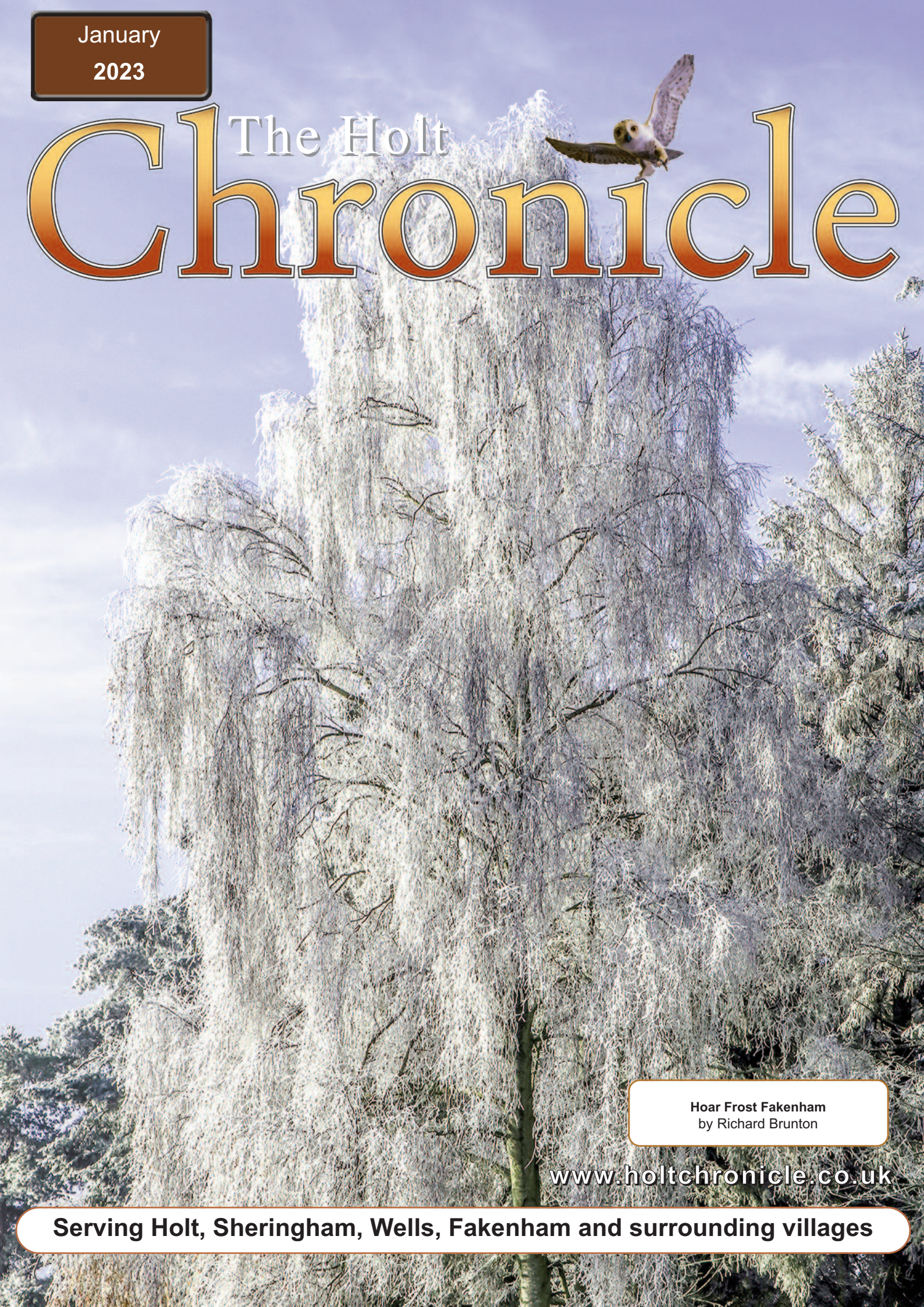


January
2023

The Holt Chronicle



Hoar Frost Fakenham
by Richard Brunton

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THE HOLT CHRONICLE

The deadline for the Feb Issue is Noon Tuesday 31st January
The Next Issue will be Published on 10th February 2023

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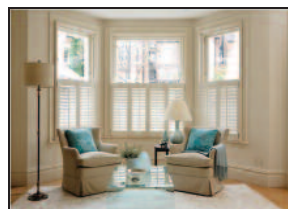
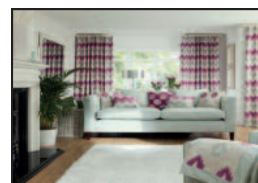
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A Note from the Editor

Happy New Year! I hope you all had a good Christmas. After what has been a rather gloomy 2022, I'm sure we are all hoping for better things this year, however the cost-of-living crisis is biting hard, and many find themselves in dire straits. There are many organizations offering help, for advice on coping with bills, food banks and community fridges and other useful information go to: north-norfolk.gov.uk/projects/cost-of-living-help Also there are lots of warm spaces opening up locally to help save on heating bills. Your local library, town council and Facebook are good places to look for the latest information.

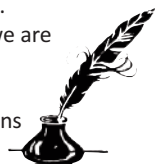
On a lighter note, it is time for the Big Garden Birdwatch again, taking place on 27th – 29th January. See rspb.org.uk for details and do your bit for our feathered friends and the environment.

Whatever you are doing this month, enjoy your January magazine.

Jo – Editor.

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

Month	Copy deadline	Publishing date
February	Tuesday 31st January	Friday 10th February
March	Tuesday 28th February	Friday 10th March
April	Tuesday 28th March	Friday 7th April



News from the Venue



Happy New Year to you all! I love New Year, but it's going to be hard leaving 2022 behind after such an exciting time. We ended on a record turnover for the charity, not only enabling us to maintain and improve the facilities at the Venue, but to kick start some important new projects that will be built on this year.

It has been so wonderful to be able to return to normality and have so many groups not only returning, but growing and thriving, as well as many new groups joining. We are seeing more people using the Venue for private parties and weddings, which are always great fun for us to do, and we have seen our monthly Bingo night grow to be a great fundraiser for us. Be assured that all of the funds that we raise go towards the maintaining and improvement of the Venue, as well as important projects such as the Community Café, Cozy Café warm hub and the Family Fun Day events that are now scheduled throughout the year. We have had so much fun putting these events on this year and seeing and welcoming so many families and children into the Venue to enjoy food, fun, games and discos, and it's all made possible by the money that we raise through our regular activities and fundraising.

The remit of the charity is to provide a safe affordable space for as many people to enjoy as possible, and to that end we have had activities ranging from wrestling to arts talks, banking to Bingo, cinema, cafes, discos, exercise classes, massage, kids engagement play, regular free social enrichment groups and more, and we continue to expand and add to the activities that are on.

Christmas Day was an amazing time with over 100 people served, a great volunteer team helping everything to go smoothly, and huge support from the business community, providing everything from the generous delicious turkey given to us from Allards once again, (thank you so much Nigel for your amazing support), incredible funding from Greshams School pupils and Heath Lodge Care Home, a simply stunning huge Christmas cake from the Sugared Rose Cake Company and many more wonderful gifts and contributions too numerous to list. It is a very blessed time at the Venue, and the culmination of a year of volunteering at the Community Café, which runs 52 weeks of the year. As ever, I would like to take this opportunity to publicly thank our wonderful team of volunteers who make the Community Café, Cozy Cafe and many other activities possible every day at the Venue; their selfless and committed serving is so appreciated by all who continue to benefit from the activities that go on, and they are absolute heroes of our community.

Look out for a new free monthly kid Crafternoon which runs on a Sunday from 29th Jan, and our first Burns Night on 25th Jan, a great fun fundraiser for kids charity Whizz Kidz which provides mobility support for children. With bagpipes, great food and a dance it's a great way to raise money and cheer yourself up in January. Here's to a wonderful, activity-filled and most importantly Happy Community New Year!

Carolyn Burn, Chairperson

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from County Councillor Eric Vardy

Hello readers,

I would like to start my report by wishing you all a Happy New Year. 2022 was a very challenging year to say the least. There are so many issues ongoing that impacts on us all so please if you know of a neighbour, friend or relative in need, remember there is help out there for them.

North Norfolk District Council offers help and advice on a whole raft of topics tel:

01223 849782, Norfolk County Council contact number 0344 800 8020 for help with living costs and more.

First learners complete courses as County Council given £4.7m to improve numeracy

The Department for Education have awarded Norfolk County Council £4.7 million of funding as part of the Multiply project, which aims to improve numeracy skills in adults.

The funding will last until the end of March 2025 and will be used to give grants to major training providers, such as Norfolk Adult Learning and colleges, as well as smaller organisations and grassroots providers. This grant-based approach means a larger number of people can take a course which is relevant to the skills they need. The importance of numeracy skills shouldn't be underestimated, and it's already made a difference to some of the first learners to complete a course funded by the project.

An example of some of the courses that will be available are:

- Introductory courses which help increase people's confidence with numbers
- Courses designed to help people understand and manage their money, particularly during the cost-of-living crisis
- Specific workplace courses, delivered with employers to provide skills relevant to the workplace
- Numeracy courses aimed at parents who want to increase their own skills to be able to better help their children
- Additional maths modules built in to existing vocational courses
- Intensive and flexible courses which lead to a Functional Skills Qualification

For more information, to see available courses, and to sign up and register your interest, please visit www.norfolk.gov.uk/multiply

Norfolk Fire Service take the lead in adopting electric emergency response cars

Norfolk Fire and Rescue Service have become the first fire service in the country to move to a fleet of electric emergency response cars. Following the end of the lease period on the previous emergency response cars operated by the service, the decision has been made to move to hybrid electric vehicles. The vehicles allow incident commanders to travel swiftly to take command of, or offer support to, ongoing incidents.

Forty-five Hyundai Tucson plug-in hybrid electric vehicles are being leased for incident commanders as part of new fleet strategy and transformation programme, which will contribute to the Councils' ambition to reduce carbon

emissions by 2030. Each car will be fitted with blue lights and communications equipment and will provide a versatile car for incident commanders to attend emergencies.

Norfolk County Council has committed to achieving net zero carbon emissions across the County Council estate by 2030.

NFRS is confident that the Hyundai Tucson will meet all the requirements of an emergency response car including a large boot for equipment and the ability to respond in all weathers and on rough terrain such as farm tracks and other off-road locations. The Hyundais will replace the previous emergency response cars used by NFRS, which were powered by diesel. Leasing is considered to be the most cost-effective way of acquiring the vehicles for a number of reasons, including long term maintenance costs associated with any vehicle put through the kind of use emergency response cars are expected to endure.

Electric vehicle charge points are currently being installed on nominated fire stations across Norfolk, with the first cars of this order due to arrive in the spring.

Norfolk residents set to benefit from £2 bus fare cap

Nine bus operators in Norfolk have announced that they will be taking part in the Bus Fare Cap Grant scheme. This means that a single journey on all services run by these operators between 1 January – 31 March 2023 will cost no more than £2 thanks to funding from HM Government. The scheme is part of the Government's Help for Households campaign designed to support families through cost-of-living pressures.

Operators taking part are:

BorderBus, First, Konectbus, Our Bus, Sanders, Simonds, Coach Services, Stagecoach, Semens

When many are struggling with the rising cost of living, this is a welcome investment to help bring down travel costs for many. All the local operators already offer really good value fares, particularly for multiple trips or group tickets - but this offer will benefit those residents who may only use the bus occasionally or for those who want to try using the bus for the first time. Schemes like this complement work in improving bus services across Norfolk and support ambitions to get more people using public transport more often

The Department for Transport announced in September plans to invest up to £60 million to introduce the £2 bus fare cap on a single bus ticket on most services in England

The scheme set to take two million car journeys off the road, it's fantastic to see so many bus operators signing up to the fare cap, helping people to 'Get Around for £2' between the 1st January and 31st March.

Eric Vardy

County Councillor for Holt Division (Aylmerton, Barningham, Bessingham, Cley-next-the-Sea, East Beckham, East Runton, Gresham, High Kelling, Holt, Kelling, Matlaske, Metton, Runton, Salthouse, Sustead, Upper Sheringham, West Beckham, West Runton, Weybourne).



Arts Forum



A Conversation about a life in antiques on Wednesday 18th January with **Anthony Fell** (Anthony Fell Antiques).

We will be discussing a life in antiques, for Anthony personally and professionally; what an antique dealer is and does, the challenges and rewards of being one, how and why he became one and why based in Holt. After the interval, there will be time for questions. Arrive at 6.30pm when the bar will be open, for a 7.00pm start. The evening will finish 8.30/9.00pm-ish. Advance booking is essential as places are limited. People can turn-up on the day, at the door, but risk not being admitted.

To book: contact The Venue on 01263 713427 or email: info@thevenueholt.com



January Monthly Memory Swap

Tuesday 17th January from 2.00 – 4.00pm (winter time),

If you have fond, even precious, memories of growing-up and/or living in Holt, why not come along to the 'Monthly Memory Swap' and share memories of your own in the lounge/bar area of The Venue over a cup of tea or coffee.

Everyone is welcome to either hear the memories of others or to share memories of their own. Perhaps bring along old photographs of people and places; and/or make a note of particular events, people, shops and places you remember most strongly, and would like to talk about. Booking is helpful, so that numbers can be gauged. Free event but donations welcome.

To book: contact The Venue on 01263 713427 or email: Phil Barrett (p.barrett731@btinternet.com); or info@thevenueholt.com

Weather Outlook

Looks like the longest cold spell will be gone by the time we enter January, leaving us with January and February being changeable and unsettled months often with temperatures two to three degrees below average and as the real cold air won't be too far away even lower than that. Any milder days will be short lived. March is likely to see signs of rising temperatures and some meaningful settled weather but not prolonged and as is often the case with March weather, cold air will definitely make itself felt and there's plenty around in the Northern Hemisphere at the moment.



Ned Nimbus



What's On @

Wednesday 11th January

CASH BINGO 10 games plus Flyer, Raffle, Bar open 6.45 pm and eyes down at 7.30 pm.

Tuesday 17th January

Monthly Memory Swap. John Jarvis kicks off the new year with local media and snippets from days gone by. Come to view or bring some of your own, all welcome & refreshments included. Winter timings of 2pm – 4pm still in place.

Wednesday 18th January

Arts forum with Anthony Fell. An evening of interview and discussion with Anthony Fell regarding his life in antiques. Bar opens from 6.30pm with proceedings starting from 7pm.

