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2026

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THE HOLT CHRONICLE

The deadline for the June Issue is Noon **MONDAY 1st June**
The Next Issue will be Published on 12th June 2026

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Page setting by Isaac Cummings-Knight

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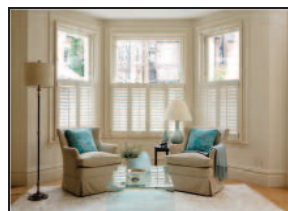
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A Note from the Editor

"May is the month of expectation, the month of wishes, the month of hope." So said Emily Brontë. Everyone is getting busy with their gardens, planning holidays or days out and there are lots of events during the bank holiday, many free, to help entertain all tastes, have a look in the magazine for details. It is the UN World Bee Day on 20th May (website: un.org/en/observances/bee-day), why not find out a bit more about our pollinators and how to help them, there are lots of little projects you can get your children involved in the garden. The Buzz Club (www.thebuzzclub.uk) have their citizen science projects underway, they are free to take part in and there is still time to register and do your bit for pollinator research. Whatever you are doing this month, enjoy your magazine.



Jo – editor.

Here are the deadline dates and publishing dates for the next 3 magazines.

Month	Copy deadline	Publishing date
June	MONDAY 1st June	Friday 12th June
July	MONDAY 29th June	Friday 10th July
August	MONDAY 27th July	Friday 7th August

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The Holt Society



AGM Report

On Friday 10th April approximately 40 members gathered in the Venue for the Holt Society's AGM.

The business meeting was fairly brief:

- Robin Back told members that after serving two years as both chairman and membership secretary, he had decided to relinquish the chair to concentrate on membership. Tony Leech, the immediate past vice-chairman was to take over as chairman.
- Tribute was paid to Paul Plumstead who was standing down from his role as planning officer.
- The treasurer, Geoffrey Peel, presented the accounts and these were approved with no opposition.
- The minor changes to the committee were noted and all members were approved and elected en bloc.
- After the usual votes of thanks, there was a short break during which time the meeting was joined by a number of guests.

Following the break, Tony Leech introduced Michael Evans, who was to give a talk about the role of High Kelling in the treatment of TB during the first half of the 20th century.

Michael explained that All Saints Church in High Kelling began its life as a chapel for a TB sanatorium for children, and his interest in TB began after he was asked by Father Howard to write a small booklet to mark the hundredth anniversary of the chapel's first service in August 1924.

He discovered that a friendship between a Fakenham GP and two very wealthy young men led to the first sanatorium for working men being established in 1903, A sanatorium for children and one for women were to follow later.

By the mid-century the introduction of new drugs led to the closure of TB sanatoriums and the now redundant chapel was offered to the population of the growing community of High Kelling for £500. In November 1955 the chapel became All Saints Church and is now a lasting reminder of High Kelling's historic part in the treatment of this dreadful disease.

Planned future events include:

- Friday 22nd May in the Venue: a talk by chainsaw-artist Matt Darge
 - Friday 12th June: A talk by Gresham's headmaster Douglas Robb (details to follow)
 - Friday 18th September in the Venue: a talk by local author Helen Murray
 - Friday 23rd October in the Venue: How the old control tower at RAF North Creak became a successful B&B
- Entry is £4 if paid up to 2 days in advance and £5 if paid "on the door". Payments may be made as follows.
1. Bank transfer Account name: Holt Society, Sort Code: 203081: Account Number: 90492655, Reference: Event.
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Holt Community Centre is a registered charity no 1046613

WHAT'S ON

MAY

Saturday 16

CD Deeds: AC/DC Tribute

Doors 7:30pm | Support starts 8pm
Tickets £10 | Door | Online | HCC

Tuesday 19

John Jarvis' Memory Swap

2pm - 4pm | Free entry
Donations greatly appreciated

Friday 22

Holt Society Talk

Doors 6:30pm | Starts 7pm
Members £5 | Non-members £7

Saturday 30

Halo's Edge Band

Doors 7pm | Starts 8pm
Tickets £5 on the door
Punk | Alt | Party anthems

JUNE

Friday 5

Fix Your Bike Workshop

6pm - 9pm | Free entry
Book online via NCC website

Saturday 6

Fancy Dress Disco

TV Characters | with DJ Chris Esposito
Doors 7pm | Starts 8pm
Tickets £5 | Cash prize for the best dressed!

Sunday 7

Creative Carousel Fayre

10am - 3pm | Supporting local business

Wednesday 10

Cash Prize Bingo

Doors 6:30pm | Eyes down 7:30pm

Sunday 14

Malcolm's Tea Dance

2pm - 4pm | £5 including refreshments
Sequence, ballroom, latin and line

Saturday 27

Wrong Jovi

"Better than the real thing!"
Doors 7:30pm | Starts 8:30pm
Tickets £15 | HCC | Online

See website for up-to-date details

Hello from the Centre Manager

Spring has most definitely sprung at Holt Community Centre (HCC), and we've got lots of exciting events coming up to celebrate the return of warm weather and sunny nights full of live music.

HCC has become a vital hub for residents of all ages, offering programmes, clubs, and events, and most importantly, a welcoming space to connect, live, and thrive. We thank you all for your continued support. As the centre gets busier, we are now facing a challenge.

Our hard-working and dedicated team of volunteers and committee members is becoming increasingly stretched, and we could really use your help.

If you are passionate about making a difference in our community, we would be overjoyed if you joined us in making Holt a better place.

Your support can make a meaningful impact, helping us to create a vibrant, safe, and engaging place for everyone. Whether you have a few hours to spare or would like to become more regularly involved, there are many ways to contribute.

Thank you for considering this opportunity to give back to your community centre. We look forward to making new friends and hearing fresh ideas. To apply, please contact us using the information listed at the top of this page.

Sam Riches, Centre Manager

World Cinema Club: See You in September!

After a hugely successful second season, the WCC team is taking a well-earned summer break. They'll be back on 30 September with Perfect Days (2023, dir. Wim Wenders, Japan/Germany, 124 minutes). For more information, please visit the HCC website.

A Jam-Packed Programme to Welcome in Summer

Finally, after what felt like a never-ending winter, I glimpsed the sun peeking out from behind the clouds over the bank holiday weekend. Much like the weather, things are heating up here at HCC.

Over the summer, we've got no end of great things planned, but I'd like to draw your attention to a couple that I'm most looking forward to.

First up is one that's bound to have you dancing all night long: our Fancy Dress Disco! For one night only, HCC's resident record-spinning master Chris Esposito will be playing non-stop bangers, while you and your friends hit the dancefloor dressed to the nines as your favourite TV characters.

Whether you fancy arriving in a yellow three-wheeler as Del Boy from Only Fools and Horses, channelling your favourite iteration of Doctor Who, or teaming up with your mates to assemble the Dunder Mifflin crew from The Office, the choice is yours!

To top it all off, there's even a cash prize up for grabs for the best dressed, so now's the time to start planning your outfit.

The disco takes place on Saturday 6 June, with doors opening at 7pm and music starting from 8pm. Tickets are just £5, making it a perfect, affordable night out with friends.

Next, we'll be hosting 'One Wild Night' with Wrong Jovi. Described as "the best Bon Jovi tribute band in the world", this lot are bound to make you rock till you drop. Now, I'm no Bon Jovi super-fan, but I know a good night out when I see one, and this is certainly one for your diary.

Taking place on Saturday 27 June, doors open at 7:30pm, with the show starting at 8:30pm. Tickets are £15 and available online via the HCC website. With a setlist crammed full of sing-along anthems, live favourites, and rarities, audiences are guaranteed the ultimate Bon Jovi tribute show. Known for their attention to detail in both sound and performance, Wrong Jovi were even described as "better than the real thing" by Club 85 in Hitchin at their very first gig.



Whatever your style, we can't wait to see you this Summer!

Freddy Riches

High Kelling Garden Club

After our AGM on 13th April, Dr. Ian Bedford talked to us about six of the invertebrates we might encounter in our gardens in the spring.

ORANGE TIP BUTTERFLY This is one of the first butterflies to emerge, having spent ten months as a triangular shaped chrysalis. It is univoltine, meaning that it only has one brood a year, and spends just four weeks feeding on and pollinating early spring flowers and laying its eggs on the ripening seed pods of garlic mustard (also called Jack-by-the-hedge, so leave a few plants just there!) or cuckoo flowers, where they will hatch into caterpillars and eventually pupate on the stems. Butterflies are highly susceptible to insecticides – although pyrethrum is a natural substance, when concentrated into an insecticide it is lethal to beneficial insects as well as those we wish to control.

ROSE APHID These are easily recognisable by their black knees and black siphunculi (two tubes which stick up from their back end and emit pheromones). From March to August, the females on your rose plants don't need males (parthenogenetic) and give birth to live young at a rate of over ten a day – these nymphs already have the embryos of their young inside them, so they can reproduce at a phenomenal rate. Tolerate them if you can or spray them off with water or a specially formulated soap solution (don't use modern washing up liquids as they contain noxious chemicals that pollute groundwater).

SEVEN SPOT LADYBIRD Don't despair, as natural help is at hand in our 46 species of ladybirds. Unlike the harlequins, which overwinter indoors, the large seven spots hide in dead stems and vegetation outside, so leave some around until the spring. The larvae are the most voracious – all species look like tiny alien crocodiles; the seven spots are pale grey whereas the harlequins are striking black and orange. Ladybird populations will rise and fall with the availability of aphids. Aphids are also food to many other insects and birds.

VINE WEEVIL If you have Heucheras or primulas in pots, you are sure to have encountered the creamy larvae with red heads munching away at the roots of your precious plants. All the adults are female

(parthenogenetic) and flightless and feed on leaves, creating notched edges. From April onwards, they lay their eggs in the compost at the base of the plants at night. They can be deterred by covering the soil with a barrier such as olive pumice. Alternatively, plants can be repotted in May, rinsing the roots thoroughly and using fresh compost.

BUFF TAILED BUMBLEBEE The large queens emerge in early spring, having overwintered in a hole or crevice. They build a wax pot amongst debris, fill it with pollen and begin laying eggs, which will eventually become white tailed workers and males. Scientists were baffled how the bee could fly until they discovered she creates a vortex, like a helicopter.

GARDEN SNAIL Snails are hermaphrodite and can self-fertilise but prefer to mate, exchanging sperm packages. During courtship they fire calcareous love darts at each other! As they form a valuable part of the food chain and "safe" pellets will poison hedgehogs and birds, the best way to be rid of them is to collect them and relocate them elsewhere. Studies marking them with nail varnish have shown they have a homing instinct over 20 metres, but beware – if you try this experiment yourself, your neighbour could identify those relocated snails as yours!



**Two goldfish in a tank.
One says to the other
"You man the guns, I'll drive."**



1 Gillingham 2 Wolverhampton Wanderers 3 Oldham Athletic
4 Luton Town 5 Plymouth Argyle 6 Bristol City 7 Stockport County
8 Maracana, Brazil 9 Wembley 90,000 10 Indianapolis Motor Speedway

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As we head into the summer months, there's something rather lovely about spending a bit more time outdoors — feeling the sea breeze, getting your hands dirty in the garden, and having a good chat along the way. Here at Coastal Health & Wellbeing, our garden and allotment projects are just that: friendly, relaxed spaces where people can come together, try something new, and enjoy a slower pace for a while.

Whether it's planting up seasonal veg, tending flowers, or simply enjoying being outside, these projects are about much more than gardening. They're about friendship, confidence, fresh air, and feeling part of our local coastal community. On Tuesday afternoons at 1:30 you can join our Nurture and natter project, meet in the café and on a Wednesday Megan runs the youth project at the allotment, to join that group send us an email to admin@coastalwells.org.uk or pop into the café on a Wednesday and we shall help you get involved.

To help keep these projects growing, we've got a few lovely fundraising events coming up over the summer and we'd really love your support. On 19th July we'll be holding our Dog Show at Creak Abbey — a fun day out for families, dog lovers, and anyone who enjoys a bit of community spirit. Then on 25th July, we'll be hosting our Flower & Produce Show at Coastal Health & Wellbeing at The Old Cottage Hospital. If you enjoy gardening, baking, flower arranging, or just admiring other people's efforts with a cup of tea in hand, do come along.



Before that, you'll also find us at Burnhams Market on 27th June, where we'll have a plant stall full of locally grown plants and garden favourites ready for summer gardens. You can find more details about all our events on our website.

Of course, all our usual exercise classes and wellbeing groups will still be running right across the summer too, so there are plenty of ways to stay active, meet people, and feel connected. Our Coastal Community Supermarket continues to stock a great range of affordable food and household essentials, and our café is open from 10am–3pm serving delicious coffee, homemade cakes, and a warm welcome.

We're always pleased to welcome new faces too. If you fancy volunteering — whether that's helping out in the garden, on the allotment, or lending a hand at events — we'd be delighted to have you. No experience needed at all, just a willingness to muck in and enjoy being outdoors.

And for anyone looking for a gentler way to get involved, our weekly "Walk for Wellbeing" takes place every Tuesday. These relaxed walk-and-talk sessions along our beautiful coastline are a lovely way to get some fresh air, stretch your legs, and meet others in a friendly and supportive setting. To find out more, give us a ring on 01328 711996. Whether you join us for a walk, come along to an event, or spend some time helping in the garden, every bit of support helps us continue making a difference locally.

We hope to see you over the summer.

Emma Johnson Manager of Coastal Health and Wellbeing.

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Music and Meditation

In May and June 2026



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May 6th **A Bouquet of Roses** Sung by Meg Starling, accompanied by Angela Dugdale

May 13th **Brahm's Horn Trio** played by Lynne Roberts, Sara Longe (violin) and Jason Sones (piano)

May 20th **Celtic Blessings** Jenny Vickers sings her own settings of Celtic prayers and blessings

May 27th **Duets** played by Eddie Jones (violin) and Steve Fordingham (piano)

June 3rd **Fly away Home** The Samphires present a programme of songs celebrating the beauty of birds, accompanied by Richard Peaver

June 10th **Ketts Consort**

June 17th **Flute and Poetry** played by Brian Frost and read by John Glasspool

June 24th **A mixed Bouquet in Word and Song** From Baroque to Contemporary, Classical to Folk, Halina Kretchetov & Jenny Vickers sing duets from across the centuries, accompanied by Richard Peaver

July 1st **Songs for Summertime** sung by Hugh Lanham accompanied by Angela

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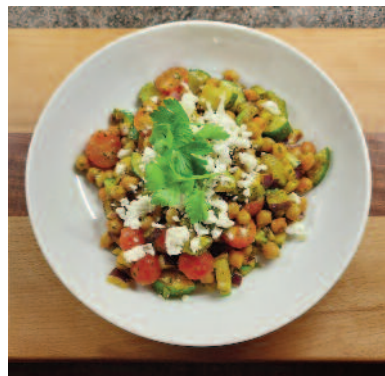
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Editor's Recipes

The weather is looking up, and it is salad season! Not just your boring lettuce, cucumber and tomatoes, but so many different types of fresh ingredients packed with vitamins and polyphenols, which are so good for you. This month's recipe is great on its own but is also a tasty partner to fish, chicken, quiche and any number of other dishes.

The second recipe takes advantage of the wonderful summer fruit just coming into season, raspberries lend a sharp note to these rich chocolate brownies and are easy to make in no time.



Mediterranean Chickpea Salad

Serves 4 as a side, 2 as a main

Ingredients

150g cherry tomatoes, halved
½ cucumber, cubed
1 red onion, diced small
1 avocado, cubed
1 x 400g tin chickpeas, drained
1 tsp smoked paprika
1 tsp garlic granules
1 tbs olive oil
80g feta cheese

For the dressing

30ml olive oil
Zest of 1 lemon and ½ the juice
1 tsp honey
2 tsp Dijon mustard
1 tsp dried oregano
1 tsp turmeric
small bunch of fresh parsley
salt & pepper

Method

Place the tomatoes, cucumber, red onion and avocado in a large bowl and mix together.

Place the drained chickpeas in a frying pan with a drizzle of oil and toss together, add the smoked paprika and garlic granules, mix and fry on a medium heat for 3-4 minutes, stirring constantly. Remove from the heat and set aside for 10 minutes.

