**February may or may not bring snow but it will surely bring lovely carpets of Snowdrops to be admired, such as these ones at Thorpe Market Church, which is holding Snowdrop Sundays throughout the month. See Page 16.**

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**APP ,19”, B/T Midnight Sky, 3k...**

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**APP & 19”**

- £19,995

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- £5,995

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**NEW MODEL C-MAX**

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**NEW MODEL C-MAX**

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Hello and welcome to the February edition of Town & Country News.

The paper was established in Stalham in September 1989 (as Broadland Community News), and that means that for three decades we have been bringing you a strong selection of local interest every month. As we are a local company that values local communities, all the ads in the paper are from local businesses.

Our circulation is the strength of our paper, at some 30,000 copies every month, and to ensure that Town & Country News gets to the places other publications don’t reach we have our own team of around 100 volunteers who put the paper through the letterboxes of all those local homes and businesses each month.

Contributions from our readers are, of course, welcomed, so if you have a story or a picture you would like to share, or an event coming up that you want people to know about, just get in touch.

You can telephone us on 01692 582287 or email us at the following addresses:

Ad Sales/Leaflet deliveries: Keith Storey sales@townandcountrynews.co.uk
Admin/Accounts and Ad Sales: Linda Storey admin@townandcountrynews.co.uk
Editorial/Production: Laurence Watts editorial@townandcountrynews.co.uk

Alternatively, you can write to us at Town & Country News, Unit 5 Bank Street, Stalham, Norwich NR12 9BA.

We look forward to hearing from you.

Town & Country News is delivered to the following towns and villages each month:

- AYLHAM
- BACTON
- BUXTON
- CATFIELD
- CROMER
- DILHAM
- EAST RUTON
- EAST RUSTON
- FELMINGHAM
- HAPPSBURGH
- HICKLING
- HONING
- HORNING
- HORSTEAD
- HOTON
- INGHAM
- KNAPTON
- LESSINGHAM
- LUDHAM
- MUNDESLEY
- NORTH WALSHAM
- NORTREPPS
- OVERSTAND
- POTTER HEIGHAM
- SEA PALLING
- SHERINGHAM
- SOUTHREPPS
- SMALLBURGH
- STALHAM
- SUTTON
- SWANTON ABBOTT
- TRIMINGHAM
- TRUNCH
- TUNSTEAD
- WACHTO
- WORTHSTEAD
- WROXHAM

Tony Andrews would often be seen striding the Walcott seafront disregarding the weather but with a very watchful eye on the tides. Tony was a respected Flood Warden with WEVA (Walcott Emergency Volunteer Association) an independent group who watched the incoming tides particularly when forecasts of flooding and risk of damage to homes and properties.

For 40 years, Tony and his team gained knowledge of the oncoming seas and spotted the danger zones before briefing the local community as well as organising evacuations, making sure occupants at risk be moved to a safer place, usually the local pub. A former farmhand, Tony was respected for his knowledge and extreme kindness; a man with a sense of humour and a laugh to bring a smile to anybody but at the same time he would always be instigative of improvements on drainage, flooding and protection of the residents and businesses in the village. Tony was always willing to help residents by giving lifts, etc. in the area. If he spotted a problem he would attempt to put it right and was always willing to help with any situation that might occur with any resident.

In 2018 Tony and Sylvia Andrews retired from WEVA, due to ill health and age, but they never stopped helping others when needed. Last year Tony was diagnosed with cancer and put up an unbelievable fight, supported by his loving wife, Sylvia, and family and I was privileged to keep in touch regularly with Tony by phone, and although he was in pain he would shrug it off and always enjoyed a laugh and a good joke.

Sadly, Tony Andrews passed away, peacefully, in the early hours of 23rd January with his wife Sylvia and family by his side. He will never be forgotten, leaving a legacy of memories and the fulfilment of a life well lived.

Tony leaves his widow, Sylvia, children Tracey, Kerry and David and all their respective families.

The funeral is on Tuesday 18th February at Walcott Church. Family flowers only; donations to the East Anglian Air Ambulance.
For 40 years, Tony and his love of flooding and risk of particular when forecasts watched the incoming tides in an independent group who Volunteer Association) an. Tony was a respected

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• BACTON
• AYLSHAM
• WORSTEAD
• WALCOTT
• TUNSTEAD
• TRUNCH
• TRIMINGHAM

•    SWANTON
• SOUTHREPPS

You can telephone us on or email us at the

Contributions from our readers are, of course, welcomed, so if you have a story or a picture you would like to share, or an event coming up that you want people to know about, just get in touch. We need people to know about, just get in touch.

Eight year old Amelia Jane Balls from Potter Heigham has won the National Geographic photography competition for 7-14 year olds.

Amelia’s photograph was taken on a family trip to Banham Zoo, when the morning sun was starting to come out and all the lemurs emerged to warm themselves in the rays. Amelia was fascinated by their poses and took lots of photos, selecting this one as her favourite because she thought the lemurs looked like they were doing yoga. Amelia was thrilled to win 1st place in the Animal category but she then went on to win the best overall photograph and the star prize, an amazing nine day adventure holiday to Morocco! Photo’ Competition judge, Ani Vitale, said: “This is a wonderful, decisive moment that is so joyful. Amelia has really captured the essence of these lemurs. Well done!”

Amelia summed up her win by saying: “I can’t believe I’ve won this competition! I’m so excited to go on holiday to Morocco. I can’t wait to see fossils and do star gazing. Thank you, NG kds!”

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**Nanna Dee’s DOGS OF THE MONTH**

Hello my fellow dog lovers. Dare I say we are having a few tweaks of Spring? The catkins on the trees and new shoots are appearing everywhere - a welcome sight for us doggie walkers, who can have a window of opportunity to walk our darlings on dry ground in a little bit of sunshine!

Christmas was surprisingly quiet and only a handful of dogs came in. However, a few of our long term doggies have gone home to beautiful new beginnings, which is always a happy time for us. Chris and I visited Bambi/Margot who has now been rehomed for seven weeks, in her lovely new forever home. Well, she looked amazing and has come such a long way in a short time. She was pleased to see us and relaxed on the floor smiling whilst we had a cup of coffee with homemade cake. She then insisted we looked around her new home by taking us upstairs and making sure we were following. It was as if she was so proud of her place where she has settled and now belongs. Peter and Pauline were obviously in love with her and overjoyed at how she had changed their lives for the better. She makes them laugh every day as she is such a character. Any issues they had earlier have been worked through with patience and affection. Bambi/Margot has certainly landed on her paws!

This month I am going to reintroduce Ozzy to you as he is still waiting for someone to come and take him home as he is not happy in his face, it tells a thousand stories. Bonnie is another beautiful dog who seems to have been overlooked. Bonnie is a nine year old Akita who has been mistreated in the past but she is so trusting of humans again with her intelligence and strong character. To the right people she would make a fabulous addition to a special grownup family or couple without any other dogs. She is good on lead and enjoys a good old scratch and fuss. Bonnie is a bit food orientated but I have been giving her treats for a few months now and she is so gentle with me. I would advise anyone who would like Bonnie, to come to kennels for a couple of weeks to take her out and get to know her before making any snap decisions. She is fine once she gets to know you and is really clever. Beware though, she is too cuddly for words and is very beguiling, using her eyes that seem to draw you in... just look at her. Simply gorgeous!

Finally, I want to introduce you to a new dog in called Bane. Bane is a three year old crossbreed who is very handsome (we think he may have a bit of Akita in him because of his beautiful face). He loves to play ball and he loves his cuddles. He just likes being with people and once he gets to know you and overcomes his shyness he will become a loyal and loving dog who can smile on demand. Bane is bigger than he looks in his photo and is extremely strong. No, I mean very powerful! I can’t hold him but he is a gentle giant who really does not know his own strength and will definitely need an experienced owner!
Jean Skeleton is very proud of her Nottingham upbringing and says she was born and bred on a farm with a loving family, but when she grew up she married, had children and moved to Walcott on the Norfolk coast, many years ago.

Mrs Skeleton, now 88, lives alone but her younger sister, Eileen, visits daily and between them they enjoy having many friends within the village.

GROWING UP

On Friday 17th January The Priscilla Bacon charity shop in Stalham celebrated its second birthday and two years of going from strength to strength.

The team at the shop would like to extend their heartfelt thanks to all who have supported the shop over the past two years, by either donating wonderful items for it to sell, or by regularly visiting the shop and buying goods (you know who you are?)

The shop team would also like to thanks the local Tesco store for all its support last year.

If anyone would like a fund raising pack, please call in to any Priscilla Bacon shop and we they can supply all the information you need.

To date, with all the charity’s other fund-raising efforts over 2019, the fundraising total has gone from £3.6 million to £5 million, edging nearer to getting the new hospice built.

Jean and her younger sister, Eileen, had been forewarned of a surprise and were very excited when a young, agile donkey trotted into her lounge to be greeted and cuddled.

Speaking of her unexpected treat, Jean said: “It was a fantastic surprise to have a real donkey in my lounge, and a big thankyou to the Revd Eiler Mellerup, who looks after our flock.”

She concluded: “I will never forget the day a donkey visited”.

