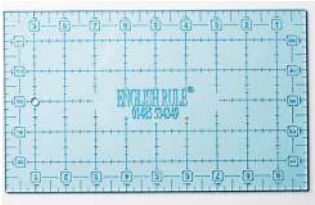
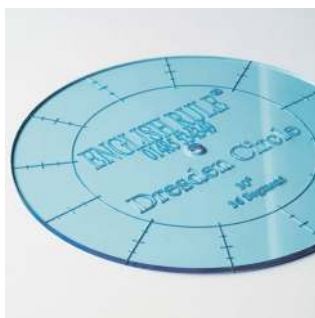
Perhaps the biggest change, though, is our brand-new Laser Cutter. Capable of engraving and cutting at high speeds we have branched out into acrylic rulers. Our "English Rule®" quilting rulers and templates now take up pride of place in the shop. We have designed and made a huge range of rulers, templates, and free motion quilting templates due to the ever-increasing

demand. These rulers are often very expensive to import from America and the continent, by making them ourselves we are able to slash those prices (sometimes in half) while giving people the same quality product. It does not stop here however, we also now make bespoke laser cut LED lights, just provide us with an image and we will see about making it into a colour changing LED light (samples in our window).

(It goes without saying that we are still, altering curtains, making roller and Roman Blinds, Curtains, re-covering suites, and chairs and of course we are still embroidering school clothing for 4 local schools, and fitting in all of those embroidery and garment printing tasks)

Come and see us and see what we do, perhaps you'll take up a new hobby or just re-start an old one. Either way we would love to see you all.

ENGLISH RULE



Order Form

Please Tick to the left of the ones you would like to order

Rulers	10 x 2"	HST	Circle 24"	12 x 12"
24 x 1"	10 x 2.5"	6 X 6"	Circle 30"	18 x 18"
24 x 2"	10 x 3"	10 X 10"	Plate 10"	20 x 20"
24 x 2.5"	10 x 4"	12 X 12"	Plate 12"	SETS
24 x 3"	10 x 5"	18 X 18"	Plate 15"	4" Pentagon
24 x 4"	10 x 6"	HRT	Plate 20"	5" Pentagon
24 x 5"	6 x 1"	3 x 6"	Plate 22.5"	6" Pentagon
24 x 6"	6 x 2"	5 x 10"	Plate 24"	4" Hexagon
18 x 1"	6 x 2.5"	6 x 11"	Plate 30"	5" Hexagon
18 x 2"	6 x 3"	9 x 18"	FC	6" Hexagon
18 x 2.5"	6 x 4"	10 x 20"	Hockey Stick	4" Octagon
18 x 3"	6 x 5"	HDT	Comma	5" Octagon
18 x 4"	6 x 6"	6 x 6"	Water Drop	6" Octagon
18 x 5"	4 x 4"	10 x 10"	JFP	Kaleidoscope
18 x 6"	5 x 5"	12 x 12"	5"	4"
12 x 1"	6 x 8"	18 x 18"	6"	5"
12 x 2"	10 x 10"	20 x 20"	8"	CPS
12 x 2.5"	12 x 12"	Dresden	10"	5"
12 x 3"	18 x 18"	Circle 10"	12"	6"
12 x 4"	20 x 20"	Circle 12"	CH	7"
12 x 5"	30 x 7"	Circle 15"	6 x 6"	8"
12 x 6"		Circle 20"	8 x 8"	
10 x 1"		Circle 22.5"	10 x 10"	

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Tel: 01485 535903

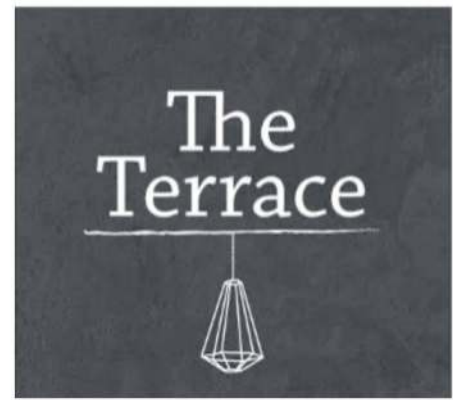
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Heacham and Hunstanton at night

Terry Parish

Happy Autumn! Meteorologically it begins on the 1st as meteorologists are simple folk who divide the year into four quarters. However, astronomical Autumn starts on the 22nd which is the autumnal equinox when day and night are approximately equal in length. After 7.21pm nights begin to get longer and astronomy is a little easier to have as a hobby. The Full Moon on the 20th is the closest one to the equinox and, consequently, is the Harvest Moon.

The seasons are primarily due to the tilt of the Earth on its axis of rotation, 23.5°. At equinoxes the position of the Earth in its orbit puts the Sun overhead at noon. As the Earth passes this point the Sun becomes lower in the sky and the northern hemisphere receives less light and heat each day until the Spring Equinox 6 months later.

Table 25 Planets' Orbital Velocities and Distances from the Sun

Planet	Mean Distance from Sun (million km)	Orbital Velocity (km/s)
Mercury	57.9	47.4
Venus	108.2	35.0
Earth	149.6	29.8
Mars	227.9	24.1
Jupiter	778.6	13.1
Saturn	1433.5	9.7
Uranus	2872.5	6.8
Neptune	4495.0	5.4

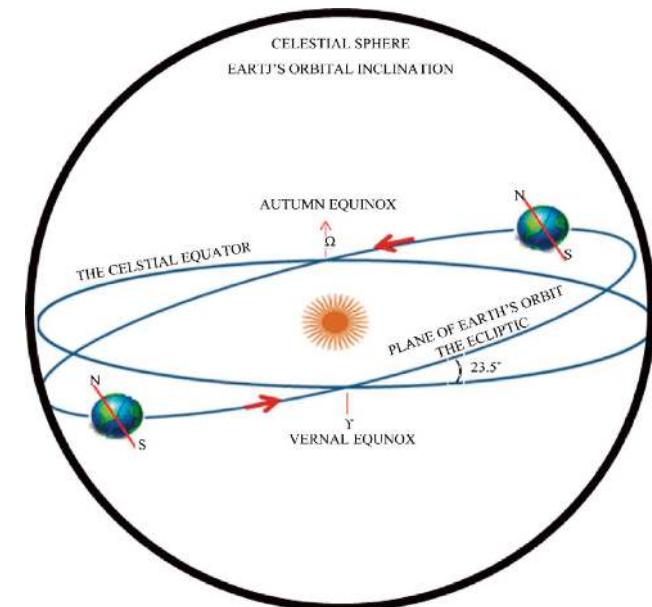
Source: NASA

Anyway, this may help you understand why the planets fade from our skies to reappear later in the year (morning or night) when the Earth passes them again. Venus and Mercury are closer to the Sun than us so they move faster and overtake the Earth.

Talking of Venus, the planet will be shining brightly low in the West, setting about 8.30pm. The Sun sets at 7.45pm on the 1st and 6.39 on the 30th, so Heacham beaches or the clifftop at Hunstanton should provide fine views of the Evening Star. Do not use any optical aids until after the Sun has set. On the 9th and 10th, a thin crescent Moon will lie to the right of Venus and make a good picture. The crescent on the 9th is very thin and a challenge to find. The bright star you see near the pair is Spica.



Venus and a crescent Moon. Heacham North Beach Parish



Internet

The Sun rises due East and sets due West on the 22nd so, if you didn't do it in Spring, notice what points in your garden or street mark its appearance and disappearance and, as the year progresses, see how the directions of rising and setting change.

Half way between the equinoxes are the solstices the shortest day in December and the longest day in June.

At the time of writing, I haven't yet reached the night of the peak of the Perseid meteor shower on the 12th August (the editor is a hard taskmaster) so I cannot comment on them. The Southern Taurid meteor shower peaks on the 10th and continues into November. Meteors in this shower are few and best looked for as late as you can into pre-dawn on the 11th. Look towards Cepheus the house shaped asterism (see later) to the right of Cassiopeia - the W.

Skies allowing, that is no clouds and rain, I have been looking at blazing Jupiter over the back gate. Saturn too but that was, and is, a faint dot of light two spread hands to the right of Jupiter. Several people have asked me, 'What is that helicopter thing I can see out of my window?' And Jupiter, on a good night, is looking like a searchlight.

Both planets will gradually fade as Earth roars along its orbit at 67,000mph whilst Jupiter falls behind as it only manages 29,236mph. This lower velocity is due to its greater distance from the Sun. Saturn, still further away, orbits at 21,637mph. An experiment: Fix a tennis ball to a long piece of string. Hold the string 1 foot from the ball and whirl it around to keep the string taut. Increase distance to 2, 3, 6 feet and notice how much slower the speed of the ball's orbit (around your head) becomes. There is no string tying the planets to the Sun but there is gravity.

Other planets, though they offer a challenge, are the ice giants, Neptune and Uranus. Neptune is the most distant planet from the Sun and is in opposition, closest to us on the 14th, when it is just 4,326 million km away. You will need a decent telescope to view it and it is visible all night. Closer Uranus can be detected with good binoculars but only in dark skies. It rises around 9pm. However, it is low and in the eastern sky, due east at the end of the month.

