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Hello,
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yourself but for your family and
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There are many in every parish
who may find getting to their vaccine centre
difficult, just phone your local COVID number on
page 14 and they will be happy to advise you.
Local hot food businesses offering collection in
our area from Sugar Hut see page 9 at Alby, to
Bann Thai offering delivery for those locally
shielding details on the front & Coast Takeaway
in Cromer see page 13 offering delivery for all,
then at East Runton Will's Plaice details front
page for the best fish chips and much more.
Many supermarkets are following Morrison's of
Cromer's lead and offering a delivery service
phone their local number and they will help.
Please only travel for essential reasons, stay
home, stay safe and,
Enjoy your Crab Tales



Liz

Please note if you are upset by any of
the content, write or email we always offer right of



A COUPLE WHO TRAVELLED TO SEE THE SEALS ON
THE NORFOLK COAST HAVE BEEN FINED BY POLICE.
The man and woman, in their 50s, had travelled to Horsey from
their home in Wellingborough, Northamptonshire on Thursday
afternoon.



They were fined after a
vehicle check in the
beach car park found it
was registered outside
of the county.
Norfolk Police have
urged the public to
"stay local".

The force said officers
would be on "dedicated Covid-19 patrols" in areas including
town centres and beauty spots.
Guidance for the current lockdown states that people can
travel for exercise as long as it is in their "local area".



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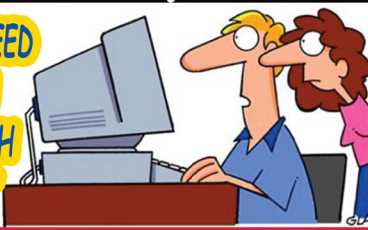
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THE EVENTS OF JANUARY 9TH 1917

The Cromer lifeboat had already been launched to successfully rescue the crew of sixteen of another ship in trouble, the Greek steamer, Pyrin. Exhausted from the terrible sea conditions but satisfied at a job well done the Louisa Heartwell returned to Cromer beach. Another call had already come in. The Fernebo was to be a much more problematic and dangerous proposition. It was bigger – seventy metres long and near one thousand five hundred tons – and farther out at sea.

There were several abortive attempts to re-launch the Cromer lifeboat, Louisa Heartwell, to help the stricken Fernebo. The sea conditions were so bad that the lifeboat was unable to clear the beach.

After many attempts and with the help of many of the townsfolk the lifeboat cleared the beach.

Towards four in the afternoon, a large crowd of Cromer townsfolk had gathered to witness events unfold. By now the Fernebo had broken in two due to an explosion. This may have been caused by a German mine laid by a U-boat or by an accident in the boiler room. Amazingly, both pieces of the boat stayed afloat due to the buoyancy of its cargo of timber.

Six Fernebo crewmen launched a small boat, the might of the seas soon tipping them out. Cromer townsfolk rushed into the water, forming a human chain up to their necks in water, valiantly saving all six. The remainder of the crew, eleven in all, still aboard the stricken ship, were saved and brought ashore alive by the Louisa Heartwell which had, against all the odds, finally got to sea again. Just one poor soul was lost, the ship's engineer, Johan Adolf Anderson, who had been injured in the explosion and swept away. His body was later recovered and buried in Mundesley. When the lifeboat returned to the shore at one the next morning it was met by a cheering crowd who had stayed to watch the rescue from the beach. The Swedish crew, including Captain Evald Palgren, were taken to the Red Lion Hotel on the clifftop and fed and cared for.

This was one dramatic day in the life of the Louisa Heartwell and it's Coxswain Henry Blogg and their fearless crew. Henry Blogg went on to be the most decorated Lifeboatman in history, the Lifeboat eventually went out of service and after many changes became a houseboat.

Now back with the RNLI the Louisa Heartwell will be restored and will take pride of place in the RNLI Historic Lifeboat collection in Chatham.



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The WI is still operating .. don't let Covid hamper you!

Over the past months Mundesley WI has continued to hold regular meetings via Zoom. In the summer we were fortunate enough to be able to hold a socially distant garden party and in September an indoor socially

distant meeting was held. Both events were almost full attendance. All members were given goody bags in the summer and again just prior to Christmas. Mundesley WI members had a raffle ticket included in their Christmas Goody Bags. The prize was a beautiful fruit and veg hamper generously supplied by Kelly, owner of Country Pickings greengrocery in Mundesley Village.

The winner was Tina Allen. Our photo shows Tina receiving her prize, socially distantly, of course, on 23rd December.

Should anyone wish to join us please contact Heather Duffield on either 0747063 4742 or heatherduffield@hotmail.com for an emailed invitation. You would be warmly welcomed.



WISHING YOU A TOADELY HOPPY NEW YEAR!

Pondering the future for 2021? Considering a new year, a new you? Why not make this the year you do your bit whilst kicking off the January blues by becoming a 'toad patroller' and saving lives?

Froglife are calling for volunteers who are needed to join West Runton toad patrol to help carry

toads and frogs over busy roads as they make their way back to the ponds in which they were born for the mating and breeding season.

Common Toad populations have declined by 68% in the last 30 years and their deaths are due to the increase of traffic, drains, high kerbs and building development over the paths

they've used for generations, and sometimes their breeding ponds. But West Runton patrol have rescued more than 2,000 toads over the past 5 years and with your help can continue to help ensure the future of the UK's frogs and toads.