Words by Maurice Gray, picture by Colin Cubitt

From left: Jean Skeleton, Revd Eiler Mellerup and Jean’s sister Eileen.

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The fun lessons are being given by six youngsters at Colby Primary School, who have become building wind power experts thanks to the support of Swedish energy group Vattenfall. The company has teamed up with the School in a pioneering child-to-child mentoring scheme that sees the pupils pass their green energy knowledge on to other schools through a series of learning activities, including games they have developed themselves. A dozen visiting Year 5 nine- and ten-year-olds from Necton Primary enjoyed building mini-turbines, learned how generators work, and calculated the most cost-effective cabling from turbines to shore.

Colby headteacher Christine Mead said her pupils learned leadership, team building and self-confidence, as well as feeling that their opinions were valued. She added: “We are so proud to be involved in such a crucial and innovative project and hope this collaborative approach can promote renewable energy and publicise the importance of taking care of our environment.”

Necton headteacher, Vicki Long, said: “Our children were buzzing all the way home and, as soon as they got back to their class, they were able to recall so much detail about what they’d learnt. We see this as an important part of our curriculum, connected to many subjects including Science, but most importantly, developing children’s wisdom about sustainable energy to a much deeper level.”

The aim is for the Necton pupils to follow in their Colby friends’ footsteps and become “green energy teachers” to other schools.
Please telephone my office or visit my website for more information on the services listed below which I provide.

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Colby headteacher Christine Mead said her year six olds from Necton Primary enjoyed building a series of learning activities, including games in a pioneering child-to-child mentoring scheme.

The company has teamed up with the School of Swedish energy group Vattenfall. We are so proud to collaborate with them, using their expertise in wind power energy. Thanks to them, we can now offer our pupils learned leadership, team building, and a positive carbon footprint.

We are so grateful to the School for allowing us to deliver these lessons, and we encourage other schools to consider joining. Call Gerry on 01263 579529 or Jim on 01263 821060 or John Whittington on 01263 820333.

At the January meeting on Thursday 16th, the after-lunch speaker, Roger Woodard, from Oulton Broad, to speak to us about what they'd learnt. We see some of these and more hanging up around the hall. We have a good variety of items for sale, including stamps from around the world. Let us Felix ended his army career as a Brigadier General and missed his time in the military, but he had given up his career to support his family. Roger told us Felix had been wounded in action in France, and had been a prisoner of war in Germany. He had been in the British Army for many years, and had served in the Middle East, and later on, in the Far East. Felix had been wounded in action in France, and had been a prisoner of war in Germany. He had been in the British Army for many years, and had served in the Middle East, and later on, in the Far East. Felix had been wounded in action in France, and had been a prisoner of war in Germany. He had been in the British Army for many years, and had served in the Middle East, and later on, in the Far East.

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**TOGETHER AT CHRISTMAS**

Every Christmas Day for the past 24 years, Churches Together in North Walsham, have invited anyone who lives on their own, to a lunch in the Community Centre.

Last year was no exception, and all who attended had a lovely day - guests were welcomed with a drink before the traditional turkey lunch, which was followed by a free raffle, then tea and cake whilst watching the Queen’s Speech.

On leaving, guests were given a box of chocolate biscuits and a North Walsham Calendar, plus - if wanted - a lift home.

Christmas can be a very lonely and depressing time for people living on their own, and this lunch provides an opportunity for people to have a “mizzle” and enjoy a very special day, so a BIG THANK YOU goes to all the helpers, clubs and businesses who made this day possible.

---

**LIONS HELP SWAN**

The Wroxham and Hoveton Lions have been great supporters of the work the ladies at SWAN and have awarded the group grants to help it to continue its work.

On December 20th 2019 SWAN was presented with a cheque from the Wroxham and Hoveton Lions Club Teresa Benton of SWAN says: "The Lions have been instrumental in the continued running of the art therapy classes we run, and without their support SWAN would not be as successful as we are."

SWAN has grown in the past year but there is always room for more ladies. You will be met with a supportive hug and a great cup of tea. If you want to know more please e-mail info@swanladiesnorfolk.co.uk or call Teresa on 07768 248545.

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**THE STRAND CLUB**

On January 15th we once again met at the Amber restaurant in the Cromer Country Club for our annual festive lunch. The welcome was as strong as in previous years and the room was laid out beautifully for us, with crackers and a large table ready to be laden with raffle prizes.

There were 17 very happy winners once we had demolished our lunch. Everyone enjoyed the afternoon of sociability and looked forward to our next meeting on 12th February when we will hear a talk about preventing scams, a very current and concerning subject, given by an expert from the NatWest bank. All are welcome to join us; we charge just £3.00 at the door

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**GREG MACAREE’S AMERICAN-STYLE LIGHT SHOW**

Greg Macaree’s American-style Light Show lit up the street in his home village of Hickling on December 1st last year, when more than 6,000 computer-controlled lights dazzled in a 30 minute show fully synchronised to music.

A first of its kind for Norfolk, this charity show was to raise funds for the Big C and Greg is really pleased to report that it was a huge success. “Just over 500 people attended our opening event raising just over £425.00 on the night and we had a steady flow of visitors throughout the month - raising a fantastic £1,202.35 in all!” he told us, adding: “Thank you to everyone that came to see us, we hope you enjoyed it. Please keep an eye on our facebook page and our website hicklinglights.com for further information about our forthcoming show for Christmas 2020.”

Greg and his wife and daughter were pleased to be able to present a cheque to the village of Hickling on December 1st last year, when more than 6,000 computer-controlled lights dazzled in a 30 minute show fully synchronised to music.

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On the first day of 2020 a popular seaside pub celebrated its 25th New Year fancy dress dip to raise funds for charity, with more than 50 brave dippers dressed in colourful attire where appropriate.

The Poachers Pocket at Bacton was packed with hundreds of supporters when the volunteers splashed into the chilly tide with a ‘hot toddy’, awaiting their return. Landlords Caroline and Gary of the Coastguard who attended for the participants’ safety.

The dip raised over £689, which will go towards the £25,000 fund needed to repair the Walcott Village Hall roof/ceiling.

Janet Cooper, Chair of the Walcott Village Hall, said, "We were delighted to be chosen as the Poachers Pocket’s charity of the year and the sum raised from the dip, which exceeded our expectations, and thanks go to all who supported the event".

A FRANK EXCHANGE

Following the retirement of Father Phil Blamire as Rector of the Weybourne Group of Parishes, the Reverend Frank Clarke was Licensed and Installed as Interim Priest-in-Charge of the group.

The ceremony was performed by the Bishop of Lynn, the Right Reverend Jonathan Meyrick, and the Archdeacon of Lynn, the Ven. Ian Bentley, at a service at Weybourne Church on Thursday 23rd January, when members of the Reverend Frank’s family and the congregation were present, together with clergy colleagues.

The part-time appointment provides cover whilst the diocese and the parishes discuss a permanent replacement for Father Blamire.

STEWARDS OF THE WALCOTT VILLAGE HALL

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- Windsong

The interests of members are promoted through the activities of: 

- Overstrand W.I.
- Stalham & District Men’s Singers
- Walcott Women’s Institute
- Walcott Men’s Institute

The Village Hall is available for hire for all kinds of events. Please contact Janet Cooper, Tel: 07768 248545 or email info@swanladiesnorfolk.co.uk

SWAN has grown in the past year but there is always room for more ladies. You will be met with a supportive hug and a great cup of tea. If you want to know more please email info@swanladiesnorfolk.co.uk.

SWAN says: "Please keep an eye on our Facebook page and our website www.swanladiesnorfolk.co.uk or call Teresa on 07768 248545. Thank you to everyone that came to see us, we hope you enjoyed it."

Last year we raised thousands of pounds for the Poachers Pocket’s charity of the year and the sum raised from the dip, which exceeded our expectations, and thanks go to all who supported the event."

At their December meeting, the ‘Lodge of Unanimity No 102’ were pleased to present to the North Walsham Community Centre a cheque for £1,000.

The money was donated as a result of a request from the Management for donations to help buy and install a defibrillator for the Centre, which has now been installed outside by the front doors. Charity Steward, W. Br. Ian Walker, said "Considering the number of different groups that use the Centre, including our Lodge, we thought it was extremely important to have this piece of equipment located here and installed as quickly as possible".

We hope - in terms of current membership numbers - that small is beautiful, but new prospective members would be most welcome to try us out. Our 2020 programme is in our noticeboard in the centre of the village, roughly opposite the bus stop, and we are a diverse, lively and unstuffy group, open to suggestions on how to improve. Try something new for 2020!

We meet in the Village Hall, The Londs, Overstrand on the third Wednesday in the month - our next meeting is on Wednesday 19th February.

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At a presentation before the Honing Village Club, Herbert Smith, 88, was recognised for his 52 years’ service at Honing Church.

An alms dish, inscribed with Herbert’s name and the dates of his churchwardenship, was given to the church as a commemorative gift from the congregation.

Left: Herbert Smith with his framed certificate and the alms dish.

Below: The underside of the Alms dish.

Having last year achieved the most success in their Squadron’s history, the Air Cadets from Cromer began their 2020 events on Sunday 19th January knowing they have a lot to live up to if they are to maintain the standard this year.