Wednesday 25th January

Burns Night in Aid of Wizz Kidz. The Venue teams up with 2 locals Becci Flook and Lucy Barnes who are running 2023's London Marathon for Wizz Kidz, one of the largest charities aiding disabled children in the UK. This is a night of traditional Scottish festivities with live bagpiping, Ceilidh dances, Rabie Burns poetry and more for the whole family to enjoy. The event is ticketed at £8 including fees (kids go free) via eventbrite.co.uk to ensure a reservation or on the door subject to availability. There is a buffet and bar and doors open from 6pm

Sunday 29th January

Kid's Crafternoons. Our community activities for kids kicks off with force this January with all-new craft afternoons for the families to enjoy. Free of charge and between 2-3pm for kids aged up to 11.

Wednesday 8th February

CASH BINGO 10 games plus Flyer, Raffle, Bar open 6.45 pm and eyes down at 7.30 pm.

Wednesday 15th February

Arts Forum with Roy Marsden. Phil Barrett talks this time with Roy about his life personally & professionally. Bar from 6.30pm and discussion begins from 7pm.

Friday 17th to Sunday 19th February

February Film Festival. With a theme of Crime, the selection of films to be shown is looking to be fantastic. Look out for advertising and timetables.

It'd be criminal to miss it!

Tickets can be bought either by day or by film.

Cozy Café

Cozy Café is open daily Monday to Friday 10am to 1pm. Pop into our warm hub café for hot drinks and delicious cakes! No charge for the café but donations gratefully received.

CHECK OUT OUR WEBSITE AT

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RNLI Volunteers Recognised in King's New Year Honours



Royal National Lifeboat Institution (RNLI) volunteers have been recognised in His Majesty the King's New Year Honours for their roles in helping the charity save lives at sea.

One of them is Cromer's own Edwin 'Ted' Luckin. Now 93 years old, having given 62 years of dedicated service to the RNLI, he has been awarded a British Empire Medal (BEM).

Ted joined the RNLI in 1960 when he was invited to join Cromer lifeboat as tractor driver and mechanic. He has since held wide-ranging roles at the station including being appointed senior helmsman of the station's new ILB in 1965, taking part in more than 70 shouts, in which he is credited with saving many lives. He retired from operational duty on the lifeboats in 2000 but remained as boathouse manager until he retired in September 2022 when he had a hip replacement but plans to be back in the station before long.

Ted said: 'It came as a bombshell when I got the letter – I was very surprised and very pleased to accept the honour. There's not many of us who've been able to be with the RNLI for as long as I have, and I feel proud for what I've been able to do. I've enjoyed 60 years on the station, and I've had some lovely times.'

Ted is one of 5 RNLI volunteers who have been recognised by His Majesty the King for their incredible contribution to the charity and drowning prevention. For Ted, from jumping in a lifeboat in his swimming trunks whilst enjoying a day at the beach with his family, to advancements in technology and health and safety regulations, he has seen a



Ted Luckin. Photo by Nathan Williams

Rotary BookAid for Primary Schools

Rotary BookAid for Primary Schools Many Primary Schools in North Norfolk have been unable to fund new books for their libraries, in some cases for several years, so Holt Rotary decided to do something about it. In September they launched Rotary BookAid.

Over 700 handbills were distributed asking the public to donate new or used books (in good condition) for ages 5 to 11 years, with collection points in Sheringham, Holt and Blakeney. The response from the public has been extraordinary and, so far, 2,700 books have been donated, including several hundred pounds worth of new books. Schools have been invited to view and choose those books which are most in need, whilst junior non-fiction books, which are always in demand, can be ordered separately. Thanks to the generosity of the public, schools at Sheringham, Walsingham, Blakeney, Hindringham, Kelling and Beetley have now received the books they needed with no cost to them. Other schools are in the process of choosing, so there's much more work to be done.

Holt Rotarian and well-known children's author, Roderick Hunt said Rotary BookAid has got off to a tremendous start and given local children a greater opportunity to enjoy books, help develop their language skills, imagination and build independence. Every donated book or financial gift could make a real difference and encourage reading.

If you wish to participate collection points for early 2023 are at Tesco in Sheringham, St. Andrew's in Holt and St. Nicholas' in Blakeney. If you can't get to a collection point, please text Colin at Holt Rotary on 07767 072425 or contact holt.rotary.bookaid@gmail.com



Suzanne McCaig, Head of Literacy at Sheringham Primary School and some of the pupils receiving a donation of books from Roderick Hunt and Colin Jackson of Holt and District Rotary



lot of changes during his 62 years of service for Cromer Lifeboat Station. He spent his first 40 years in operational roles such as Helmsman, Winch Operator and Mechanic, taking part in over 70 service calls. For the last few years, he has diligently looked after the appearance and cleanliness of the main boathouse at the end of Cromer Pier, in addition to his role as Treasurer of the crew fund, a task he carries out with scrupulous attention to detail.

In 2020, he was presented with his 60 years' Long Service Award, an accolade bestowed on very few RNLI volunteers. He was first invited to join the crew at a time when this was considered an unusual invitation, as crew members were almost always fishermen. But while he was a not fisherman, he did work as a mechanic fixing boats, including Henry Blogg's, the most decorated RNLI crew member of all time.

He initially started as the station's maintenance mechanic and tractor driver, responsible for launching and recovering the lifeboat, before being made Senior Helmsman of the town's new inshore lifeboat in 1965, a position he held for 12 years and during which, he is credited with saving many lives. One shout he often quotes clearly demonstrates his can-do attitude and determination to carry out a rescue against all odds (whilst not in line with the operating procedures of the RNLI's modern day lifesaving service). The station only had 3 crew available, so he quickly taught a member of the public to release the sea catch and launch the



Ted, far left, during a rescue.

Tyne class lifeboat, Ruby & Arthur Reid, before they picked up the Coxswain and 4th crew member from a crabbing boat on the way out. On their return, with no winch operator available, Ted himself had to get off the lifeboat onto the slipway to operate the winch and recover the lifeboat.

On another occasion when out on exercise, he was airlifted from the inshore lifeboat by a

Wessex helicopter which was then diverted to Winterton for a rescue. Later, the helicopter returned to Cromer and the lifeboat was re-launched so he could be returned to his crew.

Since retiring from active service, he took on the role of Boathouse Manager making sure it was kept to the highest standards for crew and visitors, always offering a friendly, supportive ear to make everyone feel at home. Whilst he hasn't been able to keep up the frequency of these visits during Covid-19, he continues to regularly meet members of the station and has kept in touch with retired crew and their dependants, along with organising Christmas hampers and, sadly, helping get them to the funerals of former crew members. He is the trusted advisor and source of inspiration for both past and current crew, all holding him in incredibly high esteem and valuing his friendship greatly. A true gentleman who has given over 60 years of dedicated service to the RNLI and his local community, he is thoroughly deserving of national recognition.

Richard Annis, RNLI Cromer chair said: 'Ted has been an integral part of the station for many years, and on behalf of everyone at station, we are proud and delighted that his hard work and achievements have been recognised in this way.'

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Future dates for The Venue's 'Arts Forum' and 'My Norfolk, My Holt' interviews in 2023

These are the continuation of a series of fascinating monthly interviews/ conversations with Norfolk based artists working in a diverse range of fields and disciplines, discussing their work, their inspiration and influences; how they make what they make, as well as where, when and why they make it; discussing the importance of creativity and the arts, personally and for society more generally; and, where relevant, touches or reflects upon living in Norfolk.

Dates to put in your diary:

Wednesday 18th January 'Arts Forum' / 'My Norfolk, My Holt' – Anthony Fell (Anthony Fell Antiques)

Wednesday 15th February, as part of The Third February Film Festival - A Festival of Crime – an evening with Roy Marsden, well known for his portrayal of P D James's Inspector Adam Dalgliesh (1983 – 98), who is going to talk about PD James, his role as Adam Dalgliesh, and about Agatha Christie.

Wednesday March 15th – Liz McGowan and Margie Britz (artists)

Wednesday April 19th – Veronica Sekules (Director of the 'Ground Work' Gallery, King's Lynn, formerly a curator, then Head of Education and Research and Deputy Director at the Sainsbury Centre for Visual Arts, University of East Anglia).

Wednesday May 17th – Hannelore Smith (Co-Director Artpocket - innovative education in creative arts) along with a panel of other arts educators

Wednesday June 21st – David Morris (photographer) as part of a panel discussing the art of photography

Wednesday July 19th – 'My Norfolk, My Holt' – Simon Walters (Headmaster of Holt Primary School)

We take a break in August and September, starting again on:

Wednesday October 18th – H.J Jackson (Printmaker – '70 years of Lino-cuts')



Wednesday November 15th – Martin Eaton (saxophonist with, amongst others, the Martin Eaton Quartet and The Jonathan Wyatt Big Band)
Tuesday December 12th – Raffaella Barker (author) - date to be confirmed

Booking is helpful, for all events, so that numbers can be gauged. If you simply turn up on the door you risk not being admitted. Though events are free donations for The Venue are gratefully accepted.

To book and for tickets please contact The Venue 01263 713427, or via email info@thevenueholt.com Or for Roy Marsden, on Feb 15th, The Holt Bookshop.

For up-to-date information please visit 'The Venue website <https://thevenueholt.com/>

*The purpose of art is washing the dust of daily life off our souls.
 Pablo Picasso*



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There are 2 different types of Lasting Powers of Attorney – one for financial and property decisions and the other for health and care decisions. Setting up Lasting Powers of Attorney can be likened to the purchase of a home insurance policy. You hope that your house won't burn down, but if it did, then knowing that you have house insurance in place can make a real difference in putting your mind at ease.

We are all living longer and statistics show that 1 in 3 of us will develop dementia. Covid and lockdowns have made Lasting Powers of Attorney even more important, especially if you become housebound or are isolating.

It is vital to release the burden from loved ones to allow them to access your money and pay for your care. Banks can freeze accounts if capability is lost, even if in joint names.

A Lasting Power of Attorney negates these issues and gives you and your loved ones peace of mind.

Please contact us to make a FREE FIRST APPOINTMENT to discuss this further.

We offer home visits at no extra cost.



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Conservation areas

What is a 'Conservation Area'?

Conservation areas came into effect in the 1960s, and are defined as an area of special, architectural, or historic interest. Conservation areas were

introduced to protect specific areas of land from any adverse development and to preserve the historic character and nature of the area. Conservation areas will often be found in old towns and villages, country estates and historic landmarks. 2.2% of the land in England is made up of conservation areas (historicengland.org.uk).

Whilst conservation areas are usually made up of special, architectural, or historic buildings, however they are also defined by some of the following features:

- Gardens, parks and greenery;
- Trees and street furniture;
- The layout of roads, paths and boundaries.

How do you find out about them?

If you are considering carrying out works on or changing the appearance of your home or a commercial premises, it is important to find out whether the property lies within a conservation area.

If you carried out searches when you purchased your property you would have been notified if it was within a conservation area, but if you are unsure, you can contact your local authority for more information. Local

authority websites may also have this information readily available for the public's information on their websites, to which you can typically perform a map search which highlights all areas within the borough that lie within a conservation area.

What is the effect of a conservation area?

The local authority has legal powers to control/prohibit any changes with a conservation area. The following development changes can be controlled by the local authority in a conservation area:

- Demolition of buildings;
- Fell or uproot of trees;
- Siting of satellite dishes;
- New development plans;
- Alteration of a property.

Does it impact planning permission?

Local authorities have a legal duty to preserve and enhance areas of special, architectural or historic interest/character. Therefore, any applications for planning permission made in a conservation area mean that these applications will be considered on a much more careful basis and will typically go through a more rigorous process than normal planning applications.

Conservation areas mean greater planning controls and considerations to protect the historic elements of an area. These controls mean that your permitted development rights will differ in a conservation area compared to in non-conservation areas. An application that

you would not need to make if you were outside a conservation area, would have to be made if you were inside a conservation area. For example, for any extensions to retail premises and industrial and warehouse buildings, planning permission is required.

Applications in conservation areas are considered against conservation policies and in some situations can be refused on conservation grounds alone. If you are considering making an application to carry out work to a business within a conservation area, it is advisable that you obtain pre-application advice as promptly as possible in the process.

Our legal team provide a full range of legal services for businesses, families and individuals. The personal legal services we offer include conveyancing, family law including separation and divorce, personal injury, clinical negligence, employment law, wills, trusts, lasting powers of attorney and probate. Legal services for businesses include debt recovery, litigation and disputes, landlord and tenant services, employment law and commercial property.

If you would like to seek advice on Conservation Areas from our Commercial Property team, or have another legal query, please contact our dedicated Client Relations Team on 01603 693500 or email us using the 'Make an Enquiry' online form on our website (www.clapham-collinge.co.uk).



We offer a full range of legal services to businesses, individuals and families in North Norfolk.

Our service is modern and comprehensive, whilst drawing on sixty years of experience and legal knowledge to guide and advise our clients with total professionalism.

As always, we're here for you if you need us. To arrange an appointment, contact our dedicated Client Relations Team today.

Offices in North Walsham, Sheringham and Norwich.

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www.clapham-collinge.co.uk

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The February Festival of Crime

Dust-off those detective skills, here's something for you to look forward to, and to help stave off those February blues, 'The Third February Film Festival', this year with a crime theme.



Between **Wednesday 15th and Sunday 19th** February inclusive. The Venue will be hosting a Festival of Crime, in conjunction with The Holt Bookshop, and supported by the Sir John Hurt Film Trust.

This will involve interviews with authors and actors who have made a name for themselves in crime fiction, followed by a showing of a favourite crime film of their choice.

The festival kicks-off, on **Wednesday 15th**, with an evening with TV sleuth Roy Marsden, well known for his portrayal of P D James's Inspector Adam Dalgliesh (1983–1998), who is going to talk about PD James, his role as Adam Dalgliesh, and about Agatha Christie. Then on Sunday the 19th you can enjoy a film of his choice '12 Angry Men' (1957) rated PG-13.

Friday night, the **17th of February**, is the official opening of the festival weekend when, after a free drink and nibbles, there will be a showing of 'The Oxford Murders' (2008) (PG) starring John Hurt, (continuing an important link with John's name and work), with a video introduction by the film's director Álex de la Iglesia.

Then throughout the **weekend of the 18th and 19th**, there will be further interviews and showings of chosen crime films, including an interview with author Jason Dalgliesh and a screening of his chosen film 'Get Carter' (1971) (18+) starring Michael Caine.

The weekend closes on **Sunday evening, the 19th**, after an interview with author David Blake, and a showing of his chosen film 'The Talented Mr Ripley' (1999) (18+) starring Matt Damon, Jude Law, Gwyneth Paltrow, Cate Blanchett and Jack Davenport.

Other films choices include 'The Sting' (1973) (PG) – starring Robert Redford and Paul Newman; 'Murder on the Orient Express' (1974) (PG) starring Albert Finney; and 'The Wrong Trousers' by Nick Park (1993) (U), starring Wallace and Gromit.

Get these dates in your diary – Wednesday 15th and Friday 17th – Sunday 19th inclusive – and come along and find out Whodunit.