Migration can occur at any time between January and April - they generally emerge after damp, mild weather. You should only be needed for a handful of evenings during this time, but you can do as much or as little as you like. You will need a bucket, a good torch and a hi-viz jacket. By supporting your local patrol you will also be playing your part in the National 'Toads on Roads' campaign co-ordinated by Froglife and supported by ARG UK- a national network of volunteers concerned with amphibian and reptile conservation. Overall this year, even during lock-down, Toad Patrollers up and down the country rescued 77,708 toads!

If you are interested please contact West Runton co-ordinator Carole Davidson cgd1959@gmail.com Mob. 07587 186975 or visit the Froglife website www.froglife.org



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ART SOCIETY LAUNCHES ART PRODUCED DURING LOCKDOWN COMPETITION



A Norfolk art society which successfully hosted one of the county's first virtual exhibitions earlier this year have launched a competition to support its members and the wider art community.

Since the first lockdown Norfolk and Norwich Art Circle has transferred its activity online to provide opportunities for new and existing members to try and

ease the sense of isolation many artists have experienced.

And now, the region's oldest and most prestigious art society has launched a new competition, Art Produced During Lockdown, to encourage members to show work made during the pandemic.

The group, which is celebrating its 135th year in 2020, was established in 1885 and has included in its membership artists of international acclaim such as Alfred Munnings, Edward Seago and Bernard Reynolds.

With more than 200 artists in the organisation, the Art Circle has always championed its membership and the idea for the competition was developed from a suggestion made by a longterm member.

Chairman of the group Hazel Pidsley said: "It has been an honour to work with the Norfolk and Norwich Art Circle committee to support our members during this very difficult year, we are aware that the pandemic has caused feelings of loneliness, depression and a feeling of not being inspired.

"We know art is a wonderful therapy and we are determined to continue offering opportunities to our members. I am grateful to our member Richard Motley for suggesting this competition.

"We have developed a new website which is easy to access and showcases members artwork with four featured artists each month.

"Monthly art demonstrations from well-known artists continue via Zoom and these are free for members with a small charge of £5 for guests to attend.

"We're excited to be in the planning stages for three major exhibitions in 2021 in May, July and October."

A new programme of demonstrations and workshops are also being organised by the group and will be published on their website soon. In October 2021 artist Adebajji Alade, well known as The Addictive Sketcher and often seen on BBC1's The One Show, will be hosting a workshop in Norwich.

The competition is open to all members and any artwork produced since March until the closing date of 10th January 2021 can be submitted for a fee of £3. Art Produced During Lockdown will be judged by John Allen, owner of Mandell's Gallery in Norwich, who will select a winner and a highly commended piece of work.

The winner will receive a cash prize and be featured on the Norfolk and Norwich Art Circle website.

Membership is £20 a year for individuals and £30 for two members living at the same address. This includes entry for selection to all exhibitions, participation in all demonstrations, reduced prices for workshops and regular newsletters.

Professional portrait painter Liz Balkwill, a member of Norfolk and Norwich Art Circle, said:

"Although I had worked hard at building a reputation for portraiture, I was keen to move away from working to commission only. It was with Norfolk and Norwich Art Circle that I showed my early stilllife and figurative paintings. "It was at one of the annual exhibitions that I got my first gallery representation. For that I will always be grateful." For more information please visit www.nnartcircle.com



WORKS BY LIZ BALKWILL
Clementines and jar, Portrait,
Cup of tea.



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NHS VACCINATES NEARLY 40% OF NORFOLK AND WAVENEY'S MOST VULNERABLE PATIENTS AGAINST COVID-19

Almost 40% of all people over the age of 80 living in Norfolk and Waveney have received their first vaccination against COVID-19.

It comes as the number of people vaccinated in the area approaches 30,000.

In Norfolk and Waveney, out of a population of 65,000 over 80s - the most vulnerable age group - some 25,500 people have had the life-saving jab.

The NHS is driving forward the vaccination of the rest of the over 80s and other most at risk groups still to be vaccinated. Two further GP-led vaccination sites, Bowthorpe Medical Practice, Norwich and The Park Surgery, Great Yarmouth begin vaccinating this week.

They will be joined next week by 10 more sites in community buildings and GP premises, which will begin delivering the new AstraZeneca/Oxford vaccine alongside the Pfizer jab.

This will mean there will be 21 local vaccination sites in Norfolk and Waveney, in addition to the James Paget University Hospital, Norfolk and Norwich University Hospital and Queen Elizabeth Hospital King's Lynn.

These sites will be:

- Drayton Medical Practice
- Sheringham Medical Practice
- The Market Surgery, Aylsham
- Sole Bay Health Centre, Southwold
- Manor Farm Medical Centre, Swaffham
- Poringland Community Centre, South Norfolk
- Gurney Surgery, Norwich
- Hoveton Village Hall, North Norfolk
- Rossis Leisure, North Walsham
- Snettisham Surgery



Dr Anoop Dhesi, Chair of NHS Norfolk and Waveney Clinical Commissioning Group (CCG), which is co-ordinating the roll-out of the vaccination programme, said:

"We've made a great start beginning to protect the most vulnerable people. That's testament to the immense effort made by doctors, nurses and administrators in General Practice, staff in our hospitals and in the clinical commissioning group. But truly this is going to be a marathon not a sprint.