Meanwhile, make the dressing by combining all of the dressing ingredients and blitzing with a stick blender or food processor (this can be done by hand having finely chopped the parsley first).

Add the chickpeas to the salad then pour over the dressing and combine well.

Serve with crumbled feta cheese.

A Community of Wildlife Writers Celebrate in Cley

For the past ten years the poet Jonathan Ward has led a series of stimulating workshops for all comers, 'Writing Outside'. From a base in the NWT visitor centre at Cley, he invites participants, notebooks in hand, to explore the rich diversity of nearby habitats, asking them to 'Pay attention', 'Pay respect', write how you feel moved. The activities have resulted in displays, public readings and the publication of a wildlife anthology, *Language of the Land* (recently reprinted).

To express their gratitude to Jonathan, the writers held a celebratory lunch at the NWT Centre, when they presented him with a 'Scrapbook', a witty compilation of gems created over the years, plus an album of photographs. Tributes were paid to his unfailing support given to writers of all abilities and to his deep sense of love for the natural world that surrounds us.



Raspberry Brownies

Ingredients

200 g dark chocolate, chopped
200 g unsalted butter
275 g golden caster sugar
3 large eggs
150 g plain flour
50 g cocoa powder
300 g fresh raspberries
150 g milk chocolate chips

Method

Preheat your oven to 180C/160fan/G4.

Line a 9x9" square brownie tin with baking paper.

Add the dark chocolate, butter and sugar to a saucepan, and melt on a low heat, stirring constantly until smooth. Set aside to cool for about 15 minutes.

Pour the chocolate mixture into a large mixing bowl crack in the eggs, one at a time, mixing well between each. Add the flour and cocoa powder, stir until combined. Add in half the raspberries and stir through.

Pour the mixture into the prepared tin and then sprinkle over the chocolate chips and the rest of the raspberries. Bake in the oven for 30-35 minutes until set but still soft in the middle.

Place on a cooling rack, still in the tin, and allow to cool completely, then cut into squares and serve.



Enjoy – Jo.

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Diary of a Wildlife Garden

Snails by post, who knew!

As my pond was looking a little murky after the winter,

with a build-up of decaying leaves and blanket weed, I decided to introduce some Ramshorn snails (pictured) to help keep the water clear. They came by post from 'Wild Your Garden' an excellent online shop run by Joel Ashton and his wife. Joel has some brilliant videos on YouTube all about wilding your garden, giving ideas about how to provide food plants for native invertebrates to installing wildlife ponds and much more.

Despite having no frogspawn this year, the garden has lots of froglets about. I think they have spread out from a neighbouring pond, so hopefully we will have a few more wanting to breed in the garden next year.

My new wildlife area is underway with a raised bed installed underneath the bee bricks and I have set up a barrel pond (pictured). The first bee residents have moved into the bee bricks, starting the next generation of bees for next year (pictured). The raised bed is planted with

pollinator friendly plants, not all native, but selected for their attractiveness to bees and butterflies. Included in the planting is Nepeta, Lavender, Scabious, Bird's Foot Trefoil, Viper's Bugloss and Salvia.

I have also made a bee raft for the barrel pond out of an offcut of untreated pine (pictured); this allows bees to drink without the risk of

when drinking.

It looks like it will be another good year for butterflies this

year, already I have had several species visit the garden, the first Orang Tip (female, pictured) was spotted on 8th April. Since then, there have been Holly Blues, Red Admirals and Peacocks. Hopefully there will be many more to come.

Don't forget to check in with the Buzz Club, their research projects are open for registrations, be part of the growing number of people helping to inform the best ways to help pollinators. It's free to take part and can be found at www.thebuzzclub.uk



falling in the water and drowning, as bees are not good swimmers.

Shallow holes are drilled into the wood, and it is left to float on the water where the holes fill with water enabling the bees to drink without getting their feet wet. Keeping a shallow bowl of water with pebbles to land on, also keeps bees safe



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Starfish Galaxy Rises Again

21st June – 4th July at Salthouse Church NR25 7XA

Asteroidea, a 2-meter diameter galaxy of starfish will be hung against the east window of Salthouse Church after a gap of 23 years. It was made by artists Margie Britz and Liz McGowan in 2003 as part of a group exhibition, but this time it will hang on its own. Evolving from and revolving around it will be a series of multi-media celestial/marine events. “We took starfish from the bottom of the sea and threw them up into the air as a galaxy” says Margie Britz

Gazing at the stars inspires a sense of awe, and the artists want viewers to experience that awe in relation to these extraordinary sea creatures, along with their unique chalk reef habitat. As above, so below.

Asteroidea is the scientific name given to starfish. It comes from the Greek Aster, a star, and eidos, like. Starfish are very ancient creatures. They predate dinosaurs and have survived 5 mass extinctions. Every now and again, a combination of strong winds and high tides leave thousands of starfish stranded on the beach; unable to get back to the sea, they expire rapidly. These starfish were collected from local beaches between Holkham and Weybourne.

The series of events evolving from and revolving around this celestial installation:

Sunday June 21st Solstice Opening Event. 8.30 - 10.30pm

Join us for the opening of Asteroidea. At dusk Hugh Lupton will tell the story of Orion, with improvised sound, projection and voice by Aether (Maria Pavledis, Cat Jones, Marian Saunders, Dave

Farmer and Jillian Bain Christie). No booking required!

Sunday June 28th Hidden Treasures of Norfolk's Secret Sea. 3pm
Divers Rob Spray and Dawn Watson will give an illustrated talk of the wonders of the Norfolk chalk reef including the extraordinary lives of starfish. They will also offer a seaweed pressing activity. £5 per adult, children free, booking essential.

Tuesday June 30th As Above So Below. Poetry Event 7 - 9pm

Bring your favourite poems about the sea and the stars to read and share. Chaired by Hugh Lupton. Free, booking essential.

Saturday July 4th Reading the Stars 4 - 7pm

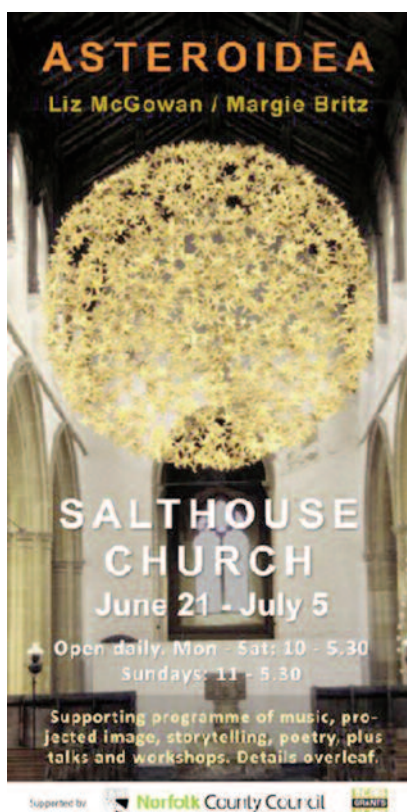
Creative writing workshop inspired by Asteroidea with Phil Barrett 4-5.30. Anyone interested is invited to join the group for refreshments at 5.30 and listen to what has been written. Free, booking essential.

Sunday July 5th Finissage Event, 8 till late

Please join us for a seated meal in the aisle of the church - everyone brings a contribution to share. At dusk we will celebrate the end of the exhibition with ritual, projected moving image, and sound curated by Charlotte Arculus and Rachel Wright.

You can participate with sound, movement and drawing. Free, booking essential.

All bookings email: margiecbritz@gmail.com
Please bring cash for refreshments.



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Stody Lodge Gardens Open for Spring 2026

Spring once again brings the welcome return of opening days at Stody Lodge Gardens, one of North Norfolk's most delightful private gardens.

Set in 14 acres of beautifully maintained grounds just outside Holt, Stody Lodge Gardens will open its gates on selected days in May, offering visitors the chance to enjoy a stunning seasonal display of rhododendrons, azaleas and mature trees at their very best.



Among this year's highlights is the ever-popular Classic Vehicles Day on Sunday 17th May, when a wide variety of cherished vintage and classic vehicles will be on display throughout Stody Lodge's parkland and gardens. As in previous years, visitors can also look forward to the arrival of over 200 Harley Davidsons and other bikes in the Distinguished Gentleman's Ride, adding a touch of spectacle to the day while supporting important charitable causes.

For those who prefer a quieter visit, a number of additional midweek opening days provide ample opportunity to explore the gardens at a more leisurely pace, taking in the colour, tranquillity and carefully curated planting that make Stody such a special place. The gardens are open 1pm - 5pm every Wednesday to Friday in May, as well as all Sundays and the second bank holiday Monday 25th May.

Homemade teas will once again be served in aid of local charities, with a tempting selection of cakes and refreshments available throughout the day. Dann's ice creams will be sold by DeeDee's charming 1972 Mini pick up van for those wishing to enjoy a treat while strolling through the grounds.

Admission is £10, with free entry for children under 12. Tickets are available in advance via TicketSource or may be purchased on the gate by cash or card.

Kate MacNicol, of Stody Lodge Gardens, said: "Whether you are a keen gardener, or simply in search of a pleasant day out in beautiful

surroundings, we hope to see you this spring. Dogs on leads are welcome and there is good disabled access to most areas of the garden."

For full details of opening dates and events, please visit: www.stodylodgegardens.co.uk



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St Mary's Church, Kelling

Services are based on the Book of Common Prayer

1st and 3rd Sunday of every month

Holy Communion – 11am

2nd and 4th Sunday of every month

Matins– 11am

Fifth Sunday in a month Holy Communion 11 am.

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For further details please see Weybourne Group Website
or call Revd Ian Dyble: 01263 741235 or
Revd Angela Dugdale: 01263 588389



Roman Catholic Churches Mass Times

The Church of The Annunciation, **Walsingham**.

Sunday 11am, Monday-Saturday 9.30am.

Our Lady Star of the Sea, **Wells**.

Saturday 6pm, Sunday 9.00am, Thursday 9.30am.

St Henry Walpole, **Burnham Market**. Sunday 9.30am, Friday 9.30am.

St Andrew's Church, **Holt** at 9:30am on Thursdays.

The Catholic Parish of Our Lady & St. Joseph, **Sheringham and Cromer**

Saturday: 6pm at Our Lady of Refuge, Cromer

Sunday: 9am at Our Lady of Refuge, Cromer

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† Church News †

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There are currently two services a month at St Andrew's,

- 1st Sunday of the month:

Holy Communion

(Book of Common Prayer) at 11.15 am

- 3rd Sunday of the month:

Morning Prayer

(Common Worship) at 9.30 am



HOLT METHODIST CHURCH NOTICE BOARD

Holt Methodist Church is open for Worship each

Sunday at 11am

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Next afternoon tea: 15th May & 19th June 2026

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Senior Steward - Mrs J. Bunting - 01263 712068

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Wednesday's 9.30am

For more information go to catholicparishofwalsingham.org

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SAINT ANDREW'S & ALL SAINTS NEWS

The Parish of Holt with High Kelling

Rector: Fr. Howard Stoker SSC, The Rectory, Church Street, Holt NR25 6BB Tel: 01263 712048
email: holtrectory@tiscali.co.uk

Churchwarden: Tim Bennett Tel: 01263 713039, Licensed Lay Minister John Allen Tel: 07771363176
Parish Office Tel: 01263 713479 E: standrewsholt@btinternet.com website at www.holtchurch.org



FROM THE RECTOR.

Mary's Month of May

Dear Friends,

The month of May has always been a pivotal month in the calendar. The freshness of new green leaves on the trees, carpets of bluebells, signs of new growth, longer days and the warmth of the sun, signal the beginning of the summer to come. The arrival of summer has long been connected with rituals that have their origins in ancient pagan folklore and traditions. From Morris dancing, maypole dancing, gathering wildflowers, to crowning the may queen, many of these ancient traditions have been lost.

As in many other ways, the Church sought to turn pagan traditions into Christian festivals and the traditions and ritual of the month of May were no exception. The ancient Greeks dedicated the month of May to Artemis, the goddess of fertility. In Ancient Rome, May was dedicated to Flora, the goddess of blooms, or blossoms. In time the Church came to dedicate the month of May to Mary, the mother of Jesus. With the crowning of Mary at the beginning of May, the faithful are encouraged to honour Mary as an example of faithfulness, obedience, holiness and love. Just as spring anticipates the promise and joy of summer, so Mary anticipates the promise and joy of the birth of our Saviour, Jesus Christ. While rooted in the catholic tradition of the Church many Anglicans continue to honour Mary and look to her as an example of true discipleship.

My involvement in the Shrine of Our Lady of Walsingham as a member of the College of Guardians means at the end of May you will find me attending the National Pilgrimage to Walsingham on Monday 25th May. Recalling the visitation of Mary to Elizabeth, which is celebrated on the 31st May, the National Pilgrimage honours Mary as the means by which God came to dwell among us in her child Jesus. The village of Walsingham comes alive with thousands of pilgrims who gather to for a special service in the ruined abbey and a prayerful procession through the village. It is a unique event and one that is best experienced to appreciate, and you be very welcome to accompany me and other pilgrims for a great day out!

Every blessing.

Fr. Howard



FEAST OF THE ASCENSION OF THE LORD: Thursday 14th May

2026 10am Said Eucharist at All Saints, High Kelling

7.00pm Sung Eucharist at St Andrews, Holt

Preacher: Fr Paul Noble

NEPALESE EVENING: Friday May 22nd, 7pm. Come and find out a bit about this wonderful country and the work of KASIN (Kids at School in Nepal). Fundraising for Holt St Andrews and KASIN. Tickets available: 01263 713479 standrewsholt@btinternet.com

KRYLA – UKRAINIAN CHOIR In Concert

Echoes of Soul & Spirit Friday 19th June 7.00pm.

Traditional Ukrainian Songs.

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OPEN AIR CONCERT Saturday 27th June

6.30pm for 7.00pm In The grounds of All Saints, High Kelling.

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Tickets £10 in advance or on the night.



LITTLE LAMB'S PARENT & TODDLER GROUP

meets every Wednesday during term time 9.15am – 11.00am in the Parish Church Hall in Street Hall. All parents/carers are welcome to come along and meet with friends and make new ones.

FAMILIES AT ST ANDREWS: Young families are always welcome at Church. Every Sunday at the 10.30am service provision is made for children and they are able to make use of the children's corner. Families are also encouraged to approach us to have their children christened.

WEDNESDAY COFFEE MORNING: Providing a warm space every week from 10am -12noon in the meeting room at the Parish Church. Always someone to talk to and all are welcome.



MENS GROUP AT ST ANDREWS: meets on Wednesdays 1.30pm-3.00pm in the meeting room at the Parish Church.

FAITH AND FELLOWSHIP GROUPS: Groups meet once a month in the parish for bible study, prayer and fellowship. For more details www.holtchurch.org

NATIONAL PILGRIMAGE TO WALSINGHAM:

Monday 25th May 2026

12.00 noon Open Air Mass in the Abbey Grounds.

2.30pm Sermon, Procession & Benediction. Preacher: The Most Revd John Wilson, Archbishop of Southwark.

Come along and experience the unique and special atmosphere of this annual event in the life of the Shrine of Our Lady of Walsingham. All Welcome.



LOCAL FOOD BANK COLLECTION:

A collection point for donations of non-perishable food goods is now available in the Parish Church. Open every day.

FROM THE REGISTERS.

Holy Matrimony:

1st May Wendy Morgan with Clive Wright

HOLT & COMMUNITY DISTRICT SUPPORT FUND (Energy). Local support for local people. FUNDS ARE NOW AVAILABLE

to help those struggling to pay their energy bills, require a winter fuel allowance and/or purchase white goods and winter **PLEASE DO NOT STRUGGLE IN SILENCE.**

Contact the North Norfolk Food Bank (Energy) (07826 376343). Or the Rector 01263 712048

RESCUE : WOODEN : BOATS

Early summer update 2026

Annual Maritime Heritage Festival & Flotilla: Saturday & Sunday June 20 & 21. Boats arriving during the morning of Friday 19 June

Come along to enjoy the wonderful sight and stories of as many as possible of the still existing historic local wooden working boats over this special weekend.