Neptune is to the left of Jupiter, about 1.5 times further away than Saturn which is to Jupiter's right. To find faint planets or other objects you really need to utilise the inevitable app or piece of software. Long ago I advocated the free Stellarium programme which can be downloaded to 'phone or laptop.

Darkening skies make it easier to see stars and the patterns they make. Not all of these are constellations like Gemini or Sagittarius which are large areas of sky. Smaller patterns, asterisms, often link



Neptune from Heacham. Parish

bright stars and have names such as 'The Summer Triangle' and 'The Great Square of Pegasus'. Such patterns may be very familiar such as 'The Plough', and the 'W' which is part of Cassiopeia.



Internet

September is a good month to see the Summer Triangle before it dips to the horizon and the pattern is lost. High overhead in the SW at the beginning of the month, slipping further west and down at the end. Look for its three stars Altair, Deneb and Vega from about 9pm.

At the same time, more to the south, identify the Great Square of Pegasus. The star at the top left corner is Apheratz, top right is Scheat. Between the triangle and the square but higher in the sky is Cepheus, the house shape mentioned above. To the left of this is the W of Cassiopeia.

Running from Cassiopeia, between Cepheus and The Great Square, and washing over the Summer Triangle is the Milky Way. This is our galaxy seen edge on. It contains between 100 and 400 billion stars and likely at least that many planets. Give it a wave, it's only polite.

Look along the Milky Way with good, steady binoculars and amplify the light from a million suns. Think about who might be looking back.

Space News: Russia has launched a 13m long, 20tonnes laboratory module to join the International Space Station. This is after a 10-year delay partly caused by the annexation of Crimea in 2014 as Ukraine then stopped supplying components.

Astronomers think they are observing the birth of a moon around an exoplanet 370 light years from Earth. The planet has a circumplanetary disc of dust from which moons may coalesce.

Winter is coming (don't worry two months left of autumn yet).

See page 33 for details of the
Norfolk Coast Dark Skies Festival

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Mudpies and Butterflies with Louise Barby

"Autumn is the second spring, when every leaf is a flower" - Albert Camus

September can be a time when things look a little tired in the garden. Visit the plant nursery to see what is looking good and inject a little colour and structure where you feel it is lacking. Take a look at the drying seed heads and flower heads, they are truly beautiful and a sign of new life to come.

In the flower garden

- Continue to feed and dead-head your container plants.
- Sow hardy annuals for bigger plants next year.
- Fill gaps in borders with autumn flowering plants such as sedum, grasses and echinacea to extend the season.
- Plant spring-flowering bulbs as the temperature cools in late September.
- Plant new perennials as the soil is still warm.
- Now is the ideal time to order trees and shrubs. They will grow vigorously next spring if planted this autumn.
- Prune and shape any late-summer flowering shrubs.
- Prune climbing roses and rambling roses as long as they are not repeat flowering.

In the vegetable garden

- Pinch out your cordon tomato plants. This will concentrate the plant's energy into producing fruit.
- Ripen pumpkins in time for Halloween by removing any leaves shadowing the fruits.



- Pot up mint and parsley for the kitchen windowsill, to use through the winter.
- Cover your brassicas with netting to prevent birds eating them.
- Plant garlic bulbs for cropping next year.

In the fruit garden

- Pot up strawberry runners to make extra plants for next year.
- To test when apples are ripe gently give them a pull - they should come away easily.
- Pick plums. If you have more than you need, freeze them by washing, halving and stoning them.
- If you haven't already, cut back the fruited canes of your summer raspberries, leaving the new green canes for next year's crop.
- Looking after your lawn
- Create a new lawn from turf or seed - autumn is a perfect time.
- Raise mower blades as grass growth slows down.
- You can feed and aerate your lawn now, ensure the feed is rich in potassium and low in nitrogen.

Gong Sound Baths in Thornham

What are the benefits of a Gong Sound Bath?

A Gong Sound Bath is one of the most effective forms of relaxation and lasts for about 1 hour. All that's required of yourself is to turn up, lie down and relax. The 'bath' element refers to being bathed in sound waves, which are produced by instruments known as Gongs which create a shimmering, immersive and deeply calming wall of sound. The gentle sound waves emitted, contain revitalising vibrations and frequencies which wash over your body and mind to create a feeling of total relaxation whilst supercharging your overall energy.

Please arrive early to allow time to get settled and bring a sun-lounger or yoga mat to lie on, blanket and pillows for comfort as needed.

Gong Sound Bath Drove Orchards Thornham 31st August.

This event will be held outside weather permitting. Check instagram for updates. Instagram @soulstarstories Find us in the overflow carpark, follow signage.

Gong Sound Bath, Thornham Village Hall Thornham, PE36 6LX

Thursdays at 7pm

16TH SEPT, 14TH OCT, 11TH NOV, 9TH DEC



(Due to the nature of a Gong Sound Bath children over the age of 14 permitted only)

Adults and children 14+ £12 cash on arrival

Further information: www.soulstarstories.com T - 07873 558 175

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Down: 1. Sesame, 2. Chronicle, 3. Attorney General, 4. Epithet, 6. Incidental music, 7. Karma, 8. Reminder, 9. Educated, 16. Unadorned, 17. Offended, 19. Thesis, 20. Catania, 21. Penang, 23. Saved

NORFOLK GOLDWINGS LIGHT PARADE 9TH OCTOBER 2021

This will be our tenth year in Hunstanton doing our light parade on the Goldwing bikes and trikes, raising money for the East Anglian Air Ambulance,

Bikes from all over the country will be on display on the green 12.00 until 3.00pm and during the light run at 6.30 this is a spectacular show not to be missed, please come along and support us in our efforts to help the East Anglian Air Ambulance in their very important work to help us in our rural areas, as they will be flying 24/7 now they need all the support we can give them. we hope to see you there and trust the weather will be kind to us.

If you would like any further information regarding this event ring Roy or Paula on 01366324396



Hunstanton 2021 9th October



The:
**Let's Try Again
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**20 YEAR
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Extra Hands gets thumbs up from long-serving employee

A care coordinator at a Heacham-based home care visiting agency has hailed her employer as “the best I’ve ever worked for” after marking 15 years of service with the company.



Sarah Chilvers spent 11 years as a visiting home carer for the Extra Hands agency before switching to an administrative role at its Heacham office four years ago, and having reached the 15 year milestone, says she hopes she will stay there until the end of her working career.

“I’ve no desire to go anywhere else,” said the 56-year-old. “Whatever your role is, they will do anything you need for you, that’s why I’ve been here so long and hope to be here forever. They look on you as part of the family.”

Family is a key factor in the success of the company, founded 28 years ago by husband and wife team Dave and Hazel Evans. It provides a wide range of home care packages to suit all budgets and family circumstances, including a daily wellbeing check-up service, and its Heacham office has been awarded Outstanding status by the Care Quality Commission.

“With franchise companies, you’re just a name on a piece of paper, but at Extra Hands, the management know you – if ever there’s a problem of any kind, I know I can pick up the phone and speak to any of my managers, and they’ll know not just me, but my family as well. It’s an incredibly people-centred place.”

Sarah said her background as a visiting carer gives her an insight into the challenges faced by home carers, and enabled her to provide informed support.

“I know all the kind of practical problems they might encounter, so people can always call me and if I don’t have the answer to hand, I’ll know where I can find it and get back to them,” she said. “Having done the rounds myself, I also know things like backroads and short cuts that people can take if they get stuck in traffic.”

The pandemic has presented a whole new set of challenges for the care industry, as well as increased workload, but Sarah said the company could not have been any more helpful in helping her deal with her own situation.

“I had to shield but they looked after me brilliantly,” she said. “Within a week of the first lockdown, announcement, I had a desk, computer, printer and my own office chair all delivered to my home so I could carry on doing my job.”

“If there’s anything they can do for you, they will – there’s even a spare car that people can always borrow of their own breaks down, or if you need a sit down and a chat, they’ll do that too. Extra Hands are an unbelievably wonderful company to work for, and I hope I’ll be here until I retire.”


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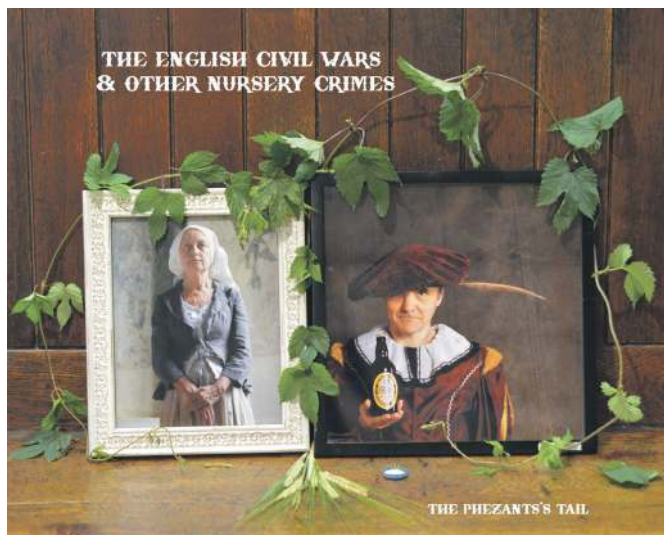
"The English Civil Wars and Other Nursery Crimes"

Gareth Calway

Nearly 400 years ago, England was at ruinous war – with itself. On August 22, 1642, Charles I raised his royal standard at Nottingham and declared a (losing) war on his own Kingdom (as he had earlier declared losing wars on his other Kingdom, Scotland, and on both sides of the Thirty Years War at once.) In August 1643, after nervously fortifying itself, Parliamentary Lynn (on the edge of the solidly Parliamentary East of England) was outmanoeuvred by a group of Cavaliers (anxious for their personal fortunes) galloping in from Hunstanton and around, who on August 13 unilaterally 'declared' the Wash port for the King and prepared for Roundhead attack by sea.