Tickets available from The Holt Bookshop from mid-January.

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Community Support Available

A reminder that support is still available from the Holt Community Support Fund (Energy) towards the cost of your energy bills. Please contact the North Norfolk Food Bank on Tel: 07826376343 quoting CSF for support. HTC have secured additional grant funding and will be running a support fund alongside the CSF to provide residents with winter essentials. More information to follow on the HTC fund early in the New Year.

HTC Community Grants Awarded

Thank you to everyone who applied for funding under the Annual HTC Community Grant Scheme. The Town Council have awarded Holt Library, The Playing Fields Association, The Treehouse Café, Sanders Coaches and the 1960's Committee with small grants towards their projects. The Grant Scheme will return next Autumn.

NEW! Holt Gym Park

The Town Council have installed a new Gym Park on land between Beresford Road and Thompson Avenue. The gym park is made up of 9 different pieces of equipment, each designed to work out a different part of the body. Start your New Year with a new fitness routine and work out for free!

Tourist Information

The Tourist Information has now closed for the winter and is due to re-open again in March 2023. The Town Council are very grateful for the volunteers who run the Tourist Information Centre, their knowledge and expertise on all things Holt, make the centre the success it is! If you are interested in volunteering, there are afternoon shifts available from next March (12.30pm – 3pm). Full training will be provided, please contact the Town Clerk.

The Kings Coronation – Saturday 6th May 2023

Save the Date! Celebrations will be taking place on Saturday 6th May. Holt Town Council will be meeting with local groups and businesses in the coming weeks to start planning the Coronation Celebrations... updates to follow!

Holt Town Council wishes all residents a Happy New Year!

Holt Town Council, Nelson House, 2 White Lion Street, Holt, NR25 6BA
Tel: 01263 712149 E-mail: info@holttowncouncil.org



Holt and District Community Support Fund (Energy)

Support for Local People by Local People

Are you struggling to be able to afford your Energy Bills this winter?

Help is available right now...

Support is available towards;

- Gas and Electricity Bills
- Oil, Coal and Wood deliveries

Payment will be made direct to utility companies or suppliers

Contact us...

North Norfolk Food Bank (Please quote Holt CSF) –

Tel: 07826376343

Email: info@northnorfolk.foodbank.org.uk



Community Support Fund (Energy) An Update

Thank you to everyone that has contributed to the Community Support Fund, we have had a busy few months' fundraising and are incredibly thankful for all the kind donations received.

The Fund was officially launched on Saturday 12th November whereby volunteers held an open morning (in partnership with local organisations and stakeholders), the morning raised £400. Later the same month volunteers were collecting at Holt Lights and raised just under £100. We are grateful to Holt Rotary Club and Holt Methodist Church for fundraising on our behalf and to Gresham's and the many other residents for their kind donations.

We are delighted that so far, the fund has spent £626 supporting 6 families in Holt.

To donate to the fund please contact the Town Clerk on 01263 712149 or visit the Parish Office at St. Andrew's Church, Holt, NR25 6BB.

To receive support from the fund please contact The North Norfolk Foodbank on 07826376343 quoting CSF.



Norfolk
County Council

The Holt Hopper Bus

New Timetable from January 3rd 2023

for the circular bus route around Holt.

The **Holt Town Hopper** provides a regular connection every 25 minutes to Budgens, the Town Centre, the Doctors' Surgery, the Country Park and the North Norfolk Railway.



**Cut out and keep your
Holt Town Hopper Timetable**



Service 8 - The Holt Town Hopper Circular Bus

Linking Estates - Town Centre - Holt Station and Kelling Hospital/ Doctors Surgery - from January 3rd 2023

Days of Operation	Monday to Saturday													Additional journeys Saturdays & School Holidays ONLY		
Service Bus Number	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Kelling Hospital / Holt Surgery Bus Layby		915	940	1005	1030	1055	1120	1145	1210	1230		1345	1410	1435	1500	1525
Holt Nightjar Road - Heath Farm Estate		918	943	1008	1033	1058	1123	1148	1213	1233	1323	1348	1413	1438	1503	1528
Hempstead Road outside the Business Centre		919	944	1009	1034	1059	1124	1149	1214		1324	1349	1414	1439	1504	1529
Holt - Charles Road / Beresford Rd		920	945	1010	1035	1100	1125	1150	1215		1325	1350	1415	1440	1505	1530
Holt Edinburgh Road - opp Regents Close		921	946	1011	1036	1101	1126	1151	1216		1326	1351	1416	1441	1506	1531
Holt - Norwich Road - Woodrow Avenue		922	947	1012	1037	1102	1127	1152	1217		1327	1352	1417	1442	1507	1532
Budgens Store / The Venue - Kerridge Way		923	948	1013	1038	1103	1128	1153	1218		1328	1353	1418	1443	1508	1533
Holt - Market Place Hospice Shop	900	925	950	1015	1040	1105	1130	1155	1220		1330	1355	1420	1445	1510	1535
Holt - Woodfield Road - opp Heather Drive	903	928	953	1018	1043	1108	1133	1158	1223		1333	1358	1423	1448	1513	1538
Kelling Road / Greenways	904	929	954	1019	1044	1109	1134	1159	1224		1334	1359	1424	1449	1514	1539
Holt Kelling Road / Cromer Road Bus Stop	905	930	955	1020	1045	1110	1135	1200	1225		1335	1400	1425	1450	1515	1540
Gresham's School - Cromer Road	906	931	956	1021	1046	1111	1136	1201	1226		1336	1401	1426	1451	1516	1541
Holt Station - North Norfolk Railway	907	932	957	1022	1047	1112	1137	1202	1227		1337	1402	1427	1452	1517	1542
Kelling Hospital / Holt Surgery Bus Layby	910	935	1000	1025	1050	1115	1140	1205	1230		1340	1405	1430	1455	1520	1545

SEE OUR WEBSITE www.sanderscoaches.com for full details of school holidays for the additional journeys

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Join us this Sunday morning
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St Lawrence Hunworth, St Peter Melton Constable, St Mary Stody,
St Edmund Swanton Novers, All Saints Thornage

Contact Rev Trudie Morris: revtrudie@gmail.com

or visit our website: www.bandbchurches.co.uk



† Church News †

LEATHERINGSETT CHURCH OF ST. ANDREW

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

Friday Prayers each Friday at 9.30am

You are assured of a warm welcome.

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Email: loadesbookings23@gmail.com
(from 1st Jan 23)

MINISTER - Revd J Bell - 01263 710009

Senior Steward - Mrs J. Bunting - 01263 712068



Mass times for St. Peter's RC Church, Blakeney

These are: Sundays 11am

Wednesday's 9.30am

For more information go to catholicparishofwalsingham.org

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.

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Holt and District Branch

The Holt Branch of the Royal British Legion held their
annual Christmas Dinner and raffle at the Feathers
Hotel in early December. The Branch members
would like to thank the Feathers Hotel for an
excellent festive meal.

We would like to take this opportunity to formally
thank the following local businesses who have supported the Royal
British Legion by kindly donating prizes for our Christmas raffle: The
Snug and The Holt Book Shop. The prizes generously donated by local
businesses and branch members raised £68 to support our ongoing
work in the community.

If you are interested in the work of the Royal British Legion and would
like to discuss becoming a member of the Branch, please contact
Lauren Griffiths. Honorary Secretary on 01263 663178 or, 07850
649160, or by email: Holt.Secretary@rbl.community



NWT North Norfolk Group and Cley Bird Club

The Wonders of Raptor Migration
An illustrated talk by Richard Porter

Thursday 19th January 2023

Cley Village Hall at 7.30pm

Entry is free but donations to Norfolk wildlife
conservation welcome.

Kindly sponsored by Lynton Wines





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

Assistant Curate: Fr Gary Gould. Tel: 01328 830715, Email: garygould57@gmail.com

Parish Office Tel: 01263 713479 E: standrewsholt@btinternet.com website at www.holtchurch.org



Hope

Dear Friends,

Dare we hope! Dare we hope for a happy and peaceful New Year? Sadly, 2023 has begun with the uncertainty and troubles with which 2022 ended. Yet, as we begin a New Year, we have to hope for better times to come. We have to hope for peace on earth and for goodwill among all. We have to hope that people will work together for the common good of humanity and creation and the story of Christmas we have just celebrated surely gives us the reason to hope.

Born of Mary, the Christ-child is the light of the world which the darkness of this world can never extinguish. He comes to reveal to us an alternative way of living that is grounded in love and characterised by mercy, compassion, forgiveness, reconciliation, justice, righteousness and peace. And on hearing this message of hope again, we have to turn this message into action. We have to be bearers of God's peace and love to the world by reaching out to those in need in our communities and around the world.

The Archbishop of Canterbury said recently at a service of prayer for peace in Ukraine, *"The church is not a place of retreating from the world. The church, the Body of Christ, is a place that brings the reality of the story of Christ who came, and died, and rose, and ascended, and will come back, into the world. We are to take that light of hope into the world around us. We are to talk of justice and peace and live it."*

I can well understand that if you listen to the news everyday your world view is skewed by what you see and hear and you may well have given up any hope of the world ever being better than it is. Yet as well as the bad and depressing news there is always good news if we are prepared to look for it and listen. Countless people in our communities and around the world are working hard to make a difference, to improve the lives of others and to care for the natural world.

Therefore, as we begin this New Year, my prayer is that on hearing again the Christmas story people may act upon it and motivated by hope for better times, strive to be bearers of peace and love to the world.

Without hope there is only despair, let us then dare to hope. My warmest regards and every blessing for a happy and peaceful New Year

Fr. Howard

HOLT & COMMUNITY DISTRICT SUPPORT FUND (Energy).

Local support for local people. FUNDS ARE NOW AVAILABLE

to help those struggling to pay their energy bills this winter.

PLEASE DO NOT STRUGGLE IN SILENCE.

Contact Holt Citizens Advice Bureau (0800 144 8848) or the North Norfolk Food Bank (Energy) (07826 376343). We continue to raise funds and offer support and advice to those in need.

WEEK OF PRAYER FOR CHRISTIAN UNITY 18th -25th January

2023. Join us at our daily services as we pray for the unity of the Church.

FROM THE REGISTERS

Funerals:

30th December: Jaine Brown

30th December: Derek Atkins

3rd January: David Stanley Williams

20th January: Pamela Ewen

20th January: John Minto Nicholson

PUBLIC WORSHIP & PRIVATE PRAYER.

Sunday Services

8am Book of Common Prayer Eucharist

9.15am Said Eucharist at All Saints, High Kelling

10.30am Parish Sung Eucharist.

5.00pm Choral Evensong (2nd Sunday of the month)
(Not August)

Week day services Mon – Sat

Morning Prayer 9am

Eucharist 9.30am–Thurs 10am at All Saints, High Kelling

Evening Prayer 5.30pm

LIVE STREAMING: The Sunday Parish Eucharist continues to be live streamed on YouTube at 10.30am.

Please see our website or facebook page for more details.

www.holtchurch.org

YOUTUBE: St Andrew the Apostle, Holt

CHORAL EVENSONG: sung on the 2nd Sunday of each month at 5.00pm. The Book Common Prayer at its best! An opportunity to experience one of the jewels in the Church of England's crown. All are welcome.

FEAST OF THE PRESENTATION OF CHRIST (Candlemas) Thursday
2nd February 6pm Sung Eucharist

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



COFFEE MORNING WEDNESDAY 10am – 12noon every week in the meeting room at the Parish Church. An opportunity to meet others over coffee in an informal setting. All are welcome.

LITTLE LAMB'S PARENT & TODDLER GROUP meets every Wednesday during term time 9.30am – 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.

PARISH CHURCH HALL & MEETING ROOM Available for hire!

Competitive rates. For more information contact the bookings secretary: 01263 713479 Email:

standrewsholt@btinternet.com

VOLUNTEERS NEEDED to care for God's acre. Can you spare some time to join a group of volunteers to help maintain the churchyard? No faith required, only a desire to help maintain a sacred space in the middle of Holt as a place of rest for the departed, solace for the living, and a haven for wildlife.
Tel: 01263 713039

NEWS FROM THE TOWER:

Practice night Friday evenings from 7.30pm.



Readers Write....



A column where you can write in. Write to us - share your news or views on issues that concern our community. Just e-mail your letter to info@holtchronicle.co.uk or leave it in THE HOLT CHRONICLE collection box in Feeney's Newsagents. **ALL letters must have a contact name, full postal address and telephone number** so that we may be able to contact you if necessary but please note that we will publish your name but not your address or telephone number unless requested to do so.

PLEASE KEEP YOUR LETTER TO A MAXIMUM OF 300 WORDS so that we may be able to publish it in full.

Please note: The views expressed in this column are not necessarily the views of the editor or publishers of The Holt Chronicle but those of the author's submitting the material.

White Dove Visit

Dear Jo,

Over the last year we have been having visits from an increasing flock of white doves to our garden in Peacock Lane. First it was one or two but has grown to 15-20 regular visitors who wait for our bird feeders to be raided by Jackdaws and sweep up the seed. We know that they have visited other gardens in the same way and seem very tame. We would love to know where they come from - they certainly brighten our days along with our other visiting birds!



Keith & Teresa Brown

Holt Society Talk

Dear Jo,

Holt Society Talk 5th December 2022 by Dr Sally Francis, Saffron Grower at The Venue Holt

I had the pleasure of attending a Holt Society talk by Dr Sally Francis, Saffron Grower here in North Norfolk. The smallholding is near Burnham Market and Sally started growing saffron after her mother Jill bought her 20 corms as a birthday present. Sally is an Oxford educated PHD botanist. Her talk was full of enthusiasm and contained many points of previously unknown interest.

She explained the history of saffron and informed us that it has actually been grown in this area for many years. Fascinatingly huge amounts were exported from North Norfolk ports in a highly lucrative trade to European low countries.

Sally's saffron growing became so successful that by 2009 they had too much for their own use so started to take it to Farmers Markets. This proved highly popular, and the business has gone from strength to strength. Culminating with a successful (they now have a) mail order business. During harvesting, September to October very dependent on suitable growing and harvesting weather conditions the whole family get involved in gathering the precious saffron. This process is time consuming and delicate. The strands have to be dried before packaging.

Norfolk saffron has won many awards and has also featured in BBC productions and magazine articles.

Sally and her mother brought their Saffron products to the talk and there was enthusiastic purchasing at the end with a free recipe to try Saffron Risotto.

You can find out more about Norfolk Saffron. norfolksaffron.co.uk

Anne Plumstead, Holt Society member.

The Red Barn Murder relics.

Dear Jo,

The information that Susan Parry had given a lecture on the Red Barn Murder to the Weybourne WI (see Holt Chronicle Dec 22) took me back a full sixty years.

