



Parish Council Matters

The October meeting of the Parish Council began with a presentation and question-and-answer session from consultants on behalf of Wyld Cabins (wyldcabins.co.uk) and the Houghton Estate. They explained their proposal to install a total of 45 one- and two-room cabins in the woods to the west of the road between Great Bircham and Houghton, called Eleven Acre Wood. Since the meeting, a demonstration cabin has been viewed by some councillors. Plans are at an early stage and we will follow them with interest.

The debate about the outdoor gym equipment continues. There has yet to be a judgement from the Monitoring Officer regarding the complaint about the conduct of some Parish Councillors. In the meantime, the Clerk would be glad to receive written communication from parishioners to help councillors make an informed decision. Such communication would be shared with Councillors with the sender's details removed to preserve confidentiality.

If you wish to discuss a Parish matter, please attend a meeting and raise it during the Public Participation session or write to the Clerk. After the meeting on November 26th the next meeting of the Council will be in January, there being no meeting in December. So it's time for us to wish you a very Merry Christmas!

Email: clerk@bircham-pc.gov.uk

Post: Hall Farm, Sedgeford Road, Docking, King's Lynn, Norfolk, PE31 8LJ

Website: bircham-pc.gov.uk



Newsletter Thoughts

As we put the finishing touches together on this month's *Bircham Times*, storm Claudia rages outside. Although "rage" might be a bit of an exaggeration, it is definitely very windy, wet and dark. At least the power stayed on today – despite the lights flickering worryingly a few times – unlike last week when we had a couple more short outages to add to the growing total. According to UK Power Networks, these have all been due to faults with overhead power lines with the latest somewhere in the Rudhams. As even the shortest of interruptions can knock out the web-server that hosts the *Bircham Times*, we have had to invest in uninterruptible power supplies (UPS) to keep things running. This was recently tested (for real) on November 10 when the power went out a couple of times. It still means the service could be unavailable for around 5-10 mins while it automatically recovers, but it is at least better than waiting for us to manually reset everything. Our ultimate goal is to make the web-server 100% solar/battery powered. We are already quite a long way along that road: we have the panels and batteries working as well as the wireless link to the internet, so just a few more steps to go.

Do remember that the *Bircham Times* can be delivered to parishioners by email. You can email us at news@thebirchams.uk to request that (or for any other matter). In addition, we publish, in advance of the paper copy, on the 15th of every month on our website: www.thebirchams.uk



What Lies Beneath

Note: not for those of a nervous disposition!

If you've ever dug deep in your garden you'll be grateful that the soil is relatively light in nature. None of that heavy clay, for example, that you get in London or other places on the east coast. And if you've ever had building works or a septic tank installed it is quite clear that the top six foot or so of the hole resembles a nice browny soil (we're keeping it deliberately unscientific here) but thereafter it's a pale tan colour – sand in fact. All our houses are built on sand, which for those of us without traditional foundations is a sobering thought.

It also explains why gaults open up. We explored instances of gaults in one of our earliest issues. They are gashes in the earth that open unexpectedly and swallow things above. In our story from 1871 (see March 2024) it was a farmhouse who fully disappeared. Most of the time when we see stories of the earth opening up beneath us it centres on limestone areas of the country, where water has eroded the porous rock beneath, leading to collapses. We don't really have rivers or streams here in Bircham (think of "Dry Docking", the name given to our neighbourly settlement where water had to be transported in), but we are subject to the movement of sandy soil.

Geologists talk of two different strata of rock beneath our feet: there is the bedrock, the base layer if you like, and then that is overlain by a superficial layer. Here in the Birchams we share the same bedrock: it goes by the nifty title of *Lewes Nodular Chalk Formation, Seaford Chalk Formation, Newhaven Chalk Formation and Culver Chalk Formation*. Or simply: it is chalk! We have the local chalk streams throughout Norfolk as evidence and on a national scale they are found in a pattern heading south-westwards towards Devon, where they are confronted by the peaks of Dartmoor. Our closest chalk streams are the Ingol, flowing from Shernborne to Snettisham and then to The Wash, and the Heacham, "flowing" from near Bircham Newton to Sedgeford and then Heacham itself. The headwaters at Bircham Newton are seasonal. At Fring we have "Fring Harbour", since in the past the stream was negotiable to this point.