"More GP-led sites are about to open, and these will be followed by more large vaccination centres to drive up the numbers we can vaccinate every day into the many thousands, with a spread of sites reaching into every corner of Norfolk and Waveney."

The NHS has worked with district and county councils across Norfolk and Waveney, along with voluntary groups, private businesses and the police, to set-up and run the vaccination sites in what has been a real shared endeavour. The NHS would like to thank everyone who has offered sites for the vaccination programme; no further sites are currently needed. Bruce Rossi, owner of Rossis Leisure in North Walsham, said: "We are really pleased to be involved in the local vaccination effort, providing a venue for local people to get these vital vaccinations."

The licencing of the "fridge-friendly" AstraZeneca/Oxford vaccine which can be stored at normal fridge temperatures will make delivering the vaccine easier. The Pfizer jab which has been licenced since early December must be stored at -70 degree centigrade.

This has hampered efforts to vaccinate residents of care homes - although the residents of a handful of care in Norfolk and Waveney have already been vaccinated as part of a pilot scheme.

The AstraZeneca/Oxford vaccine will allow a step-change in the NHS' ability to take vaccine into care homes.

Our hospitals in Norfolk and Waveney are under immense pressure with more COVID-19 positive patients in beds than at any point since the outbreak of the diseases last year.

Until the vaccine has reached most of the vulnerable groups our best protection for ourselves, family, community and the NHS, is to wear a face covering, keep our distance and regularly wash our hands.

CRABTALES asked our local MP Duncan Baker for comment on the Vaccination rollout, he told us...

I am delighted to see local vaccination sites coming forward and I would like to thank the NHS for the enormous amount of work that has gone into identifying suitable locations for the vaccination programme. An enormous range of factors have to be taken into account, including site security, easy access by road and/or public transport, and the provision of adequate parking. This work, which has taken place at great speed in recent days and weeks, now means we have good access to vaccinations in North Norfolk. With a great many older and vulnerable residents here, I know this will be very reassuring news. Yours sincerely, Duncan Baker MP

COVID 19 VACCINE UPDATE FOR CROMER GROUP PRACTICE

We are pleased to announce that we should be receiving our first deliveries of COVID vaccinations during the week commencing 11th January subject to agreement and confirmation by NHS England.

The vaccination clinics will be held at Rossis Leisure Centre in North Walsham - once again subject to approval by NHS England.

THE FOLLOWING INFORMATION IS THE SAME WHEREVER YOU LIVE....

Please do not ring us to book

We have to book patients strictly in the order specified by NHS England. As soon as we have a firm delivery date we will start to contact patients to book them in for appointments.

We are dedicated to these vaccinations being available as quickly as possible. We may need to cancel other appointments at short notice to gather a vaccination team. Likewise you may be asked to attend a vaccination appointment at short notice.

Thank you once again for your patience and understanding and for working with us in such a difficult unprecedented time

WHY SHOP LOCAL?

Inbetween Christmas and New Year my old tumble dryer broke down. Not wanting to go out shopping i looked online. There were a few good offers about but delivery was into January, NOT GOOD.

I rang Postles in North Walsham where i live. They checked what they had, I said that the length of warranty was important to me and they suggested one at a good price with a three year manufacturer warranty.

Just as important they delivered it just a few hours later and took away my old one. Literally two and a half hours after calling i was all sorted and able to use my new one. I had bought a washing machine from them several years earlier and was delighted with it so why didn't i just go to them first? Just habit of looking for a bargain! Value always includes service so from now on Postles first. This is not an advert but a real customer experience. R Leonard .. NW

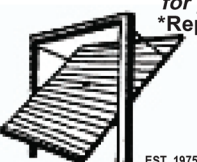

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THE STRAND CLUB 2020

This has been a different and, in some ways, difficult year, as it has for all groups and clubs. But we have had successes and pleasures during these last months which fill us with hope for the future.

Our charity for 2020 has been the Norfolk Accident Rescue Service and despite the restrictions we have been fundraising throughout. We sent off cheques periodically when the amount seemed to merit it. We held two yard sales, sold from our gates, had marathon jam-making sessions to raise funds, book stalls and sold a few items online. These were donated things for the yard sales which we felt were worthy of closer attention, for instance some vintage ice skates and an electric rice cooker.

As we were unable to have our Christmas party, Jackie had put together goody bags for everyone and she and Chris called on every single member, collecting box in hand, delivering them and wishing everyone a happy Christmas, a better New Year, and a happy return to our meetings.

Once our deliveries were finished we deposited the box with Josie and drank her tea while she counted up. The final cheque was soon ready for despatch. Josie then made a grand total and to our extreme pleasure and satisfaction we discovered that we have donated £1065.50 over the year. We all deserve a HUGE pat on the back! We will also miss out on another big occasion, sadly. Our inaugural meeting was held on 10th January 1996 which means we will be 25 this coming January. We were planning a slap up meal but this has been postponed until we are safe. We had some pens engraved with our dates and these were included in the goody bags along with Christmas cake, cracker jokes and other lovely things.

We have kept members informed with newsletters each month as everybody misses the happy chat which happens at our meetings and the interesting speakers and activities. Puzzles, jokes and quizzes have been included in the newsletters to keep up our spirits and to keep our brains ticking over.

We wish you all a very happy Christmas, even though it will be restricted for most of us. Now the vaccines are coming on stream, please take particular care of yourselves so that we can all meet once again in 2021 and continue our fun.