The Roundheads instead arrived at West Lynn where Colonel Cromwell supervised an artillery barrage across the Ouse, famously sending a cannonball through the window of St Margaret's (now Lynn Minster) during divine service on September 3 (spookily the same date he won all his decisive victories later; and died in 1658.) On September 16, after a month of fear and bombardment, the Royalists surrendered and, with last-minute fatalities occurring at the South Gates, Parliamentary order was restored.

If there is an element of farce here, the King comparable, say, to a narcissistic President Trump meeting any opposition by raising his standard of alternative Reality deep in his heartlands, and the Lynn coup comparable to his Proud Boys storming the US Capitol in his name, there is also the bloody tragedy of a Civil War in which more English people died per capita than in both World Wars put together.



Sedgeford folk/storytelling duo The Pheasant's Tail's new album "The English Civil Wars and Other Nursery Crimes" (<https://pheasants-tail.bandcamp.com/album/the-english-civil-war-and-other-nursery-crimes>) tells the tragedy of these Wars in a distinctive spooky-folk style through folk ballads and well-known nursery rhymes associated with the period (including Jack and Jill, about Charles I's dodgy taxes, a key cause of the Wars, and Humpty Dumpty, about his downfall, "all the king's horses and all the king's men couldn't put Humpty together again.")

This accords with the duo's belief that such childhood rhymes are, on one level, how England dealt with the repressed trauma of families, friends, classes, faiths, regions and individuals cleaving apart. The download includes historical essays; and track art by photographer Bhas Allan of the duo in Fring All Saints in period costume. This photoshoot is further arranged into an illustrative slideshow in the companion YouTube film, with the complete album as the soundtrack. <https://youtu.be/rKDIJGQYUAY>

Several tracks provide comic relief including The Backwoods Cavalier, an account of the Siege of Lynn, performed in the style of a



P.G Wodehouse musical over a mixed soundscape of locally recorded fireworks and 'country' pheasant shoot. Sedgeford was the location of the 'magazine' in which the backwoods Cavaliers of 1643 stored the ammunition for their Lynn coup. The building can still be seen at the Docking edge of the village (on the northern intersection with Peddars Way.) *Photos by Bhas Allan.*

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Starting Rightly

September sees in the new academic year and for many young people it will be moving to a new school, not just moving up a year. There will be excitement, but also an element of trepidation - new friends, new teachers and new ways of doing things. So much has changed, but a few things have stayed the same, such as a desire to build lasting friendships and to learn something new each day. Starting each day with an expectation of good in all ways and thankfulness for the opportunities ahead, is a great way to begin these new adventures and go forward to realise your full potential and this applies to all of us at whatever stage of life we are!

Many articles in the Christian Science magazines, free in the box outside the church at 10 Queen's Road, Hunstanton, expand on the love that God has for us.

We plan to restart our services, Sundays at 11am, at the beginning of September. Follow us on Facebook to confirm when our regular services in Hunstanton will resume. For more information on Christian Science and the worldwide Christian Science church can be found at www.christianscience.com. Christian Science Sunday and Wednesday services are also available online. Please go to www.spirituality4.me/livestream/ to find live-streamed services around the UK, along with other online events, talks and webinars. An online shop is also available at www.spirituality4.me where you will find books, including the Bible, the writings of Mary Baker Eddy, and many other inspirational resources. If you are looking for daily inspiration go to at <https://www.christianscience.com/christian-healing-today/daily-lift>.

(Postponed from Saturday 26th June)

John Harris

cordially invites you to his

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with grateful thanks for their hard work during
the pandemic and in memory
of those who have died.

On Saturday 11th September 2021

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Singalongs, hymn singing and requests

(It will still be necessary to wear face masks)

No charge for admission or refreshments but
guests will be invited to make a donation of
their choice to the NHS.

Hunstanton & The Saxon Shore

Dear Friends,

How are you all doing? I do hope that in the last couple of months you have been able to enjoy doing things or seeing people that have lifted your spirits.



Rev Kirsty



Rev Rachael

A couple of times recently Rev Kirsty and I have had people ask us about what we actually do. These are not criticisms, I hope, it is others trying to understand our roles and what we actually spend time doing in a typical week. So I thought I would give you a small taster of what we get up to. There is no 'typical week' but here are some of our activities.

We meet together each morning Tuesday-Friday at 9am in a different church each week, to say Morning Prayer. It is here that we pray for our world, country and area and will pray for those who have asked for prayer. If you would like to join us you would be most welcome, just drop us a line and we will give you the weeks that we are in each church.

From there we may have a Weekday Holy Communion service in one of our churches. We need time before that day to prepare the prayers and craft a short homily (it's a bit like 'thought for the day', based on the Bible reading). We may have a funeral to take in one of our churches or at Mintlyn Crematorium. Usually a funeral service will take about five hours of preparation, this includes phone calls and at least one visit to the bereaved family. We work with our lovely local funeral directors to ensure that the service is personal and a fitting tribute to the person who has died. Each funeral is different and we all aim to make that service individual. It is such a privilege to take funeral services and walk alongside the grieving.

During the week there will need to be time for sermon and service preparation for the following Sunday. Sometimes this might only take two or three hours but mostly it takes a good deal longer. I find that I look at so many books and read around the subject matter that I can end up with too much information and I need to reduce it, otherwise the congregations will end up listening to a very long sermon! Sermon inspiration comes in many ways and at different times but time spent in prayer is always a necessity.

Meetings... oh my word, with eight parishes there are many meetings! We need to meet together to decide how we are going to ensure that we keep our churches open and running smoothly and sometimes these can be really productive. It is a joy to leave church meeting knowing that God was with us and has guided our thoughts and actions. We wouldn't be able to manage without our many willing volunteers across this benefice whose skills and knowledge are invaluable. Alongside all of this there are pastoral visits and phone calls that are necessary for those in different kinds of need.

Weddings and Baptisms are also a delightful part of our calling. Each involves meeting the couples and getting to know them before ensuring that their special day goes smoothly. For weddings the

rehearsal is usually a time of useful preparation, giggles and occasionally a few tears as we get closer to the moment where it all seems very real. A day of great rejoicing but it does not happen without much planning and preparation by many people.

I am not even going to go into the tremendous amount of paperwork and form filling that happens on a daily basis... let's just say, it keeps us on our toes. During the last 18 months it has been tricky to keep up with the seemingly endless changes to regulations for places of worship but we have managed.

Would we want to doing anything else? No, certainly not. It is a great honour to be part of God's work in this area, it is a privilege to be part of the lives of so many people in the tough times and the good. We are here for the people of this benefice and our visitors. We pray for you and we want you to know that you are most welcome to join us at any of our services across the Benefice or at any of our events. We do also like a good cup of tea or coffee and if you see us out and about do feel free to have a chat!

God Bless you all as you go about your lives at work, rest and play.

Rachael

PS. Memorial service in Leicester Cathedral for our dear friend, The Very Reverend Alan Warren. 31st October 10.30am. All welcome.

Choices!

By Gordon Tanner, a member of
The Way C F Leadership team

There is an allegoric story about the beat of a butterfly's wing in England causing a typhoon in Japan. In other words something so inconsequential as the effect on the air movements caused by a butterfly's wing beat in England, starting a chain of reactions in the air flows and pressures in the atmosphere around the world, and having such a major consequence as the formation of a typhoon in Japan. But the decision of which cereal to have at breakfast, or what route you take to work, are unlikely to have major consequences for you or your family. However every day we make choices. By far, the majority are trivial but others are not.



I've been pondering the consequences of our actions in the light of a report that was prepared a few years ago comparing two individuals who had lived in America in the eighteenth and nineteenth centuries.

Max Jukes was an atheist and married to a lady who did not believe in God. They had a family which over a number of generations had produced 560 direct descendents. Of these people 310 died as paupers, 150 had criminal records, 100 were alcoholics, 7 were murderers and over half the women in the family tree were prostitutes. They cost the American government more than \$1.25million in the 19th century.

Jonathan Edwards was a contemporary of Max Jukes, and he was committed Christian, as was his wife. Their family tree has 1394 direct descendents. Of these 294 were college graduates, 13 became college presidents, 65 were college lecturers, 30 became judges, one was the dean of a law school, 80 held public office, 75 were officers in the military, 100 were well-known missionaries, 100 were lawyers. 3 became US senators, 3 were state governors, 3 were mayors of major cities, one became comptroller of the US treasury and one was Vice-president of the United States. Not one descendant of Jonathan Edwards was ever a liability to the US government.