We've strayed somewhat ... on top of this sedimentary bedrock – which was formed between 93.9 and 72.1 million years ago during the Cretaceous period – we have what geologists call sedimentary superficial deposit. And here we get a little bit of diversity. In the Tofts, Bircham Newton and most of "lower" Great Bircham we have *Sheringham Cliffs Formation*, which is essentially clay, silt and gravel formed between 2.5 million and 11.8 thousand years ago during the Quaternary period; halfway up Lynn Road, just before the pub, the deposit is named *Briton's Lane Sand and Gravel Member*, or sand and gravel, again formed in the same time period. The other Briton's area is around Queen's Crescent and also includes two properties in Church Lane, but we're not telling you which ones. We've all lived contentedly not knowing any of this, of course, but is it possible to see a future civil war where the Sheringhams are pitched against the Britons? Probably not.

Words on Birds

THE BIRCHAMS' SECRET VISITOR – THE REMARKABLE STONE CURLEW

Here in The Birchams we are privileged to host one of Britain's most unusual and spectacular bird species – the stone curlew. These rare visitors arrive in early March, having migrated from southern Europe and northern Africa. It is believed that many, the more experienced birds, have already paired up by the time they arrive and can be laying eggs by the end of March, rearing their chicks by the end of April.

They are not only rare but also quite a strange-looking bird with a large head, yellow legs and large yellow eyes, perfectly adapted for hunting at night. Their nickname, the "goggle-eyed plover" or the "wailing heath chicken", is an apt description. They are not related to curlews but get their name from their curlew-like call, a whistling "kur-li-lee", and a preference for barren stoney heaths.



WORDS ON BIRDS (cont)

Although classified as waders these birds are found on dry stoney ground rather than wetlands. The nest is a shallow scrape in the ground and their patterned sandy-brown plumage blends perfectly with the landscape, allowing them to sit motionless for most of the day and keeping them out of sight of predators. This does of course make them incredibly hard to spot. At dusk they become active and hunt for beetles, worms and other invertebrates.

With the disappearance of downland and heathland habitats they were forced to nest on arable fields and chicks were at risk from farming machinery. Numbers declined in the late 1980s with only around 150 pairs recorded in the UK. Now, thanks to close cooperation with local landowners and farmers, special areas have been set aside to allow them space to breed, helping the population to recover.



The rise in numbers is slow as stone curlews lay a maximum of two eggs and only have one or two broods a year.

Numbers of stone curlews around The Birchams are small, with just a handful of birds actually breeding successfully. The main centre of their population is in the Brecks of southern Norfolk and northern Suffolk. Here in west Norfolk we have a small but significant breeding population of 10-15 pairs, perhaps amounting to 10 per cent of the total East Anglian population.

Stone curlews are a red-listed species and are protected by the Wildlife and Countryside Act, making it an offence to deliberately disturb them.

Richard Campey
owner of The One Stop Nature Shop
Burnham Deepdale

Pantos This Christmas

'Tis Panto Season and tickets are available now.

Aladdin, Princess Theatre, Hunstanton, Dec 6-Jan 4 2026, £18

Jack and the Beanstalk, King's Lynn Corn Exchange, Dec 9-Jan 4 2026, £20-26

Goldilocks and the Three Bears, Fakenham Community Centre, Dec 9-13, £7.30

Dates for the Diary

Bircham Windmill Closed
Sept 30

RAF Bircham Newton
Closed Nov 9

RAF Sculthorpe Closed Nov
2. Reopens Apr 5 2026

Anmer Social Club Coffee,
cake and chat, Mondays 10-
12, 07947 580555

Snettisham Park Open daily
from Feb 1

Houghton Hall & Gardens
Closed Sept 28

Sandringham Closed Oct 10

Nov 7-Dec 24 Deepdale
Christmas Shopping at
Dalegate Market, Burnham
Deepdale

Nov 11-Jan 2 North Norfolk
Railway Lights Express, from
£20

Nov 12-Dec 24 Luminare at
Sandringham, entry times
4.30-8.30pm, car park £6,
timed tickets £27.25/£18.20