Boyhood bus rides from Norwich to Bury St Edmunds, with a change for Haverhill, left me with a half-an-hour to visit Moyses Hall. It is there that the grim relics of what must be East Anglia's most celebrated case are held. Among these are William Corder's flintlock pistols, a short sword - although he denied ever using it in the crime - and the book tanned with the skin from his back. A picture shows Corder to have been a diminutive, dark-haired and bespectacled individual while a death mask gives a chilling image of his features.

The experience always left me with a stern sense of a visit to the past.

Yours sincerely,

Richard Shephard.

Holt Bridge Club

Dear Jo,

After three years of Covid restrictions the Holt Bridge Club held its Christmas Party at High Kelling Village Hall on 14th December. This was such a lovely time attended by 29 people including several players returning for the first time. Good food and excellent company and the odd glass of wine! We look forward to welcoming new and past players on Wednesday evenings.

Derek Godfrey, Chairman Holt Bridge Club

Stamp Saving for Charity

Dear Jo,

Please could you ask readers to continue saving their stamps (including special Christmas stamps) for me for the various charities I support. I would like to thank all your readers for their stamps so far and hope you all had a happy and peaceful Christmas.

Due to cost of postage now I won't be able to thank people individually. Please would you make sure you put the correct postage on your envelopes when sending them I have had many I've had to pay for, and I just can't do this anymore and would have to send back to post office.

Thank you.

Happy New Year

Jayne Manning.

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Regular events. For further information or to book where necessary, see staff or call 01603 774777, or visit www.norfolk.gov.uk/libraries

Mondays

Family History help. 1st Monday in month, 10.30am
Family History Group Drop in. 2nd Monday in month, 10.30am
Audio Book Club. 3rd Monday in month, 10.30am
Just a Cuppa. Weekly 11.30am - 12.30pm
Games group for Adults. Weekly, 1pm
Evening book group. Check dates with staff, 5.30pm

Tuesdays

Craft Group Drop in. 1st Tuesday in month, 10.30am
Reading group. Check dates with staff, 10.30am
Watercolour painting. 2nd Tuesday in month, 1pm
Lego Club. Weekly, 3.30pm

Thursdays

Bounce and Rhyme. Weekly, 2pm

Holt Library 01263 712202

Regular events. For further information or to book where necessary, visit www.norfolk.gov.uk/libraries or call 01603 774777. If you prefer, speak to a member of staff.

Tuesdays

Family History Drop In. Weekly. 10.30am
Just a Cuppa. Weekly. 11.30am - 12.30pm
Bounce and Rhyme. Weekly 2pm - 2.30pm

Wednesdays

Book group. Check date with staff 2.30 - 3.30pm
Evening book group. Check date with staff. 5.30 - 6.30pm

Fridays

Crafting for Children. Weekly Term time only (except summer holidays) 3.30 - 4.30pm

Saturdays

Lego Club. Weekly 2 - 3pm



Wells Library 01328 710467

Regular Events. For further information or to book where necessary, see staff or call 01603 774777, or visit www.norfolk.gov.uk/libraries

Monday

Bounce and Rhyme. Weekly. 2 - 2.30pm

Wednesday

Knit and Natter. 3-weekly - Check dates with staff. 10am - 12 noon
Games Group for Adults. Weekly. 1 - 3pm
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Expert in undertaking repairs, updates, memory expansions and troubleshooting faults Reboot can undertake this work either at home in your business or onsite in their dedicated technical workshop. In addition to supporting local people, Reboot also supports businesses through their IT Managed Services option which provides individual packages that reduce the stress and downtime caused by IT outages.

As the team commented: "Here at Reboot we're very much about getting to the cause of your IT problems and providing solutions that work for you. Customer satisfaction is at the heart of what we do."

Why not call into Reboot Systems your local IT support retailer, repairer & trainer located at 14 Bull Street in Holt or call them on **01263 340007**.

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Greening Holt Relaunch

Come and participate, contribute, bring ideas, bring a skill, bring ENTHUSIASM!

Our relaunch is on Saturday 21st January 2023 at 10am at The Feathers in Holt.

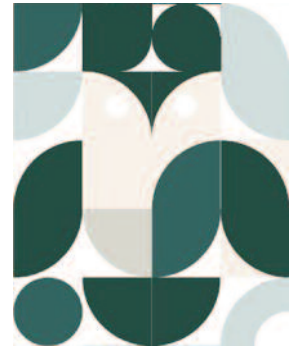
Learn about why and how Greening Holt was invented. Make a difference by helping to make Holt a greener place to live, work and visit whilst doing good for nature and our environment. Greening Holt is all about improving our town biodiversity and tackling green issues, what is it we can do together and what each of us can do as individuals.

Greening Holt is a registered Community Interest Society and with your help we can expand achieve more! Successes so far include installing Holt Habitats - bird, insect and bat boxes, planting two Jubilee trees and launching Holt Hives - kick-starting an initiative to establish town hives in St Andrews churchyard.

What next? There is lots of evidence of the environmental benefits of planting more trees and mixed hedging, so we want to do more. Similarly, by creating holes in fencing we can enable highways for hedgehogs to travel between gardens. Other initiatives we hope to get underway include gardening link-ups, seed and plant swaps and organising the very first Holt Open Gardens for 2024! We also have plans to run monthly meetings with guest speakers and workshops on greening issues, with an emphasis on learning and putting our new knowledge into practice. We hope to have fun too with regular food and garden gatherings!

We need help with a range of roles that don't just involve gardening. Give as much input as you can, or can manage, if you have a busy life! Even one-off help is welcome.

Come along on the 21st or find out more/get involved contact Trish Parkin and Sarah Tribe at greeningholt@gmail.com



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Tel: 01263 741106

or Email: clerk@blakeneyparishcouncil.org.uk

CLOSING DATE FOR APPLICATIONS

Friday 10th February 2023

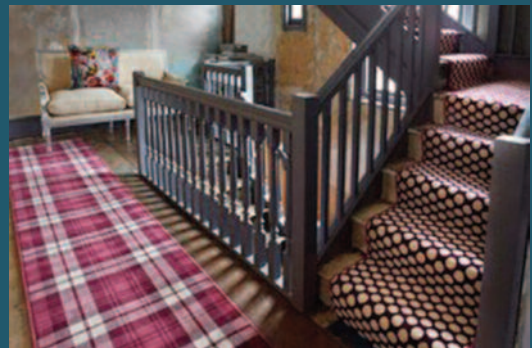
**INTERVIEWS TO BE HELD
w/c 20th February 2023**

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Weybourne WI Christmas Party

The village hall was looking very festive on Wednesday afternoon, 7th December, when members of Weybourne WI met for their Christmas Party.



Celia Howe, President, began by welcoming everyone, including four members from Briston WI. Jean Benham was thanked for the beautiful table decorations she had made.

There was a short business meeting, during which members were reminded to consider the new resolutions for 2023. Judith Allen was thanked for organising a charity Christmas walk, which had raised £80.

Our entertainment for the afternoon began with a Morris dancing demonstration by members from Weybourne and Briston WI (WIMS). The audience were invited to join in one of the dances, which proved to be very popular and a great deal of fun.

During a short break we enjoyed sausage rolls, mince pies and a choice of drinks.

Following the refreshments we were entertained by Steve Burns, Dr Vinyl, from BBC Radio Norfolk who talked about music from the 1960's. He also played a variety of tracks, which brought back lots of memories for us all. We were encouraged to sing along and we even danced to some of them! Heather Dakin gave a vote of thanks.



The afternoon ended with the drawing of the raffle. All agreed it had been a very good start to the festive season.



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New Year Leftovers

Happy New Year to you all! If like me you have random odds and ends of leftovers after the festivities, make them work for you by incorporating them into your dishes.

Cranberry sauce is often left neglected and unused in the back of the fridge, but here's an easy and tasty way to use it up, and three's always leftover cheese after Christmas! Sweet and savoury recipes are delicious and mouth-watering, and using the humble onion centre stage makes the most of this gorgeous vegetable. If you've done a ton of cooking over Christmas you'll love this little dish, which is quick and easy to prepare, yet looks sensational on the table and is so delicious. Either team it up with a simple salad for a quick supper, or prep some Mediterranean vegetables such as peppers, mushrooms and whole garlic cloves and toss in a little oil and roast at the same time as the tart. These veg can often be bought relatively cheaply in large bags in the supermarkets (Morrisons have a great range of Wonky vegetables that are cheaper) making this a cost effective and nutritious option and making the most of using your oven.



Red Onion and Cranberry Tart

3 or 4 red onions, peeled and sliced into rings
A little olive oil
Balsamic vinegar
Dried thyme
Cranberry sauce
Some leftover cheese, crumbled
1 pack ready rolled puff pastry

Toss your sliced red onions with a little olive oil and balsamic vinegar, sprinkle with a tsp of dried thyme and place on a greased baking tray. Put into a pre heated oven on 180° for 10 to 15 mins until just softening and starting to gently brown at the edges, then remove from oven and loosen from the tray. Unroll your pastry, leaving it on the paper, and place onto a flat baking sheet, scoring 1 inch in all around the edge. Brush this border with a little milk, so that it gently browns. Remove the onion carefully from the tray and place them onto the middle of the tart, so that they remain rounds. Dot around the onions with a little cranberry sauce and mix up a little olive oil and balsamic vinegar together and trickle a little over the onions. Crumble over your cheese, and put the tart into the oven for around 20 mins until the pastry has risen around the edges and the tart is cooked through. Serve immediately.

Carolyn Burn

Editor's Recipe

With the excesses of Christmas over and an eye on the purse strings, here is a recipe which doesn't need any special ingredients, just things from the store cupboard. Ideal for lunch boxes or with a cup of tea, they are quick and easy and store well in an airtight tin for several days. This can also be made as a traybake for a quick pudding with custard.

Coconut Tarts

Ingredients

For the pastry:

250g plain flour
125g butter
1 medium egg

For the filling:

150g dessicated coconut
2 medium eggs, whisked
75g caster sugar
raspberry jam (or lemon curd is also good)

Method

Preheat the oven to 180C/Gas 4

To make the pastry, use the butter straight from the fridge, either cut into small cubes or grate into the flour, rub in until the mix looks like breadcrumbs and add the egg to bind the mixture (this can also be done in a food processor), bring together into a ball, wrap in clingfilm and chill for 30 minutes. Mix together the coconut and sugar, add enough beaten egg to form a wet mixture the consistency of porridge.

Roll out the pastry to the thickness of £1 coin. Cut out 12 rounds using a 2½ inch cutter and place in a 12-hole bun tin. Put ½ teaspoon of the jam/curd on each pastry round and top with a generous dollop of coconut mix. Bake for 15 – 20 minutes until golden brown (do keep checking the tarts as the coconut can burn quite easily.) Cool and serve.
Enjoy! – Jo.



Are you interested in tracing your Family History?

Would you like to swap stories, search hints, experiences, etc...

If so, we are starting informal sessions at Sheringham Library on the first Monday of each month, starting on Monday 6th February from 2pm-3pm.

Please contact Diane Evans if you would like to join us
07752 937313

A step in the right direction



HAPPY FEET

By Abi Spicer

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Holt Probus Club

How many times have you travelled along the road from Holt to Fakenham and been briefly held up at the Green Man in Little Snoring while someone is turning right at the crossroads. Whilst waiting for the traffic to clear, one wonders about Little Snoring Airfield: is it far behind the village store and what goes on there?

Peter Cotterill visited Holt Probus Club in early December and after a Christmas lunch (turkey with all the trimmings) came up with the answers. The airfield was constructed for the Royal Air Force's Bomber Command in the early years of World War II to a standard to cope with Mosquitoes and Lancasters. These served there from 1943 until 1945. After the War, the RAF used the field for a while until 1958. The site presently houses the McAully Flying Group, who have impressive club premises, and The Light Aircraft Company, which has an aircraft maintenance facility, and which produces the Sherwood Ranger microlight.

The airfield was originally constructed with the usual 3 runway triangular format, but only part of the longest runway, being "07/25" originally at 2,000 yards remains useable – though more than adequate for the purposes of the comparatively small aircraft used by the McAully Flying Group (usually a Cessna C172P) and the Light Aircraft Company's microlights.



Holt Probus Club is getting going again after the Covid pandemic and the closure to the club of the Feathers Hotel. Now meeting on the first Wednesday of the month at The Venue in Holt, they are on the lookout to increase membership. Any retired gentlemen interested in joining should contact the club – through their website:

holtprobusclub.wordpress.com or their Chairman Alan Taylor at: alantay41@outlook.com

Get Set Get Brett!

New Year, new music treats, and more Briston Organ Shows, starting on Friday February 10th, when one of the most sought-after performers in Europe will be back with us again - the truly amazing player Brett Wales. This maestro of the Wersi digital organ is famed for the wide range of musical styles he plays to perfection - classics to pops, latin, big band, film and shows, you name it, he plays it! Of course, the modern organ can sound like absolutely anything at all from a full symphony orchestra to a trad jazz band - and of course, like an organ as well!

Tickets for Brett's shows always sell out fast, so if you are not on our 'regular visitor' list, 'phone us now to book yours - and at only £8 each, it has to be the entertainment bargain of 2023 - two solid hours of the finest live music! The venue is the Copeman Centre at Briston, well known for its excellent acoustics, comfy seats, easy parking, and wide, easy access that makes it ideal for our disabled visitors. On top of all that, our large-screen TV shows the players hands in close-up action for all to marvel at!



The date is Friday February 10th, 7.30pm start, doors open at 7pm. The Copeman Centre is in Hall Street, Briston, NR24 2LG. Tickets are available now on 01263 860844 at £8 each (no silly booking fees!) and you can pay by credit or with debit card if you wish. There is more to like though - our shows raise much needed funds for both the Centre itself, and also the amazing ORBIS Flying Eye Hospital (www.orbis.org) so really everyone is a winner! Do come and join us.

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Sheringham High School News

On behalf of all of the Sheringham High School Community I hope 2023 has started positively. I would like to start by thanking everyone for making me feel so welcome since I started the school in September. I have been really impressed by the quality of teaching and the care and support students receive from all staff. The results in 2022 demonstrated clearly that the progress students make in their GCSEs and A levels is above national average. As an experienced Headteacher and Ofsted Inspector I am well aware that results like this don't just happen, they are a product of the hard work of the students and staff and the support of parents, carers and other family members.



We are building upon this by offering a wider range of courses in our Sixth Form from September 2023. This includes broadening the traditional A levels we offer to include French and Religious Studies and a wider vocational offer such as Motor Vehicle Maintenance and Construction. We firmly believe that young adults in Sheringham should be able to access a greater range of courses without having to spend a great deal of money on transport to other areas of Norfolk. We are also really pleased that the Department for Education has approved us as a centre for the new T Level Qualification in Education and Childcare. This is an excellent course which is the equivalent of three A levels, provides access to university and also prepares students who are interested in careers in Teaching, Childcare, Working in Nurseries or working as a Teaching Assistant.