The event was the Norfolk and Suffolk Air Cadets Cross Country championships, this year held at Thetford Rugby Club, where on a very frosty morning most of the Squadrons in the wing were well represented, with around 180 runners taking part.

Cromer took a team of 10 runners and were able to field a team in each of the boys races. The under 15s race attracted the most entries and Cromer’s team of Matteo Venuti, Roman Brownsell, and Joe Goldfinch ran well, finishing about halfway up the field.

In the under 17s race Cromer repeated their success of last year by winning the team event with the excellent Tom Muckley finishing with a silver medal, strongly supported by Jay Peebles and Henry Wright. To complete an excellent day, the trio of Alex Downing, Luca Venuti, and Tom Bradstock-Tye in the under 20s age group also won their race, with Alex producing a tremendous sprint over the final 100 metres to win the gold medal.

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WEDNESDAYS

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Aylsham Youngs Park
Football Ground
Woodgate Way
Aylsham
NR11 6UJ
9.30am, 11.30am, 5.30pm and 7.30pm
Kim 01603 755044

North Walsham
North Walsham
Community Centre
New Road
North Walsham
NR28 9DE
3.30pm, 5.30pm, 7.30pm
Karen 01603 405536

TUESDAYS

Potter Heigham
Village Hall
School Road
Potter Heigham
NR29 5LW
9.30am and 11.30am
Trish 01692 582 445

Mundesley
Church Rooms
Cromer Road
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Norwich
NR11 8BE
5.30pm
Miranda 07793 128747

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North Walsham
North Walsham
Community Centre
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North Walsham
NR28 9DE
10am and 12pm
Karen 01603 405536

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THURSDAYS

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Slimming World

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Stalham-based Artist John Etheridge has come a long way since he started his artistic journey several years ago, and with his progress has come a sense of freedom - and a sense of frustration too.

His thirst for knowledge and irrepressible desire to try new media mean that he is always pushing forward, and he doesn’t like to take no for an answer. That applies to recognizing the limits of a certain type of pencil or ink, and even more so when trying to give artworks away for nothing! You may have read or heard about his portrait of Norwich City football manager, Daniel Farke, whom he depicted wearing a crown with golden canaries on. John wanted to present the framed portrait to Mr Farke but has been thwarted in his efforts to do so, despite using local radio, facebook and phone contacts to try and get the painting to Mr Farke - it currently languishes on the wall of John’s garden studio. John says that he was trying to do a nice thing but all he got was hassle (and a request to do a painting of the NCFC stadium - for no payment). While John wasn’t after any payment for the Farke portrait, he was hurt by the lack of recognition for just trying to do something nice. He had more success with auctioning one of his artworks to try and raise money to give the homeless of Norwich a Christmas treat. John had contacted FABB - Food And Beverage Huggies - a group dedicated to taking hot two course meals, drinks, and sandwich bags out to the homeless in Norwich, and donated a couple of canvases but felt he wanted to do more, so he put up an artwork for auction, in the hope of making enough to buy each homeless person a bar of chocolate. It started well on facebook before ‘stalling’ but once John added it to the North Walsham Community page it took off again, and ultimately John was able to buy five bars of chocolate to each of the 60 people living on the streets.

“Everyone’s a winner,” he says. “I did it because I wanted to - it’s for me but for them as well.” Something else he has just done for himself is entering the Portrait Artist of the Year competition, with the picture above, which depicts John, his wife Karen and granddaughter Orianne (“Annie”). Feeling that his style is not quirky enough, John says that he is not expecting to place in the competition but is happy that the portrait shows the true characters of the three people in it. John has about 19 hours work in the painting, and says for him it will be recognised enough if his entry is accepted.

John is also one of only 23 Ambassadors for the SAA, and will shortly be having screen tests in Lincoln for giving online art tutorials. One way or another, we think he is going to get recognised soon!

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Five more wins from five meant that with nine games left the Vikings were 20 points ahead at the top of the table and well placed for promotion to London & South East Premier, one of four fifth-tier Leagues in rugby’s pyramidal structure. That League extends down to the South Coast and west to Hampshire.

The first game was a “walkover”, Ruislip conceding the match. Then came a challenging run of fixtures beating Shelford, Chingford, Haberdashers and Brentwood. The latter was particularly impressive; second placed Brentwood had won nine of their last ten and were ahead 10-6 at the break, with the advantage of a considerable slope in the second half. Nevertheless, the Vikings grabbed a converted try soon after the break and then defended their lead despite the slope and two yellow cards.

Dan Smith (pictured above) was December’s Coltshill Red Lion Player of the Month. The back is in his third season at Scot拓 and has scored 43 tries in 47 appearances. “I love playing for North Walsham, it’s an amazing Club,” said Dan. “There is great togetherness in the squad and we are so well supported, not just by the crowds we get but in the quality of coaching and the way the Club is managed.”

The Vikings’ success is reflected across the Club: the Raiders (2nd XV) are doing well, Junior registrations are up 25%, and record numbers attend pre-match lunches. “The whole Club is pulling together, the Vikings’ achievements are both drivers and consequences of that,” commented Chair, Keith Jarvis.

Off the field, the annual Charity Lunch raised £4,500 for the Benjamin Foundation, whilst the strength of the Youth setup was reflected in the selection of six Colts in the Norfolk squad.

There are two February home fixtures for the Vikings: Colchester (currently second) on the 15th, Harpenden two weeks later.

All Norfolk County Chess Association (NCCA) Chess Clubs have recently switched to digital clocks to meet the demands of the English Chess Federation (ECF) and The Fédération Internationale des Échecs (FIDE) / The International Chess Federation.

As a result of this, Norfolk Chess Clubs has been donating its analogue clocks to other organisations involved in encouraging new and returning chess players.

Pictured above is Greg T-Wobble of Norwich Dons Chess Club presenting five clocks to David Owen (left) and Jonathan Reeve (right), members of the Aysham Library Chess Group. This recently formed Group meets in Aysham library on the last Wednesday of every month. Greg commented: “Norfolk Chess Clubs, like Norwich Dons, are pleased their surplus equipment is now being used by young players in local schools as well as more mature players in the Aysham Library Chess Group and elsewhere. Hopefully this will help encourage more people to start learning chess or return to it in later life.”

To find out more about Norfolk Chess Clubs visit: www.norforschessclubs.org.uk

To find out more about the Aysham Library Chess Group contact Jonathan Reeve Tel: 01263-733744 / e-mail: ayshamchessclub@gmail.com

Many people local to Stalham will know Helen Munford, who used to work in the town’s Barclays Bank, and leading up to her retirement signed up for a Personal fitness Instructor course.

Having now passed all her exams, Helen has joined fellow Instructors Paul and Ric at Stalham Community Gym (motto: ‘No Lycra, no mirrors!’), where she volunteers her time on Thursday mornings from 7.00am to 12 noon, including circuit training at 9.15am. The Gym would like to congratulate Helen and welcomes her to its team.

Stalham Community Gym is open Monday 7.00am to Noon, Tuesday 5.00pm to 8.00pm, Wednesday 9.00am to Noon, Thursday 7.00am to Noon & 5.00pm to 7.00pm, Friday 7.00am to Noon, Sunday 9.00am to Noon at the Poppy Centre, Recreation Road, Stalham NR12 9BJ; call 07547 321874 for details.

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WROXHAM Round Table to support local good causes and individuals

Christmas may have been a few weeks ago, but North Walsham Round Table’s “naughty” Sleigh continued to go to great lengths to help local causes and individuals.

The remaining 50% will be used by North Walsham Play to support the Santas Sleigh Appeal. Christmas may have been a few weeks ago, but North Walsham Round Table’s “naughty” Sleigh continued to go to great lengths to help local causes and individuals.

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FOUR! NEW CAPTAINS AT CLUB

• The new Mundesley Golf Club captains: Jenny Smith, Pat Kerrison, John Sewell and Finley Burnett.

GirlsGolfRocks campaign – but many players are still playing at a high level.

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ROUGH Sawn

ROUGH Sawn
Pat Kerrison and Jenny Smith, both from Stalham, did the traditional ‘drive-in’ to signal the start of their men’s and ladies’ capitanacies, joined by senior and junior counterparts John Sewell and Finley Burnett-Kiernan. The captains’ charity for the coming year will be Pancreatic Cancer Research, after Jenny’s husband Derek, also a member of the club, died from the disease in April 2019.

Jenny said: “Losing Derek to pancreatic cancer within five weeks of diagnosis was a terrible shock. It feels so right to nominate this charity and help find a test for early diagnosis.”

Pat, 76, who ran a family windows business, has been playing golf since his mid-20s and was also a member at the Great Yarmouth and Caister club. He took a break from the sport for five years to compete in triathlons all over the world.

Jenny, 66, who followed up a career mainly in sales and marketing by becoming a Thai massage therapist and Reiki Master, joined Mundesley in 2011 with her husband after being instantly “hooked” on a Get Ladies Back To Golf class. She has been helping the resurgent coastal club gain sponsorships.

Both captains play off handicaps of 12, though Pat has been as low as six while at Caister, and Jenny’s goal is to play off eight.