Nov 14-16 Sandringham
Christmas Craft, Food & Gift
Fair, £15/£6

Nov 18 Swing Into Christmas
with the Down for the Count
Orchestra, Corn Exchange
KL, 7.30pm, £40

Nov 21-22 Dabbling Duck
Seafood Festival, Great
Massingham

Weekends from **Nov 22-Dec
21** and **Dec 22-23** Santa
Specials, North Norfolk
Railway, from £21.15

Nov 22 Creake Abbey
Christmas Gift Fair, 10-3pm

Nov 22 *The Penguin Lessons*,
Syderstone Village Screen
Cinema, 7.30pm, £4

Nov 22 and **27** Xmas Wreath
Workshop @ Pensthorpe 10-
1pm, £60

Nov 23 Pensthorpe Xmas
Market, 10-3pm, £3

Nov 23, Dec 7 Winter Watch:
Sea ducks and Shorebirds,
RSPB Titchwell Marsh, 10.30-
12.30, £12-£21



Foodie Fare

FLORENTINES

A traditional sweet Christmas can be a bit heavy it has to be admitted, with rich fruit cake complete with marzipan and icing, mince pies and Christmas pud. If you just fancy chilling with a coffee and a little of the tastes of the season why not try a home-made florentine? If unaware, this is a gooey, fruity, nutty biscuit (but large!) and can be drizzled with chocolate or be half-coated. The saying goes: "as rich as a Florentine [a person from Florence]" and this treat is certainly rich. There are various versions of the biscuit, tailored to someone's particular tastes, but essentially they include ingredients that any baker is going to have kicking about their kitchen at Christmas – dried fruits, nuts, butter, sugar and chocolate ... even corn flakes! The following is one of our favourites.

INGREDIENTS

15g plain flour
25g butter
60g golden caster sugar
1tbsp golden syrup
60ml double cream

50g chopped stem ginger
50g dried sour cherries
50g glacé cherries
25g chopped pistachios
50g flaked almonds

100g dark chocolate
100g white chocolate



METHOD

1. Preheat the oven to gas 4, 180°C, fan 160°C. Line two large baking sheets with greaseproof paper.
2. In a saucepan, combine the flour, butter, sugar and golden syrup with a small whisk to prevent lumps forming and melt gently over a low heat. Gradually add the cream, stirring all the time.
3. Remove from the heat and stir in the stem ginger, sour cherries, glacé cherries, pistachios and flaked almonds.
4. Dollop spoonfuls of the mixture onto the baking sheets, leaving a generous gap between each. The florentines spread, so bake no more than six per sheet. Bake for 8-10 minutes, until deeply golden. Remove from the oven. These things are like molten lava as they leave the oven so allow to cool before nibbling or letting small fingers get involved.
5. Melt the dark and white chocolate in separate bowls set over two pans of gently simmering water, stirring until smooth. Set aside to cool for 5 minutes. Release the florentines from the paper. Divide the batch in half and arrange smooth-side up.
6. Set aside a quarter of the dark chocolate and spoon the rest over one half of the batch of florentines. Repeat with the remaining biscuits and the white chocolate, again reserving a quarter of the white chocolate. Now drizzle the contrasting colour of reserved chocolate over each batch to create random patterns: white on dark and dark on white. Chill until set.

For a gluten-free version use either gluten-free flour or ground almonds to replace the flour (in which case use a substitute for the almond topping and remember that ground almonds are going to be oilier than flour, so experiment with less butter/syrup). You can also substitute cream for condensed milk, say, and of course the choice of topping is yours, so try cranberries for the Christmas vibe, the aforementioned cornflakes (or rice crispies) for crunch, or maybe walnuts, or dates, or peanuts. Or instead of coating in chocolate use chocolate-covered raisins in the mix.

Freeze if you can resist them and defrost in time for Christmas.



Flowers in St Mary's Church

As you may know, the church is open every day for visitors and private prayer. With this in mind we have been discussing the possibility of fresh flowers in church more regularly. Currently it's only really festivals and special occasions, but as the church is pretty cold we can usually get a few weeks out of the arrangements!