They arrive on the morning tide on Friday June 19 to moor at Tugboat Yard East Quay on display with their histories. The festival opens at 10.00 on Saturday June 20 and the spectacular Flotilla starts at 11.30am when the boats leave in procession led by former lifeboat Lucy Lavers down to the harbour mouth and back, so can be viewed from both the quay and the sea wall on both their way out and back. They return to Tugboat Yard to a sea shanty welcome. As well as the boats on display from 10am on Saturday and Sunday there will be merchandise stalls, knot demonstrations with the popular Andy McBride, food, drink and shanty bands: on Saturday: Nelson Shantymen 12.30; Sheringham Shantymen 15.00 and on Sunday: Blakeney Old Wild Rovers 11.00; Castaway Crew 13.00. We are also marking David Hewitt's 50 years this year as an outstanding local boatbuilder.

Lucy Lavers popular Heritage Tours You can join skipper Isaac on a 1.5hr tour or book the whole boat - a locally serving lifeboat and Dunkirk Little Ship - to celebrate your own special occasion (maximum 12 people) for 1.5 or 3.0 hrs. So far this year we've had birthdays, hen parties, special interest groups and more aboard. As well as the exhilarating experience of being aboard a unique historic wooden boat, the tours focus on 'heritage' (Lucy Lavers, lifeboats, Dunkirk, local wooden fishing boats, Wells Harbour) with Isaac as an "excellent skipper and narrator". You can see the dates and times and book on our website www.rescuewoodenboats.com.

The Maritime Heritage Centre in Stiffkey tells the stories of these boats and their communities. It is open on Sundays and Bank Holiday Mondays 11.00 - 4.00 with new displays and merchandise. Lots to see and do; history of local fishing, boatbuilding and lifeboats, films,

displays and artefacts, quiz, knots and more for children. And a special 50th anniversary display of David Hewitt, boatbuilder. And you can take a break, sit down with a cuppa and watch a film, and perhaps see some boatbuilding in action.

Sea Shanty Summer BBQ Thursday August 13 from 5.00 – 8.00pm at Stiffkey. Live shanty band and self-pay BBQ and bar.

Recruiting volunteers of all sorts...

We always are keen to recruit volunteers and fit with their skills, interests and time availability to join our friendly team to:

- help with visitors at the Maritime Heritage Centre and boatyard
- help on the stalls with the Maritime Heritage Festival weekend
- help with sanding and painting boats each year

If you are interested or know anyone who might be, and would like to talk it through do get in touch with Wendy on www@wendypritchard.co.uk 07796 959614 www.rescuewoodenboats.com charity no. 1144180



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Plus, our newly refurbished café and carefully curated gift shop are open to all (no admission required) with free parking to make your visit effortless. Plan your visit at pensthorpe.com

 Pensthorpe

From Steff Aquarone MP

As promised, I took the issue of heating oil to parliament last month and made the voices of North Norfolk residents heard, urging the government to step up their support for rural communities like ours. Despite much of the North Sea gas which is used across the country passing through the Norfolk countryside and being onshored at the Bacton Gas Terminal, around half of my constituency is not connected to the gas grid. Of those, more than half rely on heating oil or LPG to heat their homes and provide hot water. Since the outbreak of Donald Trump's war in Iran, North Norfolk has seen the price of heating oil skyrocket, far beyond the changes in the price of crude oil, and this has been severely worrying for my constituents. By securing a Parliamentary debate, I was able directly to press the Government to cap heating oil and better regulate the industry as a matter of urgency and I will report back on progress.

It was a pleasure to welcome Deputy Leader of the Liberal Democrats, Daisy Cooper, to North Walsham, where she joined me to speak with local business owners about the challenges that they are facing and the support that they urgently need. We heard loud and clear how tough things are right now: rising costs, squeezed margins and too much uncertainty. But above all, it was clear that Norfolk's businesses have the ideas, the grit and the ambition to thrive. I'm developing plans to run a regular business

network so I can understand how best to support local business owners and ensure they can continue to access better opportunities and grow our economy. Please contact me if you'd like more details.

After months and months of chasing, pushing, and refusing to take "no timeline" for an answer, Hickling finally has its post box back. This saga started in late 2024 when Royal Mail said they'd replace the damaged Heath Road box but only offered up silence and delays while a replacement post box sat wrapped in plastic for months, unusable. But the community never gave up - and nor did I. Huge credit to the Parish Council for keeping the pressure on from day one, and to local residents who made it clear this mattered. Collections are finally underway again and it's a great reminder of what persistent, community-driven campaigning looks like.

It has been wonderful to see families from North Norfolk out and about enjoying our coastline and our beautiful villages this Summer. A warm shout out to the organisers of the North Walsham Children's Day who, year after year, deliver such a fantastic experience for families in the area.

As always, if there's anything that I can do to support you and make your life a little bit easier, please do get in touch with my office:
steff.aquarone.mp@parliament.uk

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NNAS North Norfolk **ASTRONOMY** Society
An Educational Charity promoting Astronomy in Norfolk

Binham Village Hall NR21 0DR
Thursday 11th June 2026 @ 7:30pm

Beginners Section: The Summer Night Sky

Main Talk: Stellarium and its uses

Admission Price
NNAS Members: £2.00 Non members: £4.00

Further information please visit www.nnas.co.uk or email: events@nnas.co.uk

From Holt Holistic Centre

Ellie Yuen is a Chartered Physiotherapist specialising in pelvic health and musculoskeletal care, now offering clinic appointments in Holt at the Holt Holistic Centre, 10 Station Road, NR25 6BS.

Pelvic health physiotherapy supports both women and men with a range of often under-discussed concerns, including bladder and bowel symptoms, pelvic pain, prolapse, and pregnancy and postnatal recovery. Many people also experience ongoing back, hip or joint pain, which can be closely linked to how the body moves and functions as a whole.

Ellie takes a holistic, whole-body approach to assessment and treatment. Each appointment includes a detailed assessment of movement, posture, breathing, abdominal and pelvic floor function, allowing treatment to be tailored to the individual. The aim is not only to manage symptoms but to understand and address the underlying cause.

Treatment may include hands-on therapy, joint mobilisation, acupuncture, clinical massage (including pregnancy, scar and sports massage), pelvic floor rehabilitation, and practical advice to support recovery. All care is delivered in a professional, supportive environment, with internal examination offered only where appropriate and always with consent.

Ellie is passionate about helping individuals feel more confident in their bodies, return to activities they enjoy, and improve their quality of life. Clinic dates in Holt are available on 17th June, 1st July and 15th July, running on alternating Wednesdays, with limited appointments. For more information or to book, visit ellieyuenphysio.com or email info@ellieyuenphysio.com



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Corpusty Weekend

At Corpusty & Saxthorpe Village Hall and Old
Railway Station 18 & 19 July 2026

Saturday 18th, 2pm. Music with "The Core"

Sunday 19th, afternoon. Gospel According to

Jazz Sunday 19th, 7pm. A Comedy of Errors;
an abridged version directed by Hazel Martin.

Entry by donation for each event. Food on
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events on the station platform

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Glaven Caring May News

GLAVEN CARING

Fundraising fun -Coffee morning and Waitrose Charity of the month! Saturday 30 May – 10am to 12 noon - Our popular Coffee Morning at The Harbour Rooms in Blakeney returns - always a fun get. Teas, coffees and a deliciously tempting cake stall, bottle tombola, and a well-stocked raffle and more. Please do support us!

Also Waitrose in North Walsham have named Glaven Caring as one of their local charity partners. When shopping in Waitrose, please do support us with one of their green tokens in store – chance to vote closes 30 June – thank you – every token helps!

Our regular events this month include:

Friday 5th June - Caring for the Carers - 10am to 12 noon - meet up for coffee with other carers and our local social worker who is happy to answer your questions. Do bring your loved ones with you and best to call first so we know.

Happy Mondays, join us for lunch - two courses for £8.00, book early – 11th and 18th May

Tuesday Chatty Cafe mornings with raffle 10.00 to 12 noon - donations please for delicious teas and coffees - 19th and 26th May, 2nd and 9th June

We are closed for a well-deserved Bank Holiday break on Monday 25th May

The Glaven Centre is now open four days a week – Monday, Tuesday, Thursday and Friday - closed on Wednesdays. Do check our website and Facebook pages for May dates of our Card Club mornings – to be confirmed soon. We look forward to seeing you Glaven Caring, Thistleton Court, Blakeney

www.glavencaring.co.uk
01263 740762

Holt WI

The April meeting of Holt WI was well attended with lots of members and one visitor.

The speaker this month was James Stebbing. He gave a very knowledgeable and interesting talk on the Lusitania. He told us how in World War 1 a German U-boat torpedoed it off the Irish coast. It sank very quickly killing over 1000 people including Americans and ultimately this brought America into the war.

Our speakers cover many different subjects and next month it will be a talk on the history of Cromer Pier.

Several members met up for coffee and a get together at Jarrolds, always a popular place.

Drama Club have started rehearsals for a future performance, and a Theatre Club is planned.

The WI does many interesting things that as a member you can take part in but if you just want good company and a place to relax and meet new friends you should come along and join us. We meet the third Wednesday of the month 2-4 at the Community Centre.

theWI
INSPIRING WOMEN

Aylsham and District Flower Club

Our June meeting is on Wednesday 10th June at Aylsham Town Hall, NR11 6EL, 7pm for a 7-30pm start. Our demonstrator will be Deborah Bull; her demonstration title is "Memories are Made of This" so something for everyone.

There will be tea and coffee on arrival, the "Flower of the Month" competition, the sales table and a raffle for the arrangements. This is also our month for our club competition, details from Crystal nearer the time.

Please come and join us for fun, friendship and flowers, visitors are always welcome, £8. We look forward to seeing you then.

For more information please contact: crystalldyball57@gmail.com



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Disputed Wills

Disputes over wills are often emotionally charged and legally complex. Families dealing with grief may find that tensions rise over who should benefit from an estate or how executors carry out their duties. A recent example that illustrates how courts approach challenges to a will's validity is the estate of

comedian Sean Hughes.

Sean Hughes, known for his television and stand up work, including his role on BBC's *Never Mind the Buzzcocks*, died in 2017 aged 51. His estate was valued at around £4 million. He owned a house in north London worth £1.8 million, as well as a flat and another property worth a combined £2.15 million.

Shortly before his death, Hughes made a will using an online platform without legal assistance. In it, he stated that "my three houses" were to pass to Shelter, the homelessness charity he had supported during his lifetime. Because of the wording, the will required review by the High Court.

The difficulty arose when it became clear that Hughes personally owned only one of the three properties. The remaining two were owned by a company in which he was the sole shareholder. The Court had to determine whether Hughes intended the company shares—and therefore the properties—to pass to Shelter.

The Court's Decision

The Court held that the wording of the will was sufficiently clear to show Hughes intended all three houses to go to Shelter. It concluded that the correct interpretation of the will was to transfer the company shares to the charity. Hughes' family supported this outcome. The case highlights how unclear drafting can create uncertainty and invite challenges from disappointed beneficiaries.

Contentious Probate Claims

Contentious probate arises when there is a dispute about a will's validity or interpretation.

Common grounds include:

- Lack of testamentary capacity – the testator did not understand the nature or effect of the will.
- Undue influence – the testator was coerced into making the will or parts of it.
- Forgery or fraud – the signature or the will itself is not genuine.
- Improper execution – legal formalities, such as proper witnessing, were not followed.



Such claims can become complex and emotionally draining. The Hughes case illustrates several key principles:

1. Capacity is task specific – a person may be unwell yet still have sufficient mental capacity to make a valid will.
2. Unfairness does not equal invalidity – courts will not rewrite a will simply because it seems harsh or excludes family members.
3. Undue influence is difficult to prove – the burden lies with the challenger, and suspicion alone is not enough.
4. Contemporaneous evidence matters – solicitor notes, medical records, and clear drafting processes carry significant weight.

Talk to Us

As the Sean Hughes case shows, unclear drafting or unexpected outcomes can quickly lead to confusion and conflict. If you are facing uncertainty about a loved one's will or dealing with a contentious probate issue, you do not have to manage it alone. Clapham & Collinge can provide clear guidance, practical support, and peace of mind during a difficult time.

01603 693500 ✉ enquiries@clapham-collinge.co.uk

This article is provided for general information purposes only and does not constitute legal advice or professional advice.

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days count
Makes you think?
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toward success
Humour
Age is merely the number of years
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Free Gym Memberships for People Living with Parkinson's in North Norfolk

Free gym memberships are being offered by local leisure centres to people living with Parkinson's.

Victory Swim and Fitness Centre, Fakenham Sports and Fitness Centre, The Reef Leisure Centre and Cromer Academy Gym and Sports Centre, run by award-winning operator Everyone Active in partnership with North Norfolk District Council, offer the initiative co-designed with the charity Parkinson's UK.

Now in its fifth year, the Everyone Active and Parkinson's UK free membership provides access to gym, swim and group exercise, as well as online Synergy Dance classes. A free membership will also be given to up to three carers to provide additional support if needed.

Everyone Active supports 100 individuals in North Norfolk living with Parkinson's, a progressive neurological condition that has no cure. Parkinson's Awareness Month took place during the month of April. Parkinson's affects around 166,000 people in the UK and there are more than 40 symptoms, from tremor and pain to anxiety.

Being physically active can play an important role in living well with Parkinson's. Those living with the condition can find various activities, such as swimming, walking and dance, beneficial in managing their symptoms.

David Easton, 68, from Catfield, lives with Parkinson's and has been utilising the free membership at Victory Swim and Fitness Centre for several years. He said: "I have tried various classes at Victory and on top of this I attend the gym up to three times a week, using the equipment that best suits my condition and my ability."

everyone
ACTIVE



"I have found the staff helpful, knowledgeable and welcoming. I always look forward to my time spent at Victory – it has been good for my wellbeing. I would like to say thank you to all at the centre for making me feel valued."

Stuart Jardine, Everyone Active's contract manager, said: "We are immensely proud to be partnering with Parkinson's UK for the fifth year running, and truly believe the membership makes a real difference to the lives of those living with the condition and their carers."

"We want to provide a safe and welcoming environment where the whole Parkinson's community feel supported as they exercise, and are confident we have an activity for all, no matter what your age, ability or fitness level."

For further information or to join, visit www.everyoneactive.com/promotion/parkinsons

Those with underlying health conditions such as heart problems, diabetes or breathing issues should contact their GP before starting any new activity.

Sheringham & District Philatelic Society

The first part of our meeting on 13 March was a talk and exhibition by Jane featuring the renowned Captain James Cook. His adventures were illustrated by maps and stamps depicting events and discoveries. Cook was remarkable in the precision of his maps, and his survey of the St Lawrence River played a huge part in the successful capture of Quebec which was part of the successful acquisition of Canada.

The second part of the evening was taken up with Tim's display on British First Day covers. He featured Poppyland and Cromer Lifeboat through the ages on postcards. His collection has been built over many years, and some rarely seen items were included.

Our June 8th meeting is "Peter's Pot Pourri" with another tantalising mystery from one of our Norwich friends. The meeting will be at West Runton Church Hall starting at 7.30 p.m. and non-members will be most welcome.



Melton Park Traditional Church Fete

St Peter's in the Park,
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Sunday 24th May

1:30 pm

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Coastal Heating to support Amgas customers as Andy retires

After 17 years serving the community, Andy Munro has announced he will retire and close Amgas at the end of April 2026.

Amgas has been a trusted name across North Norfolk, supporting households with reliable heating services. As the business closes, plans are in place to ensure customers continue to receive the dependable support they're used to.

Coastal Heating Norfolk, a local company known for its strong customer care and consistent five-star reviews, will be on hand to support Amgas customers. The team offers everything from gas and oil boiler servicing to emergency callouts and new boiler installations.

Andy Munro said: "After 17 years trading as Amgas Heating Services, I have recently decided to retire at the end of April 2026. So I wanted to thank all my lovely customers for their support over the years. I am pleased Coastal Heating have agreed to continue serving my customers and I am confident they will provide a great service and I would encourage you to give them a call."