For more information about our club, please contact Jackie Hudson, Chairman, on 01263 720866 or Chris Wood, Secretary, on 01263 579433.

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Friends' festive treats for hospital patients and staff

They've been! Hospital Friends have made their traditional visit to hand over festive gifts to patients and staff. But due to Covid restrictions things were a different this year. The Friends of North Walsham War Memorial Hospital normally visit the ward and hand over the presents personally to those being cared for, and the staff looking after them.

This time they had to do a "doorstep delivery" and leave staff to safely distribute the treats which include puzzle books, chocolates, biscuits, shower gels and soap.

They also left hampers for the staff – both those on the ward, which is now dealing entirely with recovering Covid patients, and rest of the hospital, which continues to do out-patient clinics.

North Walsham is now the main community hospital receiving Covid patients from Norfolk's three acute hospitals, so is currently hosting people from as far afield as Lowestoft and King's Lynn.

Friends chairman Keith Jarvis said: "We are missing not meeting the patients this year, which is always a rewarding and poignant highlight of the year.

"But it was more important that the presents were delivered so that those unfortunate enough to be spending Christmas in a hospital bed know that people, other than their families, are thinking of them."

And this year the staff were more deserving than ever of the hampers after long shifts working in full PPE.

Ward sister Kerry Howarth said: "The patients always enjoy the Friends' gifts, but this year even more so because they cannot have any visitors due to Covid.

"The staff are also working extra hours, so the hampers are a real morale booster."

The Friends were also unable to provide the annual carol singing visit by the Broadland Youth Choir this year, but hope that by next Christmas their festive visits will be back to normal.

They are continuing to support the staff through the testing times of the pandemic with weekly goodie parcels to boost their morale, but can only buy such "extras" thanks to the support of public donations.

To find out more about the Friends and how to support us please visit our website <https://www.northwalshamhospitalfriends.org.uk/>

Pictures (credit Richard Batson)

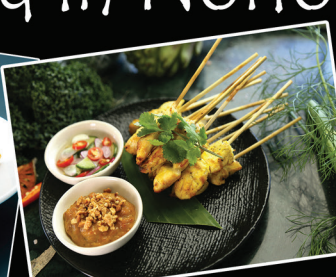


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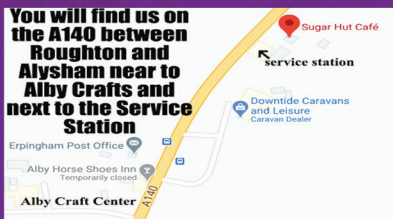
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Thursday:	12am-3pm & 5pm-8pm
Friday:	12am-3pm & 5pm-9pm
Saturday:	12am-3pm & 5pm-9pm
Sunday:	5pm-8pm

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A NEW YEAR BRINGS NEW CHALLENGES

With the New Year comes time for reflection. We all know 2020 was full of challenges, one of the biggest for us was financial. With our 15 charity shops closed for most of the year due to Covid we lost on average £36,000 a month. As a charity, we receive no government funding. We rely on donations from re-homing, fundraising, money left in Wills and the profits of our charity shops.

We are looking to the new year with a hope that people will be eager to volunteer once they're able too, but we are also anxious that we will soon see a rush of the 'lockdown pets' coming through our gates to be relinquished.

The pandemic didn't stop animals being abandoned, mistreated and unwanted. We carried on working hard throughout, despite having to make staff redundancies and not being able to have volunteers on site.

2020 did bring us some joy. We rehomed on average 200 domestic animals (dogs, cats, rabbits etc) and the numbers of wildlife rehabilitated and successfully released was our highest yet.

We said goodbye to a few long term kennel and cattery residents as they went off to their new forever homes, we found homes for some of our sheep and horses and we grew stronger as a team.

2021 brings a chance for improvement – we are hoping that we can get back into organising fundraising events to continue raising funds to

improve our Wildlife Hospital facilities. The Wildlife Hospital cares for sick, injured and orphaned wildlife such as birds and mammals. Our most common patients are hedgehogs during the winter and fledgling garden birds in the summer.



We also desperately need to rebuild our dog runs which are used during the nice sunny days for the dogs to relax and exercise in.

If you would like to learn more or make a donation, please head to our website at www.pactsanctuary.org or head to our Facebook page.



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NR27 9AH**

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NORFOLK CLIFF COLLAPSE VIDEO 'SHOWS HOW QUICKLY' THEY FALL

Paul Bruce, who lives nearby, filmed the fall at 10:30 GMT on Wednesday as he walked between Sheringham and West Runton. He said: "In eight years I've seen plenty of evidence of falls but never witnessed one. It's spectacular but a shame". Cromer and Sheringham Coastguard said: "We urge people

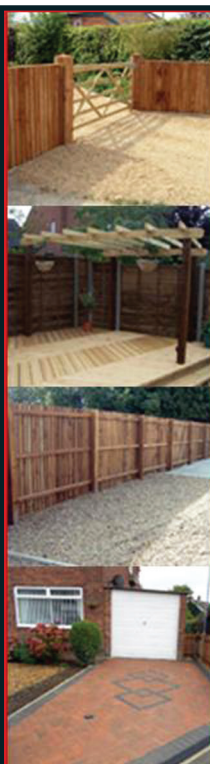
to stay away from cliff edges and keep your dogs on a lead when walking along the coast."