There are only a handful of people at the moment involved in flower arranging and we would really like to grow the team so we can get a rota going that would more or less cover the whole year. If we could expand the team a little it would probably only mean a twice-yearly commitment on the rota and any Christmas/Easter/Harvest festival flowers you might be available to help with.

No previous experience is necessary and if you are interested then we will be having a meeting in the new year and will run a little workshop covering the basics of simple arrangements. Obviously, any experienced arrangers would be very welcome too. If you would like more information, or would like to be involved, please do give me a call.

Many thanks,

Pauline (07836 739792)

Christmas Lights

The following is a selection of the events being held in this part of West Norfolk this season.

Holt Christmas Lights Switch-On, November 14 from 3.30pm (Festive Holt continues to the 16th)

Burnham Market, November 15, lights switch-on 5pm and entertainment 1-6pm

Wells Christmas Tide Festival, November 22 with Santa arriving by boat via the North Sea, 4.30pm switch-on and fireworks

Christmas Lights Switch-On & Lantern Parade (includes lantern-making from 2pm at 114 High Street, followed by lantern parade at 4.20pm and lights switch-on at 5pm at Tuesday Market Place, **King's Lynn**, November 23

Fakenham Christmas Craft Fayre & Lights Switch-On, November 29, 11-6pm

Winter Wonderland, **Hunstanton** Lights Switch-On, November 30, 10am-5.15pm

The Big Light Concert, St Mary's **Snettisham**, December 13, 6pm

Dates for the Diary

Nov 24 *Benediction* at Stanhoe Reading Room and Village Hall, 7.30pm, £6
Nov 25, 30 Royal Ballet's *Cinderella*, KL Corn Exchange, 7.15pm/2pm, from £17. Also @ Majestic Cinema KL
Nov 28 Lynn Museum Talk: The King's Lynn Witch Trials, 2pm, £2
Nov 29 Great Bircham Christmas Fayre, 11-3pm
Nov 29 RSPCA East Winch Xmas Market, 9.30-3pm
Nov 29, Dec 6, 13, 20 Langham Glass Xmas Workshops, Fakenham 10-4pm
from **Nov 29** N Norfolk Pole Experience (various dates until **Dec 23**) at Pensthorpe, from £19.95/£22.95
Nov 30 Xmas Dog Walk & Jumper Competition, Hunstanton
Nov 30 Hunstanton Winter Wonderland and Xmas Lights Switch On (see left)
Dec 6-7 Festive Merchants Market, Tuesday Market Pl, KL, 10-4pm
Dec 6-9 Andre Rieu's Christmas Concert, KL Corn Exchange, 1/7pm, from £17. Also Majestic Cinema KL
Dec 6/20 Farmers' Market North Creak, 9.30-1pm
Dec 8 Pink-Footed Geese sunrise walks, RSPB Snettisham, 7.15-10.15am, £31-36
Dec 13 Fakenham Choral Society Christmas Concert, Fakenham Parish Church, from £5.30pm
Dec 25 Christmas Day Swim, Hunstanton, from 11am,



Those Long Winter Evenings

Do remember that with the winter evenings drawing in that there is a goodly stock of books, games and jigsaws held in St Mary's that is available for borrowing. If tidying the house or cutting out clutter before Christmas, do consider donations of such items. It's also great practice to take and then give some different items back for others to enjoy. Do seal jigsaw boxes to avoid accidents, though, and it's helpful if you can indicate if there are piece(s) missing!

If an avid reader, do also take advantage of the monthly visit of the mobile library from Norfolk Library Services. See page 8 for details of when the library visits.

St Mary's 100 Club Draw

NOVEMBER RESULTS: 1st prize no **62**; 2nd prize no. **77** (1st prize wins £25; 2nd prize £10).

The club has now been running successfully for 5 years. If you would like to take part in the draw for 2026 please refer to the enclosed application form for details and either return it together with payment, to me or, alternatively, I could process your application at the next Banter meeting on December 4 in the Social Club.

Sally

Bircham Banter

Next Banter session is on Thursday December 4 from 2.30 to 4pm in the Social Club. Do come along and join with the regulars for chat, tea/coffee and cake, especially if you are new to the village. You'll be made very welcome!!