Young golfers got their first taste of awards success when the seaside club, which is growing its junior section under the leadership of lady member and retired teacher Ros Fretwell, held its first ever junior presentation event. Prizes were handed out after five teams took in a mixed scramble event over four holes, which was also followed by a burger and chips lunch.

Mundesley Golf Club’s junior section aims to start playing friendly matches against other clubs this year, and to take part in the SuperSixes League and GirlsGolfRocks campaign – but mainly to allow youngsters, whatever their ability to improve and enjoy their sport.

For more information about Mundesley Golf Club, which offers a range of membership packages to its people’s needs, visit mundesleygolfclub.com, call 01692 720065 or email manager@mundesleygolfclub.com.

A PLAY BOUNTY FROM SANTA

Christmas may have been a few weeks ago, but North Walsham Round Table was pleased to hand over a cheque recently for £1502.03 to North Walsham Play, representing 50% of sleigh appeal donations received in the run up to Christmas 2019. The remaining 50% will be used by North Walsham Round Table to support local good causes and individuals across North Walsham.
With more and more of us, frankly, scared at the reality of climate change and stimulated to seek ways of living more sustainably, an initiative towards discussing and developing sustainability as a way of life took place during 2019.

“Sustainable Saturday” is a series of monthly talks and debates held at the Friends Meeting House, Cremer Street, Sheringham on the second Saturday of the month, from 10.00am to noon, with, usually, a guest speaker in the second hour. Momentum was gained during the course of the year, to the point that the ever-expanding group of people eager to share and promote sustainable living in Sheringham has agreed to organise an Umbrella group - Sustainable Sheringham - that could coordinate initiatives with representatives from various other concerned groups across North Norfolk.

The first meeting of 2020, on 11th January, included input from Sheringham Deputy Mayor and local Councillor, Liz Wilshin, who advised the meeting on various town and district initiatives as well as local planning protocols and their potential environmental impact. Liz explained how anyone can access the details on the NNDC website and make comments and suggestions or lodge protests. She also reminded the meeting of how Sheringham has become the first town in Norfolk to be declared “Plastic Free” - a commitment by local businesses to limit or abolish the use of single use plastics. Focusing on ways to promote sustainability, those in attendance were very enthusiastic about the possibility of having a “Green Celebration” event, in conjunction with Sheringham Carnival, to be organised by the fledgling “Sustainable Sheringham” group. In order to raise the group’s profile and to evangelise effectively, it was agreed that setting up a Facebook group page would be an excellent way to communicate to the community as well as reaching out to other relevant, local groups and independent activists.

The next “Sustainable Saturday” meeting will be on Saturday 8th February, 10.00am to 12 noon, at the Friends Meeting House, Sheringham. The guest speaker will be Judy Miller, talking about “Sustainable Sheringham: why it is also essential to have a healthy and sustainable inner and outer life. All welcome - coffee at 10.00am, soup lunch afterwards, Fairtrade stall.

The station’s crewroom was open for refreshments, cake stall, competitions and tombola from 10.00am to 3.00pm and a large number of people went along to give support. A number of the station’s volunteers have been affected by cancer, directly or indirectly, so Happisburgh RNLI were inspired to raise funds for this Norfolk cancer charity. The day went well and raised £665, with more funds to come in. Zoe Harris from “The Big C” also attended and was very pleased with the station’s efforts on the day. Happisburgh RNLI would like to thank all the people who supported and enabled them to raise this fantastic amount.

The sun was out at Happisburgh when the Lifeboat Station Volunteers came out to help “The Big C” with a coffee morning on Saturday 18th January.

The Station’s Awards and Dinner Dance will be held at Woodland Holiday Park, Trimingham on Saturday 29th February, starting at 6.30pm, with a three course meal at 7.00pm. Live music will be provided by Upton Nights and there will be a raffle and auction to raise money for the RNLI.

The RNLI is currently facing a Perfect Storm: its volunteers are busier than ever providing a world class rescue service but people are still drowning. Income is down so the service needs more money to save more lives – investing in the future of lifesaving is vital. Fund raising is essential in order to enable the RNLI to carry on with this work, and you can help by supporting the Awards and Dinner Dance.

Tickets are available from Crew members, the RNLI shop or by calling and leave a message at the station: 01692 582269. Cost is £30.00 and last orders are on 20th February 2020. Alternatively, visit RNLI.org/ThePerfectStorm to donate.

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Tickets are available from Crew members, the RNLI shop or by calling and leave a message at the station: 01692 582269. Cost is £30.00 and last orders are on 20th February 2020. Alternatively, visit RNLI.org/ThePerfectStorm to donate.

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SUSTAINABLE SATURDAYS

how anyone can access the details on the NNDC website and their potential environmental impact. Liz explained that Stalham Judo Club is able to produce funds to come in. Zoe Harris from “The Big C” also attended and was very pleased with the energy of Stalham Judo Club members.

The Bluebell Public House
Bacton Road, North Walsham NR28 0RA
“The Country Pub On The Edge Of Town”

Two course lunch
Monday - Saturday £8.95
Thursdays - Steak Night
8oz Rump with all the trimmings £9.95
Fridays Fish & Chips Night
Catch of the day with chips & mushy peas £9.50
Don’t forget our famous SUNDAY LUNCH
Four roasts including starters and desserts
Booking essential!
(Full menu also available)
Sunday Night Quiz
for cash 8.30pm

Serving great home cooked food and Sunday lunches
Restaurant open seven days a week
THE STABLES Self Catering cottages
Five now available at The White Lady
B&B WINNER OF CHANNEL 4’S ‘FOUR IN A BED’

KEEPING WELL IN THE COLD: WHAT YOU CAN DO

Health professionals are encouraging people in Norfolk and Waveney with illnesses that affect their breathing to take extra care of themselves this winter.

As the weather changes and there is more moisture in the air, people with respiratory diseases, such as chronic obstructive pulmonary disease (COPD) or asthma can be particularly susceptible to the effects, finding themselves shorter of breath or coughing more than usual. One of the most important tips is to ensure you have had the flu vaccination. Sam Oughton, COPD Nurse Specialist, says: “If you have a long term health condition, particularly a lung condition, cooler, damp weather can trigger a flare up of symptoms as well as making someone more vulnerable to illness. If you know someone, a friend or a neighbour with COPD, or a lung condition, or anyone vulnerable to changes in the weather, do look out for them – have they collected their milk from the doorstep? Opened their curtains? Turned their lights on/ off; or cleared their path of ice or snow?”

Every autumn and winter, GP surgeries and hospitals see an increase in visits from people with respiratory conditions. If you have a lung disease, here are some tips to help look after your lungs this winter:

• If you have a lung condition and are feeling unwell (onset of cold symptoms) don’t wait - seek advice from your local pharmacist, nurse or doctor.
• Follow your self-management plan if you have one (patients with COPD should have one - if not ask your GP/surgery/nurse for one).
• Get the flu jab and avoid contact with people who have cold symptoms
• Ensure you have both the flu and pneumonia vaccinations and avoid people with cold symptoms where possible.
• Cover your mouth and nose with a tissue when you cough or sneeze and encourage other people around you to do the same.
• Throw away used tissues as soon as you can and wash hands regularly.
• Stay warm
• Heat your home to at least 18°C or even warmer if you don’t move around much or feel the cold.
• Keep your bedroom warm and the window closed at night as breathing in cold air can increase the risk of a respiratory infection.
• Wear layers of clothing as these trap the warm air better than one bulky layer, wear a hat indoors if needed, and keep a blanket nearby.
• If you are unable to move around much make up a hot flask and have hot drinks/soup throughout the day. Try and have one hot meal a day.

When you’re out and about
• Check the weather report. If it is too cold or windy for you or you are not feeling well or have trouble breathing, stay indoors and keep warm.
• If you do go out, take reliever medication 30 minutes before going out to help prevent cold air tightening the airways.
• Wear a scarf/snood to cover your mouth and cheeks to stop the cold air tightening your airways.

The British Lung Foundation offers advice to anyone living with or supporting someone with a lung condition. For more information call their helpline on 03000 303535 or visit www.blf.org.uk.
SNOWDROP SPRING BALL

Mr & Mrs Thomas Blofeld invite you to enjoy a relaxing stroll in the beautiful gardens at Hoveton House on Sunday 16th February 2020 from 11.00am to 2.00pm for a Snowdrop & Aconite Walk with Brunch in aid of Autism Anglia and St John’s Church, Hoveton.

Tickets cost £10.00 adult (£5.00 for children under 12), to include winter soup, barbecued hotdogs (veggie available), a glass of wine or soft drink. For tickets and information call 01692 630892 (tickets also available on the gate)

Hoveton House can be found off the A1062 Hoveton to Horning Road, postcode NR12 8JE (please note this event is at Hoveton HOUSE not Hoveton HALL).

THE THRILL OF LOVE

February 2nd - Three Local Artists: Rosemary Herczog, Antonia Martinez & Tony Lee;
February 9th - Nine Photographers;
February 16th - Rebecca Hitchens and 6by4 Secret Postcard Fundraiser;
February 23rd - IMPRESSED Norfolk Printmakers.