Stills from the video show the fall in progress and the scene afterward.



JUST FOR FUN

An 85-year-old man goes to his doctor for his regular check up. The doctor says the man needs to provide a sperm sample and gives him a jar saying, "Take this jar home and come back tomorrow with a sperm sample."



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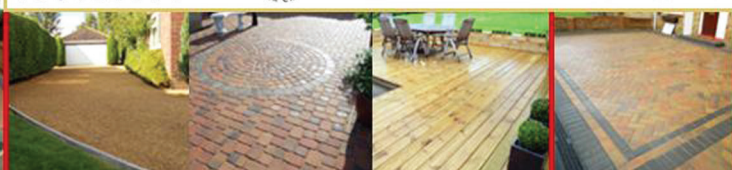
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BUILDBASE

**GRABS
BY HUNT**



The next day the old man goes back to the doctors and gives him the jar, which is as clean and empty as when the doctor gave it to him.

So the doctor asks what happened and why there is no sperm sample in the jar. The old man says, "Well, doc, it's like this... first I tried with my right hand, but nothing. Then I tried with my left hand, but still nothing. Then I asked my wife for help. She tried with her right hand - nothing; then with her left, still nothing. She tried with her mouth, first with the teeth in, then with her teeth out, still nothing. We even called up Mabel, the lady next door and she tried too, first with both hands, then an armpit, and she even tried squeezing it between her knees, but still nothing."

The doctor is really shocked by all this and asks incredulously, "You asked your neighbour???"

The old man replies, "Yep, not one of us could get the jar open."

COULD YOU BE A LIFE SAVER?

Up for a new challenge? Where better to start than at the heart of your community, saving lives.

The East of England Ambulance Service (EAST) is currently recruiting Community First Responders (CFRs) in this area and we would love to hear from you.

CFRs are volunteers who work alongside colleagues from the ambulance service and respond to situations within their local community where the ambulance may take longer to arrive than the critical first few minutes following a 999 call. All volunteers are trained by EAST to deal with life threatening situations, ranging from cardiac arrest, chest pains and stroke to fits, falls, breathing difficulties and severe diabetic attacks.

CFRs carry an oxygen supply and defibrillator enabling them to deal with the patient immediately and to continue doing so until paramedics arrive at the scene.

There are 730 CFRs working in towns and villages across the eastern region, but we are keen to develop a First Responder presence in those areas which currently do not have any CFR support.

Lorna Hayes, Head of Community Response for EAST, said: 'Our CFRs provide a really valuable service within their local communities, ensuring that patients receive the care they need as quickly as possible. In certain situations, a CFR being on scene first can mean the difference between life and death. Our volunteers come from all walks of life, some are in full time employment, some are retired, and others have young children but they all want to make a difference. Myself and all my colleagues are incredibly grateful for the support they provide.'

If you fancy a new challenge and would like to find out more about becoming a CFR then please visit: <https://www.eastamb.nhs.uk/>



waiting for the take away meals to be packaged. Richard at Byfords was super helpful and enthusiastic in getting involved and with his team produced a cracking meal at an affordable price, despite these challenging times.

Leon at Tesco in Sheringham provided our mini Christmas puddings.

Simon Clipsom community champion at Morrisons provided all our treats, biscuits, chocolates and crackers!

Steven Fulcher at Dawn Fresh in Sheringham provided a selection of fresh fruit for each guest.

Jane Gary who lives in Sheringham is our Christmas Elf behind the scenes, who does just about everything else and Phill Gary is our Treasurer and keeps all the papers in order!

Volunteers :- this year we had a number of volunteer delivery drivers, all of whom were super brilliant people.

Jane & Phill Gary, Emily Phillips & Will Muckley, Robin & Mary, Claire & Tom Muckley, Connie Burchett, Keith & Nicky Phillips, Steven Fulcher.

St Andrews Methodist Church Sheringham kindly allowed us to use their car park as a distribution point, normally we use this Church's kitchen and hall facilities to cater our own Christmas Lunch with company and entertainment.....hopefully next year!

A huge thank you to all who helped us to help others. Please don't forget that many of those we visited on Christmas Day are still alone and vulnerable so let's all be as supportive as we can within the Covid guidelines.

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SHERINGHAM CHRISTMAS LUNCH SERVICE

We delivered a hot, delicious Christmas Lunch, along with mini Christmas pudding, biscuits, chocolates, a cracker and fresh fruit selection to each guest, between 12.30 and 1.30pm Christmas Day! Byfords of Holt provided Covid-19 safe catering facilities, looking after the volunteer collection drivers with coffees and hot chocolate drinks while



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0344 800 8020
 Or visit your local library for help with applying

SUNRISE SUNSET CROMER JANUARY 2021

Day	Dawn	Sunrise	Sunset	Dusk
<u>15</u>	07:22	08:00	16:19	16:57
<u>16</u>	07:21	07:59	16:20	16:59
<u>17</u>	07:20	07:58	16:22	17:00
<u>18</u>	07:19	07:57	16:23	17:02
<u>19</u>	07:18	07:56	16:25	17:03
<u>20</u>	07:17	07:55	16:27	17:05
<u>21</u>	07:16	07:54	16:29	17:06
<u>22</u>	07:15	07:53	16:30	17:08
<u>23</u>	07:14	07:52	16:32	17:10
<u>24</u>	07:13	07:50	16:34	17:11
<u>25</u>	07:12	07:49	16:35	17:13
<u>26</u>	07:11	07:48	16:37	17:15
<u>27</u>	07:09	07:46	16:39	17:16
<u>28</u>	07:08	07:45	16:41	17:18