From September we will be offering twenty-nine different post 16 courses I would encourage anyone who is interested in any courses to contact our Head of Sixth Form Mr Keshavarz as soon as possible at rkeshavarz@sheringhamsixthform.co.uk

Alastair Ogle
Executive Headteacher
Sheringham High School and Stalham High School



New Year, New You!

Have you ever wanted to try something new?

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Edwardian Signal Box Gets New Lease of Life

The North Norfolk Railway has taken delivery of the former Reedham

Junction Signal Box, as the first step to enhancing the visitor experience at the popular heritage railway's Holt Station.

The 1904-built signal box has been gifted to the NNR by Network Rail following the resignalling of the Wherry lines across the Norfolk Broads. In a two-day operation, volunteer signalling engineers together with contractors, split the box in two at Reedham and then transported it to its new home at Holt where it reassembled ready to begin its new life.

The signal box will be restored as an interactive facility where visitors can step into the shoes of an Edwardian signaller, ringing bells, pulling levers and discovering how trains were controlled in the for most of the 20th Century.

North Norfolk Railway Managing Director, Hugh Harkett, said: "The arrival of the box is a major step forward in augmenting our visitor facilities at Holt and once restored, we hope it will inform, educate and entertain visitors and hopefully inspire the next generation of railway operators and engineers."

"It is important for railways such as the NNR to develop our visitor experience so that we can offer a full package beyond the heritage train ride, and Reedham Junction Box will complement the station existing attractions including the station building itself rescued from Stalham, the restored 1930s railway cottage built using a redundant Victorian carriage, and the William Marriott Museum housed in a recreated goods shed. Hopefully it will be the first of several developments at Holt in the next few years."

The project to move the box began in the summer when a group of volunteer signalling engineers from both the North Norfolk Railway and the Mid Norfolk Railway as well as elsewhere came together to carefully dismantle the interior of the box, removing all signalling equipment and the lever frame, in preparation for the move.

At precisely midnight on 30 November the last train passed the signal box, and the team were granted a line possession by Network Rail, meaning that work to remove the actual box could begin.

A large crane, hired in for the occasion swung into position and connected to lifting beams located under the operating floor began the

lift. The previous Sunday the signal box had been cut in two and held with temporary brackets. At 02:13 the top half was in the air and by 04:00 the building was on two lorries waiting in the station car park.

The convoy left Reedham at 13:45 to start the 40-mile journey to Holt. On arrival it was time to unite the signal box with its new base, a replica of the brick base left at Reedham. By 20:48, 18 hours and 35 minutes later, the signal box was fully erected at Holt. Now the task of repairing and restoring this distinctive building as it embarks on the next chapter of its history begins.

The project is being led by volunteer Steven Ashling, from the North Norfolk Railway, who is also a train driver for Greater Anglia and at one time was a signaller at Reedham Junction. He said, "We have a 120-year-old signal box that would be facing the bulldozer if we weren't doing what we're doing now. It's a bit of our railway history, part of our local history."

Explaining what will now happen to the signal box, Mr Ashling said: "The next step is to restore the building to its Edwardian condition and reinstate the original items that have been recovered, including refitting the 60-lever frame. Visitors will be then able to come into the box,

meet re-enactors in period uniform and have a go at pulling the lever and working the bells, as if it's a proper working signal box.

"The intention is that by next autumn we will receive our first visitors who will be able to get a taste of the life of an Edwardian signaller in a safe, simulated environment. In the longer term, the railway aims to restore the box so that visitors can experience what it was like in the busier times of the 1950s when holiday expresses to Yarmouth passed from all corners of the country and freight for the docks of Lowestoft and the sugar factory at Cantley were part of daily life".



The work so far has been possible due to an appeal that was started in 2019, and has raised £41,000 so far, enough to relocate and restore the signal box at North Norfolk Railway's Holt station site.

Mr Ashling added: "This amazing feat would not have been possible without the support and expertise of Ollie Robinson, former builder, now Network Rail, Mobile Operations Manager and Matthew Newman, Network Rail Signalling Engineer who used to maintain Reedham Junction. And above all, the generosity of those who have assisted with the knowledge and time or who have kindly donated to the appeal."

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Sheringham Dementia Friendly Community – Community Engagement Day

Sheringham Dementia Friendly community – SDFC are continuing to work being a voice for those living with dementia and their families who live with the effects of it.

On Saturday January 21st at The Lighthouse, 10am -12.30pm, SDFC have invited all those living with a dementia diagnosis or concerned about living with dementia to a support event. Invitations are to be sent out from Sheringham, Holt and Cromer surgeries but anyone wishing to come can confirm by emailing secretarysdfc@gmail.com

There will be a range of organisations offering support and information to those living with dementia and their carers. Any organisations who can offer further support please get in touch if you would like to attend. "Many people are often left bewildered once they receive a dementia diagnosis. It is events such as this which can help people to understand with the right support in place, that people can continue to live independently and well for much longer than they might realise" Janet Eastwood Lead SFC

The morning will also include an opportunity to discuss and explore some of the issues that our local people living with dementia are facing. As part of this it is hoped to look for solutions to these issues as well. "This is the second event of this type for SDFC and in 2018 concerns were raised about the guidelines for the dementia review process. Feedback from our local residents at this 2018 event was then able to be fed back and influence the development of the NICE Guidelines.

SDFC hope that the opportunity to be a voice for local people facing dementia can bring similar change this year, which ultimately makes a difference to people's lives "

If there are particular issues you would like to be addressed at the event, please include these in your email confirming your attendance and your contact details.

**An optimist stays up until midnight to see the new year in.
A pessimist stays up to make sure the old year leaves.
William E. Vaughan**

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Acupuncture helps us in so many ways, for example acupuncture has been shown to increase the blood flow in an area as well as reducing the inflammation and relaxing local muscles. That is why it is so beneficial for pain and for injuries. Acupuncture also has a relaxing effect, so we feel calmer. This helps us to cope better by reducing our tension and our response to the pain allowing us to recover faster. Therefore pain and injury are one of the most common problems seen by acupuncturists as it offers a strategy for relief.

Recent updates in acupuncture research indicate 50 conditions in which this treatment approach is as effective as other treatments. It would also appear that acupuncture may enhance the effectiveness of some medications maybe by helping our bodies be more receptive to them. This might allow us at some point to consider reducing our medication if desired (in conjunction with our GP). Another aspect of acupuncture treatment is it may often multitask, for example a person comes because of their headaches and while this is being treated, they find their digestion has improved and they are sleeping better. This is because acupuncture is working on multiple levels for our bodies.

In my practice I commonly treat a range of health issues such as headaches, digestive problems, arthritis, post operative recovery, stress, urinary issues, neuralgic pain from shingles and so much more so that I am always happy to talk with you as to whether acupuncture might be a treatment option.

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Blakeney Bar High Tides

Date	GMT	Height	Date	GMT	Height	Date	GMT	Height
13-Jan	10:10	4.77 m	23-Jan	07:28	5.68 m	02-Feb	04:03	4.52 m
	22:06	4.99 m		19:31	5.88 m		16:26	4.67 m
14-Jan	10:54	4.64 m	24-Jan	08:17	5.71 m	03-Feb	05:01	4.69 m
	22:52	4.87 m		20:16	5.94 m		17:12	4.92 m
15-Jan	11:47	4.52 m	25-Jan	09:04	5.62 m	04-Feb	05:45	4.86 m
	23:50	4.76 m		21:00	5.90 m		17:52	5.14 m
16-Jan	12:53	4.45 m	26-Jan	09:49	5.43 m	05-Feb	06:23	5.00 m
	00:59	4.69 m		21:45	5.73 m		18:28	5.29 m
17-Jan	14:09	4.49 m	27-Jan	10:36	5.17 m	06-Feb	06:57	5.09 m
	02:18	4.72 m		22:33	5.46 m		19:01	5.38 m
18-Jan	15:17	4.66 m	28-Jan	11:25	4.86 m	07-Feb	07:29	5.15 m
	03:34	4.88 m	29-Jan	23:26	5.12 m		19:34	5.41 m
19-Jan	16:17	4.92 m		12:19	4.58 m	08-Feb	08:00	5.17 m
	04:40	5.11 m	30-Jan	00:29	4.78 m		20:06	5.41 m
20-Jan	17:10	5.21 m		13:21	4.39 m	09-Feb	08:32	5.16 m
	05:40	5.35 m	31-Jan	01:40	4.53 m		20:35	5.38 m
21-Jan	17:59	5.49 m		14:25	4.33 m	10-Feb	09:03	5.12 m
	06:36	5.55 m	01-Feb	02:53	4.44 m		21:04	5.34 m
22-Jan	18:46	5.72 m		15:29	4.45 m			



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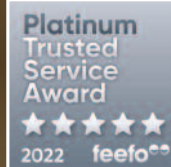
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A luxury break for the cats of North Walsham and North Norfolk!



Toll Barn Vets Luxury Pet Hotel opened its doors at the end of 2017 and over the last 5 years we have received lots of happy guests! The Pet Hotel offers a purpose built 5* fully licenced boarding cattery at the Toll Barn Veterinary Centre in North Walsham. Toll Barn Vets has already been accredited as a Gold Standard Cat Friendly Practice and all cats that stay at the Pet Hotel receive a free of charge health check by our qualified veterinary nurses prior to admission to ensure they are fit and healthy and ready for their holiday experience.

The Pet Hotel offers purpose built spacious enclosures within a self-contained fully heated and air conditioned cattery which is also equipped with its own ventilation system to ensure no unpleasant lingering aromas. The UPVC designed enclosures and medical grade flooring ensure hygiene and warmth for our guests, and the design ensures privacy so that neighbouring guests can't see each other to avoid any stressful encounters.

Cat owners know that their cats like to exercise but also enjoy taking some time out for relaxation. To cater for this each of our cat enclosures has a large raised sleeping area, in addition to the exercise area which contains toys and activities to keep our guests entertained. The Pet Hotel also offers a limited number of larger enclosures to cater for two cats if families like to keep together.

All our guests are cared for by Toll Barn Vets staff which means they have a fully qualified vet and nurse available to them 24/7 should they need it. This also enables us to provide any daily medication your cat requires and to monitor any health problems they may have, allowing you to have your own stress free holiday knowing that your cat is receiving the best possible care.

We look forward to welcoming many more feline friends to our Luxury Pet Hotel during 2023 so if you would like to talk to us about the services we can offer then please give us a call on **01692 407126**

Enjoy Your Library This Year

Throughout the year, the warm and welcoming Holt Library offers a variety of regular free events for all ages. From Lego, Bounce and Rhyme and craft sessions for children, to book groups, family history for beginners and Just-a-Cuppa social occasions for adults.

The Holt Library Friends are a group of people who are passionate about the service the library offers to all sections of the community. We aim to raise funds for extra resources such as the library garden we have created and craft materials. We also organise, pay for and help to run extra community events. One of these is the regular Thursday Talks programme that takes place at 11.00, usually on the first Thursday of the month from February to December, excluding August. The cost is £3, which includes tea/coffee and biscuits.

So far, we have held a range of fascinating talks and demonstrations, including the Dogs' Trust; a local artist; a local author; the Fakenham Ukes; the Holt bellringers; a Blickling Hall historical performance; and a local sustainable cut flower grower. Make a date in your new diary for these upcoming events, all at 11.00

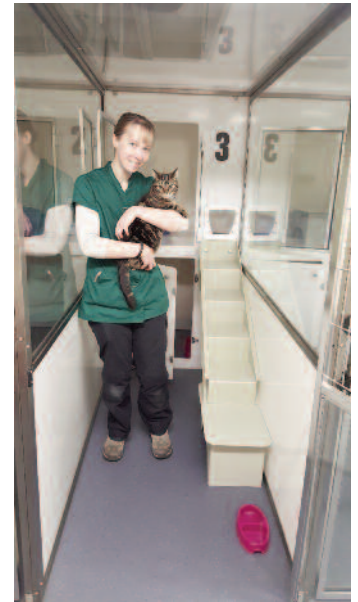
February	9th	Trevor Eade speaking about the North Norfolk Railway
March	2nd	Nature talk by Dr Tony Leech, the county recorder for fungi
April	6th	A presentation about the horse charity Redwings
May	4th	Kelling Hospital. A talk about the hospital and its history
June	1st	All about Ganseys (knitwear worn by fisherman) with Martin Warren
July	6th	Brain Farrow talking about the RNLI

Booking in advance is advisable to guarantee a place.

Bookings can be made at <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/locations-and-opening-times/holt-library> or with the friendly library staff, either in person or on **01263 712202**. Look out for our special events throughout the year and enjoy the garden throughout the seasons.

Holt Library Friends

Literature is the art of discovering something extraordinary about ordinary people, and saying with ordinary words something extraordinary.
Boris Pasternak



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Even a Middle-Aged Man Can Have His Day By David Abbott.

Mervyn had always cultivated the middle-aged habit. By 26 had achieved it. He was most comfortable relaxing in his easy chair, wearing slippers and an old cardigan, pulling contentedly on his pipe with a glass of Old Speckled Hen at his side.

He was happy working at his local bank after successfully applying for a job advertised as "Manager in Charge of Liquid Resources" (aka tea boy).

Mervyn still lived with his parents, Ron and Freda, in their neat little semi. Down at the pub Ron told everyone Mervyn was destined for big things. "You'll see," he said.

"My boy is going places." Ron always called him Boy. As in "hello Boy, had a good day?" For some obscure reason he never called him Mervyn. It rankled with Mervyn but not half as much as Merv, which he detested. Problem was most of the bank staff insisted on the short form.

"Any tea going Merv?" would trigger hate waves through his body and out via his toes. He would love to have put something vile in their brew. But being at heart a timid man he couldn't quite bring himself to add the cyanide.

One Monday morning Mervyn was asked to go in early to provide tea for a board meeting. No sooner was he in than the branch manager nailed him. "Can you do ten teas, all with milk, five without sugar and one with a sweetener?"

To get to the boardroom meant going across the public concourse and through a door at the far end. As he loaded the tray with piping hot tea, he heard some raised voices outside. Sounded like someone not happy at having their overdraft cancelled. "Their problem," he thought as he pushed open the door.

As he did so he cannoned smack into a large man. The tea tray flew through the air. As if in slow motion ten cups of the steaming hot tea rained down on the big man. Mervyn thought it a bit strange as he'd never seen a customer in a balaclava before. Or one with a gun.

The man's hands flew to his head, now dripping strong Yorkshire Tea.

He howled in pain, ripped off his balaclava, dropped his weapon and fled. As he did so Mervyn noticed two others in Mickey Mouse masks also beating a fast retreat.