For further information please contact the Churchwarden, Martin Castle, at mncastle57@gmail.com or on 07817 027589.

THE VALENTINE BALL

A Valentines Black Tie Ball is being held at the Sutton Staithe Hotel, Stalham on Saturday 15th February by Jessica's Wish.

Jessica's wish is a charity run by Susan and Robert Gorenham, who lost their daughter Jessica 13 years ago. Since then, and with the help of their two sons, they have donated to the Norwich & Norfolk Hospital, Cuddle Cots, which are refrigerated units that give brokenhearted parents a chance to spend longer with their still-born children.

If you are looking for a romantic night of love and entertainment then look no further; you will be treated to a sit down two/three course meal, live music from Imogen Addison and a performance from the lovely burlesque dancing ladies from Honey Nabulous, DJ Carl Simon, and to top it all off there will be a live Auction with some amazing prizes for you to treat the loved one in your life. It's all in aid of East Anglia's Children's Hospice.

The event will run from 7.00pm to late. Ticket price is £30.00 for two course meal and £35.00 for three course meal, and this includes all entertainment. You can get yours at https://www.facebook.com/events/2261401767248332/ or by contacting Sutton Staithe Hotel direct.

BIG BAND TO CELEBRATE SHERINGHAM'S 70th

To celebrate 70 years since the formation of the Sheringham & District Branch of the Royal Air Force Association, there will be a Big Band Concert by the Royal Air Force College Band on Saturday 29th February at St Peter’s Church in Sheringham.

The Band will play a full repertoire of military and popular music, with soloists demonstrating individual skills. This Concert, starting at 2.30pm, will be the second visit to Sheringham of the internationally famous military Band, all members of which are serving in the Royal Air Force. Their Concert in 2018 sold out within days of tickets being released. All profits from this Concert will be donated to the RAF Association 2020 Wings Appeal, raising the vital funds needed to support serving and former RAF personnel and their families.

Tickets, priced at £15.00 each, are available from Sheringham Little Theatre, either personally, online or by calling 01263 822347. For more information please contact the RAFA Branch on: 01263 479507.
JAZZ IN FEBRUARY

Saturday 1st February, 8.00pm to 9.00pm & 9.45pm to 10.45pm - The Djangojiggers at Stower Grange Hotel, School Road, Drayton, NR3 6EY, in the first of a series of jazz suppers. The quartet summons the spirit of Django Reinhardt with tunes written by or associated with him. The performance will include anecdotes about the musician's life and so you can expect a swinging and informative evening. Zak Barrett (clarinet), Simon Hurley (guitar), Bob Ford (guitar), Andy Staples (bass). Tickets £25.00, reservations on 01663 860210; price includes a jazz supper (main course – three options).

Sunday 2nd February, 1.30pm - Norfolk Jazz Quintet at The Goat Inn. Long Road, Sheringham, NR26 8RE. Melodic jazz standards from the golden age of popular jazz. This venue is justifiably referred to as the home of jazz in North Norfolk, with a reputation built on the commitment of the owners, the quality of the musicians and the input of the staff team - and it's always friendly. Tim Densham (clarinet and saxophones), Bill Bremer (trumpone), Peter Gregory (guitar and banjo), Liz Underdown (string bass), Vic Brown (drums).

Admission is always free and you can simply “drop in” to have a drink and enjoy the music. However, if you would like a table for lunch it is essential to book, 01692 538600.

Tuesday 13th February, 7.30pm - Kit Downes (piano) and Lewis Wright (vibraphone) at Anteros Arts Foundation, 11-12 Fye Street, Norwich, NR3 1JL. Kit and Lewis are both internationally recognised musicians and are truly local, having developed their early skill and knowledge here and both having graduated from the Norwich Student Jazz Orchestra before going to music college. They are one of the most virtuosic and original duos of recent years and play exhilarating up-tempo improvisation to lyrical ballads. They explore a landscape of music that blurs the boundaries between the scored and improvised. They will be performing pieces from their debut album “Duet”.

Tickets £12.50, reservations on 01663 766129 or at www. anterosfoundation.com.

Friday 14th February, 7.30pm - Barbar and the Black Sheep at Atten Trehus, Gresham’s School, Cromer Road, Holt, NR25 6EA. Valentine's music from Barbar Gough (vocals), Chris Cooper (keyboard) Justin Myers (bass guitar) and their band. After the success of last year’s show the band is back to perform more love songs and ballads written by some of the greatest songwriters of the 20th century. The raked seating will be removed and the auditorium will morph into a nightclub.

Tickets £16.00, reservations on 01263 713444 or at www.audentheatre.co.uk.

Sunday 23rd February - The Simon Brown Trio at The Hub at Sheringham Little Theatre, 2 Station Road, NR26 8RE. Simon needs no introduction to audiences at the Hub; he is one of the region’s elite and “in demand” musicians. Simon will be playing in the format of the piano led trio and the music will be a selection from his extensive repertoire. His compatriots will be Suffolk based musicians Owen Morgan (bass) and Alex Best (drums).

Tickets £10.00 from the Box Office on 01263 822347 or at boxoffice@sheringhamlittletheatre.com or www.sheringhamlittletheatre.com

Friday February 28th, 7.30pm - Jazz at the Belfry Centre for Music and the Arts, Overstrand with Mick Murphy and the ‘Bats In The Belfry’ performing their fresh and entertaining selection of songs old and new, New Orleans style, in a comfortable, informal setting. Admission £5.00, licensed bar and a guaranteed warm welcome - and possibly a surprise or two. At the December session, the surprise was the appearance of 10 year old Alfie Turnbull for two numbers, proving to be a dab hand on the double bass. Who knows what February wrecception ill bring?

For further information call 01263 579196.

BIG BASH II WANTED

Following the successful Big Bash event in May last year The North Walsham Think Carer Network is organising another North Walsham ‘Big Bash’ for 25th April, again held in North Walsham Community Centre and Library.

This will be a chance for groups and organisations providing activities and services in the town to network, promote what they do, encourage volunteers and meet other groups. It will be a friendly place for people to come together, chat and meet others. North Walsham Think Carer Network is a network of over 40 groups and non-profit organisations, all of which support local people and those they care for in North Walsham. The Network aims to raise awareness of this work, and the needs of unpaid carers in the town.

If you are a community group or not-for-profit organisation serving the community in North Walsham and wish to have a stand at the Big Bash you can email northwalshamcommunitycontact@gmail.com or call Fay on 07450 655475.

For further information on the Think Carer Network you can contact its Chair, Elizabeth Hargest, on 01692 405650, or Secretary, Paul Robinson, on 07939 299981.

FILM FEST

A mini film festival, at ‘The Venue’ Holt Community & Arts Centre over the weekend of February 21st, 22nd and 23rd will feature and celebrate films connected with Norfolk and East Anglia.

The February Film Festival will kick-off with an Opening Reception with drinks and finger food from 6.00pm on Friday 21st of February, followed by an interview with Jonathan Blagrove by Anwen Hurt at 7.15pm. This will be followed by 8.30pm by a showing of ‘The Final Reel’, narrated by the late John Hurt, a feature length documentary about our love affair with cinema. There will also be a small archive display of relevant photographs.

Friday 21st
6.00pm – Opening Reception with drinks and finger food;
7.15pm – Interview with Jonathan Blagrove by Anwen Hurt;
8.30pm to 10.00pm - 'The Final Reel'.

Saturday 22nd
10.30am to 12.30pm – ‘Lucky Lavers – Return to Dunkirk 75 Years On’, with a pre-film discussion, about the project between director Jeremy Brettingham and Simon Garnier, Trustee of Rescue Wooden Boats;
2.00pm to 4.00pm – 'Drowning by Numbers’;
5.00pm to 7.00pm – ‘In Love with Alena Cogan’, introduced by Anwen Hurt (Producer and Casting Director of the film);
8.00pm to 10.00pm – ’Widow’s Walk’ (2019);

Sunday 23rd
11.00am to 1.15pm – ‘Akenfield’ (Cert. 12), ‘Akenfield Revisited’;
2.30pm to 4.30pm – ‘All The King’s Men’ (Cert. 15);
5.30pm – 7.30pm – ‘The Go Between’ (Cert. PG);

Food and refreshments will be available, before and between film showings, throughout the weekend, so there’s no need to even leave the venue! Tickets cost £5.00 for the opening reception and per film or £30.00 for a weekend of eight tickets and are available on the door or in advance from The Venue (Holt Community and Art Centre), Oskozi, Tess Ainley, Watson’s and Thoughtful Expressions, all in Holt (N.B. payment by cash or cheque only).

EVERYONE WELCOME TO A PUBLIC MEETING
FRIDAY 7th FEBRUARY 2020 6.30pm
CROMER PARISH HALL
CHURCH STREET,
CROMER

These mental health services used to exist in North Norfolk. Now they are all gone.