Now I do not know what happened to Max Jukes to cause him to choose to be an atheist, or maybe it was a decision made by one of his forebears. But its effect went down through his family line. A decision to leave God, his Son Jesus and the moral and ethical values they stood for out of his thinking, led to a life pattern that set the tone for generations. The effect is stark when you compare his family to the

family of Jonathan Edwards.

Not every choice we make is going to have such consequences, but certainly we do have to make decisions at times that have significant consequences. Personally about a year after The Way church started I was faced with a choice. I was offered a very well paid job in Hong Kong which would have set me up for life financially. Should I go or not? It would mean uprooting the family again. We'd previously moved house four times and lived 3 years abroad because of my job changes, and the job I had at the time was a secure one. I prayed about it. My family and my friends prayed about it. We looked for guidance in God's word, but Hong Kong does not feature in the bible! Eventually I had that feeling of a decision. It came while I was painting the pipes inside a cupboard.

We were not to go and I was to invite my boss for a meal. So I told the agency I was not going to accept the job in Hong Kong and invited my boss round for dinner. When he came he started by asking what we did at the weekends because Hunstanton was so quiet especially out of season. So we told him all about the church and what we'd been doing – we'd had a baptism in the sea the weekend before. He became interested enough to allow me leave of absence for ten weeks to go on a church training course when I asked him a couple of years later. He also asked me to be a pastor in the factory as well as doing my job, and at times sent people to see me. Because we stayed we saw several people make their commitment to Jesus which was life changing for them.

We do not know where our choices will take us, or the effect they will have on our families and subsequent generations. Not all 'best' choices will be the more attractive ones at the time. Max Jukes or one of his descendants could have taken the harder decision and transformed the family's lifestyle.

If you are currently faced with a choice seek guidance, and if you espouse Christianity pray with someone about your decision.



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HEACHAM CARPET BOWLS (PUBLIC HALL, STATION ROAD, HEACHAM) GETTING STARTED AGAIN!



It is planned to re-start Carpet Bowls on Tuesday 7th September. All former members and any prospective new members are invited to attend this introductory session. It will be mainly a social event to gauge numbers and to seek members' suggestions. Please attend at 10.00am with a view to meeting for tea/coffee at 10.30.

As this will be the first chance for us all to get together, I am asking all attendees to show proof of having had two Covid Vaccinations. In addition, with the winter season approaching, I will be doing temperature checks at the door. It is hoped that these actions will help to allay some of the concerns that members might have about mixing. A number of safety measures will be in place and these are being planned and information will be available at our first meeting. Please note that bowling sessions thereafter will only be held on Tuesdays and Thursdays. Arrive 10.00am for 10.30am start.

Please note that it is not necessary this year to re-join the Social Club. The charge for the first meeting on 7th September will be £1.00 and thereafter cost will be £2.50 per session to cover bowling and refreshments (all equipment provided). If you wish to join but will be unable to attend on 7th, or if you need further information, please ring me on the number below.

If things change before September due to changes in Government Guidelines, a notice will be placed on the entrance door to the Public Hall.

Mick Harpley
Chairman
01485 570460

Armchair sports trivia

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Win a free fish supper for two by answering the following question:

What is the most common star sign of post war managers of the England national football team?

Will take a bit of research this one!

Closing date: 15th September 2021

Answers to: editor@townandaround.net or by post to:
The Editor, 18, Tapping Close, Snettisham, Norfolk PE31 7FF

Jennie Foster of North Wootton won the August trivia question which was: In which event is the longest standing Olympic record, having not been beaten in over 50 years?
Answer: Long Jump.

Redgate Rangers Football Club



We are super proud of our Under 10s winning the West Winch Tournament on 25th July. Well done.

Our U9s unfortunately got knocked out in the semi-finals on penalties today. And the u7s did well only losing in one of their games.



Well done to our Under 7s on 14th August at The Woottons Summer Tournament. They won all of the Games.

Sporting Corner with Tim Keogh

Onegai Shimasu! Heacham Judo Club sends out invite to new members

Judo is defined as a way to optimally utilise the powers of both body and mind. Founded in 1882 in Japan it is now known around the world, particularly from its success as an Olympic sport. Older readers will remember Brian Jacks, who won GB's first Olympic Judo medal at the 1972 Munich Olympics whilst, more recently, Chelsie Giles claimed Bronze at last month's Tokyo Olympics.

Judo sessions have been held in Heacham as far back as 1984. However, after her father passed away, black belt Shirley Tucker has been running the club since 1996. Heacham Sports & Social Club host the Judo classes for all ages and abilities. Shirley is helped out by fellow black belts Josh Chilvers and Harry Sands. Classes take place every Thursday evening from 4pm until 9pm. The success of the club is evident with past members competing for the AJA national squad and present member, Lillie Edenborough, already competing nationally and internationally.

Josh explained, "Our youngest member is just 3 years old, whilst our oldest is over 50. We divide our classes up by age and then experience, from beginner through to advanced".

"We ensure everyone feels welcome no matter what their standard. Judo is an excellent sport, not only is it fun but it builds up your inner core strength which you can utilise in your everyday life or take into other sports. You can visibly see the confidence grow in the members as they improve".

For more information about attending one of their classes, please visit the Heacham Judo Club or Heacham Judo Club Fan Page on Facebook. Alternatively you can contact Shirley direct on 01485 571614 (or email heachamjudoclub84@gmail.com). Each session



costs £2. Whilst formal Judo kit will be sourced if membership is taken up, initial attendance can simply be made using loose fitting sporting attire.

Who knows, our next GB Olympian may yet come out of Heacham Judo Club !



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Sporting Corner with Tim Keogh

Bowls the winner in exciting Morrison Shield final

Hunstanton's two bowls teams met head to head in the Morrison Shield on the 15th August, the second leg of an annual event, with Cliff Parade Bowls Club leading Hunstanton Bowls Club 98-57 from the first leg.

Bowls is a sport that everyone can participate in at any age and in any capacity. Like any sport, it can be played just for fun or, if a talent prevails, at a more serious level. Either way, the fun element of bowls was plain to see here. The relaxing ambience Bowls provides in a calm setting, particularly with a sea breeze, makes it unique in its own right.

As the match started, Hunstanton stole a march trying to reign in Cliff Parades first leg lead. It soon became evident that any bowls encounter at a Derby level is as competitive as in any sport. Indeed, the polite cap tipping at the onset was plainly a muse to disguise the tension as an exciting spectacle ensued on this balmy Sunday afternoon. Alas, Hunstanton's positive start proved in vain as Cliff Parade soon rallied, running out comprehensive winners in the end. Cliff Parade have now won the shield 9 times to Hunstanton's 7.

Speaking with Mick Hallifax, club President for the past ten years, you can sense the pride in the scene - a superb and well maintained bowling green with club house to match, it is an idyll setting, a hidden gem tucked away behind hedges on the Recreation Ground. Bowls fans will, of course, know of Mervyn King who represented England at three Commonwealth Games and once adorned the Hunstanton BC team shirt.

The first team even topped their England Bowls division this season, with the second team runners up in theirs. "We hope this bodes well for next season and hope to attract some new players as we return to some form of normality", said Mick.

Hunstanton Bowls Club was first formed on the Recreation Ground on Cromer Road in 1900.

Initially, bowlers played on the cricket pitch and it wasn't until 1903 that a bowling green was created. The first pavilion was purchased in 1907 at a cost of £12, with the new Pavilion purchased second hand in 1919 at a cost of £60. Since then, the club has gone from strength to strength with members going on to represent both their county and their country.

Nowadays, Hunstanton Bowls Clubs' members play in 2 men's leagues and 2 ladies leagues. They also play in the Downham Triples League and the NWNBL. In addition, there are friendlies against other clubs most weekends.

With an excellent club house and bar, various social activities take place including Curry and Quiz nights, Murder Mystery Nights and bingo, there is a lot to enjoy apart from the bowls. As a friendly club, always



Hunstanton BC and Cliff Parade BC teams line up with the Morrison Shield



Above: During the match

welcome to new bowlers, an Open Day is held at the beginning of each season where non bowlers are encouraged to come along and have a go (watch this space as Town & Around will have details in the Spring). Regular coaching sessions are also available from qualified coaches to new bowlers as well as anyone wishing to improve their game.

The Morrison Shield was presented by Ken Morrison, president of Hunstanton Bowls Club 20 years ago. This Shield is played both home and away annually between Cliff Parade Bowls Club and Hunstanton Bowls Club.

The new season will start in April, 2022, so if you would like to join a friendly, welcoming club you can follow them on Facebook or contact Kay Clarke on 01485 532458.

Pictured right International Mervyn King



Cricket Update - West Norfolk CC still alive and kicking!

Many people may remember the historic West Norfolk Cricket Club, having been in existence for over 100 years, 80 of which were based in Hunstanton.