He stood transfixed. There was silence for a moment then alarm bells began ringing and people started screaming. In an instant Mervyn had gone from zero to hero! Staff came out from their hiding places to congratulate him.

News of his heroism had gone before him and when he got home Ron and Freda were flushed with praise. Mervyn changed into his slippers and cardigan, grabbed an Old Speckled Hen, settled into his chair and picked up the evening paper.

The front-page headline screamed: "HERO MERV SEES OFF BANK ROBBERS." He groaned. If the price of fame was having his name shortened, he wished the tea had been cold, thank you very much.

While shopping for a bathroom scale, I found one that tracks not only weight but also body fat, bone mass, and water percentage. I rejected that one in favor of a low-tech model. As I told the salesperson, 'I don't need to be depressed four ways; one is quite enough.'



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Christmas Warm Space

Age Concern North Norfolk had a busy time in the weeks before Christmas providing Christmas dinners through our Meals on Heels service to people living alone between Cromer to Holt and to our Day Centre clients, volunteers and Trustees. We were able to provide the special dinner at no extra cost taking consideration of the Cost of Living crisis.

Providing two-course meals Tuesday to Friday is part of our offer to the Warm Spaces in Sheringham project where people can contact us, preferably the day before, to say they would like to come for lunch between 12.00 and 1.15pm. So far, no-one other than our usual guests have made contact to take up the offer so please think of people you know who might benefit.

We have maintained the low cost to supplying meals - £5 for Meals on Heels and £7 in the centre (including refreshments) and this has been due to the support of FareShare, the Buckingham Emergency Food Appeal, Cromer Food Hub, The Salvation Army and other charitable financial donations. In November we produced 635 lunches – 202 in the centre and 433



Dinner



Meals on Heels. This is the highest number of meals since we re-opened after the pandemic and we anticipate even more people wanting meals in the months to come. We have a new voluntary driver to help with the deliveries but we would welcome more offers of help in this way. **Please contact us on 01263 821188 for more information.**



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Scouts End Year on a Jubilee – Ant Note

Last month saw the final presentation of Platinum Jubilee Norfolk Awards, to 2nd Runcton Holme and Watlington Scout group. The presentation of commemorative certificates and badges was made by James Bagge DL, chair of the Lord Lieutenant's Platinum Jubilee organising committee for the county.

The Scouts completed four challenges to qualify for their awards, including taking part in A Royal Salute at the Royal Norfolk Show (a musical tribute to Her Late Majesty Queen Elizabeth II); camping on survival and expedition weekends; setting up a wilding area at their Scout HQ as a safe insect haven; litter picking in their local community; and organising a family fun day and music evening which raised over £3,000 to enable the purchase of three defibrillator machines for the local community.

Andy Nicol, Deputy Group Scout Leader, said "The adults and young people of our group have had lots of fun completing the challenges set, and been extremely active during this celebratory year."

2,000 people have completed the Platinum Jubilee Norfolk Awards over the course of 2022. As expected, the majority of entrants were from groups of young people through schools or other community groups,



but entries were also welcomed from individuals. The youngest entrant was four, the oldest 84, and the furthest afield came from Italy. Each participant or group was required to complete four challenges (physical, environmental, learning and celebrating the Jubilee) but decided for themselves what level of challenge they took on, ensuring that this really was for anyone and everyone. By setting their own challenges, participants gained self-reliance, self-confidence, and a sense of achievement while celebrating the Queen's extraordinary life-long achievements.

The Norfolk Lieutenancy hopes to announce in due course an ongoing Award programme based on the principles established this year: for the young and young at heart; inclusive; caring for and celebrating our county.

James Bagge DL, chair of the Lord Lieutenant's Jubilee organising committee for Norfolk, said "I congratulate all those who have successfully completed these Challenges and gained their Awards. They represent the best of our county and country. As well as developing self-confidence, environmental awareness, learning and better health, participants have paid tribute to the remarkable life and loyalty of Norfolk's most special resident – a fitting way to thank Her Late Majesty for her service to us all."

Hedgehog Haven

On 30th of December this 300g hog was spotted out during the day in a garden at Catfield. After giving treatment for internal parasites and a course of antibiotics, he is eating well, and hopefully will survive to be able to be released back in the Spring in his finders garden. As there has only been one week of frosty weather, there are still hog's about looking for food to build up their fat reserves, so if you do put out food please continue to do so until it is not being eaten. Many thanks.

North Walsham Garden Centre still have a few Hedgehog Calendars left on sale all proceeds go towards food and meds for the hogs., all the pictures are of hogs who have been in my care.



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Holt WI

Holt WI celebrated its 86th birthday in style!
Members old and new and two visitors from



Weybourne and Walsingham WI enjoyed the festivities. There were sausage rolls and mince pies and a lovely birthday cake which was cut by our President Paula Hewitt.

Entertainment was provided by Fakenham Ukulele Band who soon had everyone's feet tapping.

The afternoon ended with the raffle; prizes were four Christmas floral arrangements made by Dawn Rose.

Holt W.I. would like to wish everyone a Very Happy

High Kelling Garden Club



On the bitterly cold evening of Monday 12th December, our club held its Christmas Social.

Instead of our traditional meal together, Kate and Tom of Coffee Club Norfolk parked their decorated horse box outside the Village Hall and we had a festive assortment of hot drinks, delicious cakes and hot pastries to take indoors while we listened to a medley of songs from the duo Peddars Way and stretched our minds with three table quizzes. As always, our members generously donated prizes for a bumper raffle. Although attendance was smaller than anticipated due to the weather, everybody had a joyous evening.

We are always open to suggestions on how the club can move forward, so we hope that 2023 will be even better with some new ideas and events. If you would like to join our club, please contact Tanya at hkgcsecretary@gmail.com or phone 07825 578321 or come along to our next meeting at High Kelling Village Hall from 7pm on Monday 13th February. A Happy 2023 to everyone.



From Holt Consulting Rooms

Catherine Esworthy BSc, MBACc

Acupuncture is part of the traditional Chinese medical system, which in China still operates alongside Western Medicine. In fact, there are traditional medicine departments within each Chinese hospital. The system of medicine has been in existence for several thousand years, learned scholars would argue about how many thousand, but it is probably best to leave that discussion to them!

Maybe you are in pain or struggling with a recent change in your health or looking for support in managing a long-term condition? If you have never tried acupuncture before you may be surprised at the difference a few treatments could make to how you feel. Some acupuncture practitioners work on the ethos of no pain, no gain. This is not my approach.

The first time we meet we would spend some time getting to know you and your current challenges. Using this information alongside my knowledge of the treatments I offer; we agree the best approach. Whilst I enjoy working with all clients, I particularly enjoy the simplicity of working with recent pain or injury, alongside the depth of working with people managing long term, life altering conditions.

I have been providing acupuncture treatments since 2010, following the completion of my three- year degree level qualification. If you'd like to know more, take a look at my website

www.catherineesworthy.co.uk or call the clinic

Wells Community Hospital 2023



Winter Wellbeing at the Old Cottage Hospital

The Hive Café- A Warm Space

Our space is the community's space, and we love a chat over a warm drink and a piece of cake. This winter when it gets cold and a bit tough out there, come along and make yourself at home in the Hive Cafe at the heart of our Old Cottage Hospital. (Donations welcome but no requirement to make a purchase) Our space is your space. Open 10-3, Monday- Friday.

Chi Beauty

This January we are welcoming Gaynor to the Old Cottage Hospital. Gaynor will be offering Beauty and Therapeutic Treatments. Call Gaynor to book: 07789 267495

Coastal Health and Well-being Outreach service

We are taking some of our services out into Blakeney and Walsingham Village Hall.

Foot health with Katie runs out of the hospital every Monday and she is also part of our Outreach service. Healthy feet make a healthy life, give Katie a call to book an appointment- 07920 038019 (subsidised appointments available at our outreach venues in Walsingham and Blakeney)

Art for wellbeing with Jennie at the Outreach venues- come along and enjoy the creative process while having a chat.

Chatty Café at all our Outreach venues, soup and a roll and coffees with cake for a donation.

Community Supermarket will be there, and we also can support you with well-being services back at the Old Cottage Hospital so do come along and see how we can help you this winter.

Outreach dates in Blakeney Village Hall:

January 10th 10-2 Outreach and 31st Coastal Supermarket 10-12.

February 14th 10-12 Outreach and 28th Coastal Supermarket 10-12.

For more information call 01328 711996 or email admin@wellshospital.uk

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North Walsham and District Branch of Cats Protection

I am happy to be able to advise that Lionel (now Lio) has joined his new family who are delighted with their new companion. Tiddles, who was the oldest cat in residence, has also left us. Another happy cat was Wedge, who was returned to our care with behavioural problems, now resolved, as he has joined the family who rehomed one of his littermates last year. Kittens - Piper, Rafferty, Fleur, Finlay, Fern and Stewie were also able to spend Christmas with their new families.

Among the cats that have taken their places we have had two more Jaspers. One is a young cat (Jasper 3) who had only recently joined his family but was terrifying the elderly resident dog. The other (Jasper 2) came in with his brother Jonas as sadly their owner has died. Jasper and Jonas are 7 years old and love to cuddle up together.

As we start another year it is good to look back at 2022 and recognise what has been achieved and the people who have made this possible.

Firstly, we would like to thank all the generous people who support us by placing food in the box in Sainsburys. This is appreciated not only by us but also by the cats who enjoy eating it. Many thanks to Sainsburys for allowing us to continue to have the box in their store.

Although we have not had any major fund-raising events (we would be happy for someone to volunteer to organise these), Barbara and her loyal band have had regular collections in Morrisons in Cromer and Tesco's in Sheringham for the cats and during the year raised £1618. Andrea too has continued to make and sell cards in aid of funds, plus her box in Mulberry Tearooms and has raised £443. A Tombola at Cromer Carnival also raised £158. We have received donations from funeral collections plus individual donations from our supporters, including one very generous donation which was a great boost to funds. Sales of raffle tickets for a hamper raised £175 for the cats. We were also fortunate to be drawn as one of the beneficiaries of Duncan Bakers sponsored Marathon and Duncan will be visiting us on 6th January at the Caroline's to present the cheque. As a cat lover I am sure he will also enjoy meeting some of the cats in care too.

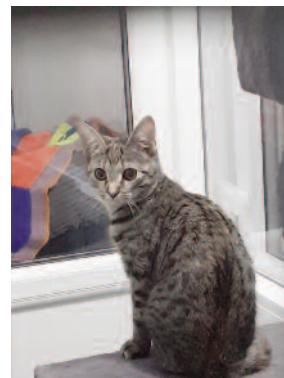
Finally, we must not forget our lovely fosterers who are there for the cats every day they are in care. Stephanie in Dilham, Caroline in Bacton, Irene in Hethersett, Julie who fosters kittens and Lesley at Hemsby who accommodates them in her cattery. Whatever the weather they are there to ensure the cats are fed, their litter trays emptied regularly, and the pens are kept clean. As coordinator Stephanie also manages the cat phone and deals with all cat related enquiries. Like us she is a volunteer and not employed by Cats Protection. Sometimes people do not appreciate that we do not have an

office and she is standing in her kitchen answering their calls.

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. The number also applies for those wishing to take advantage of our special neutering campaign.

If you are looking for a cat or kitten (or have any other queries) please give Stephanie a call on 01692 535858. Please be aware that if you are interested in giving one of our cats a home you need to contact by phone rather than by the contact form on our website, www.northwalsham.cats.org.uk where a description and photograph of the cats can be seen. Stephanie does not use a computer for her cat work so there is a delay in responding to enquiries this way and as she deals with enquiries on a first come first serve policy, she may have already spoken to someone who is interested in giving the cat a home.

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



Nettle, recently homed.

THE GROVE CROMER, EST.1936

The Grove 300 Club

Exclusively for those on our mailing list, we are offering the chance to win monthly prizes. The monthly winner will be announced on social media & emailed directly on the 1st Monday each month. Prizes will be chosen at random, with no limit on the number of prizes anyone can win. All for just £50 per year.

The Grove Local Community Fund

50% of the proceeds of the Grove 300 Club will go into a local community fund. Local organisations will be invited to apply for the funding in September each year. Organisations must be not-for-profit, and must be based within 10 miles of Cromer.

Monthly Prizes

February – A two night B&B stay in our suite for two (worth up to £480)	August – One night's dinner bed and breakfast for two (worth £185)
March – Afternoon tea for four (worth £75.80)	September – Two nights glamping (worth £260)
April – £50 voucher to spend at The Grove (worth £50)	October – Two nights in one of our self-catering cottages (worth up to £400)
May – £50 to spend at Sundown (worth £50)	November – £100 voucher to spend at The Grove (worth £100)
June – A tour around the rooms, gardens and kitchens by one of The Graveling family (priceless)	December – A three course meal for two, plus a bottle of house wine (worth £106)
July – A one hour massage at The Massage Hut (worth £49)	January (announced before Christmas) – Two nights in The Shepherd's Lodge (worth up to £500)

To join, sign up for our mailing list and visit thegrovecromer.co.uk/competition

Prizes will be valid for a year after they have been won. After 300 members have joined, we will no longer take payment or be able to add members until someone drops out.

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Chris Waddle
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3. France 4. Kenny Dalglish (Liverpool 1986)
1. Portsmouth 2. Plymouth Argyle

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Living with Loss Group Supporting People in North Norfolk

A man from Holt has spoken about the support he has received from the Living with Loss group at Cromer Hospital and how it is here to help people from North Norfolk who may be struggling with bereavement.

The sessions, which run fortnightly, provide a supportive space where people can explore their feelings around loss and learn coping strategies to make the burden of grief a little lighter. They are run by Simon Arthur, an accredited grief recovery specialist, who addresses the myths surrounding grief and supports people as they learn more about loss.

Simon said: "Each experience is different and very personal. It can be incredibly difficult to manage the way we feel and cope, so I am here to give people space to address their feelings and understand that there is no right or wrong way to grieve."

"Each session lasts around two hours, and we provide a comfortable and relaxed environment, where people can share their personal experiences and hear others' stories."

One person to have taken part in one of the sessions is Nic Southam, who lost his beloved wife Kathryn in June. He said: "Losing Kathryn after 47 years together is very, very hard and some days, I just don't know what to do without her. Living with Loss was the very first



Nic Southam has received support from the Living with Loss group since losing his beloved wife Kathryn to cancer in June last year

bereavement group I attended. I was desperate to find a way forward and made up my mind to get out there and do something. I found attending the group at Cromer Hospital to be a really positive experience and Simon was so easy to talk to. It was helpful to meet people in the same situation as me and understand that my feelings aren't unique. It was a comfort to me, and Simon had the empathy and training to help me get the most out of the session."

The group is held at the North Norfolk Macmillan Cancer Support Centre at Cromer Hospital, but it isn't exclusively for those who have been bereaved by cancer.