Customers will continue to be supported by a trusted local team they can rely on.



L-r Jon Battick-Newall (Coastal), Andy Munro (Amgas), Joe Millar (Coastal)

Veterans Central Events

RAF West Raynham SHQ NR21 7PL



The Veterans Central charity is holding a number of events over the summer months at their RAF West Raynham SHQ facility. The events attract people from across Norfolk and are also designed to help Veterans Central find more veterans that might benefit from the support provided by Veterans Central.

All Events are free to attend. The Veterans Central café is open on all events.

Sunday June 21st: World War Two History Day.

Visit the Military vehicles, re-enactors and displays and learn about the role they played in the World War Two. Sit in some of the presentations – from the development of airfields in Norfolk, the Royal Norfolk Regiment in the war, 'Over Here' – the American presence in East Anglia, and more. Watch or take part on one of the World War Two wargame scenarios. Browse the various historical displays and photo albums. Get a fantastic book bargain in one of our bookshops.

This event is from 10am to 3pm.

Sunday July 19th: Annual Open Day.

Our biggest event of the year with a wide range of military and other displays, aircraft cockpits and vehicles, classic cars, craft stalls, children's activity zone, games and activities – including axe throwing and archery. A massive tombola and book sale. BBQ and Hog Roast. Live music. And more. This event is from 10am to 3pm.

For more information, email events@veteranscentral.co.uk

If you would like to participate in one or more event, email ops@veteranscentral.co.uk

Swoffham Area Are you a Veteran?

The Veterans Central Swoffham drop-in centre is now well established (and popular) and we have now fixed dates for the rest of 2026.

4th Tuesday of the month. Join us for hot drinks, cakes and conversation. Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask questions about veterans' support.

Venue: The Regency Room, Swoffham Assembly Rooms, 1030 to 1300.

Location: The Assembly Rooms are located in the centre of Swoffham and there is adjacent free parking for 2 hours (but use machine to get a ticket). You are welcome to bring partners or carers. Please spread the word to any military colleagues in the area.

On Tuesdays:

June 23rd, July 28th, August 25th, September 22nd, October 27th, November 24th and December 22nd

More information? Contact:
ops@veteranscentral.co.uk
Mobile: 07713 860040






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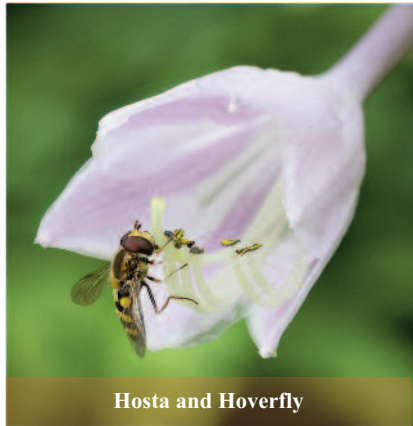
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'Close Up' – Local Pics on FireDance

The May issue of FireDance VP features examples of extreme close-up photography by Grace Glaister, created here in North Norfolk. Grace's portfolio includes some amazing shots from Kelling Heath, Stody Lodge, Felbrigg, Holt, Sheringham Park, and Morston Hall. Many exemplify and illustrate the sensitive appreciation of the individual subjects Grace has selected. They include a 'Hosta and Hoverfly', a 'Lacewing on Cherry Blossom', 'Snowdrops', 'Jay Feathers', 'Large White Butterfly', 'Toad Lily', 'Amethyst', 'Crocus', and many others.

Each is an exquisite example of Grace's skill and dedication to her subject.

FireDance VP features one portfolio each month, enabling viewers to fully appreciate the photographer's talents and depth of interest in their subject.



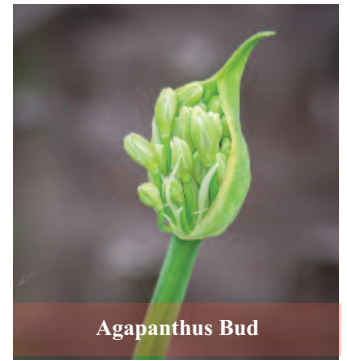
Hosta and Hoverfly

To see Grace's complete portfolio, visit firedance-vp.weebly.com where you will also find last month's portfolio, 'It's All Happening Out There' by Frederic Landes, and previously, 'Seascapes' by Roger Anthony and 'Artistic Filters'.

For details of how you can join in, e-mail firedancevp@timfolkes.com



Paws for Thought



Agapanthus Bud

Thornage Hall Independent Living

At Thornage Hall Independent Living, we run a day service provision for adults with learning disabilities. Our goal is to enable the adults we support to make a meaningful contribution to the local community. We have a 70-acre biodynamic/organic farm and a productive market garden where our service users help with all aspects of the work required to maintain and develop these enterprises. Tasks such as feeding cattle, laying hedges, sowing seeds and weighing bags of salad are structured so as to enable and include everyone, no matter what their needs are. We also run a range of workshops in our weavery, woodwork workshop, art room, IT suite and textiles room. Our focus is person centered experiences that nurture skills, knowledge and independence.

We are opening a pop-up farm shop in June that will run monthly until November. This will provide some of the adults we support the opportunity to further develop skills for employment or volunteering; from interacting with customers and taking payments, to harvesting produce and creating attractive displays. You can expect a warm, friendly welcome and a range of freshly picked seasonal fruits, veg, herbs and eggs from our market garden and farm.

We'd love to see you there!

www.thornagehall.co.uk

North Norfolk Chamber Opera Presents Acis & Galatea and Dido & Aeneas



Acis & Galatea
George Fr. Handel



Dido & Aeneas
Henry Purcell

St Margaret's Church, Cley-next-the-Sea, Norfolk, NR25 7TT

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Popular Flower Festival Blooms Again!

Thursday 25th June – Sunday 28th June 10am-4.30pm is the date for your diaries when the ever-popular Flower Festival held at St Andrew's Methodist Church, Cromer Road, Sheringham, NR26 8SA, takes place.

In addition to very creative floral displays by local flower arrangers and a display by the Sheringham Primary School – this year the theme is 'My Favourite Book' - there will be stalls selling hand-crafted cards and crafts, children's table, jewellery, books, jigsaw puzzles, plants, raffle, Fairtrade goods and a Prayer Room for quiet reflection. Light refreshments will be served daily until 4pm.

On the Sunday, worship in the form of a Festival Praise will take place at 10.30am and 5pm. Whilst admission is free, all proceeds from donations and sales, will support both the charity 'Nelson's Journey' and St Andrew's.

The Flower Festival, like most events, commenced in a very small way to raise funds for the building of the present St Andrew's Methodist Church which has just celebrated its 58th year. Its reputation has grown over the years, attracting people from far and wide.

Whilst the Flower Festival is a fundraising



Thurs/Fri/Sat 10am - 4.30pm
Sunday: 10.30am Morning Worship
12noon - 4.30pm Festival Open
5.00pm Festival Praise

Stalls, Light Refreshments
Prayer activity and Childrens' activity

*N.B. Cafe closes at 4pm daily



Admission Free

Proceeds for Church Funds
and a donation to 'Nelson's Journey'
a Norfolk charity supporting bereaved children

**St. Andrew's
Methodist Church**
Sheringham NR26 8SA

www.sheringhammethodist.org.uk
Registered Charity No: 1212809



event, it is also hoped that the God-given gifts and talents which will be much in evidence, will have an impact on those who view the floral displays with their message.

The worship space, where the displays are located, with its various Christian symbols, very often evokes conversation and discussion about the Christian faith as does the Prayer Room adjacent to the worship space.

www.sheringhammethodist.org.uk



Grant Funding for Local Projects and Organisations – Now open for 2026!

Each year Holt Town Council sets aside a small amount of money (up to £500 per grant) to support local projects and organisations in Holt.

The funding is ring fenced for local organisations that benefit the community of Holt.

Applications for the 2026 Grant are available from the Holt Town Council website www.holttowncouncil.gov.uk or from the Town Council Office at Nelson House (Monday -Friday 10am – 3pm)

Application forms can be returned via e-mail to info@holttowncouncil.gov.uk or can be posted to Nelson House, 2 White Lion Street, Holt, NR25 6BA

**The deadline for all applications is
Wednesday 27th May 2026.**

Applications will be decided at the Holt Town Council Meeting on Monday 8th June 2026.

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Still making a difference in rural Africa....

Life has been hectic in our Centre in Malawi—we've just finished renovating a Community Centre we built 8 years ago, but time and termites had taken their toll. Cracks in walls, crumbling floors, and pest-damaged roof trusses all featured in this heavily used facility, housing a large nursery school as well as lots of social & civic events. Villagers had neither the resources nor the expertise to bring the building back from the brink.

So, we helped — the roof was removed and reconstructed with new treated timbers, and the metal sheets carefully reused, along with all other materials that could be recycled.

The heart of the village is now restored — serving 1,500 people locally, plus the children and families involved with the nursery and under-5 clinics from 6 other villages. And it didn't stop there, we also built a public toilet nearby, an invaluable asset to the area!

Hunger is always a challenge, so we've been promoting cassava — a versatile root vegetable, durable, drought resistant and doesn't need expensive fertilizer. It produces tubers that can be cooked in many ways, and the leaves are edible too! We've supplied bundles of cuttings to 1,500 families during this planting season, added another 100 to our veg programme, and provided 600 households with sweet potato vines. And the other major challenge is clean water — to help, we repaired 6 borehole pumps in the rural areas in recent months, restoring a safe supply to over 6,000 villagers.....

Lots more happening, but we couldn't do it without the invaluable partnerships with friends in the UK, so our warmest thanks for your help.

Dave & Lynda

Aid Africa, P.O. Box 103, Fakenham, NR21 1BF

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www.aid-africa.com for payment options and more info on our work



Thursford Opens its Gardens!

Sunday June 7th, 2026, 10.00 – 4.00 p.m.

Have a great day out in Thursford on Sunday 7th June 10.00 – 4.00 p.m. Open Gardens, not held since 2023, is back! Park up near to the Thursford Collection. The Thursford Collection is the world's largest collection of steam engines and organs.

The Church will be providing lunches. There are 10 gardens open to the public. In addition, there will be plant stalls and light refreshments, and Fakenham Auto Club will be in attendance.

The gardens featured have varying items of interest and each have their own description on the Garden Guide which visitors will collect on their arrival. Proceeds from the event will go towards restoring the tower of St Andrews Church, a project being supported by The National Lottery Heritage Fund. Entrance to Open Gardens is £10.00 p.p. which also gives visitors free entry to the Collection Museum.

PCC Treasurer, Chris Rheinberg said, "we are raising funds to restore the tower and bell at St Andrews, a project being supported by the National Lottery Heritage Fund".

The gardens are within easy walking distance for those used to a stroll, but if anywhere is a bit far, there is a "lift service" going around the village all day. This is a free service and visitors accept lifts at their own risk.

Dogs are welcome as well – but please keep them under control and on a lead.



Thursford Old Hall - Max Sowerby

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A cautionary tale

Many everyday foods that are harmless to humans can pose serious health risks to dogs. Among these are onions, garlic, and raisins—ingredients commonly found in a wide range of meals and snacks. Understanding these risks is essential for any dog owner, especially when others may offer food to your pet without realizing the potential harm.

Onions and garlic,

whether raw, cooked, powdered, or dried, belong to the allium family and are highly toxic to dogs. They can damage red blood cells, leading to a condition called hemolytic anemia. Symptoms may not appear immediately but can include weakness, vomiting, breathing difficulties, and pale gums. Even small amounts consumed over time can build up to dangerous levels, making repeated exposure particularly risky. We have sadly seen a severe case of onion toxicity following well-meaning sausage treats hence this cautionary tale.



Raisins (and grapes) are equally concerning. Even a small quantity can lead to sudden kidney failure in some dogs, though the exact toxic substance remains unknown. Symptoms may include lethargy, loss of appetite, vomiting, and decreased urination. Because



unaware of the risks.

To keep your dog safe, establish clear boundaries about feeding and educate those around you. Always

reactions can vary widely between dogs, there is no “safe” amount.

check ingredient lists, avoid sharing human food unless you’re certain it’s safe, and encourage others to do the same.

One of the biggest challenges in preventing these incidents is that these ingredients are often hidden in prepared foods—such as sauces, baked goods, or savoury dishes.



This makes it crucial to monitor not only what you feed your dog, but also what others might give them. Friends, family members, or even strangers may offer treats out of kindness,

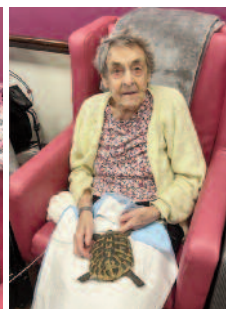
A little awareness can go a long way in protecting your dog’s health.

Sheringham Day Centre

Sheringham day services plays a vital role in supporting older adults, particularly in preventing isolation and loneliness. As people age they may face reduced mobility and deteriorating health, loss of a loved one or limited social opportunities, all of which can lead to feelings of disconnection. Day centres like ours provide a welcoming environment where individuals can interact with others, build friendships and maintain a sense of belonging.



A key strength of our day centre is the wide range of meaningful activities on offer. Musical entertainment can lift spirits and encourage participation, while pet therapy offers comfort and emotional connection. Arts and craft sessions allow for creativity and self-expression and our reminiscing sessions help our clients share memories and stim-



ulates conversations. These activities not only provide confidence but also a sense of purpose.

In addition to this practical services are also available, our bathing service can support personal hygiene and dignity, laundry services reduces daily burdens and meals whether served at the centre or delivered to your door by our lovely volunteers ensure proper nutrition for those unable to go out.

All these services allow individuals to remain independent for longer whilst feeling supported and cared for, significantly improving the overall quality of life.

For more information about what Sheringham Day Services can offer please ring the office on 01263 821188 or visit our website at www.sheringhamdayservices.co.uk.

If you are passing by the day centre in Cremer Street, Sheringham pop in and speak to one of the staff members.

The Really Wild Flower Show

The Really Wild Flower Show 2026 will be held over the weekend of the 27th-28th June at Natural Surroundings as part of their Wild Flower Festival.

As well as guided walks and wildflower displays, this flower show 'with a difference' will display entries from a range of classes - flower arrangements, photography, paintings and textiles, with art classes for children.



New this year and open to all is Class 6 - the 'Wildlife Garden Challenge' - to create a miniature wildlife garden in a standard seed tray. Also new is Class 7 - a 'thriller, a filler and a spiller' - using only three different types of plant to create a dazzling display of wildlife-friendly flowers, ideal for budding florists.

You can pick up a schedule from the cafe at Natural Surroundings, find it online on our website (naturalsurroundings.info) or email us (wildlife@naturalsurroundings.co.uk)

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The Treehouse



The Treehouse is our community cafe; with community fridge, free groups and a beautiful community garden including vegetable patch, and enclosed play garden on Charles Road in Holt.

The Treehouse is our village. Once upon a time; when a mother had a child, the 'village' rallied around. But in our world of busyness and deadlines this is less common. Many people are carrying a weight, heavier than they alone can bear. We encourage them to accept an ear, to gently share a load. We understand the impact of kindness and empathy shown by a stranger; not someone who will listen through loyalty or profession but simply another soul who cares.

Our space is designed to welcome everyone. All our groups are free - we know from experience how payment is a barrier for so many valuable resources. Our groups instil camaraderie and connection. We offer many

varieties; from breastfeeding counselling to specialised music groups. Messy play groups in our garden for creativity and free play. Board games and jigsaws. Community singing to lift souls, for those who need support to those who love to chat and those who love to garden.

Our community fridge helps people's budgets stretch, and our community cauldron offers free soup-all without judgement or stigma. Our menu allows everyone to access homemade, nutritious, beautifully presented food at an affordable price.



We have been through a lot to get to where we are now - an incredible, thriving community space; but now the financial squeeze is real. We are not government funded and external funding is scarce; we are becoming reliant on our cafe income and in-house fundraising to keep us open. We'd love you to lend a hand.

5 easy ways you can support.