Not so long ago - if 30 years ago can be classed as such - village cricket and football teams were a staple across the country, never more so than in West Norfolk. WNCC, with strong ties to the West Norfolk's farming communities, were certainly no exception, competing for local bragging rights. Whilst social, domestic or ecological reasons may have put paid to such village representation these days, this club stands unique, ebbing a tide and continuing to flourish, albeit with no real home. Whilst they may be the nomads of local cricket, they still very much exist, competing in regular friendlies culminating in a three day Festival of Cricket at Thornham which took place from August 11th to 13th. This event entailed three consecutive matches against reputable opposition in Wine Trade, Suffolk Gents and Burghley Park, with a Pimm's bar offering suitable refreshments throughout.



Hopefully, this can be turned into an annual occurrence over the course of future Summer weeks, inviting local teams and villages to attend a men's, women's and junior team knockout event to revive local rivalry in a festival atmosphere. Watch this space!

For more information about joining WNCC please contact Joel Garner at jamespetergarner@gmail.com.

As the season reaches a climax, a number of teams are still in the midst of crucial promotion and relegation battles. Castle Rising CC are seemingly safe in Division 1 of the Norfolk Cricket League (NCL), as are their 2nds in Division 3W. Thornham 1sts are still very much in contention for a top three finish in Division 2W of the NCL, with Sandringham 2nds and Snettisham 2nds safe in mid table in the same division. Dersingham CC are riding high, presently 3rd in Division 4W. Snettisham 1sts and Sandringham 1sts presently occupy the top two places respectively in Division 4 of the Norfolk Cricket Alliance whilst both Bircham 1st and 2nds have all to play for as they seek top three finishes in their respective divisions.

Under the guidance of Michelle Knott, the newly formed Snettisham Softball Ladies team have made an outstanding start in their debut season in the NCB Women's Softball League, sitting a respectable 2nd. A lot still to play for all teams in the coming weeks!

A comprehensive round up of all the local cricket winners and losers will follow in October's edition of T&A.



Ben Stanton (left) Captain of WNCC and Charlie Thain Captain of Burghley Park CC

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Sporting Corner with Tim Keogh

Mollie christens Heacham's new tennis tables



Heacham Table Tennis club were privileged to have England Ladies number 5 Table Tennis star, Mollie Patterson, down to christen their new tables on Monday, 16th August.

Mollie, now 18, hails from Brancaster Staithe, and, as well as representing England at such a young age, recently won The Junior National Cup. She also put on an exhibition display against her father (a very decent County player himself in his day), dispatching him with little fuss!



As well as playing further games against club members, the speed of her play is really quite something to behold and kept the audience totally enthralled. Not bad for someone who started out when they could barely see over the table and actually played for Heacham Table Tennis Club as a youngster.

The Heacham Youth & Community Trust, which runs a charity shop that funds community projects, kindly purchased the two new European Championship standard tables for the club, which are also suitable for wheelchair and disability play.

The Heacham club have been going for over 50 years now. Speaking with outgoing Chairman, Malcolm Diggins, "As a club with a humble beginning, starting out in one tiny room, the club as gone from strength to strength, now utilising the whole Community Hall for sessions. We received a grant from Table Tennis England in 2016 that has enabled the club to really thrive, with over 30 members now".

On the evening itself, a surprised Malcolm received a fully deserved award (pictured top right) from the club for services to the sport in the local area from incoming Chairman, Jim Race.

Whilst China may dominate the world seedings, the game was actually invented in England in the late 1800's as an indoor alternative to tennis during the cold Winter months. Either way, no matter what your level of ability, table tennis really is a fantastic form of exercise. Let's hope another champion can emerge from West Norfolk.



From left: Jim Race, Janet Race, Malcolm Diggins and Pat Diggins



The club are looking to reconvene league activity in September with members and new members alike now invited down for training on Monday nights from 6pm at the Heacham Sports & Social Club Community Hall. There is also a seniors session on Monday mornings. Players of all standards and abilities are welcome. Sessions cost £2 per person. For more information, please contact Jim Race on 07950 032292.



James and Mollie Patterson front.

Left to right (back) : Jim Race (Heacham Table Tennis Club), Peter Sutton (Community Trust), Mark Pyshorn (Community Trust), Fred Kellythorn (Heacham Sports & Social Club), Dave Page (Community Trust), Dave Curtis (Community Trust)

All photos: Ian Burt

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News From Brancaster CE VAP School

As we are on holiday this month, the staff have got together to write this, rather than the children!

We can look back over an interesting year, but our overwhelming feeling is that of pride – well done to all our wonderful children and their families for keeping going despite everything and for being a credit to themselves and the school.

We would like to say a huge thank you to everyone who has made generous gifts to the school over the year, including help with the road repairs, computers for families, Christmas decorations and many other generous financial contributions, which have helped towards special events for the children such as the recent chocolate workshop and trips out, which have helped us deliver the curriculum for science and geography in a creative and engaging way.

We would also like to thank everyone who donated prizes for our end of year assembly. Our very deserving prize winners were:

Rotary prizes for good citizenship – Xavier (KS1) and Nadia (KS2)

Deepdale Prizes – Eliza (KS1) and Lacey-Jo (KS2)

The St Mary Prize for engagement and deep thinking – Hayden

English prizes (thank you Edward Couzens Lake!) – Marley (KS1) and Seth (KS2)

The Dr White Science Prizes – Keegan (KS1) and Oliver F (KS2)

Bocking Prize – Oscar T

The Potter Maths Prizes -Ryder (KS1) and Harry P (KS2)

We are very sad to say goodbye to our leavers, including Seth and Matilda's Mum, Lou, who contributed so much to the school in her role on the PFA, as well as running gardening club. We wish them all well as they move on.

We look forward to welcoming 6 new Reception children (above average numbers for us) and a couple of children in other year groups, too. We also have our usual exciting events to look forward to, plus Samba music tuition for KS2 and The English Touring Opera will be visiting us.

School starts again for the children on Monday 6th September. Half Term runs from 25th to 29th October and term finishes on 17th December.

Smithdon summer Covid catch up

More than 40 soon-to-be Smithdon High School students spent a week of catch-up learning and fun as part of the Government's £20m summer school plan.

Each day included one hour of English and one hour of maths, followed by a variety of curriculum taster sessions, culminating in a celebration assembly on Thursday afternoon and an adventure trip to Pensthorpe Nature Reserve on Friday.

During the week all students also had the opportunity to take part in the specially-organised Beach School activity, supported by Hunstanton's RNLI team based in Old Hunstanton, to teach beach safety, explore the Lifeboats and test their tent-building skills.

Other activities included nature design printing in Art for an afternoon; creating water rockets in Science, with students competing to find out whose would go the furthest on the field, as well as trying their hand at using physics to crush cans.

There was also a calmer but full-of-fun French session with a bouncing beach ball, and the best new learners being presented with their own mini French dictionaries to help them when they start French lessons in September.

The in-school sessions ended on Thursday with an afternoon of PE activities, including students getting the chance to try out new sports, such as Lacrosse.

The Celebration Assembly gave parents a chance to share their children's success over the week, watching them receive certificates and prizes for the most notable act of kindness, the biggest smile, effort, progress and more.

They also got to experience a sneak peak of Smithdon's school musical production for February 2022 - Matilda - as two of the groups were able to perform the number they had learnt during their afternoon music and performance sessions in the week.

Amanda Gibbins, Head of School, said: "The students had a fantastic week and it was just as rewarding to see the smiles on their tired faces at the end of every day, as it was to see the new friendships forming and progress in learning."

Following the announcement last month of the planned government investment in the school buildings, she added, "It is exciting times for these new Year 7s as they will be among the first to benefit from the new facilities and get to experience even more exciting opportunities in the coming years."



Connecting classrooms around the world

A major new programme is linking schools in West Norfolk with counterparts around the world in an international initiative to raise global awareness.

A successful funding application by the 11-strong West Norfolk Academies Trust means that each primary school is linked to another in India and each secondary school has a different school in Nepal it is working with.



Creating fashion and textiles by recycling is teacher Emma Markwell with students (from left) Ellie Locker, Leo Wallen, Ruby Schwarz, Rowan Mayer and Poppy Herring.



Cooking-up great ideas to share is George Munns

Grant funding from the British Council's Connecting Classrooms programme has enabled the schools to start working with their partners in laying the foundations for joint projects to learn about another country and its people.

In the midst of a global pandemic, the seeds were sown and the Council helped the trust schools find partners and open lines of communication, often via Zoom. It has been difficult as schools around the world have all been working remotely due to Covid.

"This is a huge undertaking by everyone involved and I am working across the Trust so all our schools can start laying the foundations for an International School Award, which Springwood has already achieved and has been re-accredited for.

"We now have at least one international representative at each school and we have all been on a training course about the 17 key sustainable development goals and how to embed this in our curriculum," said Karen Williams, who is the international coordinator for the trust.

"It is an incredible initiative and we have some amazing projects being worked on at each of our Trust schools. Things have been made more difficult by the pandemic, but everyone involved has been determined to make it work," she added.

A grant of £8,400 was awarded to the trust from the British Council to cover costs and materials linked to the partnership scheme.

Each school within the trust has agreed a project to work on with its partner school, which has proved interesting with the timing as schools in India have long summer holidays in May and June while WNAT's start this week (Jul 16).

Springwood High School, King's Lynn, is working on projects based around food and sustainable fashion and younger students will be working with a Green Group established by older students at the school.