Everyone is welcome, no matter what their circumstances. Whether they have lost someone recently, or a long time ago, or whether the bereavement is due to cancer or not, Simon provides a space for people to talk, listen and share as little or as much as they are comfortable with, in complete confidence.

Nic added: "Living with Loss is a good starting point for anyone looking for support. It's a one-off session but we've since met up for lunches and it's encouraged me to join other groups as well. The staff at the centre are all so

helpful and I know they're only ever a phone call away."

Nic shares his advice with others who might be going through the pain of losing someone: "Don't shut yourself away, get out there and talk to people. I still have difficult days of course, but it helps to know it will pass and there is support out there waiting for you."

**MACMILLAN
CANCER SUPPORT**

Living with Loss takes place fortnightly at the Macmillan Cancer Support Centre at Cromer Hospital. For more information call 01603 641 559 or email CromerMacInfoCentre@nnuh.nhs.uk

Forthcoming Events

Thursday 19th January. St Margaret's Church Cley 3.00pm. The German Waltz: The second in our series of tracing the history of the Waltz as seen through the eyes of Austrian and mid-European composers with Wyatt Earp (flute) and Angela Dugdale (piano).

Friday 20th January. Film Night @ Blakeney Village Hall, "Mrs Harris Goes to Paris" (PG) with Lesley Manville. 6.30 for 7.00pm. Tickets £5, Refreshments & Bar.

Sunday 22nd January. Folk at Weybourne Village Hall. 3pm until 6pm with very special guest John Kirkpatrick, Singer/Melodeon wizard. All welcome. Bring your own drinks/snacks if you wish. Entrance £7.00 by ticket only (limited) Further info: Tony Baylis 01263 588781 or tonyandcarmen@btinternet.com

Thursday 26th January. St Margaret's Church Cley 3.00pm. Un Après-midi De Poésie et Musique - a selection of French and English poems, piano and flute music with Sarah De Nordwall, Sarah Treble and Justin Harmer.

Saturday 28th January. Jigsaw Day and Lunch at The Copeman Centre, Hall Street, Briston, Norfolk. All from 11am to 2pm with refreshments available throughout this time. Two course lunch available from 12 to 1pm. We have a large selection of jigsaws available for loan or exchange. For information again phone Anne on 01263 861004

Thursday 2nd February. St Margaret's Church Cley 3.00pm. Tell Me the Truth About Love: Auden and Britten, Gresham's and After Paul Hand, Steve Benson and John Smart (readers), Jayne Jones (soprano), Wyatt Earp (flute), Angela Dugdale (piano).

Saturday 4th February. Hempstead Village Hall Table Top Sale, 10am - 3pm. Refreshments available. Tables £10. Entry free to customers. To book a table please contact lesley.lennox@project21.ltd.uk

Table Top Sale at The Copeman Centre, Hall Street, Briston, Norfolk. Starting at 9:00 am to 12.00 (setting up from 8:00 am) Table £5.00 booked in advance. Contact Jean 01263 860476.

Thursday 9th February. St Margaret's Church Cley 3.00pm. Songs for Valentine's Day: Katharine Jones (soprano) Mark Jones (piano).

Sunday 12th February. Dance at Weybourne Village Hall. Sequence, ballroom, latin and line. 2 - 4-30pm. £4-00 incl. refreshments. Proceeds to Charity. 01328 864404

Saturday 25th February. Jigsaw day and Lunch at The Copeman Centre, Hall Street, Briston, Norfolk.

All from 11am to 2pm with refreshments available throughout this time Two course lunch available from 12 to 1pm. We have a large selection of jigsaws available for loan or exchange. for information again phone Anne on 01263 861004

Audition and Get Ready for Revenge!

Join the North Norfolk Players as open auditions take place for their next production, Revenge en Suite, a comedy thriller with a literary twist by Jack Sadleir. Set in the 1920s, a renowned (but rather frumpy!) crime writer, Audrey Dobbs, is in love with Lord Basil Bouncy, the aristocratic detective she has created. When she is persuaded to develop his relationship with another of her characters — the brilliant novelist and amateur sleuth Lydia Tempest — things start to go horribly wrong, and Audrey's hasty re-writing leads to disaster...

Join the players for their forthcoming AGM and open auditions for Revenge en Suite and find out how you can get involved, with plenty of opportunities both on stage and off.

22nd January 2023 at 3.30pm, The Venue, Kerridge Way, Holt NR25 6DN, preceded by a very brief Annual General Meeting at 3.15pm or Thursday 26th January 2023 at 7.30pm, The Copeman Centre, Briston NR24 2LG

For more information, please email info@nnplayers.org.uk or call Hannah on 01263 860871.

The North Norfolk Players are a relaxed and friendly group of people who have a lot of fun, drink many cups of tea and work as a team to produce entertaining plays and performances for their audiences. A small annual membership fee of £10.00 is payable to cover expenses when creating productions. For more information, visit www.nnplayers.org.uk



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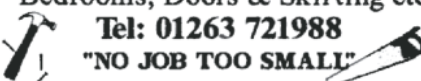


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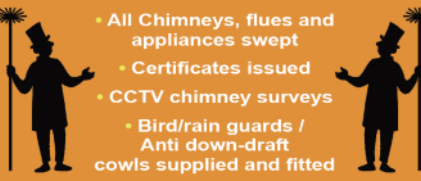


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Viking Juniors Show Potential

North Norfolk Vikings raised their game when they competed in a gala at the UEA sports Park at the end of last year. They were competing against teams from all over the Eastern Region and their juniors did not disappoint.



The team at the UEA



Grace Parker Silver in the 100 IM

Toby Corfield, aged 9, took gold in his age group when he touched first in 1:37.62 for his 100m backstroke. The young man went on to win a silver in the 50m breaststroke in 55.78, another silver in the 100m freestyle 1:34.12 and a bronze in the 50m butterfly with 50.03. Toby won more medals than any other Viking Swimmer and there were not many competitors leaving the pool with more.

Reuben Seaman, aged 11, was a double bronze medallist. He got one for his 200m breaststroke in 3:54.30 and the other in the 100m with his 1:54.37 respectively.

Bebe King aged 11, looked very promising in the 200 IM. The root of her confidence must have steamed from the one she accomplished in the club championships when she finished in 3:46.37. At the UEA, she improved by an outstanding sixteen seconds in 3:30.97 for bronze. Grace Parker, aged 10, has without doubt been training well and during her heat, she looked super-fast and took a silver in 100 IM when she finished in 1:41.22: her first success in this event.

Noah Buchan aged 12, proved how versatile he was when he added two silver medals to our tally. In the 200m freestyle (2:38.47) and the 50m backstroke in (39.94) respectively.

Vikings won 4 golds, 5 silvers, 10 bronze medals and achieved 39 County Qualifying times.

John Holden

Vikings train at the Victory Pool, North Walsham and at Sheringham Reef. To join, e-mail them for a free try out: info@norfolkvikings.co.uk

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Regular Events

Arts & Crafts Group - Weybourne Village Hall - 12.00-2.00pm

New group has started on the **4th Wednesday of the month**. Bring along your latest project e.g., knitting, crochet, embroidery, rug-making, tapestry, model-making, drawing, painting, jigsaws - or just come for a chat. You are welcome to BYO light lunch and refreshment. The group is not tutor-led and there will be a small charge of £2 per month to cover the cost of the hall. All crafts and other-halves welcome!

07871 086409 for more information.

Want to make new friends and have fun while mastering a new skill in 2022? Why not come along to High Kelling Village Hall and try your hand at Short Mat Bowls in a warm, friendly environment with refreshments provided. We are offering free afternoon taster sessions with expert tuition from experienced players. If you would you like to find out more, contact Lyn on **01263 713898** or Tony on **01263 713119** and arrange a taster session.

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.

Folk at Weybourne Village Hall. Meets 4th Sunday January only, usually 3rd Sunday of the month. 3pm until 6pm. Singers, musicians, poets, dancers and audience all welcome. Join in or just listen. Bring your own drinks/snacks if you wish. Tea/coffee available. £1.00 entrance to cover cost of hall. For further info. contact Tony Baylis 01263 588781 or tonyandcarmen@btinternet.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. Most weeks there is a standby, so you don't need to come with a partner but please do check on our website www.bridgewebs.com/holt/ or telephone the secretary, Maureen Kimbley on **01263 587705**. We are a friendly club, affiliated to the English Bridge Union and play Duplicate Bridge, and always happy to welcome new members.

Sheringham and District Philatelic Society meet at West Runton Church Hall, 2nd Monday each month at 7.30pm. Contact Gerry for more information on 01263 579529 or on maurice.g.smith@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.



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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.

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

The 18th January celebrates Winnie the Pooh Day, on author A. A. Milne's birthday. This issue's word search theme is 'Winnie the Pooh' Between **FOUR** and **TWELVE** letters. One or more words. There are 15 entries in this issue's **CHRONICLE WORDSEARCH**. How many can you name?

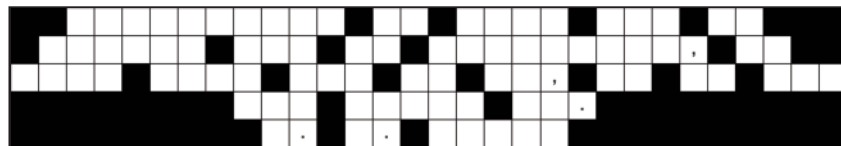
O	Y	I	F	A	Z	E	E	C	T	E	S
U	R	E	G	D	N	E	O	H	I	R	E
C	H	N	N	L	Y	N	D	R	G	C	L
B	A	T	I	O	M	O	B	I	G	A	Z
K	E	M	R	P	H	H	Y	S	E	D	O
D	A	E	G	D	O	V	H	T	R	E	O
A	F	A	S	P	O	O	V	O	B	R	W
E	I	N	N	I	W	O	H	P	E	D	R
H	C	K	D	U	V	R	W	H	Y	N	K
S	P	M	U	L	A	F	F	E	H	U	S
P	I	G	L	E	T	Y	J	R	S	H	B
M	B	Y	D	B	E	A	R	Q	Z	Q	K

NUMBER CRUNCHER

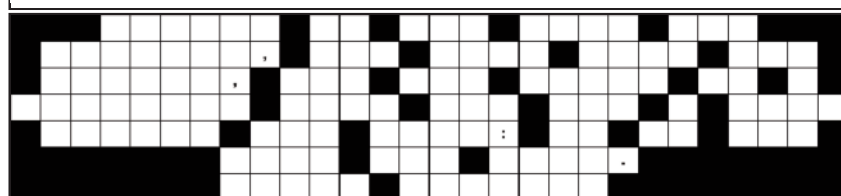
20 16 4 2 10 9 = 17

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.



U
A O U U O I M T P
E F R N Y I N M I S M W I E E I O
B A R O W H I Z A L O D O X S O H N T Y N U S O O
T H O T G A E E N L Y G A I D E D L A T H I T G I D S N O T



E R M
T I N I L
R I T H E M A O S H T T I F R
C E M M D E E R H F N F T R E W D F E O D A L
R A W F O R T D I O R D T H E D O O O E O S T N D
W O S N N T T I H I H R I A O H T L T R H F O F A A
F B I E I D L Y T F E S F O G E O E M U C I A O T H E K

The Last Issue's Answers

The **FOUR YELLOW SQUARES** in the **SUDOKU** were 9 4 1 2

The **FALLEN PUZZLE** answers were:

At Christmas every body invites their friends about them, and people think little of even the worst weather. I was snowed up at a friend's house once for a week. Nothing could be pleasanter.

Jane Austen
and

I ask you to answer me fairly: is not additional eating an ordinary Englishman's ordinary idea of Christmas day?

Anthony Trollope

The 'Christmas Decoration' themed words featured in last issue's

CHRONICLE WORDSEARCH were:

BELLS
BOWS
CANDLES
CANDYCANE
GARLAND

LIGHT
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
REINDEER
SNOWFLAKE
STOCKING
TINSEL
TREE
WREATH



The **NUMBER CRUNCHER**
4 - 2 + 16 + 6 ÷ 12 x 5 =
10
There may be others.

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Non-surgical facial contouring.

What's all the fuss about!

Patient sometimes ask- I don't want surgery but can you help me achieve a little more lifted and defined jawline doctor!

Non-surgical face contouring is a hot topic in the cosmetic world right now, and for good reason. AKA jawline contouring, liquid facelift or non-surgical facelift- It is one of the quickest and most convenient ways to achieve a chiselled face and jawline without going under the knife. You can get rid of your double chin, slim down your face, tighten and contour your jawline. Read on and try one or more of these five tricks and see what happens!

#1 Face Massage

The idea behind a face massage is to relax muscle tension, stimulate blood circulation, and drain excess fluids in the face that causes puffiness. There are several techniques involved and usually the palms and fingertips are used to knead the facial muscles, massaging in circular, upward motions on the face with even, firm pressure.

A few minutes daily face massage regimen is recommended by experts for best results, paired with a skin firming Dr formula day cream or serum of your choice.

#2 Mesotherapy

Mesotherapy is a non-invasive procedure that aims to remove jowls, extra fat, and double chin, giving the patient a more defined lower face and neck. The procedure involves injecting and melting the fat deposits, which are then extracted from the body, thereby reducing the fat build-up.

#3 Fillers

Fillers are a popular and go-to quick solution for non-invasive face contouring. Fillers may be used to contour, correct, and enhance the appearance of your face. When injected into the cheekbones, wrinkles, and hollowed parts of your face, it can create a fuller and smoother appearance. Fillers can also be used in reshaping jawlines, as well as raising the nose bridge and filling in the lips.

Fillers are popular because of their versatility and suitability for use on many parts of the face, as well as their relatively low cost and instant results.

#4 Botulinum toxins

Botox has been around for ages and continues to be the number one

non-surgical procedure for facial rejuvenation worldwide. It can smooth out wrinkles, and it can also be used as an option to chisel facial features. Try Nefertiti procedure for a tight jawline and neck.

#5 Radio Frequency (RF) Therapy

RF Therapy uses radiofrequency energy to tighten the underlying skin without damaging the surface, and contours the face to create firm, toned, and youthful-looking skin. This procedure heats the deep layer of the skin to stimulate and create new collagen. The rejuvenated collagen results in a tighter, more supple, contoured face.

When used to target the neck and jowls, RF therapy is one of the best non-surgical face contouring options, especially when paired with other skin tightening skin treatments such as microneedling.

More advanced options

We do offer a variety of minimally invasive options such as laser facelift, one stitch facelift or full face and neck lifts under local anaesthesia if surgery is your only option. Give us a call on 01603 736487 or log on to the website www.coltishallclinic.co.uk to book your appointment and start your journey towards a tighter jawline and neck.