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CROMER TIDES JANUARY 2021

	HW AM	HW PM	LW AM	LW PM
15 Fri	07:57 4.8	19:54 5.0	02:34 0.7	14:27 1.1
16 Sat	08:37 4.7	20:31 5.0	03:20 0.8	15:03 1.2
17 Sun	09:16 4.6	21:09 4.9	03:58 0.9	15:38 1.3
18 Mon	09:56 4.4	21:49 4.7	04:31 1.0	16:13 1.5
19 Tue	10:39 4.2	22:33 4.5	05:03 1.2	16:51 1.7
20 Wed	11:27 3.9	23:24 4.3	05:39 1.4	17:34 1.9
21 Thu		12:26 3.8	06:24 1.7	18:28 2.1
22 Fri	00:30 4.0	13:37 3.7	07:21 1.8	19:39 2.2
23 Sat	01:51 3.9	14:48 3.8	08:31 1.9	21:00 2.2
24 Sun	03:06 3.9	15:48 3.9	09:43 1.9	22:12 2.0
25 Mon	04:07 4.0	16:37 4.1	10:42 1.7	23:08 1.7
26 Tue	04:56 4.2	17:18 4.3	11:29 1.6	23:55 1.4
27 Wed	05:38 4.4	17:53 4.5		12:11 1.4
28 Thu	06:16 4.5	18:27 4.7	00:39 1.2	12:51 1.2

NORFOLK COAST AONB AND BROADS DARK SKIES FESTIVAL 2021

We are very lucky to enjoy splendid night skies and dark landscapes where we live on the Norfolk Coast. These contribute to the rural character and that feeling of remoteness and tranquillity – some of the reasons why people like to come here. The lack of light pollution and resulting dark skies contribute to our health and well-being by allowing us to philosophise about our place in the universe, enjoy astronomy activities and gain a sense of nostalgia, peace and romance. In addition, scientific studies show that we need the dark to help us sleep properly which in turn boosts our immune system and lowers stress levels. Darkness not only brings us numerous benefits, but is necessary for wildlife to navigate during migration, hunt prey or avoid predators, pollinate night flowering plants, or simply to sleep as part of the 24 hour day/night cycle which humans also need.

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SUGAR HUT ARE OFFERING A LUNCHTIME MEAL FOR TWO AS THE PRIZE FOR THE FIRST NAME OUT OF THE HAT WITH THE CORRECT LOCATION OF THE CRAB AND THE COD.

Hidden fiendishly somewhere amongst the Adverts in this edition are our old friends, the CRAB and the COD

To enter include your name, contact details & where you found the crab and the cod (page number and which ad). Hand in at, K. Hardware in Cromer, or post it to: Water Tower Farm, Middle Street. Trimingham. NR11 8EA before the next issue comes out. The first entry out of the hat wins and the Editors decision is final.

WINNERS OF EDITION 200

KAY OF NORTH WALSHAM FOUND THE COD IN THE ADVERT OF COAST TAKEAWAY ON PAGE 13 THE CRAB ON PAGE 5 IN THE ADVERT OF SHAUN ATTEW FLOORING AND BLINDS

SUGAR HUT AT ALBY ARE DONATING THE VOUCHER FOR LUNCH FOR TWO BETWEEN 8 AND 3PM DAILY (CLOSED TUESDAYS) ENJOY YOUR MEAL ONCE LOCKDOWN IS OVER BOOKING ADVISED

JACKIE OF OVERSTRAND FOUND THE SIMPSON'S BOAT IN THE ADVERT OF HAYES AND STORR ON THE FRONT PAGE, ENJOY YOUR TRIP ON A SIMPSON'S DAYBOAT IN 2021 CONGRATULATIONS TO YOU BOTH LIZ

The Norfolk Coast Partnership are therefore working with various organisations and businesses, including the Norfolk Broads National Park, to celebrate our night skies, and preserve them by reducing the impact of light pollution on our rural landscapes. We will be holding our 3rd Dark Skies Festival this year between Saturday 25th September – Sunday 10th October 2021 and we hope you will enjoy taking part. Events will consist of a mix of online and face-to-face activities throughout the festival fortnight. Put the dates in your diary and find out more on our Norfolk Coast Dark Skies Facebook page @norfolkcoastaonb or follow us via Twitter @NorfolkAONB

Is your community interested in preserving the night skies where you live? We are interested to work with town and parish councils and local businesses in and close to the Norfolk Coast AONB. For further information contact Kate in the Norfolk Coast Partnership staff team on kate.dougan@norfolk.gov.uk

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LOCAL ELECTION ARRANGEMENTS

On Thursday 6 May 2021 elections will be taking place in North Norfolk with electors voting in the Norfolk County Council elections and the Norfolk Police and Crime Commissioner Election. There are also several Parish Council by-elections also scheduled to be held on this day.

Given the ongoing situation with the Covid-19 pandemic we want to give electors as much time as possible to change voting arrangements if voting in a Polling Station during the pandemic is not desired.

If you wish to vote by post download the form on the Council website or contact us by email at postalvotes@north-norfolk.gov.uk or by phone on 01263 516046 and we will send you a form.