For those already primed with a 2026 diary or calendar the dates for next year are January 8 and February 5, also in the Social Club.

Pauline

Stanhoe & Barwick WI

Forthcoming events to be held at the Stanhoe Reading Room, Cross Lane, PE31 8PS at 2pm.

December 4 Junya Lewis on Christmas Traditions

January 8 Medical detection dogs.

February 5 King's Lynn Night Shelter

March 5 History of the Control Tower, Sculthorpe

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

Contact stanhoeandbarwickwi@gmail.com for more details.

Household Hazardous Waste Days

After a successful venture in the spring, the county council is repeating its Household Hazardous Waste Day this autumn. The closest site is at Hempton (NR21 7DY or [///fencing.polices.vines](http://fencing.polices.vines)) on Friday and Saturday November 21-22. Bookings are as per normal recycling (see page 8) but slots are only open eight days before the event.

"Hazardous" does have its limitations though: so paint cans, pesticides, anti-freeze, drain cleaners and flammable liquids are good; asbestos, fireworks, fuels, clinical waste or gas bottles are not. See full list at <https://www.norfolk.gov.uk/article/38615/Hazardous-waste-items>



The Literary Inspiration of Hunstanton Hall

In the early 20th century, the writer P. G. Wodehouse was a regular guest of the Le Strange family at their ancestral estate at Hunstanton Hall and it is thought that some of his best-known characters may have been based upon people he met during his visits there. Indeed, it is thought that the Hall was part inspiration for the castellated Blandings Castle, home of Lord Emsworth, though there are a few other grand properties that also lay claim.

The Hall was the seat of the powerfully important Le Strange family from the Anglo-Norman period until after the Second World War. It was built by Sir Roger Le Strange in 1490, enlarged by Sir Nicholas in 1578, and again by Thomas Thorpe and/or William Edge for Sir Hamon in 1622.

Grade II Hunstanton Hall is a moated house surrounded by a 16th-century deer park, with woodland and gardens. Much of the Hall was destroyed by fire in 1853 and another phase of restoration and alteration was undertaken at the end of the 19th century. The Hall was badly damaged by another fire in 1951 and subsequently divided into apartments and then sold. During the 1990s the owner of the burned-out wing undertook extensive restoration work.

And for those with deep pockets you might be interested to know that a restored castellated Jacobean wing is currently up for sale at a price of nearly 2 million pounds, with the Victorian Coach House having recently sold for a similar price.

See Curl Up With a Good Book on page 9 for more on P. G. Wodehouse.



VILLAGE SCREEN CINEMA
at Amy Robsart Village Hall, Syderstone
Saturday November 22 at 7.30pm



The Penguin Lessons (12A).

Disillusioned teacher Tom Michell gets a job teaching English and rugby in a school for rich kids in Buenos Aires. It's 1976 and Argentina is controlled by a military dictatorship, but Tom is more interested in spending time on the beach than in either his pupils or the political situation. During a weekend trip to Uruguay he rescues an orphaned penguin and smuggles it back into the school, little suspecting that this is the beginning of a personal and political awakening. Starring Steve Coogan (and some penguins).

Doors open 7pm; Price £4 – pay on the door; hearing loop and ice creams available
Bookings can be made by email syderstonecinema_arvh@outlook.com or call 01485 578244.

On behalf of the Syderstone Cinema Team

STANHOE VILLAGE SCREEN
at Stanhoe Reading Room and Village Hall
Monday November 24 at 7.30pm

Benediction (12A).

Benediction explores the life of English war poet Siegfried Sassoon. Sassoon, played by Jack Lowden as a young man and Peter Capaldi when older, was a complex man who survived the horrors of fighting in the First World War and was decorated for his bravery but who became a vocal critic of the government's continuation of the war when he returned from service. His poetry was inspired by his experiences on the Western Front and he became one of the leading war poets of the era. Adored by members of the aristocracy as well as stars of London's literary and stage world, he embarked on affairs with several men as he attempted to come to terms with his homosexuality. At the same time, broken by the horror of war, he made his life's journey a quest for salvation, trying to find it within the conformity of marriage and religion. Doors open 7pm; Price £6 – includes a drink: see stanhoe.org or call 01485 518191



MOBILE POST OFFICE

Scheduled stop at Bircham Social Club, Church Lane is as follows.