• A COMMUNITY MENTAL HEALTH TEAM
• A CRISIS TEAM
• A SPECIALIST MENTAL HEALTH TEAM SUPPORTING PATIENTS
• PSYCHIATRIC NURSES ATTACHED TO ALL GP SURGERIES
• A CRIMINAL JUSTICE TEAM TO ASSESS THOSE WITH MENTAL ILLNESS WHO ENDED UP IN POLICE STATIONS
• A ‘HERON COACH’ WHICH VISITED ISOLATED VILLAGES TO GIVE ADVICE AND SUPPORT.
• DUAL DIAGNOSIS OF MENTAL ILLNESS AND DRUG/ALCOHOL ADDICTION TREATMENT

Contact: nnmentalhealthcrisis@gmail.com for more info.
**FEBRUARY**

**Tuesday 10th**
10.30am - KELLING/TELEGRAH HILL, a Grade 3 walk of 3 miles along field edges and through woodland, with moderate to steep gradients. Meet together North Norfolk Walks, Staithe Hotel, NR12 9QG.

**Tuesday 18th**
10.30am - KELLING/TOWN TOLL, a Grade 3 walk of 3 miles along field edges and through woodland, with moderate to steep gradients. Meet at the Old Reading Rooms Tea Room, The Street, Kelling, NR25 7EL.

**Saturday 1st**
10.00am - BACTON & CROCKFORD, a Grade 3 walk of 2½ miles on tracks, minor roads, dirt tracks and grass. Meet at Bacton & Saxthorpe Village Hall, Hendon Road, Crockford, NR11 6QG.

**Thursday 6th**
10.30am - CORPUSY/SAXTHORPE, a gentle walk of 2½ miles on tracks, minor roads, dirt paths and grass. Meet at Corpusy and Saxthorpe Village Hall, Heydon Road, Coprury, NR11 6QG.

**Thursday 13th**
10.30am - BOWMEN'S BLOOHERS, a Grade 3 walk of 3½ miles on gravel, woodland, dirt, grass and concrete paths, with one steep slope and some steps. Meet at the byroad to Sustead and take a left at the 51°9405 by 3.00pm on Monday 17th.

**Wednesday 19th**
10.30am - HORSEY MERE, a Grade 3 walk of 3.1 miles on track and riverside paths. Meet at Horsey Staithe/Winchump park car (charges apply), Great Yarmouth, NR29 4EF (on the B1153, 4 miles east of Martham).

**Thursday 20th**
10.30am - BISHOP PALMERS (REVERSED), a flat Grade 3 walk of 3¼ miles through farm land and across tracks and minor roads. Meet at Banningham Crown pub car park (free), Colby Road, Banningham, NR11 7DY.

**Friday 21st**
10.30am - SOUTHERREPS CIRCULAR, a Grade 2 walk of 2½ miles on a mix of concrete, common and woodland, with gentle gradients. Meet at the lay-by opposite Southrepps Primary School, Lower Street, Southrepps, NR11 8UG – parking in layby and along street.

**Monday 24th**
10.30am - POTTER HEIGHAM CANDLE DYE, a Grade 3 flat walk of just under 4 miles alongside the Broad and round to Candle Dye, on tracks. Meet at Potter Heigham Bridge, NR29 6JE (find own parking).

**Tuesday 25th**
10.30am - SHERINGHAM PARK TEMPLE, a Grade 2 walk of 2½ miles through the park on dirt, grass and woodland paths, with moderate gradients. Meet at the Dales Hotel car park (free), Lodge Hill, Sheringham, NR26 8TJ.

**Wednesday 26th**
10.30am - BEESTON COMMUNE AMBLE, a relaxed pace walk of 2½ miles on a mix of families, sessions of activities based around storybooks. Also on Tuesday 18th.

**Thursday 27th**
10.30am - FELBRIGG LAKE & VICTORY, a Grade 3 walk of 3½ miles on gravel, woodland, lakeside, grass and covered boardwalk, with moderate gradients. Meet at Felbrigg Hall free car park off the Sustead Road (turn off the A148 by the Felbrigg Hall signpost and take a left at the lodge; car park is on the right. Parking charges may apply for non-National Trust members).

**Friday 28th**
10.30am - CROMER TO EAST RUNTON, a Grade 3 walk of 3½ miles on dirt, grass, gravel, and mineral roads, with moderate gradients. Meet at Meet at A1000 (Rutton) Road, Cromer (parking charges apply).

**Saturday 1st**
10.00am - BOLINGBROKE-KENT at Cley Village Hall. **Tickets POET , HUMOURIST & SINGER WRITER AND ADVENTURER ANTONIA BARRETT at Cromer Library. Tickets £8.50 including tea/coffee (reduced cost for children). All proceeds to Village Hall.**

**Friday 7th**
11.00am - PUBLIC MEETING ON MENTAL HEALTH at Cromer Parish Hall, organised by Campaign to Save Mental Health Services in North Norfolk. To confirm attendance, call 07785 409504 or email mentalhealthcrisis@gmail.com.

**Saturday 8th**
7.00pm - SOCIAL SEQUENCE & BALLROOM DANCE at Bracemace Parish Hall, Ormesby NR29 3QB. Entry £4.00 including refreshments. All welcome. Details from 01263 502215.

**Sunday 2nd**
5.00pm - CHORAL EVENSONG FOR CANDLEMAS in All Saints Church Upper Stalham, sung by The Trinity Singers. All most welcome.

**Monday 3rd**
10.00am - WALK THE WEAVERS WAY with Branch Oddfellows, who will be walking along a small part of Weavers Way from Honoing station to East Runton. Meet at Honoing station car park. No cost, details from Angela on 01692 407852 or at angela.batson@oddfellows.co.uk.

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**CROMER IN BLOOM**

Cromer in Bloom has continued to be very busy tending gardens and planters all around the town, with 25 areas in total so there is always plenty to do!

The volunteers began the year by digging out old and wind-battered plants from one of the gardens opposite Morrisons garage, and with the help of a €100 grant from Morrisons planted many new grasses and created a seaside themed garden with single and ‘gabions’ – flintstone filled metal cages. They then planted annuals around the edges which were very colourful all during the summer. The new planting scheme has greatly reduced the need for watering and complemented the ‘grass’ garden at the Christ Church Church 

Those of you who use the train station will have noticed the colourful tubs and planters this year, looked after by members Viv, Kathy and Dawn, who have also tended tubs and planters in front of properties which have been spectacular this summer. In the 2020 plan is a re-plant of a garden next to the old croquet lawn for this year’s Gardening Festival in May.

Cromer In Bloom meets every Tuesday at 10.00am throughout the year and members always enjoy a warming coffee or hot chocolate afterwards. All new members are welcome! Please ring Chairman, Jim Bond, on 01263 514515 if you are interested in joining or just helping with watering during the summer months.

**YOUR LETTERS**

**NORFOLK COMMUNITY LAW SERVICE**

**NORFOLK COMMUNITY LAW SERVICE**

**FREE LEGAL ADVICE**

at Merchants Place, 16 Church Street, Cromer, from 5.00pm; 15 minutes free advice with a solicitor. Solicitors specialise but may be able to give general advice on other matters.

**FEBRUARY**

**Tuesday 4th**

**FAMILY with Neil Stubbs of Halls**

**Tuesday 11th**

**WILLS & PROBATE with Lesley Ward of Hayes & Storr**

**Tuesday 18th**

**EMPLOYMENT with Sally Davenport of Working Law Solicitors**

**Tuesday 25th**

**FAMILY with Julia Buckingham of Butcher Andrews**

Any queries or to make an appointment please call: 01692 582287

Please note, occasionally advice sessions are subject to changes.

To make an appointment or enquiry please call 01692 580832.

Norfolk Community Law Service Ltd (WCLS) is registered under guarantee in England under Company no.3524607.

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**Town & Country News**

Tel. 01692 582287

February 2020

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**Sunday 23rd & Thursday 27th**

11.00am to 4.00pm - SNOWDROP GARDEN OPEN at Chestnut Farm, West Beckham, Holt NR25 6NX. Light refreshments at grassfield parking (if large enough), plants for sale. All dogs to be on leads. Admission £5.00 adult, free to children.

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**Tuesday 18th**

10.00am to 4.00pm - PASTEL PENCIL PORTRAIT WORKSHOP at Marsham Tuliptree Fabrics. Cost £25.00 all materials supplied, last date for booking Wednesday 5th. Call John on 01692 583446 for more details.

2.15pm to 3.15pm - DIGIFEST 2020 at North Walsham Library: meet a T. rex face to face with virtual reality! Try out VR and see dinosaurs as you've never seen them before! Roundtrip transport from Wiveton to 2.45 pm. £4 to 9. Booking essential - call 01692 402482.

3.30pm to 4.30pm - ROBOT CODING MAYHEM at North Walsham Library. An hour of games, team games and battles featuring brilliant, light up, indestructible codable robots. No coding experience necessary. Best for children aged 9 to 13.

3.30pm to 5.00pm - CODER ROBOT at Mundesley Library. Your chance to get hands-on with a real robot. Code fast to capture the aliens and avoid the asteroids. No coding experience required. Ideal for children aged 6 to 9.

Spaces limited so booking advised - call 01263 720702.

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**Wednesday 19th**

10.00am to 11.00am - AFRICAN DRUMMING AND DANCE at Sheringham Library with Milicent. Have fun with Milicent and join in with wonderful drumming, dance and traditional African folk stories. For more information call the Library on 01263 822897.