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The BUILD Charity are looking for people to support our social events with a small group of adults with disabilities, with all expenses covered. If it is a relaxing weekend that you are after, this could be a Sunday Roast, a Sunday afternoon Walkabout, a Grow and Go gardening session or even a Sunday afternoon cinema trip. If you enjoy even more excitement, why not head into the city for our Ten Pin Tuesdays or even a Wednesday Club Social!



Alternatively, if you have expertise in marketing, fundraising, event management or photography and are willing to share your skills with us, we would also love to hear from you!

We believe that volunteers should get as much out of the BUILD Charity as they put in, so there are many benefits to these roles. As a BUILD Charity volunteer, you attend events whenever it suits your schedule, all volunteer expenses are covered by the charity and by becoming a BUILD volunteer, you receive your disability awareness training and safeguarding training.

If any of these volunteering opportunities are of interest to you then either call the office on **01603 618029**, email us at **volunteer@buildcharity.co.uk**, or check out the website for our sign-up form and donation pages.

We look forward to hearing from you!

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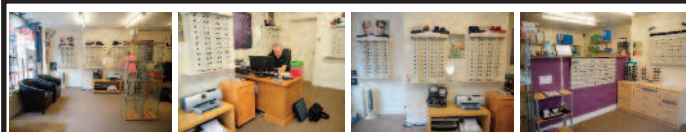
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Bodham & Beckham Craft Club

Don't forget Crafters.. The Bodham and Beckham Craft Club takes place in the Village Hall on alternate Wednesdays from 2.00pm to 4.00pm. The next meeting is on 25th January 2023. The cost is £3.00 per meeting to include refreshments. Bring any crafts that you are interested in and socialise with like-minded people. Come along and join the banter and chat, see if it's the sort of thing for you or please contact Helen Bruford on 588122 for more information.

Bodham and Beckham Village Hall Film Club

Wednesday 25th January – 7.00pm: Nice sets, nice acting, nice story "MRS HARRIS GOES TO PARIS" 2022 (PG) starring Lesley Manville, Isabelle Huppert and Jason Isaacs.

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress and decides that she must have one of her own. Review: Loved it!

Wednesday 8th February – 7.00pm: Feel Good Movie "TICKET TO PARADISE" 2022 (12) starring George Clooney and Julia Roberts. Academy Award® winners George Clooney and Julia Roberts reunite on the big screen as exes who find themselves on a shared mission to stop their love-struck daughter from making the same mistake they once made. From Working Title, Smokehouse Pictures and Red Om Films, Ticket to Paradise is a romantic comedy about the sweet surprise of second chances.

The Glaven Centre

Here at The Glaven Centre we have had a fun-filled and busy time leading up to Christmas. The Slow Theatre Company came and put on a fabulous morning of storytelling and songs, which were jolly and uplifting. Caroline is a regular visitor who brings her two beautiful cockapoos in for cuddles and we are lucky to have a number of very talented piano players and singers who lift our spirits with their musical talents. We have also had many successful fundraising events including coffee mornings, Christmas card sales designed by local artists and Blakeney Primary school pupils who exhibited their competition pictures here at The Glaven. We were serenaded at our Love Holt event by Wyatt Earp playing the flute which was an absolute joy. Several new clients have joined us and have been spreading the word to their friends. One person described us as a lifeline for them.

At the time of writing this we are all looking forward to celebrating Christmas and wish you all a very Happy and Healthy New Year.



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Row Into 2023 With Blakeney Rowing Club

Your local rowing club goes from strength to strength with an absolutely packed calendar of outings from Barton Turf on The Norfolk Broads. The new year has started with crews exploring many parts of the beautiful waterways on brisk, winter mornings. See the club website at crabblakeney.wordpress.com for pictures of smiling "Crabbers" enjoying the activity and the company. Rowing is a great way to move on from the festive season!

The Carrow Cup Race, in December 2022, was the latest competitive venture entered by the club and this was an enjoyable and successful occasion. The Blakeney crew came third in the St. Ayles Skiff class. This article's accompanying picture shows rowers forging their way towards the finishing line. It was a fantastic morning on the water and a welcome opportunity to meet other members of the rowing community in an event which is by far the oldest race on the competition calendar. There will be more chances to race this year.



If you want to know more about the club's activities, or try skiff rowing for yourselves, contact Humphrey at hborgnis@icloud.com. Beginners and returning rowers are always welcome. Coaching and helpful advice will be available. There is no obligation to compete. Come along for a gentle and sociable row. Remember, you can keep up with the club's activities on Instagram, on Facebook and on the club's website at crabblakeney.wordpress.com.

Come and join the "Crabbers" this year.
Barry Howes.

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Bodham & Beckham Over 70s Christmas Lunch

The over 70's Christmas lunch took place on Saturday 10th December, sponsored by The Bodham & Beckham Horticultural Show, and was deemed a huge success.

Sadly, a number had to drop out at the last minute due to illness. 43 villagers sat down to an excellent meal provided and plated up by Laura and Luke from "BACK TO YOUR PLACE." Tracy, Rachel and Patrick did a fantastic job serving us all and keeping the wine and soft drinks flowing. During the meal the diners were entertained by the Dulcet Tones of Belinda Appleby, singing songs from times gone by!



After lunch, and whilst tea, coffee and mince pies were being served, Mary Cubitt read a few comical articles from her collection. Then along came our Local Correspondent, Fred Cable, with his news, letters from Mum, funny stories and jokes, which kept us all highly amused. To round off the afternoon Belinda returned to the mike to lead us all in a sing along.

Jackie would like to thank everybody who came along in the morning to assist in setting up, those who donated raffle prizes, the wonderful waitresses and waiter for their hard work, Belinda, Mary and Fred for keeping us entertained and, lastly, for the beautiful bouquet of flowers, presented to her by Tracy Toyn.

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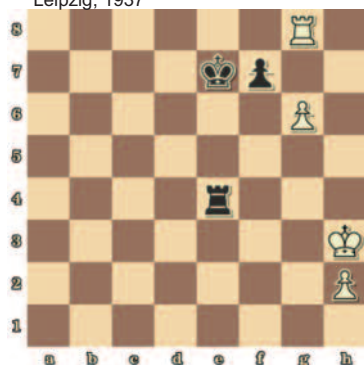
1. Which former Premiership team play in blue and white with red socks. Who are they?
2. Who plays in Green and White at Home Park?
3. In which country are AJ Auxerre based?
4. Who was the first player/manager to win the League and FA Cup double?
5. River Plate play in which country?
6. Who was in goal for West Ham United when they lost the 2006 FA Cup final shoot out?
7. Which club did the late, great Pele play for in the USA? Pictured with Gordon Banks and that unbelievable save from 1970 World Cup
8. Which England goalkeeper retired with 125 caps?
9. Who, along with Jeremy Goss, scored for Norwich City when they beat Bayern Munich 2-1 in Germany?
10. Who played for (in order) Newcastle United - Tottenham Hotspur - Marseilles - Sheffield Wednesday - Falkirk - Bradford City - Sunderland - Burnley - Torquay United - Worksop Town?



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

CHESS PROBLEMS by Dr Cedric Lytton

309. J. Moravez
Leipzig, 1937



309. White to play and win

310. Cedric Lytton
Original for Holt Chronicle



310. Mate in two moves

Solution to No. 309:

Re8+! Kxe8 2. g7 Rg4! 3. Kxg4 f5+ 4. Kg5! (or 4. Kh5; not 4. Kxf5 Kf7 draw) Kf7 5. Kh6 (threatening 6. Kh7 and queens) Kg8 6. Kg6! f4 7. h4 f3 8. h5 f2 9. h6 f1Q 10. h7 mate. Punch and counterpunch, both sides in turn sacrificing their Rook.

No competition for 2023, instead we'll have a mixture of all sorts of problems, easy and hopefully raising a smile from readers. In my No. 310 above, White has a great number of mate possibilities, but first he must give Black, who is stalemated, a move!

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

And happy New Year to all readers!

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SUNDAY JANUARY 15th: 9.5 mile walk
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All the above walks commence at 10.00 a.m. including the New Years
Day ramble. If you wish to bring your dog on any walk please phone
Walk Leader beforehand.

Taster Chess Tournament for Children & Adults Friday 17th February 2023

Norfolk County Chess Association (NCCA) and North Walsham Library
Chess Club are organising a Chess Tournament for children and adults
at North Walsham Community Centre, New Road, North Walsham on
the afternoon of Friday 17th February.

The event will have two
sections:

The Junior section is aimed at
giving children up to the age
of 16 years a first experience
of playing competitive chess.

The Open section is aimed at
adult players of all standards
and junior players who have
previous experience of
playing tournament chess.



Left to right: North Walsham Library Chess
Club players - Riley, Nathan and Olly with
Matthew Perry (NCCA Junior Organiser)

John Wickham (NCCA Chair)
commented "We welcome
players of different abilities to come along and have an enjoyable
afternoon playing chess and meeting other local players. We hope to
have players from throughout Broadland and North Norfolk taking
part. There will also be tea and cake available. Profits from the event
will be used to help buy additional chess equipment for North
Walsham Library Chess Club."

Matthew Perry - Norfolk County Chess Association (NCCA) Junior
Organiser

"NCCA is keen to encourage more children to take up and enjoy
playing chess. The Junior Chess competition is a 'taster tournament' -
which should give children a gentle introduction to playing chess
competitively. Hopefully, this will encourage some to go on to play in
other, more competitive, tournaments or join one of the local chess
groups".

Marion Wright - North Walsham Library Chess Club Volunteer
"We are thrilled to have this event taking place on our doorstep. The
North Walsham Library Chess Club, which meets from 4.00pm on
Friday afternoons, is aimed at all ages (from children to senior citizens)
and all chess abilities. Hopefully those involved in the tournament will
consider coming along, and profit from the tournament will help us
buy some more chess-sets, boards and clocks."

Potential players and parents / carers interested in finding out more or
booking a place can contact:

Jonathan Reeve - e-mail: aylshamchessclub@gmail.com
Tel: 01263-733744

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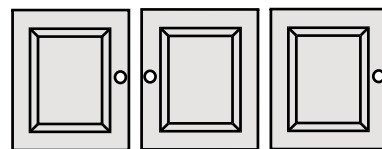
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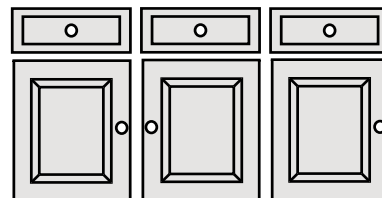


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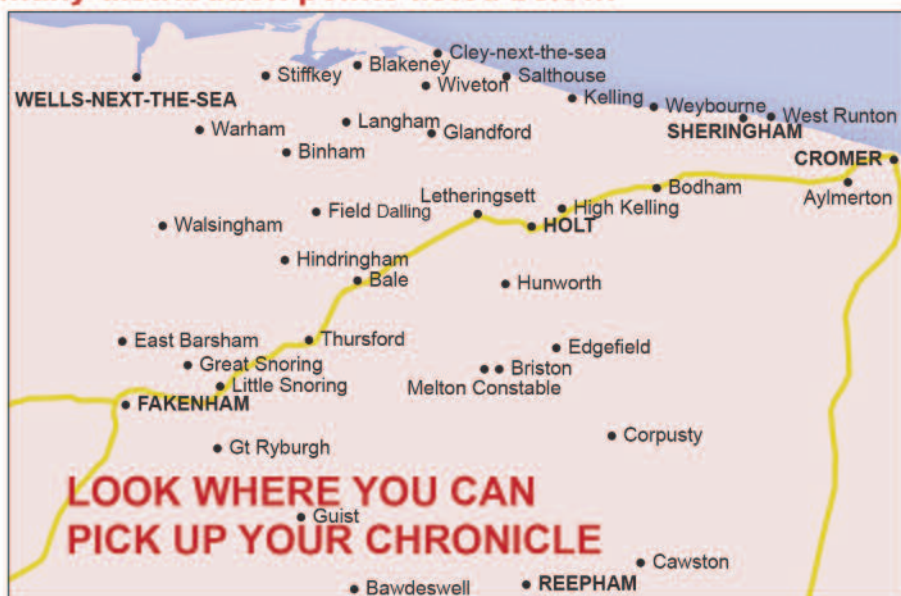
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How will a no-fault divorce affect my financial settlement?

By Rob Colwell, Director and Head of Family Services, Hayes + Storr.

With the new no-fault divorce making it easier for parties to separate amicably, a final divorce order will only have the effect of dissolving a marriage, it will not resolve any financial claims that a divorcing couple may have against each other.

What is a consent order?

From a legal perspective, it is essential that your finances are protected through a legally binding agreement known as a consent order, otherwise you are at risk of your ex-spouse making a claim against your assets, property, income or pensions in future.

One party may agree to give everything to the other (out of guilt for example), and the couple can arrange this kind of settlement between themselves. However, it is still advisable to get a consent order sealed by the court which confirms the agreement. A Judge does not have to agree to the settlement and will ask questions if it is not considered fair.

A consent order records the terms of a financial agreement and severs any financial ties between the divorcing couple.

Full and frank financial disclosure

Prior to issuing an application to the courts for a consent order, both parties are required to make 'full and frank' financial disclosure to reach a financial agreement.

Financial disclosure requires the completion of documents that clarify both parties' financial positions as part of the divorce process.

Voluntary disclosure of financial documentation can often achieve a settlement between the couple and their solicitors.

Division of Assets

The way assets are divided is generally based on how long you've been married or in a civil partnership, as well as your:

- Ages, health and ability to earn
- Property, money and living expenses
- Standard of living
- Role in the marriage or civil partnership, for example if you were the breadwinner or primary carer of the children.

In most cases, assets are split according to need or other statutory criteria and if children are involved, their needs will be prioritised. Long marriages where children aren't involved often result in an equal split of assets.

Hidden assets and finances

Sometimes there's a fear that the other side might not disclose their financial details in full or that they've been hiding assets in anticipation of the break-up.

Reassurance is essential at this point. Both parties are required to provide detailed financial documents which are then exchanged with each other. This can include mortgage statements, property valuations, bank statements in respect of the past 12 months for every bank account, ISA's, pensions, any savings accounts or investments, wage slips, business accounts and other evidence of the financial background of both individuals.

Should it be discovered



that one of the parties has hidden wealth at any stage, it can be looked at again by the court – and in some extreme cases can even lead to imprisonment. You can ask for further disclosure if you're not convinced you're being told the truth once you have reviewed your ex-spouse's documentation.

Distributing the assets

Once an agreement is reached, most clients will document the agreement in a consent order. Once signed by both parties and sealed by the court, these documents are legally binding. The lawyers will use them to help the clients implement the agreement in the quickest and most cost-effective way.

For further help on divorce and financial settlements call 01263 712835 and ask to speak to the family department, or email: rob.colwell@hayes-storr.com.

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