Gracie Rasberry with Caleb Gannon

Smithdon High School, Hunstanton, is looking to establish a sensory garden using recycled materials and are encouraging the partner school to embark on a similar project.

St Clement's High School, Terrington St Clement, students are working on a technology-based project linked with its opposite number in Nepal.

Pupils at Marshland High School, West Walton, are growing their own produce and their Nepal peers will look to create a rooftop garden using old items from around the home. They have also created video demonstrations of local, traditional recipes to share and try at home.

Gaywood Primary School is sharing tips on making eco-bricks and has exchanged introduction videos with its partner in Mumbai.

Clenchwarton Primary is linked with a school in Delhi and has also been working with eco-bricks and school assemblies on the topic of festivals Eid and Diwali have been held.

West Lynn Primary is also linked to a school in Mumbai and has exchanged introductory videos.

Walpole Cross Keys Primary is working on a phonics project to start in September and has already been in Zoom contact with its Indian school.

Heacham Infant and Junior Schools are partnered with different branches of the same Mumbai school and both are in the process of looking at a wildlife project and a celebrating languages event.

Snettisham Primary School has been working on festivals and celebrations and the joint project will be all about sustainable fashion and re-wilding.

Photos: Ian Burt

**Copy date for the October edition is
12th September.
Please don't be late!**

Proposed Kings Lynn to Hunstanton Railway

Roger W. Jackson

Mr. Howard Johnston, (July T&A) does himself, and the Kings Lynn–Hunstanton Railway Group, no credit at all by deriding and mocking the suggestion that a monorail system could be considered a possible alternative to a conventional surface railway.

If the opinions expressed are personal ones, Mr. Johnston should not have mentioned the Railway Group. If the opinions are also those of the Railway Group, then the Group view is narrow-minded and short-sighted in that it appears to be unprepared to consider any other solution to the problem of 'by-passing' the traffic-choked A149, particularly at peak times and periods.

Perhaps the Railway Group should seriously consider revising its terms of reference to include all possible means of improving transport links between Kings Lynn and Hunstanton. The name would then change to Kings Lynn–Hunstanton Transport Improvement Group.

Mr. Johnston's letter is written in a puerile, flippant style; not what we would expect from someone who, we assume, has railway experience and the maturity to present cogent facts and arguments. His letter also contains factual errors which could easily have been checked before submission to T&A.

The Sydney monorail, (straddle-beam type) lasted 25 years, (1988

to 2013) and the main reason for its demise was that it did not fit into the Sydney municipality transport plans at that time.

Conversely, the suspension monorail at Wuppertal, Germany, has been in existence for over 100 years. World-wide use of monorail systems as part of an integrated transport network is not confined to China – there are working routes in Japan, South Korea and Brazil, to name but a few countries.

A monorail might not be the answer to the local transport problem but at least the station could be sited almost exactly where the old railway station used to be – much more convenient for the seafront and the town centre; unlike the proposed railway station location which would be nearer Ringstead than Hunstanton.

Mr. Cook, (Aug. T&A) was right to challenge the content of Mr. Johnston's letter which offered no constructive criticism of the monorail suggestion, only a negative response and inaccurate information.

If the Railway Group wants to gain the support, and confidence, of the public for its campaign to reinstate the Kings Lynn to Hunstanton railway line it must distance itself from the facile, unhelpful comments put forward by Mr. Johnston.

Remember, remember the ninth of September

By John Maiden

September 9th 2002 was a day to remember for all the wrong reasons, because at a meeting of the borough's development control board, planning permission was granted for the incongruous 'hangar' on The Green, currently trying to pass itself off as Hunstanton Pier! An important footnote on the decision notice made it clear that planning permission did not mean that the proposed building had permission from the borough council in its capacity as land owner.

This explains why the council's property services manager, Mr Henry, wrote to Michael le Strange Meakin under the following heading: "Hunstanton : Proposed Pier Building Reconstruction" This heading was in itself misleading, because the building in question was not a 'Pier' undergoing 'Reconstruction'. The building referred to was a proposed 'Major New Development' which did not include a Pier of any description. The letter went on to point out that the Director for Resources, David Tate, had asked the property services manager to write in respect of the above, "particularly with reference to the restrictive covenant as it may affect the land in question."

After acknowledging that the borough council had only become landlord of the Pier as an outcome of local government reorganisation, he failed to point out the council had missed two golden opportunities to enforce the covenants, provisos and conditions clearly set out in a 999-year lease for Hunstanton Pier.

The first was in 1978 when most of the structure collapsed due to poor maintenance! The second was in September 2002 when Graham Sinclair, an external barrister, advised the council that in the absence of a Pier, the council's Pier tenant had no automatic right to continue occupying the Pier site.

Mr Henry simply wanted the trustees of the le Strange Estate to release the council from the restrictive covenant, if they thought it necessary to do so. The reason given for thinking the covenant might not be breached arose "from the fact that none of The Green, or The Promenade, is physically taken up by the proposed additional roof structure, and other accommodation. These additional parts will not remove, or impede the use of The Green, or indeed The Promenade."

Unbelievable nonsense of course, because a map attached to the 1955 Conveyance, which contains the Covenant, makes it clear that the promenade is part of The Green. It is simply unbelievable that officers failed to spot the proposed concrete pillars needed to support the CHS structure, which have impeded use of the promenade since 2003. Even more obvious now are the coin operated children's rides!

In his reply on February 5th 2003, one might have expected Mr le



Strange Meakin to point out that the CHS building would inevitably take up a large area of land comprising both ornamental grass green and public promenade, thereby breaching the Covenant imposed in July 1955 by Bernard le Strange.

Instead, Mr le Strange Meakin pointed out that the Covenants in the Conveyance of 1955 are "unusual as the benefit is for the inhabitants and visitors of Hunstanton rather than the imposers. The Borough Council have a responsibility to maintain The Green as an ornamental grass green. Any sale or lease of part of it would presumably be in breach of it."

He went on to say that in the past the Estate Trustees had been happy to leave things to normal planning procedures, but concluded by pointing out that they hoped "appropriate consideration will be given to the considerable local feelings on the matter."

These feelings had just been expressed very firmly by a retired judge at a meeting in an overcrowded town hall, but this did not stop the borough council from breaching the legally binding Covenant by disposing of land forming part of The Green and promenade. We are still living with the consequences, simply because successive councils have refused to acknowledge wrong doing and then take appropriate remedial action. Perhaps responses to the draft local plan for West Norfolk will focus the minds of our local politicians on their duty to operate within the law...

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A recipe from the Prudent Pensioner

I have found these easy to make muffins, very popular with family and friends of all ages. I like to have a supply in my freezer.

Carrot and Cinnamon Muffins (makes 12)

175g / 6oz S.R Wholemeal flour

1 tsp. Ground Cinnamon

150ml / 1/4 -pint sunflower oil

150g / 5oz soft brown Sugar

3 medium Eggs

60g/2oz ripe Banana peeled and mashed

250g / 8oz grated Carrots

Set oven 180c /350

Place muffin cases in muffin tray

Mix flour and Cinnamon in a bowl. Add oil, sugar, banana and grated carrot.

Beat eggs in jug, add to bowl and mix well.

Spoon mixture into paper cases Bake for 25-30 mins in pre heated oven until risen and golden and fairly firm when pressed lightly in the centre.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search



for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham and Folgate Farm shop Waddington, Lincolnshire.

See more recipes on The Prudent Pensioner Facebook page
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Strictly Arts: update from the HDFA

Verity Jowett

If there's one 'Art' we British have got plenty of practice in, it's the art of making the best of things and so we did just that when the heavens opened on Sunday 8th August - the day of the HDFA Live Music Festival! Rain aside, we had a fantastic afternoon of live music on our Festival stage thanks to some great solo artists and bands and our stalwart charity volunteers pitched their gazebos and braved the thunderstorms, adding to the true Festival experience. Roll on 2022!

Talking of live music, our July Buskers Corner was so popular that we're holding another Buskers Corner event on Sunday September 12th (put that date in your diary) with a great line-up of local artists performing on Hunstanton's iconic bandstand from midday until 4pm. There's no charge, so please come along and enjoy an afternoon of live music for all.

At time of writing, we're keeping everything crossed for good weather on Sunday 22nd August as we encourage visitors and residents alike to dress up in their Sunday best, bring a picnic and experience Hunstanton like the Victorians used to. The Hunstanton Concert Band will be playing on the Bandstand from 2-4pm and if the weather's fine, a stroll along the prom or through the Heritage Gardens should round off the day nicely.

Our August Craft Fair which takes place over the Bank Holiday weekend on 28th August at the Hunstanton Community Centre in Avenue Road, Hunstanton will once again be full of stalls showcasing beautiful and unusual hand-crafted gifts and items and will be open from 10am - 4pm. If you couldn't make the August Fair, no need to worry as there are more coming up on 25th September, 30th October and 27th November - same time, same place - so do come along for a visit. Entry is free and refreshments are available.