Local Returning Officer and Chief Executive Steve Blatch said:

"Whilst we are making arrangements for the safe delivery of elections at Polling Stations within North Norfolk at the forthcoming elections we are aware that a higher number of our electorate may wish to conduct their vote by post on this occasion, given the ongoing Covid-19 situation. The North Norfolk district has the oldest average age demographic in the UK, so by nature we will be seeing a larger number of our residents having a higher level of vulnerability from the virus, so applying for a Postal Vote is an effective way for our local electors to still have their say on Thursday 6 May"

Please note that any application for a postal vote must be completed by hand using 'wet ink' and we are unable to accept any digitally signed applications. Completed applications can either be returned by email to postalvotes@north-norfolk.gov.uk or posted to Electoral Services, North Norfolk District Council, Holt Road, Cromer, NR27 9EN

In order to apply for a postal vote you must be a registered elector within North Norfolk. If you need to register the easiest way to do so is online at www.gov.uk/register-to-vote but again alternatively you can contact us by phone on 01263 516046 to do so.

Given the anticipated high volume of applications for postal votes we advise you to make your applications as soon as possible.



WILD BY NATURE

A new forest school set up by Davina Landers, Diana Leo and Gemma Thody has proven to be a big success.

The forest school, set up in the Green Flag Award winning Holt Country Park, is already fully subscribed with a view to expand. Forest schools are child-centred outdoor learning programmes set in a natural environment, exploring early years learning through play, social interaction and exploration. The ethos of forest schooling seeks to explore the young child's learning and development holistically, rather than academically.

The nature of forests and woodlands such as Holt Country Park, means that the children can explore the natural surroundings, taking in all the wildlife and learning about the environments they live in, whilst learning vital social skills outside the conventional classroom setting. Davina and Diana, two of the founders of Wild By Nature, grew up in Holt and spent their childhood years exploring the woodlands they now teach children in.

**View the 'Wild by Nature'
website for more information
about their forest school.**

BOOKINGS TAKEN SUBJECT TO GOV. ADVICE



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www.trimingham.org Facebook Trimingham Hall

Mute
Swan,
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2020



JUST FOR FUN : Helicopter Ride

Walter took his wife Ethel to the Norfolk County Show every year, and every time he would say to her, "Ethel, you know that I'd love to go for a ride in that helicopter." But Ethel would always reply, "I know that Walter, but that helicopter ride is 75 Pounds and 75 Pounds is 75 Pounds."

Finally, they went to the Show, and Walter said to Ethel, "Ethel, you know I'm 87 years old now. If I don't ride that helicopter this year, I may never get another chance." Once again Ethel replied, "Walter, you know that helicopter is 75 Pounds and 75 Pounds is 75 Pounds." This time the helicopter pilot overheard the couple's conversation and said, "Listen folks, I'll make a deal with you. I'll take both of you for a ride; if you can both stay quiet for the entire ride and not say a word I won't charge you! But if you say just one word, it's 75 Pounds each."

Walter and Ethel agreed and up they went in the helicopter. The pilot performed all kinds of fancy moves and tricks, but not a word was said by either Walter or Ethel.

The pilot did his death-defying tricks over and over again, but still there wasn't so much as one word said.

When they finally landed, the pilot turned to Walter and said, "Wow! I've got to hand it to you. I did everything I could to get you to scream or shout out, but you didn't. I'm really impressed!"

Walter replied, "Well to be honest I almost said something when Ethel fell out but, you know, 75 Pounds is 75 Pounds!"

COPY FOR NEXT ISSUE
WED 20th JAN 2021
king495@btinternet.com



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COMMUNITY LARDER

Merchants' Place Community Larder
Open Monday - Thursday, 9:30am - 5pm

We are working alongside Cromer Foodbank and Morrisons to supply a range of long-life and dried foods for anybody that needs a helping hand. If you would like to access this service, just drop in to see us - please remember your shopping bag!

We are also aiming to reduce food waste by encouraging "food swaps".

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www.merchantsplace.co.uk

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NR27 9ES

LOCAL COVID HELP NUMBERS

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Tim's mobile 07789625033 email
community@cromer-tc.gov.uk
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Mundesley- Wendy-07794624067
Trunch Stores 01263 722072
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Trimingham Liz 01263 834965
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070
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Learning for Communities

HOW TO RUN VIRTUAL SESSIONS FOR COMMUNITY GROUPS USING ZOOM

Join this fantastic FREE short course where you can gain all the support, skills and knowledge needed to reach members of your community group in North Norfolk. This friendly and informal course will show you how to set up and host Zoom meetings and manage virtual conversations with confidence and ease. Develop your skills or learn how to use Zoom for the first time.

Start date: Thursday 21st January 2021
Time: 10.30am to 12.30pm
Duration: 5 weeks (two workshops and one week of 1:1 remote support)
Course type: Online and face-to-face teaching where permitted with 1:1 support
Venue: Merchants Place, Cromer, NR27 9ES

To find out more or book your place contact: Fay Sheldon 07450655475
fay.sheldon@norfolk.gov.uk or Aida 07450719468 aidas@norfolk.gov.uk

matrix **Education & Skills Funding Agency** **Adult Learning** **Norfolk**

Dear Editor,
I would be most grateful if you could publish my thanks to all those who took part in the Christmas Tree Raffle, which was held at Overstrand Garden Centre. Thanks to Sam and his team, they raised a fantastic £535 for Cromer RNLi! Attached is a photograph of Sam presenting the cheque to Beryl Mansell, Chairman, Cromer Ladies Lifeboat Guild. I am also in the photograph, in my role as Secretary of Cromer Ladies Lifeboat Guild.
Regards,
Jill Reedman, Secretary, Cromer Ladies Lifeboat Guild



IF YOU HAVE A POINT OF VIEW TO SHARE ON THESE OR ANY OTHER TOPICS PLEASE SEND US YOUR LETTER AND WE WILL TRY OUR BEST TO PUBLISH.