1. Become a Friend of The Treehouse and donate regularly each month.
2. Join us for our monthly quiz night. Beginning 15th May.
3. Community Acts of Kindness - businesses are donating prizes for us to raffle through ticket sales and kindness nominations.
4. Business sponsorship. Be part of our sponsor wall and receive promotion from us advertising your community support.
5. Come and see us for a cuppa. We are open 9-2 weekdays and would love to see you.

For details about special events, sponsorship, donations or joining our team email us at contactus@thetreehousecafe.co.uk Your support has got us to where we are today, let's see what the next chapter holds.

Weybourne Parish Council Beach Litter Pick Events 2026

Saturday 30 May 2026
Saturday 22 August 2026
Saturday 17 October 2026

Our Community Litter Picks bring people of all ages together to help care for our local environment while enjoying fresh air, good company and a shared sense of purpose. These friendly, volunteer-led sessions are a great way to make a positive difference in our village. Meet up at Weybourne Village Hall car park, Beach Lane, NR25 7AH, for registration and briefing before heading out. Each session runs from 09.30 to

11.30 and finish with free refreshments at the Village Hall as a thank you to our volunteers. Litter picking sticks and bags will be provided but please bring suitable gloves.

Do come along and support these events, all volunteers, for however short a time will be very welcome.

The events are supported by North Norfolk District Council.

Sheringham Ramblers Walks May – June 2026



All walks commence at 10.00am unless otherwise stated.

If you wish to bring a dog on any walk, please contact the Leader beforehand. Please check our website for further details and any last-minute changes.

(<https://www.ramblers.org.uk/go-walking/ramblers-groups/sheringham-district-group>)

There are currently no walks planned for either **Sunday 24th May** or **Wednesday 27th May** – should this change, the information will be published on the website, so worth checking a day or so beforehand.

Sunday 7th June: 4.2-mile circular walk led by Jim and Debbie commencing from Wiverton Hall Café through to Blakeney via Blakeney Freshes. Along raised bank to Cley with views of the Salt Marshes, a brief visit to Cley Quayside before return.

Nearest Post Code NR25 7TE. Parking at the Wiverton Hall Café car park (permission has been given). Walk Difficulty: Leisurely. Contact: 07752 642913 (J) / 07512 791978 (D).

Wednesday 10th June: 5.5-mile circular walk led by Tina and Julia commencing from Heydon Village Hall, situated behind the Tea Rooms. The walk sets out through parkland, passes Heydon Hall & Immingham Hall before reaching Corpusty where there are lovely views from St Peter's Church. Refreshments can be found at Heydon Tea Rooms or The Earle Arms. Nearest Post Code NR11 6AD. Walk Difficulty: Leisurely. Contact: 07925 589962 (T) / 07766 516476 (J).

Sunday 21st June: 5.8-mile circular walk led by Mike commencing at the Bure Valley Community Centre car park. The walk follows paths and tracks easterly along the northern side of the Bure Valley before turning south to cross the river via paths and a boardwalk. It then passes through the north-western part of the Blickling estate on tracks, returning to Itteringham along a country lane. It is generally easy walking with a couple of stiles and some gentle slopes, with a mixture of attractive open countryside, parkland and woodland. Nearest Post Code NR11 7AX. -Community Centre Car Park - £1 donation per car.

Walk Difficulty: Leisurely. Contact: 07850 441724

Wednesday 24th June: 6-mile circular walk led by Graham. Meet at the Pigneys Wood free car park. Walk takes in a stretch of the North Walsham and Dilham canal before using field paths to Erdingthorpe church for a drinks stop. The walk continues to the disused railway line path back to Pigneys Wood. Nearest Post Code NR28 0SH. Walk Difficulty: Leisurely. Contact: 07957 813862.



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Hedgehog Haven

Hedgehogs nest in unlikely places!

I had a phone call on May 4th that this hedgehog was residing in some old tarpaulin under a car port, as the property was empty following being sold. I thought it best to take it into care Millie and is now with me.

I will be keeping a close watch on her as I think she could be expecting!



Art Exhibition

North Norfolk artist Rosalie Osborne Gibb is delighted once again to be holding an Art Exhibition in the very pretty St Margaret's Church, Church Road, Thorpe Market, NR11 8UA, from Saturday 23rd to Monday 25th May from 11am to 4pm daily, with an exciting diverse new collection of artwork, reflecting her love of coast and countryside, both near and further afield, from seascapes and landscapes to wildlife and the wonders of nature, often incorporating creative techniques and with stories to tell.

In addition to original framed paintings, Rosalie will also have for sale signed and mounted Limited Edition prints, a wide range of greetings cards, unique mugs and coasters depicting Rosalie's original artwork, also drinks and delicious homemade cakes plus a wide range of second-hand books.

Free admission and parking. Dog friendly and wheelchair accessible.

20% of all sales goes to St Margaret's.

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www.rosaliegibbart.com

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And there's more. Treatments are deeply relaxing, helping to ease stress and improve sleep - both of which play a key role in managing allergic responses. You'll leave each session not only breathing easier, but feeling calmer, lighter, and rebalanced.

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Speak to our reception team at Holt Treatment Rooms and book your acupuncture session today. Step into allergy season feeling refreshed, revitalised, and back in control.

Alenka Mullin

Dip TCM Acupuncture, MACs TCM

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Langham Bring and Buy Coffee Morning

Bank Holiday Monday May 25th 10- 12 noon

Do come and join us at this annual event.

Depending on the weather, this will take place in the churchyard or in the church or maybe in the Village Hall.

More details on posters nearer the date.

Small 'Bric a Brac' welcome (no furniture). Items for the Raffle, Cakes and Book stalls will be gratefully received. Refreshments available.

Look forward to seeing you, please 'Bring and Buy'.

Free entry. Roadside parking. NR25 7BX.

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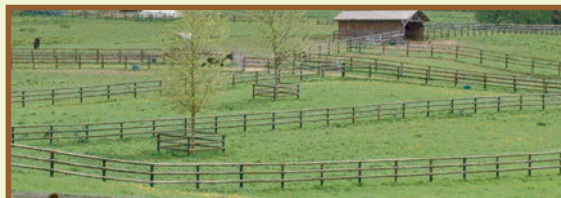
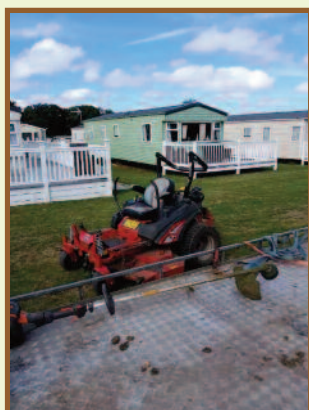
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Buying a new-build property off-plan

By Lauren Howell, Paralegal, Hayes + Storr.

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

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

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

The completed property should include a guarantee, such as an NHBC Certificate, covering certain building defects for 10 years. Your solicitor should check the cover provided, to ensure their benefit is assigned to you.

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

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

New-build properties often carry a price premium, and you are committing before seeing

the finished property. Buyers may also face service charges, delays to completion dates, and possible short-term depreciation.

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

How do you finance buying off-plan?

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

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

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

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



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

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

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

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

How we can help

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

This article is for general information only and does not constitute legal advice. The law may have changed since publication.

Meet Our Family Law Team...

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



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Carly Sullivan
Head of Children Law



Norfolk Police Deliver 14,000 Hours of Targeted Hotspot Policing

Norfolk Police has completed a year-long programme of targeted hotspot policing under Operation Focus, supported by national government funding aimed at reducing crime and increasing visible police presence in town centres.



The force received up to £1 million from the government's 'Hotspot Action Fund', which was introduced to help police forces tackle crime and antisocial behaviour in areas experiencing the highest levels of harm. Norfolk Police identified 21 hotspot locations across the county where priority crime types were most concentrated.

Over the course of the operation, officers delivered 14,020 hours of high-visibility foot patrols within these hotspot areas. Patrols were intelligence-led, drawing on live crime data to ensure officers were deployed at the right times and in the right locations to have the greatest possible impact.

This approach combined visible reassurance patrols with proactive problem-solving, using police powers where necessary to deal with those causing harm, while working to prevent crime and reduce repeat victimisation.

The results show a positive impact on crime across Norfolk. 18 of the 21 hotspot locations saw a reduction in crime (specifically anti-social behaviour, retail crime and serious violence), contributing to an overall reduction of 14.5% across hotspot areas countywide during the operation.

Inspector Toby Gosden, who led Operation Focus, said: "Operation Focus has shown the difference that targeted, visible policing can make when it is guided by good data and strong problem-solving. We know that people want to see officers in their town centres, and they want to feel safe where they live, work and socialise. This operation was about listening to those concerns and acting on them."

"The reduction in crime across the vast majority of our hotspot areas is a real credit to the officers and staff involved. Just as importantly, we have been able to build trust and confidence by being visible, approachable and

proactive in our communities."

Operation Focus was supported by a dedicated team who have developed a clear model of what effective hotspot policing looks like. This learning will now be embedded into everyday policing activity across Norfolk.

While national Hotspot Action Fund funding is not continuing into the next financial year, Norfolk Police will continue hotspot policing across the county as a part of the Neighbourhood Policing Guarantee. The force will build on the learning from Op Focus to ensure patrols remain focused, efficient and targeted at the areas of highest need.

We remain committed to neighbourhood policing and working with communities and partners to keep town centres safe, reduce crime and provide reassurance to residents, businesses and visitors across the county.

Fakenham Choral Society

Fakenham Choral Society will perform Vivaldi's Gloria and Mozart's Coronation Mass at its summer concert on Saturday 20 June.

Vivaldi's Gloria was composed around 1715 during Vivaldi's employment at the Pio Ospedale della Pietà, a home for orphaned girls, renowned for its advanced all-female choral ensemble. Mozart wrote the 'Coronation Mass' in 1779 at the age of twenty-three, a commission from the Archbishop of Salzburg. The mass appears to have acquired the Coronation Mass nickname in Vienna, in the early 19th century, after becoming the preferred music for royal and imperial coronations. Chair of FCS, Rosemary Dear, says: 'This will be a concert of choral works which are well loved by both singers and audience and very much in the tradition of music that FCS has performed over the years. It is therefore a fitting concert for Mark Jones's final concert as our music director.'

Details are as follows:

Date: Saturday 20 June 2026

Time: 7.30 pm

Venue: Fakenham Parish Church

Booking: www.fakenhamchoralsociety.org/forthcoming-1



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Saturday 27th June 7pm

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Sunday 28th June Worship at 10.30am

Led by Paul & Jenine You are very welcome to join us!

The Salvation Army is a Christian church and registered charity in England (214779)

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8ft x 6ft GREENHOUSE. Good condition. Buyer to dismantle and remove. £90.00. 07788 866628

Birders: Opticron IS50 scope, accessories and tripod plus carrying bag, owner deceased. Little used £200. **Bushnell 10 x 42 nature** view binoculars well used. £25. eave message on 01263 663689

Medium oak chest of drawers with wrought iron handles. Ideal storage unit, Lovely Handmade bespoke piece from solid oak. 102cm H x 92cm W x 36cm D. £80. Buyer collects. **Solid oak rectangular** over mantle/wall mirror 107cm x 28cm £50 ono. Buyer collects. 01263 861012

Hand luggage Bag. Never used and in original packaging. £10. 07760 666917
Sony DVD Player Model DVD 2200. Remote with cables. Like new. £25. Cromer 01263 512449

Patio round glass table, with 4 mesh high back chairs that adjust back slightly. Slightly faded. Gd/condition £25. **Lovely solid swinging hammock,** it has no sunshade above. Gd/Condition. £25. **Banana floor standing sun brolly stand.** Metal frame has faded slightly. U can replace the brolly for the stand, £15. 07496 692451

Le Creuset, Red oval casserole £70. **Le Creuset, Red round casserole** £40.

Kenwood Chef Classic and Blender £80. **Braun Vario Stick** and attachments £40. **Morphy Richards oval Slow cooker** £20. All vgc. 07425 429392

Fly fishing Sportfish 13ft. D/H 8/9 Salmon Rod in case (as new) £125, **Bruce & Walker Expert Series Salmon Reel** with two spare spools £125. phone after 4pm 01263 710616

Children's light pine wicker chair with cushion £8. **Large round plastic inflatable chair.** Green/Black. Gd condition £10. **Brown wicker picnic hamper.** Gd/Condition £10. **Brown M/S Wicker picnic hamper.** Lined with green/cream fabric inside. With all the plastic plates/cups/ cutlery etc. Only used a couple of times. £15. 07496 692451

Dremel 3000 hobby multi tool, variable speed, plus smart zip case and 100-piece accessory kit - used once, £45. **Mazda MX-5,** 8 spoke wheel, £95. 01263 741957

Hills outdoor laundry dryer, 3 spar, 40m, incl. new metal socket, £25. **Tapley "floating shelf", light teak, 22 x 38cm,** incl. hidden bracket system, excellent condition, £25 ono. 01263 741957

Cut 'n Boss die cutting machine £40, **Two folders various dies and embossing folders** £40. **Crafters' Companion ultimate pro plus enveloper** £20. **Heat gun,** £10. **Baby Blue die cutting machine** £5 01263 713016

Next Four-piece dinner, side plates and bowls, unused Bargain £15. **New Tefal frying pan** 12inch suitable for all hobs including induction Bargain £10. 07956347293

LG Outdoor grey aluminium round garden table with aluminium wood effect top and four chairs with back and seat cushions. 110 cm diameter. 2 years old. Good condition. Cost £700 approx. when new. £250. Buyer collects. Holt. 07779 686065

Zennox music centre as new £450ono. Has HiFi, CD player, MP3, turntable and 2 speakers. 07502 627137

2 x drawer grey metal filing cabinet complete with lots of wallet files. H 720mm x W 800mm x D 485mm. Lockable with incl key. Good condition. Working order. Very sturdy, heavy item. £25

Iceking freestanding box freezer. Good working order. Complete with inner basket. H 835mm x W 650mm x D 520mm. Outer signs of wear as it's been well used as a second freezer in garage. £n garage. £15. 07943 337855

Two golf skorts, JRB lilac size 12. Daily sport patterned size 12 Both as new £10 each. Pure blue and white golf dress size M/ L, £15. 07956347293

Oak TV Stand with shelves for DVD Player etc + drawer for DVDs/CDs. Marks & Spencer Sonoma range. L150cms, H47cms, D46cms. Excellent condition. £100. 07919 685941

New Royal Doulton china tea set. Four cups, saucers and plates from 1994 Blueberry Everyday range in the original box. £25. 01263 825993

12 Grey granite rope edging with four small posts, £60 ono. 01263 710011 or 07748 007753

Ladder, wooden with alloy rungs, double extension, 2 x 12ft, good condition. 01263 587706

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Any original items of Second World War Homefront/Norfolk/RAF/ARP /Home Guard items & memorabilia for a new display at the RAF Marham Aviation Heritage Centre opening this summer. Tel 07919 182990.