AFRICAN DRUMMING, DANCE & STORIES at North Walsham Library with Milicent Chapanda. A fun workshop for all, most suitable for 5 to 11 year olds. Booking essential - call . Speak to a member of staff for more details.

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**Thursday 20th**

7.30pm - NORFOLK WILDLIFE TRUST NORTH NORFOLK GROUP and CHICKEN POULTRY & TOGGIN at Bingley Village Hall with an illustrated talk on ‘Garden Birds’ by Mike Toms. Entry £2.00 member (NWT or CBC), £3.00 non-member, including refreshments.

No need to book, just come along. This Meeting is kindly sponsored by BIRDScapes Gallery.

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**Friday 21st**

7.00pm - NORFOLK-BORN TRAVEL WRITER AND ADVENTURER ANTONIA BIGGIE-BOHANNAN at Bingley Village Hall to talk about her latest book, ‘Land of the Dawn-lit Mountains: A Journey Across Arunachal Pradesh - India’s Forgotten Frontier’, a solo journey across the Eastern Himalayas by foot and mountainbike. Tickets £15.00 including canapes, canais; paid bar from 6.00pm. All to profit to the charity Brooke Action for Working Horses and Donkeys. For more information and to buy tickets contact Fiona Wrigley at fionabkent@gmail.com or on 01760 755 680. Tickets also available on the door.

7.00pm for 7.30pm - RURAL CINEMA AT MICKLEBY DRUMMING presents ‘A Fisherman’s Friend’ (12A), starring James Purefoy; the story of 10 fishermen from Cromer and their sea shanties.

Tickets £5.00 at the door, refreshments available.

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**Sunday 22nd February**

10.30am to 12 noon - FAIRTRADE ANNIVERSARY COFFEE MORNING at St Andrew’s Church, Sheringham.

Quizzes, competitions, stalls and coffee and home-made fairtrade cakes. Profits to the Fairtrade Charity.

3.30pm to 4.30pm - DigiFest 2020 at North Walsham Library: story time with a difference. Meet Code-a-pillar and learn something coding related for young digital explorers aged 4 to 6 years.

Saturday 29th

10.00am to 1.00pm - CROMER LADIES GUILD COFFEE MORNING at Cromer Parish Hall. Hot drinks, homemade cakes and savouries, pop in for a chat, refreshments and a go at the photo booth to the RNLI.

2.30pm - BIG BAND CONCERT BY THE ROYAL AIR FORCE COLLEGE BAND at St Peter’s Church, Sheringham, to celebrate 70 years since the formation of the Sheringham & District Branch of the Royal Air Force Association.

The Band will play a remarkable repertoire of popular music and military music, with soloists demonstrating individual skills. Tickets £15.00 from Sheringham Little Theatre, or by calling 01263 822247. For more information call RAFAN Branch on 01263 479507. All profits to be donated to the RAF Association 2020 Wings Appeal.

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**Dear Linda**

As Christmas is past, please would you ask readers again in the town and country news to save their stamps for me which I send to various charities. I have had some lovely thank you letters back from them. Here is a list of charities:

- Aid Africa Autism Anglia; Donkey Sanctuary; Sidmouth; Headway; Hillside Animal Sanctuary; RSPCA PACT; Relate; Great Ormond Street Hospital; Guide Dogs for the Blind; Sense - deaf and blind; Big C; Motor Neurone Disease Association (my aunty died of this); Diabetes Association; Leprosy Mission; Zambesi Mission; Oxford Children's Society; British Hedgehog Preservation Society; RNLI; Rethink mental health charity; Combat Stress (Help for Heroes); EACH, and many more.

Thank you to everyone who has sent me stamps recently and to the past (I will also send out a thank you card if you give me your name and address enclosed with the stamps).

I have been collecting stamps for charities for many years and it gives me great pleasure to help these charities, which is so desperately needed. You can send stamps to me at:

Jaye Manning
111 Mill Road
Cromer
Norfolk
NR27 0AD

Dear Sirs,

I write to you as the Poppy Appeal Organiser for Stalham & District Royal British Legion.

Firstly, I wish to convey my thanks to the people of Stalham and District for their generous contributions to last year’s Poppy Appeal. I can confirm that we raised the amazing amount of £12,045.17 (so far), which is the most we have ever raised.

In order to do this, we are reliant upon a team of volunteers, and thanks must also be conveyed to them for coming out, ran or shine, to help this very worthy cause.

I am also appealing to readers to contact me if they are aware of any Veterans who are in need of assistance in any way. Please call me on 01692 580444.

If readers would like to join, we meet a the Swan public house, which has been a spectacular this summer.

In the 2020 plan is a re-plant of a garden next to the old croquet lawn for this year’s Gardening Festival in May.

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**Past Events**

Pictured here is Bradley Hatch of BJH presenting Tony Boyton of North Walsham with the Royal London gent’s automatic watch that he was lucky enough to win in the competition in our December 2019 edition.

Well done Tony, and a big thank you to Bradley for his continuing generosity in offering prizes.
SAFE WINTER DRIVING

Ok, we’ve been saying it for several months but Winter weather will surely arrive in February! Two years ago we had some disruptive snow, and more than 1 in 4 drivers (28%) are scared to drive in the snow, with many unaware of the guidelines for driving in wintry conditions.

As the UK prepares for one of the coldest winters in almost a decade (don’t they say that every year?), new data from AutoTrader’s Winter Driving Study shows many drivers are dangerously unprepared to drive in icy conditions and could be putting themselves and others at risk.

According to the data, more than half (59%) of drivers were not aware that black ice is transparent, and may therefore fail to identify it when driving. As a result, three quarters of those surveyed were unaware that the safe stopping distance increases by ten times in icy conditions. In fact, more than 1 in 4 (27%) wrongly believe that stopping distance increases by only three times when it’s icy, meaning many could be putting themselves and others at risk as a result of not allowing enough time to brake.

The study by also reveals that more than 1 in 3 (34%) car drivers leave their engine running and go back into the house while their car warms up and demists on cold days. Meanwhile, 1 in 10 (11%) or 3.6 million drivers – do not wait at all, instead starting their journey with their head sticking out of the window, in order to see where they are going.

More than 1 in 10 (12%) admit to having driven one-handed while they hold a hot drink on cold mornings – meaning they are at risk of losing control of their vehicle, and a similar number (8%) say they have driven without a seatbelt on cold days, in order to peel off layers of clothing as they eventually warm up.

Many cars may also not be equipped to tackle winter conditions owing to poor winter maintenance, according to Auto Trader, with less than half (46%) of motorists knowing to put anti-freeze in their car, and only 1 in 2 of those on the roads (50%) keep their cars topped up with it. 1 in 3 (33%) doesn’t even own an ice scraper, whilst 1 in 4 (25%) say they pour boiling water over their windscreen when it’s frozen, despite the risk of cracking the glass.

A spokesperson at Auto Trader said: “Each winter, we see road accidents happen that could have been avoided with a bit of preparation or knowledge, so this time of year is always a good time to remind drivers how to best prepare for treacherous weather and what the rules around driving in these conditions are. To help, we’ve created a guide to driving safely during winter which car drivers can use to reacquaint themselves with the rules and best practices of winter driving, to keep themselves and other road users safe.”

See https://www.autotrader.co.uk/content/guides/winter-driving

Call 01692 580513 www.stalhameng.co.uk

Quality Used Peugeot Selection

13 (13) 208 Active 1.0 Hdi (68bhp) s/a, 5dr, Diesel, Blue, Full Service History, Nil Road Tax, 70+ MPG Combined, 71,720 Miles.....£4,495
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19 (19) 2008 GT Line 1.2 PureTech (130bhp) s/a, 5dr, Petrol, Grey, 1 Owner, £115 Road Tax, Reversing Camera, 16,280 Miles.....£14,495
18 (18) 308 Allure 1.2 PureTech (130bhp) s/a, 5dr, Petrol, Magnetic Blue, Front And Rear Parking Aid, Touch Screen, 19,770 Miles.....£11,495
19 (19) Rifter Allure 1.5 BlueHdi (130bhp) s/a, 5dr, Diesel, Cumulus Grey, Sliding Rear Doors, A/C, £145 Tax, Only 440 Miles...£17,995
16 (16) 108 Roland Garros TOP! 1.2 Pure-Tech (82bhp) Sd, Petrol, White, Nil Road Tax, 1 Owner, Great MPG, £6,800 Miles.....£8,250

Quality Used Stock

16 (16) 106 Active 1.0 Sd, Petrol, Silver, 35k.........................................................................£5,495
16 (16) 106 107 Allure 1.0 12v Semi-Auto, 5dr, Petrol, Silver, Ex-Demo + 1 Owner, £20 Road Tax, Great MPG, 34,700 Miles.........£4,495

NICHOLSONS

Stalham Engineering Co. Ltd

16 (16) Mitsubishi ASX 3 1.6 (118bhp) 5dr, Diesel, Black, Full Service History, Climate Control, Rear Parking Aid, 27,660 Miles £10,195
16 (16) Ford Fiesta Zetec 1.0T EcoBoost S/S 3dr, Petrol, White, 2 Owners, Full Service History, Nil Road Tax, 31,420 Miles........£7,250
18 (18) Nissan Qashqai Acenta Premium 1.5 dCi, 5dr, Diesel, Blue, Full Service History, 51,450 Road Tax, A/C, 7,260 Miles.....£14,995

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Town & Country News  Tel. 01692 582287

20 February 2020

WE HAVE ACCESS TO HUNDREDS OF NEARLY NEW AND USED PEUGEOTS
Motoring themselves and others at risk as a result. This survey shows many drivers are dangerously unprepared. As the UK prepares for one of the coldest winters in history, drivers are at risk of accidents due to the potential for snow and ice on the roads.