Monday	10:45-11:30
Tuesday	10:45-11:30
Thursday	10:45-11:30
Friday	12:10-12:55

MOBILE LIBRARY SERVICE

Friday December 5

Stops at:

Monks Close	15:15-15:35
Village Shop	15:45-16:00
Social Club	16:05-16:15
Windmill Hill	16:20-16:35

BUS 33/33A

To Hunstanton (from King's Head): Mon-Fri
07:36 10:36 13:36 17:16; Sat 8:21 10:36
13:36 15:41

Return from Stand A Bus Station

To Lynn (from Bircham Stores): Mon-Fri
07:17 09:23 12:23 15:38 15:43; Sat 09:23
12:23 15:38 17:08

Return from Stand E Bus Station

GREAT MASSINGHAM AREA COMMUNITY CAR SCHEME

Offering a reliable door-to-door car service,
7 days a week for anyone without personal
transport. Book on 01485 520823
Please give at least 2 days' notice

RECYCLING CENTRE

For pre-booking your visit at **any** Norfolk centre:

<https://www.norfolk.gov.uk/article/62632/Norfolk-Recycling-Centre-bookings>

Or phone 0344 800 8020

Bircham Weather

Despite two named storms and only 13 "dry" days, October recorded a slightly below-average total rainfall of 55mm, an outcome largely due to two notably wet days on the 3rd and 23rd. The first of these, associated with Storm Amy, brought 11.8mm of rain on the 3rd along with evening gales that persisted into the following day. Thereafter, a sustained area of high pressure developed which initially produced a warm and sunny day on the 6th when temperatures reached 19.4°C, this being the highest recording of the month.

However, as the high pressure shifted northward, a north-easterly airflow established itself, bringing predominantly overcast skies and intermittent drizzle that lasted until the 17th. The Atlantic influence then reasserted itself and Storm Benjamin on the 23rd produced the wettest day of the month when 12.5mm of rain fell. Although its accompanying gale was less prolonged than Amy's, a subsequent north-westerly wind lowered temperatures markedly such that the 26th and 27th were the only days of the month when the daytime maximum failed to reach 10°C.

This same airflow was also responsible for the month's lowest overnight temperature of 4.4°C on the 26th; conditions that might have led to a ground frost on a calmer night. A shift to southerly winds on the final day of the month then allowed temperatures to recover to a maximum of 15.2°C and this was despite the limited sunshine. Overall, the mean maximum temperature for October was 14.0°C, close to the seasonal average, while the mean minimum of 9.1°C stood 1.9°C above the norm.

Bryan



Curl Up With a Good Book

Carry On, Jeeves (1925) by P. G. Wodehouse

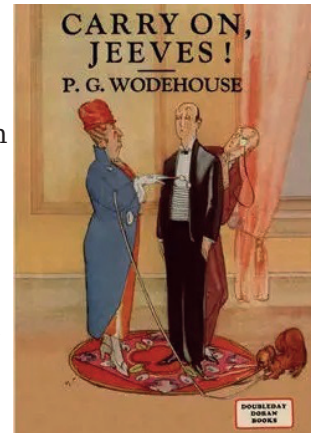
We started the year celebrating the 100th anniversary of the publication of *The Great Gatsby* by F. Scott Fitzgerald and thought we would bookend the year by selecting another classic that reaches 100 this year. The early research was not promising for a "light" read. We first alighted on *Mein Kampf* but it's not terribly festive and then we discovered Pepys Diary, which in its first published form arrived in 1825 (Pepys wrote in a code that took a few centuries to decipher)! Undeterred we now give you *Carry on, Jeeves*, a witty collection of ten short stories, including "Jeeves Takes Charge", where Bertie Wooster first meets valet Jeeves.

Most of the stories follow a similar structure with fashionable man-about-town Bertie Wooster, almost always in a pickle brought on by his heavily dependent and feeble-minded friends and acquaintances (all with silly nicknames) and his good-natured desire to help these bounders. Bertie is amiable but slow, one concludes. He grapples with all manner of problems concerning romance and matrimony, broken confidences, and, pressingly, the fear a fellow has when money bequeathed by an eccentric relative is about to be withheld. Jeeves – Bertie's valet – is compelled to step in and come up with some "brainy wheeze" in the nick of time to save the situation.