Wool for Norfolk (Sheringham) Knitters, can be left at Sheringham Library or contact Kate Davis on 01263 824781

Any donations of wool gratefully received. Whatever we receive will be knitted into baby hats to donate to the Norfolk and Norwich Premature Baby Unit or hats and gloves for the Christmas Shoebox Appeal. 07796 638020 or sallylee35@hotmail.co.uk

Old footballs and rugby balls for two rescue donkeys to play with. 01263 713014

Domestic and DIY Electrical items for resale at the PACT shop North Walsham. Please drop them off during normal opening hours. 25 Market Place North Walsham. 01692 407163

Rocking chair. 07949 348084

Second hand ladies' bicycle with a low step. 01263 826208

Milling machine wanted by retired engineer. Looking for a bench mounting machine but anything. 07754 799803

OLD AUDIO HI-FI SYSTEM OR SEPARATES OR COMMODORE/ BBC/ATARI COMPUTERS AND GAMES Record player, amp, CD, speakers or parts etc., valve radios, valve equipment, radio parts and valves - used/unused for collector. Also unwanted record collections. 07979 384246

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Hand luggage bag. Never used and in original packaging. £10. 07760 666917

Electric Vango cool box E-Pinnacle 30L for camping/picnics. AC 230V mains or 12V in-car socket. Built-in cable compartment, thermostatic valve, carry handle. Weighs 5.4kg - 42cm H x 32 D x 47 W. VGC as new £60. 01263 587751 or 07885 737147

Falcon Eclipse hybrid lady's mountain bike with carrier. Excellent condition, £60. **Stelrad radiator,** double panel. 700 mm wide x 600 mm high. Good condition. FREE. 01263 824966

Acoustic floor standing amplifier, instrument and microphone inputs. Range of special effects, £100. **Shore SM58 microphone** and adjustable stand, £60. **Tama adjustable stool with backrest.** £10. 01263 712252

Book Reader Digest HRH Duke of Windsor His memoirs 1951 and others, £20 the lot. **1500w single boiling ring,** £20. **Electrical items,** long cables, plugs, timer, wire on new safety box, £20 the lot. **Reclining armchair** to 43", fabric and wooden arms, £20. **Haynes Morris Marina Mk2 book** + spares, 2 alternators etc. £20. 01263 710067

2 cases on wheels as new, offers. Jigsaws £1.50 / £2. 01263 517156

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ITEMS FOR SALE cont.

Sony ALPHA NEX6 mirrorless digital camera with 27mm F2.8 lens, charger, boxed, mint. £220. **Qualcast 36volt battery mower.** 340mm cut. Two batteries, two chargers. vgc. £45. 01692 500776

3 Mercedes Cycle Racks, locks, info (used once) £35. **Fiat 500 Spare wheel + tools** £30. **Little Tykes Pink Tricycle** 9m- 4 years vgc £25. **Ikea wooden cot+ mattress** 120x 60 vgc (grandchild visits) £10. **White metal bedframe** Small single 75x190 Brand new, still boxed £25. Cley. 07707 310878

Adult walker, brand new seat, large, information in pack, £65. **Tall shopping trolley cover,** 4 wheels, as new. £20. **Nokia mobile phone,** no sim, used a week ago, £25. **2 s/s small ovens,** sit on worktop, work, serviced, £15 each. No offers. North Walsham. 07521 042732

John Lewis single 4'5" x 6'6" Hungarian white goose down duvet, tog 13.5, been on guest bed, hardly used. £12. 01263 823454

Large yacht for sailing on boating lake. Needs some attention-so free to good home. 01263 511203

Motorhome cover 4ply 7m x 7.5m green very good condition £50. **Motorhome awning - burgundy complete with poles,** pegs and instructions vgc, £50. **Motorhome screen cover-external insulated vgc,** £50. For local collection. 01263 514130

Domestic cold smoker 2' 6" x 1' 1" diameter excellent condition £75, 01263 682098

Paver white sandals, size 6, new. £10. 2 summerhouse chairs, cushions in mix of colours, good condition, £20 pair. 01263 733892

Thomas Taylor Vector Bowls Set of 4 size 3 £45. **Intrepid Cresta Fishing reel** £10, **Daiwa 4000C Fishing reel** £12. **Collection of 8 Enamel Penguin badges on original cards** 1980 -1985 Mint Condition £20. 01692 218547

Garden spade, £10. **Heavy digging fork,** £10. **Drain rods and fittings,** £20. **4 Metaposts, 50mm,** £10. **4 posts, 50mm,** £10. **Rechargeable Vax Blade 2,** Hoover stick, very little use, £30. **Fishing rod,** £20. **Fishing reel + spare spool,** £10. **Landing net pole,** £10. 01692 402961

Zanussi 7kg Lindo 100 washing machine, £45 ono. **Car hydraulic trolley jack,** £15 ono. 01692 402627

Sportstech RSX500 rowing machine with monitor. Folds in half for easy storage. Excellent Condition. £80. North Walsham. 07803 125137.

Make the most of May - at The Museum of the Broads

It's fantastic to be open again and we're thrilled to be welcoming visitors to the Museum. It's been so good to hear people comment on our new and refreshed displays.

There's a distinctly craft (surprisingly for us - not as in boats!) feel to May at The Museum of the Broads.

First off get this into your diary - Saturday 16th May - Crafts and Curiosities! 10am – 4pm

This is the pop-up market that's packed with crafts and collectables! Meet local makers and make a day of it!

And get really crafty (ok - this time we do mean boats!) at this brilliant event.

Sunday 24th May - Model Boat Day! 10am – 4pm

Meet an entire fleet of model boat enthusiasts and have a go at 'crafting' your own craft! A real hands on experience and we want all hands-on deck!

If April - as we mentioned last month - was first included as a 'holiday month' on the Broads back in 1912, it's May that has always been seen as a vital part of the area's year. Rooted in the ancient lore of spring-time and embedded in the tourist sector since its earliest days, May is the time so much comes back to life. And that certainly includes the Broads - and The Museum of the Norfolk Broads!

Come and see us! We're at - The Poor's Staithe, Stalham, NR12 9DA That's just off the A149 at the turning to Richardson's Boatyard. We're open six days a week - Tuesday to Sunday. You're welcome. The kids are welcome (and if they're under 12, they get free entry to the Museum). The dog is welcome. What are you waiting for?

Check out all the details at - www.museumofthebroads.org.uk



Forthcoming Events

Friday 15th May. Holt Methodist Church are holding their afternoon tea from 2 - 4 pm. There will be the usual stalls and a selection of delicious homemade cakes.

Sunday 17th May. Folk at Weybourne Village Hall, NR25 7AH 3pm until 6pm. Singers, musicians in the Folk style and audience all welcome. Join in the choruses or just listen. Theme this month 'Songs of Bob Dylan'. An appreciation of his life's work as he's shortly 85 years old. Bring your own drinks/snacks if you wish. Tea/coffee available. Entrance £1.00. Further details from Tony Baylis 01263 588781 or tonyandcarmen@btinternet.com or johnandpaulinemusic@gmail.com

Wednesday 20th May. Spout Hills Wildflower Walk with Tony Leech 6.30-8.00pm. Meet by the pond. No charge. No booking.

Thursday 21st – Sunday 23rd May. North Norfolk Chamber Opera presents a Double Bill of Handel's opera Acis and Galatea and Purcell's opera Dido and Aeneas at Cley Church, NR25 7TT at 7.00pm. Details www.northernorfolkchamberopera.org.uk

Saturday, 23rd May. St. Andrew's Church, Great Ryburgh at 9.30 – 12 noon. Spring Fair and Book Sale. Plants, gifts and heritage displays. St. Andrew's Pantry will be open. Details from 01328 829413

Saturday 20th June. Fakenham Choral Society will perform Vivaldi's Gloria and Mozart's Coronation Mass at its summer concert at 7.30 pm at Fakenham Parish Church. Details and booking: www.fakenhamchoralsociety.org/forthcoming-1

Saturday 27th June. Concert at Binham Priory at 7.00 pm with the Viva Voce Singers. "MUSIC WHEN SOFT VOICES DIE" featuring music by Benjamin Britten and Charles Wood. Further information and advance tickets at £13 from www.vivavocesingers.org.uk, or £15 on the door.

Saturday 20th June. Ryburgh Open Gardens, 1- 5 p.m. Gardens open throughout the village. Garden passes: £5 from the Church or the Memorial Hall. Details from 01328 829413.

Saturday 27th June. Concert at Binham Priory at 7.00 pm with the Viva Voce Singers. "MUSIC WHEN SOFT VOICES DIE" featuring music by Benjamin Britten and Charles Wood. Further information and advance tickets at £13 from www.vivavocesingers.org.uk, or £15 on the door.

Saturday 11 July. Concert at Binham Priory at 6.00 pm with the Sheringham and Cromer Choral Society. "ECHOES OF THE DIVINE": Brahms (Ein deutsches Requiem), Vaughan Williams (Five Mystical Songs), Strauss (Im Abendrot). Further information from www.sheringhamandcromerchoral.org.uk. Tickets £20 (under 18's and care-givers free) from: www.trybooking.com/uk/FYYC.

Saturday 18th & Sunday 19th July. Corpusty Weekend at Corpusty & Saxthorpe Village Hall and Old Railway Station. Entry by donation for each event. Food on sale, bar open. All events will be outdoor events on the station platform.

Blakeney Bar High Tides

Date	BST	Height	Date	BST	Height	Date	BST	Height
13-May	04:26	4.70 m	25-May	02:47	4.60 m	06-Jun	10:32	4.90 m
	16:22	4.90 m		14:44	4.70 m		23:22	4.60 m
14-May	05:13	5.00 m	26-May	03:47	4.60 m	07-Jun	11:18	4.80 m
	17:11	5.20 m		15:45	4.80 m		00:18	4.50 m
15-May	05:56	5.20 m	27-May	04:40	4.70 m	08-Jun	12:16	4.70 m
	17:58	5.50 m		16:40	4.90 m	09-Jun	01:25	4.40 m
16-May	06:38	5.40 m	28-May	05:24	4.90 m		13:23	4.70 m
	18:45	5.70 m		17:29	5.00 m	10-Jun	02:35	4.50 m
17-May	07:18	5.50 m	29-May	06:02	5.00 m		14:32	4.80 m
	19:34	5.80 m		18:12	5.00 m	11-Jun	03:38	4.60 m
18-May	07:59	5.60 m	30-May	06:37	5.10 m		15:37	4.90 m
	20:23	5.70 m		18:52	5.10 m	12-Jun	04:34	4.80 m
19-May	08:41	5.60 m	31-May	07:10	5.20 m		16:37	5.10 m
	21:15	5.60 m		19:30	5.10 m	13-Jun	05:26	5.00 m
20-May	09:26	5.50 m	01-Jun	07:42	5.20 m		17:35	5.30 m
	22:08	5.40 m		20:06	5.00 m	14-Jun	06:14	5.30 m
21-May	10:14	5.30 m	02-Jun	08:13	5.20 m		18:32	5.50 m
	23:09	5.10 m		20:42	5.00 m	15-Jun	07:01	5.40 m
22-May	11:09	5.10 m	03-Jun	08:46	5.20 m		19:27	5.60 m
	00:21	4.80 m		21:18	4.90 m	16-Jun	07:48	5.60 m
23-May	12:16	4.80 m	04-Jun	09:19	5.10 m		20:22	5.60 m
24-May	01:37	4.60 m		21:56	4.80 m	17-Jun	08:33	5.60 m
	13:33	4.70 m	05-Jun	09:54	5.00 m		21:17	5.60 m
				22:36	4.70 m			

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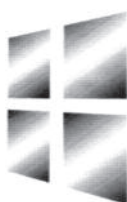
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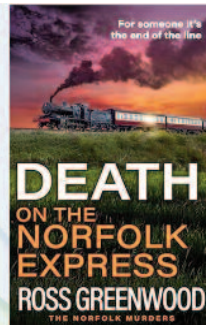
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Author Talk Ross Greenwood



Ross Greenwood, author of the DI Ashley Knight series based in Norfolk, will be giving a talk about his writings and forthcoming book, *Death on the Norfolk Express*, set in and around Holt. Ross will also be doing a book signing at the end of the event.

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Norfolk Camerata to perform Mozart's 'Requiem'

Following on from a year that focused on Handel's 'Messiah', Norfolk Camerata are turning this Spring/Summer to another favourite of the choral repertoire: Mozart's 'Requiem'.

Mozart's Requiem in D minor is his final, unfinished masterpiece, a haunting choral work for the dead commissioned anonymously, shrouded in legend as Mozart believed he was writing it for his own funeral as his health failed. It's a deeply emotional journey through prayer, judgment, and hope, contrasting the terrifying "Dies Irae" (Day of Wrath) with moments of exquisite beauty like the "Lacrimosa," blending profound human fear with pleas for eternal rest and mercy, ultimately completed by his student Franz Xaver Süssmayr.

The performance of the Requiem, under the direction of William Falconer and with professional soloists, will take place at St Nicholas's Church, North Walsham on Saturday 4th July at 7.00 p.m. Tickets will be available nearer the time via the Norfolk Camerata website, via the phone numbers below or at the church on the day.

Rehearsals are currently taking place on Wednesday evenings from 7.30 p.m. at Benet Hall, St Nicholas's Church, North Walsham. Any experienced singers who would like to join the Camerata for this performance are welcome to come along to rehearsals. Please phone Maggie Smyth (01603 783841) or Delia Malim (01692 407783 or 07787 917386) first as rehearsal dates and venue can vary.



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Dance your way to fitness. Every **Tuesday** from 1-2pm at The Copeman Centre, Briston. BellyFit4Fun uses belly dance moves to aid fitness, core strength and FUN! No experience needed. No need to book, just come along. Suitable for all ages. Call or text Gwenyth on **0758 222 9696** for more information.

Guided Tours of the Chapel Icons. St. Seraphim's, Station Rd, Little Walsingham. NR22 6EB. **Wednesdays and Saturdays 2pm**

Quiet Garden Group. Last Friday of the month - **10.30am to 2pm.** The Quiet Garden Group meets monthly for talks and reflection in the Garden Room. Bring a packed lunch; tea, coffee, squash and biscuits provided. New members always welcome.

Gardening Group. Every **Monday - 10.30am to 1pm.** New members always warmly welcomed! Tools and refreshments provided. For further information or if you would be interested in hiring our Garden Room for your own activities, please call 01328 820610 or email saint.seraphims@gmail.com.

Holt Bridge Club meets every Wednesday at 6.45pm for 7pm till approximately 10pm. We meet at the very nice High Kelling Village Hall, Avenue Road, High Kelling, NR25 6RD. We are a friendly club, affiliated to the English Bridge Union and play Duplicate Bridge, and always happy to welcome new members. For further info contact the Secretary Robert Smith 01328 822120.

Sheringham and District Philatelic Society meet at West Runton Church Hall, 2nd Monday each month at 7.30pm. Contact Andrew for more information on 01263 513433 or Jim on seamussar@btinternet.com

Saturday Cafés at St. Andrew's Church, Thursford, NR21 0BW. The first Saturday of every month 10am-12 everyone welcome to enjoy tea, coffee homemade cakes in this beautiful church. Also no need to book just turn up!

Little Star. Every **Thursday 10-12 at The Venue, Holt.** A friendly and relaxed, mixed crafting group where we get together 'Making things to make a difference'. Knitters, Stitchers, Crocheters and Card makers - all ages and skill levels are welcome. Refreshments are available so do pop along and join us. Equipment provided.

St. Mary's Church, Kelling (a mile outside the village on the Holt Road)

Music and Meditation. Every Wednesday 3.00 - 3.30 pm. Beautiful live music and inspiring words in an idyllic setting. Visitors always welcome.

Blakeney Church of England Primary School are starting a Stay and Play group for pre-school children and their parents/carers. Every Thursday 9-11am during term time. There will be toys, refreshments, craft activities and stories in our friendly village school. For more information contact Trace on 01263 740531.

Binham Village Hall social evenings are held on the last Thursday of each month at 7pm. Bar, jacket potatoes, games.

Abacus Club meets every **Thursday at 6.30pm** at the High Kelling Village Hall. Play begins at 7 p.m. and finishes between 9.30 and 10. We play traditional Duplicate Bridge and welcome all players and new members. Table money is only £2 per session and includes refreshments. The first three sessions are free. For further information please contact the Chairman, Robert Smith on 01328 822120 or the Hon Secretary, Gillian Bolam on 01263 822070.

The North Norfolk Backgammon Circle (NNBC) meets once a month in Gresham Village Hall, usually the 3rd or 4th Sunday in the month. All skill levels are welcome from beginners to experts. For dates and details call Chris on 07434 989228.

Open Circle, an informal women's group, meets to learn, make new friends and support local charities on the second Thursday of each month at 7.15 pm in Binham Village Hall. For further information: Shirley Collyer at collyershirlley@gmail.com.