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<th>Model</th>
<th>Specification</th>
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<td>Fiesta 1.0 T</td>
<td>125ps Active K Crossover, ESP</td>
<td>£17,995</td>
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<tr>
<td>L5 Door</td>
<td>Petrol, Silver, Manual, ESP, IPS</td>
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<td>C-Max 1.6 TDCi</td>
<td>Titanium 5dr, MPV, ESP, IPS, A/C</td>
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It is important to note that a civil partnership is not an automatic legal process, and it involves a series of legal steps. Every case is unique, and it is important to consult with a professional to ensure that your rights are protected.

Leisure Time... looking ahead

Whilst there are many COME AND SING events taking place in Norfolk every month, the one on March 7th, 2020 will be different as it is for sopranos and altos only.

Come and enjoy the thrill of singing a variety of three and four-part pieces for ladies’ voices, from madrigals to contemporary composers. Get tips from Janet on how to improve as a soloist and as a choral singer. Fun, friendly and expert tuition will make for a very special day. A list of the songs will be circulated in advance and we will provide music on the day.

The cost for the day will be £15.00 (payable in advance). We shall use the church for the workshops and kitchen and canteen facilities for breaks. Hot and cold drinks and biscuits will be provided. Please bring your own packed lunch. Information on parking will be provided to participants.

Please apply by calling Chris Yeomans on 01263 768441 or emailing Chris at singingwithcuke@gmail.com.

We are looking forward to hearing from you.

Bosch 4 YEAR GUARANTEE SILVER CALCIUM BATTERIES (063 equivalent) £64 inc. VAT

HEADLIGHTS LOOKING YELLOW AND TIRED? FAILED MOT FOR LOW OUTPUT OF LIGHT?

DON’T BUY NEW! SAVE MONEY AND HAVE THEM REFURBISHED

Cornish Way Business Park, North Wismah

kellyclarke motorservices.co.uk

February 2020 21

WILLS, MARRIAGE AND CIVIL PARTNERSHIPS

considered by Richard Tinkler of Capron & Hellwell Solicitors

Following a Supreme Court ruling in England, the law now (from 31st December 2019) allows mixed sex couples to be able to enter into a civil partnership.

Previously, only same-sex couples were able to enter into a civil partnership. Both same-sex couples and opposite sex couples can enter into a marriage (and this has now been the case for some time).

If you are in a mixed sex relationship and have made Wills, and decide to form a civil partnership now that the law has changed, any Wills made previously will be invalid by the civil partnership, unless the Wills were made in expectation of that event, or they can get married or enter into a civil partnership and subsequently make Wills.

If a couple do not make Wills or enter into a marriage or a civil partnership but are simply in a relationship (whether living together or not), rights to inherit by the survivor following the death of one of the parties to the relationship will be limited and there is a risk, depending on circumstances, that the surviving partner (not to be confused with civil partner) will not inherit anything at all. Even if a couple are in a marriage or a civil partnership, making Wills is still very important to set out exact wishes on both the first and second deaths. It is also vital that they are updated regularly, too.

Every case, of course, depends on its own circumstances. Always take legal advice from a trusted professional about your own set of circumstances.

This article was written on 31 December 2019 and the law may change following this date.

Richard Tinkler is an Associate Solicitor based at the Hellwell House office in Wroxham. Capron & Hellwell offer advice in a wide range of legal matters. For more information please call Dawn Pennell on 01692 581231.

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Bosch 4 YEAR GUARANTEE SILVER CALCIUM BATTERIES (063 equivalent) £64 inc. VAT
The British trees are still quite bare at this time of year which makes us aware of how Ivy can take them over; it is evergreen so is very visible in the winter. It is not a parasitic plant and uses the tree purely as support by way of rootlets on its branches; these produce discs that adhere to the tree enabling the Ivy to climb. Although it doesn’t get its nourishment directly from the tree, because its roots are close by, it will compete with it for nutrients and water. As well as this, Ivy’s presence denies the tree sunlight and air causing defoliation and this will eventually weaken its host leaving it prone to parasites and disease, which can lead to the tree toppling over. If Ivy decides to make a building its home it can cause significant damage as those rootlets invade the mortar between the bricks and eventually loosen the structure. However, Ivy isn’t all bad news as it flowers in the autumn and provides pollen and nectar for insects when not many other plants are blooming; the black berries are poisonous to us but are relished by some birds, especially Wood pigeons which will feast on them as though they haven’t eaten for months. It is also good cover for birds. Many species will roost in it at night and use it for nesting in the spring, protected from the cold. Deer like to feed on Ivy and our sheep love it!

Ivy on Winter trees

Muntjac deer may have young at the moment because, unlike other deer, they do not have a set rutting season but breed all the year round if conditions are favourable.

The Woodland Trust intends to plant thousands of trees this year to increase the absorption of carbon dioxide and the production of oxygen which trees do very efficiently. We can all help by planting trees of our own but we must make sure they are native species and not ones that originate in other countries.

As well as trees, woodlands are home to many fungi; trees and fungi have a symbiotic relationship, supplying each other with essential needs. So if one goes, so does the other. Unfortunately, woodlands are being stripped of their fungi by commercial pickers who help themselves to vast numbers of edible mushrooms to sell in markets and to restaurants. These illegal pickers are being prosecuted and fined and one had a haul of 106lb (48 kg) of fungi! I believe it is OK to take a few for your own table but to gather them on this scale does irreparable damage to woodlands.

Some good news! Overhead power lines have been removed from South Walsham Marshes and replaced with underground cables. Not only has this improved the view across the marshes but also removed a hazard for birds that have often been in danger of flying into the lines.

Things to do in February:
• Free family fun.
• Seals.
• Norfolk’s wildlife in a changing climate.
• Really wild half term.

All at Cley & Saltmarsh Marshes. Details - 01692 625540 or www.norfolkwildlifetrust.org.uk

• Plant a tree!

Lee Barber, Demographic Surveys Organiser at the BTO, highlighted the importance of the work volunteers undertake, contributing thousands of hours each year to collecting these invaluable data. “Using this information, we can start to predict what may happen in future and how we might be able to influence it, providing a more positive outcome,” he explained, concluding: “The great thing is that everyone, from the novice to the experienced birdwatcher, can help to contribute by taking part in BTO surveys.”
pollen and nectar for insects when not many other plants are blooming; the black berries the tree toppling over. If Ivy decides to make a building its home it can cause significant eventually weaken its host leaving it prone to parasites and disease, which can lead to this, Ivy’s presence denies the tree sunlight and air causing defoliation and this will enabling the Ivy to climb. Although produce discs that adhere to the tree way of rootlets on its branches; these it is evergreen so is very visible in at this time of year which makes us The British trees are still quite bare forests where I took you during the winter.

The Woodland Trust intends to plant thousands of trees this year to favourable. if conditions deer, they may have usually retreat to an inaccessible hiding place. Either Ozzy has found little creatures lately. A few months ago we acquired a cat called Ozzy been removed from South Walsham Marshes and Some good news! Overhead power lines have to take a few for your own table but to gather them themselves to vast numbers of edible mushrooms other. Unfortunately, woodlands are being stripped with essential needs. So if one goes, so does the help to contribute by taking part in BTO novice to the experienced birdwatcher, can “The great thing is that everyone, from the positive outcome,” he explained, concluding: the breeding season were higher than average; The biggest winners were the tits. Numbers of insects on which they are fed are most abundant.

The contrasting fortunes of these birds 2019 WINNERS •Blue Tit. Photo’ by Liz Cummings. AND LOSERS • Blackcap. Photo’ by John Collard. years. The contrasting fortunes of these birds as many of the birds encountered by ringers in the breeding season were higher than average; The biggest winners were the tits. Numbers of insects on which they are fed are most abundant.

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At Stobart & Hurrell, we know the importance of word-of-mouth recommendations when it comes to the property market. Buying and selling a property is one of the most significant decisions you will make in your life. You must do your research in finding the best agent and who do you trust more than your friends and family members?

If you know a friend, family member or colleague who is planning on selling their home; you want them to make the best decision about who to trust. If you have used our service and appreciated what we do, we know you are more than happy to tell us and others. We are thrilled to say a lot of our work and new instructions come through recommendations made by our previous clients. We want to formalise this process and thank you for spreading the word about what we offer.

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If you refer a friend, colleague or relative to sell their home with us, you will receive £100 worth of M&S vouchers when the property completes! You take the comfort of knowing you’ve helped a friend move on in life and you receive a little something for your troubles!

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