The team at HDFA are now busy putting our medieval banquet evening together which will be in honour of St Edmunds on Saturday 20th November at the Town Hall from 7pm-11pm. A three course meal, entertainment and music is all included in the ticket price of just £19.50 per person and there will also be a subsidised bar, so it promises to be an evening to remember. Space at the Town Hall is strictly limited, so if you're interested in attending and want to reserve your tickets, just email admin@festival3.com and we'll put you on the list.

More on our upcoming events in 2021 in our next 'Strictly Arts' update. In the meantime, you can keep up to date by visiting our website www.festival3.com or our Facebook page Festival 3 by the Sea.

HDFA Hunstanton & District
Festival of Arts

Let The Music Play

Music can relax us, excite us, change our mood. possibly allows us to access nearly all the emotions we experience in our lives. For some it's the beautiful rhythm of a classical piece for others it may be the words in a pop melody, the jingle from a TV advert or the theme tune to 007 Movie. Music can be used to promote human well-being by making human contact easier which in turn links back to our social instincts. Numeracy, language, our cultural boundaries all intersect with music. Music is the one language we all understand. Each country may have its own language but we don't need words to understand what the music is saying.

It is probable that music played an important role in the human lifecycle even before we could speak. Evidence has shown that early man developed primitive flutes from animal bones and used stones and wood as percussion. Music developed as influences from the west and the east merged into the pre-Christian music of the Greeks and then the Romans. The wealth of diversity and invention from travelling musicians had major influences. In later periods monasteries and abbeys became the places where music became an integral part of those devoted to God and followers.

Music moved forward with time through both the Medieval Period and the Renaissance Period. The former provided an image of a vibrant culture ranging from the sacred to the secular, the latter developed into a golden period in music history, with instruments emerging in accordance with the composer's imagination. But it is the Baroque Period where the most famous and celebrated composers and pieces in Western Classical music begin to appear Handel, Vivaldi, Purcell, Bach, with instrumental music composed alongside vocal works. The Classical Period changed the musical landscape further with the domination of Haydn and Mozart. The emergence of the piano, the establishment of the orchestra to include clarinets, trombones and the popularity of the string quartet.

Down through the ages the popularity of Classical music has waxed and waned in popularity. However its popularity 2018 grew faster than any other genre, becoming more popular among young people. Classical streams by listeners under 35 rose by 17 percent. Many artists are today drawing inspiration from classical pieces and it has become the framework for musicians of all types. Whether your interest is rock, pop or even rap, there is often a musical influence from classical composers. Many popular artists today have a close relationship with classical music and are using the Internet and digital technology to push the boundaries.

Sedgeford Hall 2pm Monday 13th September, Tony Rawlins will be telling us the ways in which classical music has grown in popularity enhancing many films and television adverts. And how the Internet enabled a recording from a choir of singers from 120 countries without anyone having to leave home. Visitors are very welcome free of charge for their first visit.

Full details of membership and benefits can be found at www.theartssocietyynorfolk.org.uk



THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS.

Monday 13th September at 2.00pm - Sedgeford Village Hall

We are pleased to announce that subject to no further COVID restrictions our new season of lectures starting in September will take place live in Sedgeford Village Hall. Visitors are very welcome free of charge for their first visit, to book a place email: info@theartssocietyynorfolk.org.uk

Baroque on a Roll - Classical Music in the Modern Media.
Tony Rawlins

In this lecture Tony examines how classical music has recently grown in popularity. He looks at the way it has enhanced the drama/tension/romance/memorability of many feature films and television commercials. He discusses how the internet has enabled a composer to assemble and record a choir of singers from 120 countries without any of them ever having had to leave their homes.

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Patti Boulaye OBE

"Aretha and Me"

Following the last year 2019 before the Covid 19 Pandemic of sell-outs of her one-woman show "Aretha & Me" the award-winning singer and musical theatre star Patti Boulaye, will restart her tour in the UK in 2021. In this fascinating show, Patti compares and contrasts her life with that of the Queen of Soul, Aretha Franklin, whose celebrated career included 17 Top 10 singles and 20 No.1 R&B hits during her 5 decades of recording.

Patti will be singing some of her favourite Aretha Franklin numbers including Respect, Say A Little Prayer, Natural Woman, Chain of Fools, Nessun Dorma and Think and many more with some of her own favourite songs which are special to her.



Patti has published her remarkable and moving autobiography 'The Faith of a Child' which charts her riveting life story through wealth, poverty and near death in the Biafran civil war, to show-business stardom and success in Britain and Nigeria. The Hardback of this book was published in August 2021 through Kaleidoscope Publishing.

Last year Patti launched her internet streaming TV chat show "Life with Patti Boulaye" in which she encourages celebrities and successful people from all walks of life to share with her and her audience, challenges they had overcome in their life/career and how they had endured difficult times to show young people that difficulties can be surmounted, but it may not be easy. The Chat Show is now into its second series. This year Patti started "The Vlogging Grandmother", her famous Vlogging Channel on YouTube. You can see all episodes of "Life with Patti Boulaye" and Patti's Vlogs and music on YouTube "The Vlogging Grandmother" Patti Boulaye.

In 2018 Patti, who is a "Visiting Teaching Fellow" at Middlesex University, was awarded an Honorary Doctorate Degree for services to The Arts and Education by the Joint Council of Churches just after she appeared in the BBCTV series "Celebrity Master Chef" among other national TV shows. 2017 marked the 46th Anniversary of Patti's West End debut in the musical "Hair" and in 2016, Patti took a journey of a lifetime for the BBCTV travel documentary series 'The Real Marigold Hotel'.

Patti, who came to prominence as a singer, winning the British ITV talent show "New Faces", when she made history by becoming the only contestant ever to receive the maximum 120 points, was awarded an OBE for her charity work in the UK and Sub-Saharan Africa in 2016. Patti's charity has built 5 healthcare centres in Africa and helped to finance a school with Prince Harry's charity in Lesotho.

Patti's show Aretha and Me is at the Princess Theatre Hunstanton on Saturday 25th September.

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ARRIVAL

The Hits Of ABBA

Celebrating 45 years since the release of the iconic Album Arrival which cemented their place at the top of pops hierarchy, come and join us as we celebrate one of the biggest selling pop bands of all time - ABBA.

ARRIVAL's multi award-winning show is returning for 2021 following sell out shows in over 30 countries worldwide, bringing the magic of ABBA to the Princess Theatre Hunstanton on Saturday 4th September.

Talking about the show, Benny Andersson performer Mark says: "We have been performing as ABBA for over 25 years now, and the show has evolved quite a lot. Over the years we have added more and more songs and costumes, and we are constantly striving to make the show bigger and better with each year. We love it. We really enjoy every minute."

Mark says: "The music of ABBA appeals to all age groups because it's joyful and infectious. You just can't help smiling when you hear the first few bars of Dancing Queen or Mamma Mia. ARRIVAL - The Hits of ABBA is an energetic, upbeat, vibrant, colourful and spectacular extravaganza! A non-stop party and a great night for all the family."

The high-energy production features ABBA's best loved hits including 'Mamma Mia', 'Dancing Queen', 'Super Trouper', 'Voulez Vous', and of course 'Waterloo', plus many more!

With a winning formula of fantastic harmonies, authentic costumes and first-class vocals and musicians, ARRIVAL brings to life the extraordinary song-writing talents of Benny and Bjorn, recreating the true feel and thrill of a live ABBA show.

MUSIC IN THORPE

The Music in Burnham Thorpe series of concerts, recitals and gigs aims to provide the local community a broad range of musical tastes and styles. We provide the opportunity to listen to the major classics such as Bach Mozart and Beethoven through to modern day composers such as Karl Jenkins and Arvo Part and in as many different styles and on as many different instruments as possible.

Most of our concerts are priced considerably less than similar events in the neighbourhood and school children come free to the various workshops and recitals.

Music has been rather neglected in the school curriculum over many years and children in rural communities have little opportunity in listening to a broad range of music played by professional musicians. This is very sad for as we know not only is listening and playing music a great joy but it contributes much to an overall feeling of wellness.

We provide these concerts out of our love of music and our wish to see that passion and interest continue for future generations.

September's concerts are detailed in the diary section overleaf.