Your Choir Holt, meets weekly at The Venue on Friday mornings, 10am-12pm. Contact Mike on 07485706345 or visit www.yourchoir.co.uk

Weybourne Bridge Club. A friendly Bridge Club held every Tuesday afternoon, 1.45 p.m. for a 2.00 p.m. start - 5.00 p.m. at Weybourne Village Hall, NR25 7AH. We play Chicago Bridge so no need to bring a partner. All standards welcome. Please contact Michelle at theacolbridgeclub@hotmail.com or 01263 585049

Book Sale at St Peter's Church, Sheringham. Coffee and freshly-baked scones. 3rd Saturday of every month from March until November. 10a.m until 12.

Folk at Weybourne Village Hall, third Sunday of every month, 3pm until 6pm. Singers, musicians and audience all welcome. Join in the choruses or just listen. £1.00 entrance. Bring your own drinks/snacks if you wish. Tea/coffee available. Further details from Tony Baylis 01263 588781 or tonyandcarmen@btinternet.com

Scottish Country Dancing takes place at Blakeney Parish Hall Nr25 7NG on Monday afternoons 2pm to 4pm. Please contact Penny Ransome on 01263 741026.

Open Circle: We are informal group of women based in and around Hindringham and Binham who get together to make friends, learn new things and enjoy local outings. If you would like to be part of the group, please contact Shirley on collyershirlley@gmail.com.



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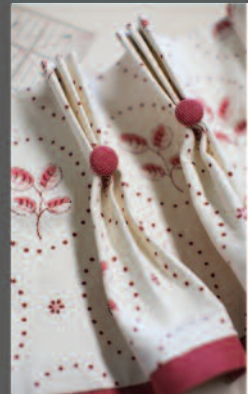
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Playing for Cake Concert

What started as a small trio playing in local cafés has grown into a respected charity delivering Singing for Health programmes across Norfolk & Waveney. Over the 10 years it's been running, Playing for Cake has supported people with long-term health conditions and helped many others simply feel better.

And to celebrate 10 years of singing, Playing for Cake are putting on a concert that marks everything that first note played has resonated into, a community of singers and session groups who meet up for some fun week after week.

As this year marks Playing for Cake's 10th birthday, there's no better way to honour it than by bringing the whole community together for an afternoon of music and stories (with a few sprinkles on top).

The idea for this concert first came from the late Tommy Bell, whose enthusiasm for Sheringham's community music scene left a lasting mark on Playing for Cake. Tommy suggested bringing all the groups together for a shared celebration at a get-together last year — a simple idea to gather everyone from across Norfolk and Waveney in one place. Since then, groups across the county have been getting ready to go public.

On the 22nd of May, as part of the Creative Sheringham Festival, Playing for Cake groups will gather for a vibrant, uplifting event in 'The Sanctuary at St Andrews Methodist Church on Cromer Road

in Sheringham doors open at 1.30 pm with singing starting at 2 pm. Some affectionately termed 'Cakers' will share short stories on why they joined their groups and the unexpected benefits they've experienced, from improved breathing and confidence to new friendships and a brighter sense of everyday wellbeing. Each story will be followed by a mini-performance from their group, led by their regular session leader. Singing for Health is gaining national attention as a form of prescriptive health support and for good reason, you could get healthy and have fun at the same time. Session members consistently report improvements in mood, breathing, social connection and overall well-being.

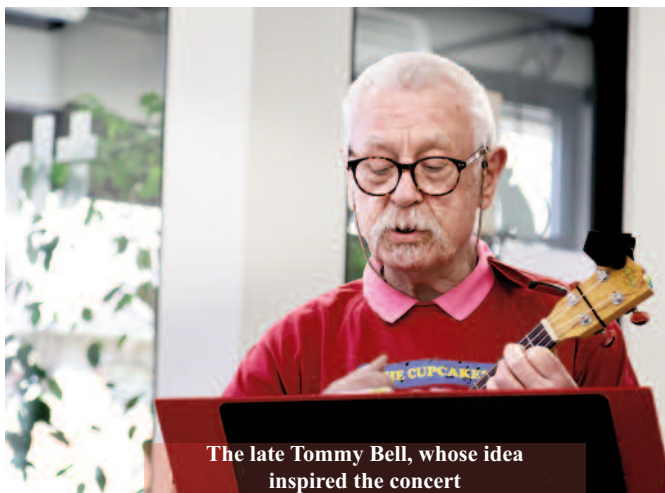
As one member put it: "Brilliant. Brightens me up every time."

This year, Playing for Cake has also launched The Lobstars, a new youth choir for ages 9–18. It's a reminder that Singing for Health isn't only about physical wellbeing, it's about confidence, connection and mental health too.

Tina Blaber, founder of Playing for Cake, said:

"We've seen again and again that when people sing together, something unlocks. It doesn't matter how old you are, the act of singing side by side builds confidence, lifts your mood. That's why we're so proud to welcome everyone, from our youngest Lobstars to our long-standing singers."

So, if you're looking to brighten your day in May, then come along! There will be tea & coffee & biscuits - and of course cake!!!! As well as opportunities to join in! For more information email Info@playingforcake.uk.



The late Tommy Bell, whose idea inspired the concert

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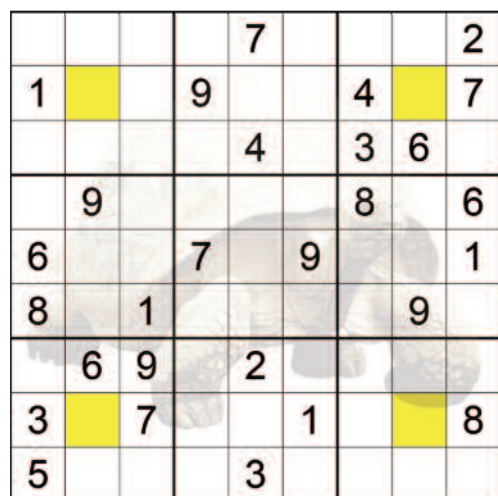


CECIL AMEY

*Looking Good!
Feeling Well!*

THIS ISSUE'S PUZZLES

SUDOKU Fill all empty squares so that the numbers 1 to 9 appear once in each row, column and 3 x 3 box. The numbers in the four yellow boxes are the ones needed as the answer that will be published in the next issue.



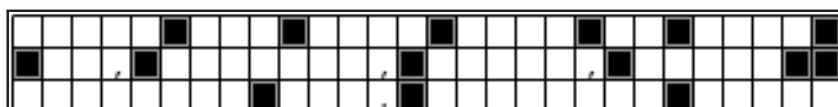
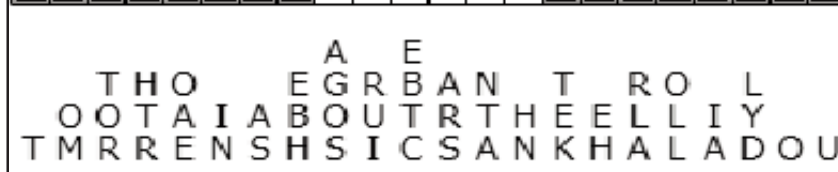
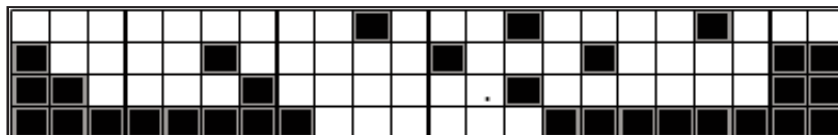
The 23rd May will be World Turtle Day. This issue's word search theme is 'Turtles and Tortoises'. Between **FOUR** and **TWELVE** letters. One or more words. There are 13 entries in this issue's **CHRONICLE WORDSEARCH**. How many can you find?



NUMBER CRUNCHER 7 16 8 6 9 3 = 39

Using all FIVE arithmetical signs, + - x ÷, fill in the spaces to make the equation true, as if they were being entered into a calculator.

All the letters in our grids below have fallen out and mixed themselves up, although they are still in their original columns. Can you put them back in their rightful place to reveal a QUOTATION and the NAME of the person who said it.



The Last Issue's Answers

The **FOUR YELLOW SQUARES** in the **SUDOKU** were 6 5 4 6

The **FALLEN PUZZLE** answers were:
PENGUINS MAY LOOK FORMAL, BUT THEY'RE ACTUALLY QUITE RUDE.
ANONYMOUS

APRIL IS THE CRUELLEST MONTH, BREEDING LILACS OUT OF THE DEAD LAND.
T. S. ELIOT

The 'Penguin' themed words featured in last issue's

CHRONICLE WORDSEARCH were:

PENGUIN
EMPEROR
CHINSTRAP
ANTARCTICA
CHINSTRAP
MACARONI
GENTOO
GALAPAGOS
FLIPPERS
PINGU
WADDLE
SWIM

EGGS
ROOKERY

The **NUMBER CRUNCHER**

$9 \times 1 - 2 + 14 \div 7 + 16 = 19$

There may be others.



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Coltishall clinic can help if you struggle with acne. You can have our treatments alone or in conjunction with the treatments prescribed by your doctors.

The Adherence Problem

Real-world treatment persistence in acne treatments is low. Recent review by Dermatology times publication found that the median duration of topical therapy use in moderate acne was just 2 months, with a 50% probability of discontinuation by 3 months — most commonly due to perceived ineffectiveness and tolerability concerns. A large cross-sectional survey found adherence in only one-third of patients, with many preferring combined approaches that include procedural modalities.

Chemical Peels

Among the chemical peels reviewed, salicylic acid (30%) and glycolic acid demonstrated the strongest efficacy-to-safety ratio. Salicylic acid, a beta-hydroxy acid, offers anti-inflammatory and sebostatic properties in addition to comedolytic effects, making it particularly well-suited for comedonal acne — with reductions in non-inflammatory lesions reported up to 85%. Glycolic acid showed comparable utility, with effectiveness up to 80% in comedonal presentations.

Microdermabrasion

Microdermabrasion, the sole mechanical modality reviewed, uses controlled superficial exfoliation to improve skin texture and reduce blackheads — and may enhance penetration of topical agents into the epidermis. Its evidence base supports modest improvement in non-inflammatory lesions and minor acne scars.

Light-Based Therapies

The light therapy category covers the broadest range of devices, from blue and red light to PDT, IPL, Nd:YAG, and fractional CO2 lasers — each with a distinct mechanism and lesion target. Light selectively kills bacteria and reduce inflammation. Photodynamic therapy (PDT) with aminolevulinic acid (ALA) or methylaminolevulinate (MAL) extends this mechanism by targeting the sebaceous gland directly, reducing sebum production alongside bacterial burden.

Nd:YAG laser showed up to 83% lesion reduction across both inflammatory and non-inflammatory types, with favorable recurrence rates. Fractional CO2 laser demonstrated reductions in inflammatory lesions up to 88% and is also effective for acne scarring.

Radiofrequency Microneedling

Radiofrequency-assisted microneedling targets sebaceous glands directly through insulated needles delivering thermal energy into the dermis, reducing sebum production while promoting neocollagenesis and exerting anti-inflammatory effects. Contact us at www.coltishallclinic.co.uk or 01603 736487 to schedule your consultation and start acne control programme.

Forthcoming Exhibition Cley Visitor Centre

Paul, originally from Norfolk, served an apprenticeship as a photographer before moving into wildlife conservation. He combines his passions by using his wildlife and countryside photographs to illustrate lectures, books and magazine articles. Having lived in England, Wales, and France, he now resides in North Walsham. His work showcases wild landscapes, featuring atmospheric shots of wildlife in their natural habitat.



Paul enjoys showing his photographs at the Cley centre and, having worked in conservation, he can share his experiences with visitors whilst contributing to the NWT from any sales of his work.

He will be present at the centre during the exhibition.

The exhibition runs at the NWT Cley Marshes Visitor Centre from 17 June to 1 July 2026, Monday to Friday, 10.00 am to 5.00 pm



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From North Walsham and District Branch of Cats Protection

There have been no cats rehomed since last time, however, four of the six new entrants, namely Corey, Taylor, Trixie and Tyler have already been reserved and will be leaving before the end of the month. The other new cats, Pippa and Colby, are also available for adoption.

Of the other cats in care, Ninja and Toots are now looking fit and well and are available for adoption. Daphne, Dora and Penny, still all about 1 year old, are now hoping they will find new homes as they are very friendly girls. Gus is still not ready for a new home, Ziggy is gradually gaining confidence, and Sox still has a little weight to lose. The two older cats, Cindy and Kato, are no longer showing any toileting issues and we believe that in new homes there should be no more problems. Dear little Alvin has now had his dental and although at present his gums are still not 100% this has not affected his appetite and he has also put on more weight. He and Annie joined us from an outside colony and are still quite shy with new people. However, they do love playing together and enjoy cuddles and fuss from their fosterer. They will just need a little extra time to adapt to new surroundings.

Sadly, last year, due to work commitments, we lost the volunteer who managed the system that added cats to our website and, as a consequence, no details and pictures of the cats needing new homes have been added. Unfortunately, to date, we have not found anyone offering to take on this role. We are therefore extremely grateful to the Mid Norfolk Adoption Centre for offering to update the information for us and hopefully, by the time you read this, we will be able to show some of the lovely cats at present in care on the website. This is obviously a temporary solution until we find someone willing to take on this role.



We welcome enquiries from cat loving people with computer skills who would be interested in joining us as a volunteer in this role or are interested in volunteering for the branch (there are lots of opportunities where you could help), please give us a call. We would love to hear from you.

If you are interested in receiving help to neuter your cat/kitten, please ring 07880 256948 (to see if you are eligible for a voucher). This number is for vouchers only and will not be able to help with any other enquiries.

However, the number also applies for those wishing to take advantage of our special neutering campaign and also covers micro-chipping your cat if this has not already been done.

If you are looking for a cat or kitten (or have any other queries) please call 01692 535858. Could callers please call at a reasonable time as the phone is in my home. It is not very pleasant to be woken during the night by someone ringing with a cat related query.

Please be aware that if you are interested in giving one of our cats a home, we prefer contact by phone rather than by the contact form on our website, www.northwalsham.cats.org.uk. Unfortunately, at present we are unable to show details of the cats on the website. However, all enquiries for cats and kittens should be received via the phone number or email address. Although I use a computer for cat work, I only check the contact forms once a day, so there is a delay in responding to enquiries this way and as we deal with

enquiries on a first come first serve policy, I may have already spoken to someone who is interested in giving the cat you are interested in a home. If someone has already shown an interest in the particular cat you are interested in, we may wait until they have made a decision before contacting you.

We are on Facebook. You can find us under Cats Protection North Walsham



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Fairtrade for Sheringham

Good News! We are delighted to share the good news that the group Fairtrade for Sheringham has had its registration as

a Fairtrade Town renewed for the next three years by the Fairtrade Foundation. We are deeply indebted to Brenda Smith who first ensured Sheringham is a Fairtrade Town. To keep this status, shops and commercial establishments are encouraged to stock and/or use Fairtrade goods. The people of Sheringham are also encouraged to buy Fairtrade goods. Most supermarkets sell some Fairtrade goods such as bananas, tea, coffee and chocolate. The Fairtrade for Sheringham group encourages all of us, wherever we live, to consider buying Fairtrade. At St Andrew's Methodist Church we have stocks of Fairtrade

goods and would be more than happy to bring a Fairtrade stall to an event you might be involved in, to raise awareness of the Fairtrade movement.

We have also received the following information:

Pledge to Donate to our Local Food Bank: Fairtrade is joining A Million Acts of Hope, to celebrate everyday acts of kindness. Fairtrade is highlighting the hope-makers within the Fairtrade community. They're asking us to join by donating a single Fairtrade item to our local Food Bank, supporting the people who grow our food, and the people in the UK who need it most.

And as part of A Million Acts of Hope, North Norfolk Foodbank is hosting a coffee morning in the Cromer

Methodist Church Hall on Tuesday 19th May between 10:00am and 1:00pm. The event is open to all and free to attend, and people visiting will be able to enjoy free refreshments whilst meeting and talking to staff and volunteers from the Foodbank and other organisations.

Barbara George/Jean Parton, members of Fairtrade for Sheringham



Entertainment and Events at Weybourne Village Hall

Weybourne Village Hall is an ideal venue for family functions and parties, look at our website for more information, www.weybournevillagehall.org.uk

Film Night: 15th May 2026. Please see our website or posters for the film title. Doors open 7pm for a 7.30 start. No booking necessary. You are welcome to bring drinks and nibbles with you, and please bring your own glass. Ice creams available to buy. Proceeds to Village Hall. Next film Friday 19th June.