The silliness of the stories and the eccentric characters make this required reading for children and adults alike. The dialogue is a parody of 1920s slang with "bally chumps", "beastly letters" and "deuced fellows" and some delightful descriptions fill the pages such as: "And there in a nutshell you have Charles Edward Biffen. As vague and woollen-headed a blighter as ever bit a sandwich."

This particular collection has stories including "Jeeves and the Hard-Boiled Egg"; "The Artistic Career of Corky"; "The Rummy Affair of Old Biffy"; and "The Aunt and the Sluggard", and is set in New York, London and Paris.

There are numerous collections of Wodehouse that concern Jeeves and Wooster and also other volumes on characters such as the Old Etonian Psmith and the escapades of the Drones Club, Lord Emsworth and his estate at Blandings Castle, as well as Edwardian school stories ... you've over 300 to choose from and many novels besides. *Carry on, Jeeves* is also available for free at <https://www.gutenberg.org/ebooks/65974> and it makes for a wonderful audiobook, most memorably narrated by Martin Jarvis.



Health News

It's that time of the year again when – if of a certain age – we get to proffer up our upper arm in anticipation (or not) of a friendly free jab from a GP or other medical clinician.

Flu jab: Over 65s or in a high-risk group

Covid jab: Available to over 75s and anyone else who is immunocompromised

For those eligible, flu and covid vaccinations can be given together.

Call Bayfield Surgery on 01485 521135 to arrange an appointment or use the NHS Account App or access via the NHS website <https://www.nhs.uk/nhs-app/account/>





Rural Grants

Rural grants are available for the King's Lynn and West Norfolk area.

Are you running a local business and looking to invest in special kit, improving your processes or entering new markets? The West Norfolk Rural Business Capital Grant scheme supports capital projects for small businesses and community infrastructure in rural areas. And your project could be eligible. If it aims to help improve productivity and strengthen the rural economy and rural communities then get in touch.

Businesses can apply for grants between £10,000 and £100,000 – up to 50% of eligible capital costs. Grants can only be used to meet costs relating to activity that takes place between April 1 2025 and December 31 2025. Read more here. Funding Sources New Anglia Growth Hub <https://www.newangliagrowthhub.co.uk/business-support/funding-sources/>

Contact us by filling in the form to get the ball rolling today. New Anglia Growth Hub <https://www.newangliagrowthhub.co.uk/contact-us/>

Even if you are not looking for a grant but would like support with your business, do contact the New Anglia Growth Hub for support.

Christmas Day Dip

Need to work up an appetite before your Christmas lunch? Maybe you'd rather support friends and family braving the North Sea for a dip? Or possibly supporting the good causes of organisers Hunstanton and District Round Table?

Once again the traditional Christmas Day Dip at Hunstanton is scheduled for 11am. For participants, register now or on the day by 10.30am at the Oasis Leisure Centre, and don't forget to wear your classiest fancy dress to add to the occasion.

Watching Other Swimmers (part II)

... And if you don't want to get your feet wet, December is a great time to go and exchange the pleasantries of the season with the seals off the coast at Blakeney Point. Trips run from Morston



Quay daily, tides permitting, thanks to Beans Boats
(01263 740505 <https://www.beansboattrips.co.uk/december>)
and Temple Boats
(07518 946851 <https://www.sealtrips.co.uk/timetable/>)

Christmas Racing at Fakenham

Always assuming that you have smugly completed your Christmas shopping, decorated the tree and are just kicking back awaiting the festivities to commence, you could do worse than take a trip to watch the gallant racehorses doing their thing on the Sky Bet Christmas Raceday held on Sunday December 21 at Fakenham Racecourse. Tickets are from £18 and under-17s go free. Dogs are also welcome.



And if footie is more your thing, why not try the Boxing Day fixture at The Walks when King's Lynn Town take on local rivals Peterborough Sports. All sporting events can fall foul of bad weather of course, so in that case it is mince pies in front of the telly watching *The Great Escape* once more (probably!).