September Diary

- | | | | |
|-------|--|-------|---|
| 1 | United Services Club Hunstanton: Macmillan Coffee Morning 11am. All welcome! | | of Heacham led by Mavis Windibank starting at St Mary's Church, Heacham at 11.00 and 14.00 Must be pre-booked by phoning Andrew Murray 01485 532376 or by e-mail andrew.murray1942@gmail.com. |
| 1 | Community Day and official re-opening of the refurbished Town Hall at Hunstanton Town Hall 2-7pm. | | The Arts Society lecture at Sedgeford Village Hall. 2pm |
| 2 | Stanhoe & Barwick WI at 2pm in Stanhoe Reading Room. Big Green Week. | 13 | Tony Rawlins 'Baroque on a Roll - Classical music in the modern media. info@theartsocietyrwnorfolk.org.uk |
| 2 | Ringstead Village Club meeting at the Village Hall. A talk from Gary Hibbard from Norfolk Wildlife Trust about "A year at Holme Dunes". Everyone is welcome. | 15 | Heritage Open Day HUNSTANTON INFANT SCHOOL, JAMES STREET - Tours of former infant school, James Street led by John Maiden at 11.00 then at 45 minute intervals until 13.15. Must be pre-booked by phoning Andrew Murray 01485 532376 or by e-mail andrew.murray1942@gmail.com. |
| 3 | Music in Thorpe: Daniel Murphy (Lute and Theorbo) 7pm at All Saints Church Burnham Thorpe. Tickets £10 each. To reserve or book tickets email: thorpemusic2021@gmail.com or call 07989 177079. | | Tea Dance, Snettisham Memorial Hall PE31 7LX. Dancing to music by Dinky. Tea/Coffee and cake provided. 2-4pm. Tickets £5 Phone Dinky 07787 966000 |
| 4 | Music in Thorpe: 7pm at All Saints Church Burnham Thorpe. Pianist Maki Sekiya. Tickets are £12.50 each. Tickets £12.50 each. To reserve or book tickets email: thorpemusic2021@gmail.com or call 07989 177079 | 15 | Heritage Open Day HUNSTANTON HALL - Tour of grounds of Hunstanton Hall grounds and courtyard starting at St Mary's Church, Old Hunstanton led by Nick Torry at 10.00, 11.00 and 12 noon. Must be pre-booked by phoning Andrew Murray 01485 532376 or by e-mail andrew.murray1942@gmail.com. |
| 4 | United Services Club Hunstanton: Live Music with Travis. All Eras 8.30pm | 16 | United Services Club Hunstanton: QUIZ NIGHT. £3.00 pp including supper. Cash Prizes 8.30pm start |
| 4-5 | Dersingham Open Gardens 11am-5pm including floral displays at St Nicholas Church. | 17-19 | Art 21. An exhibition of mostly recent work by this well-established group of like-minded artists. Thornham Village Hall. 10am to 4pm. |
| 5 | Music in Thorpe: 4pm at All Saints Church Burnham Thorpe. The Samphires. Tea and cakes are served at 3pm before the concert. Tickets £10 each. To reserve or book tickets email: thorpemusic2021@gmail.com or call 07989 177079 | 18 | North Wootton Village Market at North Wootton Village Hall, Priory Lane, PE30 3PT 9am-2pm |
| 6 | Hunstanton Town Council: Councillor Surgery in the ground floor Turret Office at Hunstanton Town Hall 10am-11.30am | 18 | United Services Club Hunstanton: Live Music with Mike Shelby 50s Rock & Roll 8.30pm |
| 6 | Bingo Night at Anmer Social Club. Club opens at 7pm. Eyes down 7.30pm. Fully licensed bar. www.anmerclub.co.uk | 19 | Glebe House School, PE36 6HW. Car Boot Sale from 7am. |
| 7 | Heacham Carpet Bowls introductory session at Heacham Public Hall 10am £1. More info Mick Harpley 01485570460 | 20 | U3A at the Community Centre, Avenue Road, Hunstanton from 2pm. Entertainment by Chanter's Jigge. More details at u3asites.org.uk/hunstanton |
| 7 | Princess Theatre Cinema and Film Club Ammonite (15) | 22 | Tea Dance, Snettisham Memorial Hall PE31 7LX. Dancing to music by Dinky. Tea/Coffee and cake provided. 2-4pm. Tickets £5 Phone Dinky 07787 966000 |
| 8 | Line Dancing at Brancaster Village Hall 7.15pm for 7.30pm start. Finish 8.45pm £3 (first session free). Contact Gary on bocking554@btinternet.com or 01485210408 | 25 | Craft Fair at Hunstanton Community Centre, Avenue Road, Hunstanton. 10am-4pm |
| 8-12 | Viewpoints. An exhibition of pictures by some established local artists. Brancaster Staithe and Deepdale Village Hall. 10am to 4pm. Free entry. Parking available. | 25 | Anmer Social Club Hog Roast. Advance Booking required. Contact Dorothy on 01553 631349 by 22nd September. |
| 10 | Anmer Social Club Film night. Doors open at 7pm. Film 'Poster Boys - Uncles are people too' at 7.30pm films@anmerclub.co.uk or 01485 579465. | 25 | Norfolk Coast AONB Dark Skies Festival launch 19:00-22:00 Thornham Village Hall. |
| 10 | Heritage Open Day HUNSTANTON LIGHTHOUSE - Tours of Hunstanton lighthouse dungeon and tower from 11.00 at 30 minute intervals until 14.00 by kind permission of Derrick Lloyd. Must be pre-booked by phoning Andrew Murray 01485 532376 or by e-mail andrew.murray1942@gmail.com. | 25 | Norfolk Coast AONB Dark Skies Festival. Into the Darkness at Holkham NNR 18:30-20:30 at The Lookout, Lady Anne's Drive, Holkham. Booking essential: w.clennell@holkham.co.uk |
| 10 | Music in Thorpe: 7pm at All Saints Church Burnham Thorpe. The husband and wife electric string duo Con Brio. Tickets £10. To reserve or book tickets email: thorpemusic2021@gmail.com or call 07989 177079 | 26 | United Services Club Hunstanton: Live Music with Glitz 70s. 8.30pm |
| 11 | Piano Party hosted by John Harris at the Methodist Hall, Heacham. 10-3pm and 7-9pm. No charge for admission or refreshments but donations to NHS requested. | 26 | Glebe House School, Cromer Road, Hunstanton PE36 6HW. Car Boot Sale from 7am. |
| 11 | Music in Thorpe: 7pm at All Saints Church Burnham Thorpe. Ella McCready. Tickets are £12.50 each. Tickets £10. To reserve or book tickets email: thorpemusic2021@gmail.com or call 07989 177079 | 26 | Run Sandringham 10K 7.30am. PE35 6EN https://www.runsandringham.co.uk/ |
| 11 | United Services Club Hunstanton: Live Music with The Cavers 60s Tribute Duo. 8.30pm | 26 | RAF Bircham Newton Heritage Centre Open Day 10am-4pm PE31 6RH |
| 11-12 | Sandringham Game and Country Fair 10am-6pm For more Information go to Sandringham Estate website. | 26 | Norfolk Family Walk, 15th annual Astro Brain Tumour Fund family walk at Holkham Hall NR23 1RH. 10am-4pm. |
| 12 | Glebe House School, Cromer Road, Hunstanton PE36 6HW. Car Boot Sale from 7am. | 29 | Tea Dance, Snettisham Memorial Hall PE31 7LX. Dancing to music by Dinky. Tea/Coffee and cake provided. 2-4pm. Tickets £5 Phone Dinky 07787 966000 |
| 12 | Music in Thorpe: 4pm at All Saints Church Burnham Thorpe. Leo Popplewell. Tickets are £10.00 each and tea and cakes are available at 3pm prior to the recital at 4pm. Tickets: thorpemusic2021@gmail.com or call 07989 177079 | 29 | Snettisham Gardening Club Social Meeting. 7.30 Memorial Hall, Old Church Road. More information from Gail on 01485 541279 or Addie on 01485 544754. |
| 13 | Heritage Open Day HEACHAM HISTORY - History tour | 30 | Norfolk Coast AONB Dark Skies Festival. Titchwell Marsh RSPB Reserve 18.30-20.00 Booking: titchwell@rspb.org.uk or call 01485 210779 |
- United Services Club: Tuesday and Thursday night come and join our Poker Club 7.30pm. Sunday Lunches 2 courses for £9.00 pp Table must be booked 01485 533360

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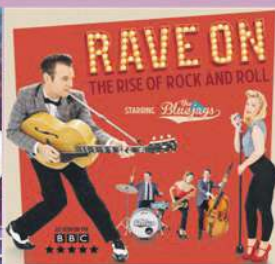
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What's on

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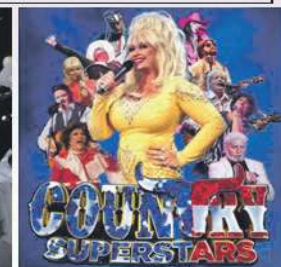
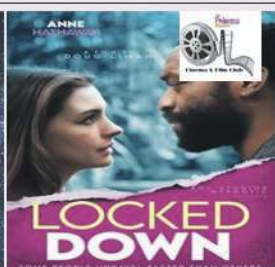
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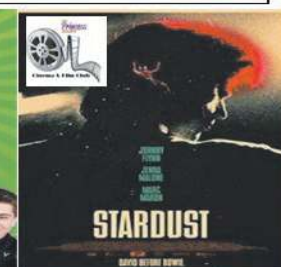
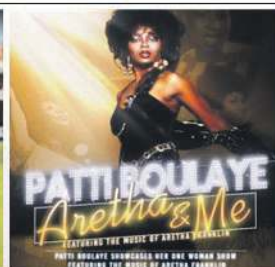
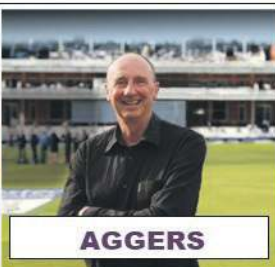
SUN 12TH

TUES 14TH

THURS 16TH

SAT 18TH

SUN 19TH



TUES 21ST

WEDS 22ND

SAT 25TH

SUN 26TH

TUES 28TH



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WEDS 25TH AUG

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