Tea and Tech: Wednesday 27th May 2026. Hollie, Community Tech Coach from NCC will be available between 2 and 4 pm to help you with online shopping, banking, NHS services and more. Bring your device and charger with you, or if you don't have a device NCC may be able to help you. Tea and coffee provided; the session is free, but donations are welcome. For more information email secretary@weybournevillagehall.org.uk



The next **Bingo** session will be on Friday 1st June 2026. Doors open at 7pm, eyes down 7.30pm. No booking necessary. £1 entry with tea and coffee provided. Please bring other drinks and nibbles if required

and your own glasses. Proceeds to Village Hall.

Table Tennis: every Wednesday 9.30 – 11.30 am. Interested in playing? Come and join us at the Village Hall, Beach Lane, Weybourne, NR25 7AH. We are a friendly and sociable group who play to a reasonable standard. We welcome players of all ages. So, if you want to keep active, meet others and enjoy yourself, come along and see if it is for you, or for more information contact Phil Sheridan on 07799 500278 or Mick Bowman on 07710 606100.

Please see our website for the regular schedule.

For bookings contact: bookings@weybournevillagehall.org.uk

General enquiries: secretary@weybournevillagehall.org.uk

Airmen and Anecdotes

An illustrated talk by Ken Delve



An illustrated talk by Ken Delve looking at tales (tall and otherwise) from the Royal Air Force – including stories about Norfolk bases and his recent work in establishing the Veterans Central project at West Raynham SHQ.

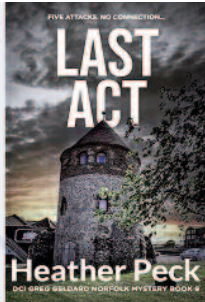
Ken is a former RAF navigator, instructor and aviation writer/historian with 20 years of service, and many publications to his name. Join us for an entertaining afternoon with a highly respected expert in his field.

Fakenham Library
Wednesday 20th May 2pm

£3 includes refreshments. To book pop into or call the library on 01328 862715.

A Fakenham Library Friends event.

Author Talk Heather Peck

Heather Peck, author of the DCI Greg Geldard series based in Norfolk, will be giving a talk about her books and writing at Fakenham Library. Heather will also be doing a book signing at the end of the event.

Fakenham Library
Wednesday 17th June 2pm

£3 includes refreshments. To book visit or call the library on 01328 862715. Booking advisable

A Fakenham Library Friends event.

Rescue Wooden Boats

A talk by Kurt Janson, OBE




Rescue Wooden Boats is a local charity established to help preserve the working boats unique to the North Norfolk coast as well as the stories of the people that built and used them. It also restored the Lucy Lavers, a Dunkirk Little Boat that provides excursions in Wells harbour

Fakenham Library
Wednesday 3rd June 2pm

£3 includes refreshments

To book pop into or call the library on 01328 862715. Booking advisable

A Fakenham Library Friends event.

Sheringham Viking Festival 2026

This year's Viking Festival - which took place on Saturday 11th April - drew record numbers to the town.

The Viking Village on Beeston Common exhibited a dizzying variety of traditional crafts and historical paraphernalia. These ranged from peaceful and charming items like runic jewellery and traditional textiles to terrifying weapons of war like iron and steel-forged swords and axes.

There was so much to see and do at the village, but the highlight was certainly the battles. Wuffa Viking and Saxon Re-enactment Society put on a hugely entertaining show. The combatants were divided into two groups: invading Vikings and defending Saxons. First, they began with a nail-biting clash of shield walls. Axes, spears, and swords smote chainmail and splintered wooden shields.

A wild series of duels between the two sides followed, leaving a trail of bodies behind in its wake. The final two-on-one martial contest, against a solitary veteran warrior, ended in a grisly finish. After the battle, the red headed Hervor the Völva appealed to the skies - to Odin - to bring back the fallen warrior souls. Tourists and visitors joined the shouted

call to the Viking deity. The warriors were miraculously revived. Thankfully both armies lived on to fight and entertain another day. Another highlight was an opportunity try out a perplexing Tafl (viking chess) board game.



When the time came for the climactic parade and ship burning, the sun shone spectacularly. The participants assembled at the head of Station Road at 6:10pm. Holding burning torches aloft, the costumed parade made its way down Sheringham Highstreet. At the end

an enormous crowd waited, eagerly anticipating the Viking Ship Burning on Sheringham beach below The Leas.

To the ominous sound of drums, the Viking longship was set ablaze. Dramatic sunlight from the west illuminated the scene. Lit by torch, an inferno of fierce intensity engulfed the ship from hull to prow. The speed with which the Viking ritual consumed the longship was astonishing. It had not been 15 minutes before all that remained was a heap of smouldering ashes. A spectacular end to the day.



This year Colin Seal, the festival founder, passed on the role of organiser to Terry Reid. With the support of Sheringham Town Council and the Coast Guard, the festival shows no signs of slowing down, and remains a major local attraction for North Norfolk.

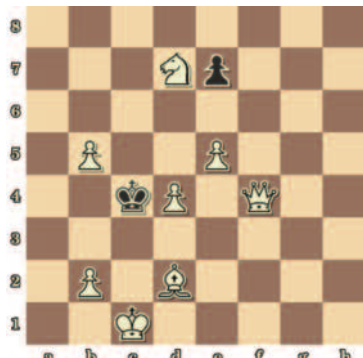
Photos and story by Isaac C-Knight



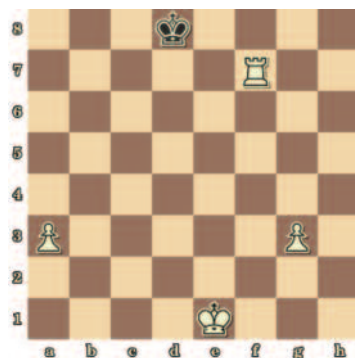
CHess PROBLEMS by Dr Cedric Lytton

350. Cedric Lytton
The Problemist, May 1963

351. Eeltje Visserman
In Chess, 1959



350. Mate in three moves



351. Mate in six moves

Solution to No. 350: 1. e6, no threat. 1... Kxb52. Qc7 Ka6
3. Qb6 (or 2... Ka4 3. Qc4). 1... Kd5 2. Nb6+ Kxe6
3. d5 1... Kd3 2. Ne5+ Ke2 3. Qf3. 1... Kb3 2. d5 Ka2
3. Qa4.

The Star-flight theme with the black K fleeing further in the same direction each time at move 2. Would any readers care to try their hand at a 4-mover with even further extensions, the black K starting in the middle of the board and being shepherd to each corner in turn?

The six-mover **No. 351** may at first look impossible as the black K can attack the white R and make it move. However, White can just achieve his object by starting the right P and with careful choice of second move, Black being in zugzwang at move 4. Two variations. **Difficulty 2.**

Solutions and comments to me at 16 Lime Grove, Sheringham NR26 8NX, or e-mail to lestershaw7@gmail.com



Footie Quiz – Who plays where?

- 1 Who plays at KRBS Priestfield Stadium?
- 2 Who plays at Molineux?
- 3 Who plays at Boundary Park?
- 4 Who plays at Kenilworth Road?
- 5 Who plays at Home Park? Pictured
- 6 Who plays at Ashton Gate?
- 7 Who plays at Edgeley Park?
- 8 Which is the largest Stadium in the South America?
- 9 Which is the largest Stadium in the UK?
- 10 Which Stadium holds 235,000 permanent seats and can host 400,000?



Maybe a trick somewhere

Answers are upside down in this issue elsewhere - No cheating!

Butterflies Bounce Back in Norfolk

Butterflies in Norfolk bounced back last year after a terrible 2024, new figures reveal, but many species remain at risk.

Common Blue numbers rocketed by 173% in 2025 compared to the year before, while the migratory Clouded Yellow was recorded at 16 sites compared to just one, according to the Norfolk branch of national charity Butterfly Conservation.

The data come from the national UK Butterfly Monitoring Scheme (UKBMS) run by the charity which this week revealed the national results from its 50th year of operation.

Despite celebrating an incredible 44 million butterfly records collected by 782,000 volunteers since 1976, the results show that more than half of the UK's native species are in decline, many of them specialists whose habitat is disappearing.

The warmest and sunniest year ever recorded in the UK in 2025 provided perfect conditions for butterflies, and most performed better than in 2024, but no species recorded it's best year.

Now, Butterfly Conservation is warning that, after decades of habitat loss, pollution and other threats, perfect weather will not be enough to allow butterflies to recover to historic levels without targeted conservation.

Alan Dawson, who has served as the charity's Norfolk Transect Coordinator for 13 years, said: "One thing that 2025 has taught us is how butterflies can bounce back from adversity, given a hot summer. It would be nice to think that the high numbers seen in 2025 are the start of a major revival, but that, of course, depends on a lot of factors. Unfortunately, we are aware that many Norfolk species are still at risk from a volatile climate and loss of habitat."

Volunteers in Norfolk walked more than 2,500 km for the UKBMS last year and counted a total of 85,071 butterflies - a huge increase on the 40,698 counted in 2024 and 53,595 in 2023. The Wider Countryside Butterfly Scheme and Big Butterfly Count, also run by Butterfly Conservation, showed comparable 'bounce-back' in the county.

One of the most spectacular examples was the arrival of a large number

of Small Whites and Large Whites from over the North Sea: several people in June reported thousands coming in across the North Norfolk coast.

Small Tortoiseshell numbers also improved but were still very low for what was previously considered a common butterfly.

Small Blue, which has been recorded in small numbers at Cranwich Camp since 2022, were also part of the good news story: the count soared to 65 in the latest UKBMS survey.

Sticking with the blues, 55 Silver-studded Blues were counted at Broadland Country Park compared to 15 in 2024. This is brilliant news for this site which benefited from a translocation project in 2023 and 2024.

The UK sub-species of Swallowtail which is only found in the Norfolk Broads had a strong year with a UKBMS count of 166 compared to 88 the previous summer.

Other Norfolk priority species White Admiral, Small Heath, Grayling and Wall also showed positive progress. Dingy & Grizzled Skipper numbers remain steady, but their future in Norfolk remains fragile.

The Butterfly Conservation Norfolk branch has stressed that many local successes have only happened because of years of dedicated conservation work, much of it reliant on volunteers.

Branch spokesman Malcolm Fisher said: "Butterflies are so valuable to us in so many ways: for many, they are a way to feel a connection to the natural world, but for ecologists they are also an invaluable indicator of the health

of the whole environment. As pollinators, they provide an essential ecosystem service. At the Norfolk Branch, we are always on the look-out for more volunteers to help with surveys to provide data that enable us to continue to monitor the health of butterfly populations. We provide training so you don't need to be an expert, you just have to care about our natural world."

Butterfly Conservation is also encouraging people to take part in this year's Big Butterfly Count from 17 July to 9 August.



The Common Blue butterfly.
Picture: Andrew Cooper






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New and Old at the Poppy Line as Heritage Railway Celebrates Great British Classics

New and Old at the Poppy Line as Heritage Railway Celebrates Great British Classics.

The North Norfolk Railway is set for four weeks of fun for all ages this May, with the return of some old favourites throughout the month alongside a popular new dining experience aboard the line's fleet of historic trains. From drop in science shows and hands on signalling experiences to recreations from BBC sitcoms, May is set to be a busy month for the heritage line which celebrated its 50th anniversary last year.

Visitors looking to step back in time did so over the early bank holiday, May 2 – 4, at the railway's Classic Comedy Weekend which celebrated three of the different BBC sitcoms that were filmed at Weybourne Station! Comedy sketches based on Dad's Army, 'Allo 'Allo and Hi de Hi were performed throughout the day alongside fabulous live music, and there was even a chance to get up close to the original Jones' Van that was used throughout the filming of Dad's Army.

In addition to activities at Weybourne Station, tickets included unlimited hop on hop off travel all day and allow passengers to travel on three of the line's steam locomotives as they hauled trains of restored steam-era carriages. Powerful WD "The Royal Norfolk Regiment" will be joined by 4277 "Hercules", currently visiting from the Paignton & Dartmouth Steam Railway. The line's smallest engine "Wissington" will also be out each day, hauling the railway's train of magnificently



'Young visitor' courtesy of A Sanders

restored 4 and 6 wheeled carriages dating from Victorian times.

The late bank holiday, May 23 – 25, sees the railway's Victorian Train out again alongside the line's newest dining experience (Sun 24). Brunch on Board allows visitors to enjoy a leisurely Full English served on the move, as their comfortable dining car is hauled by a restored steam engine. Complete with orange juice and tea or coffee it is the perfect way to start a lazy Sunday! Dining Experiences are very popular so visitors interested are advised to book early to avoid disappointment - more information on the line's full range of dining experiences can be found at www.nnrailway.co.uk/dining-trains/

Tuesday 26 – Friday 29 May will see Half-Term S.T.E.A.M as the team from Mad Science descend on Holt Station with their lively science shows and hands-on activities which will be available to everyone with a travel ticket. Reedham Junction Signal Box will also be open allowing visitors to step into the shoes of a traditional signaller, pulling levers and ringing bells and seeing how trains were controlled in the days before computers.

Visitor Experience Manager, Hannah Drury said "We're looking forward to welcoming Mad Science back to the railway for more S.T.E.A.M related fun. With their shows, the interactive signal box, our children's play carriage, model railway for youngsters and variety of free trails, there will be plenty of opportunities for our junior visitors to let off steam!"

Following half-term, the heritage line's 2026 season sees the railway open most days until 1 November with other special events and experiences throughout the year; more details can be found on the line's website www.nnrailway.co.uk. Advance booking is strongly recommended and passengers doing so can claim a 15% discount on their tickets.



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Pete Alder

North Norfolk Photographic Society: Project Group

In addition to the club nights and our regular outside visits we also have a Project Group that meets once each month on a Tuesday evening at Bodham. During the year the group's members produce and discuss images based on three different given subjects with the results being displayed digitally at our end of season exhibition in Holt. This season's subjects are 'Work', 'Before & After' and 'In the Style Of'.

Our members have produced some fantastic images

with the 'Work' subject being very popular as we often have

outside shoots at places of work such as our recent visit to the Langham Glass Factory in Fakenham.

For the 'Before & After' we look at two images side by side with one being the original and the second showing the same picture with some alterations and improvements. Val Walker's picture of the Guggenheim Museum in Bilbao is a great example as it has been converted into a much more dramatic black & white image with a single visitor added as a nice final touch.

'In The Style Of' is perhaps the most fascinating subject as each member is asked to pick a famous photographer and produce an image in that person's style. This subject has certainly led

to some great fun and discussion during the year with Peter Adler's deck chair image bringing to mind the work of the late great Martin Parr who documented life amongst the working class in Britain.

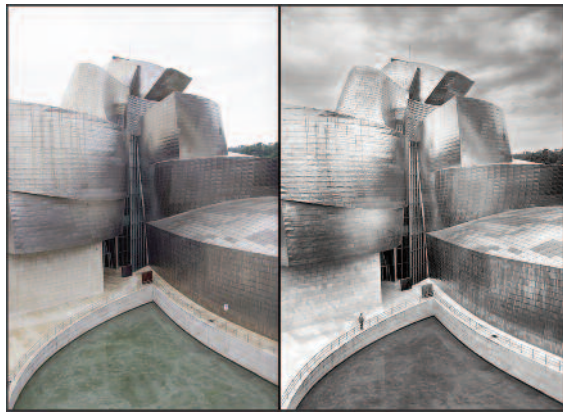
The club's annual exhibition takes place at St Andrews Hall, Holt from July 27th to August 1st and is free to enter.

If you would like to know more about the Project Group and our friendly camera club, then do come along to one of our meetings. Your first visit is free of charge with no obligation to join. The regular meetings take place on the 1st & 3rd Wednesdays of each month from September to June starting at 7.30pm in the Village Hall, Bodham, NR25 6AD

For membership enquiries please email: membership@nnps.uk

For more information please visit: www.nnps.uk

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