LETTERS to king495@btinternet.com or drop in to K HARDWARE Church St Cromer

A DEAD SPERM WHALE HAS BEEN FOUND WASHED UP ON A NORTH NORFOLK BEACH.

PHOTO CREDIT RICHARD FARROW



The body of the 39ft (12m) juvenile was discovered lying on rocks near Sheringham on Tuesday 5th January. According to Norfolk Cetaceans, the young whale is believed to be part of the pod that was stranded on the Yorkshire coast on Christmas Eve. It is the third sperm whale found along the Norfolk coast this winter. The others were sighted at Weybourne and in The Wash at Snettisham. The dead animal, which weighs about 13 tonnes (13,000 kg), will be cut up and moved next week to be buried at a landfill site, North Norfolk District Council said. Senior environmental health officer Richard Crabb said the situation was "complicated" by access issues to the animal, which was now "smelling badly". The size of the whale means it is impossible to incinerate at a pet crematorium. It has been reported that the jawbone of the whale has subsequently been stolen by 'treasure hunters' likely using a chainsaw to remove it.

NORTHREPPS 'POPPYLAND' BRANCH OF THE ROYAL BRITISH LEGION.

Dear Editor,
All our members would like to pay tribute to John Green who has passed away - John was a member and supporter of The Royal British Legion since leaving the RAF in 1955, and he first joined Runton and Aylmerton Branch. Sadly when this Branch closed many years ago, he joined ours, becoming an Officer, and he was known to many especially at Group Four Meetings and Re-dedication Services with great fondness. Our thoughts and prayers are with his three sons and their families. A New Year has now dawned and very challenging times still are before us. There is no doubt that we have a very big schedule of events lined up and also re-arranging those cancelled last year, but at the moment, no dates or arrangements can be made as we are still at the mercy of Covid-19. As soon as it is safe to do so our meetings will commence, and please follow us in the meantime, on Facebook, our reports in this paper, and for further information contact Lorna on 01263 579633. If you need help, please contact us. A Healthy, Happy New Year to everyone, stay safe and well, and we all look forward to meeting up with you in the not too distant future.
Lorna Branch Chairman.

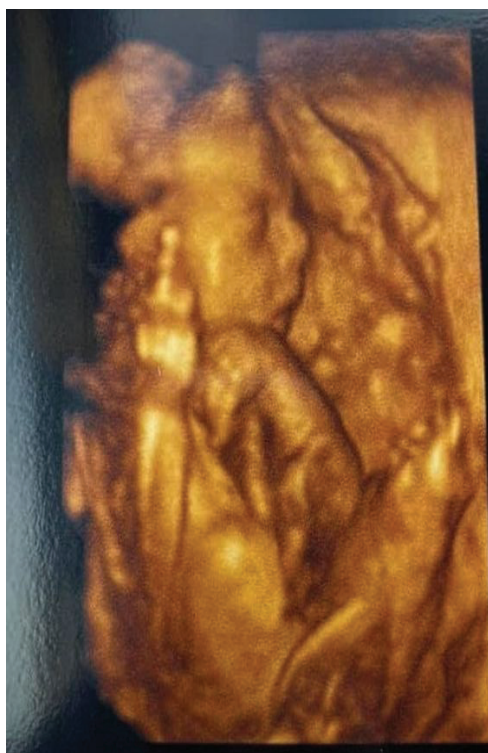
Dear Editor,
I've lived in West Runton for 35 years



The article on the tiny saw-whet owl in Issue 201 certainly caught my attention. After being discovered hiding in the Rockefeller Center's 2020 Christmas tree, 'Rocky' was taken to the Ravensbeard Wildlife Center in Saugerties, NY, about a hundred miles north of NYC. As it happens, I was born and brought up in Saugerties, a small Dutch-named town in the Hudson River Valley. And...the iconic NY Christmas tree (with Rocky hunkered down inside it) had been felled in the Catskill Mts. in Oneonta, NY, where I went to college for four years. Rocky has since been 'fed up' and released back into the wild. I wonder if he'll now carefully consider which tree he shelters in...or maybe he's just a keen traveller - like I USED to be!
regards,
Carrie Drummond

MUM LEFT 'HOWLING' AS UNBORN BABY GIVES 2020 THE FINGER DURING 'ONE-IN-A-BILLION' SCAN

Chelsea Furnival and her partner Adrian Witt say they 'couldn't stop howling' after noticing the rude gesture their unborn child was making in the 4D ultrasound photo from their scan



FOR MANY OF US 'COMMUNITY' HAS NEVER BEEN SO IMPORTANT. IN SO MANY WAYS WE ARE DEPENDANT ON THE ACTIONS OF THOSE IN OUR LOCAL AREA TO PROVIDE THE JOINT SECURITY THAT WE USUALLY CAN TAKE FOR GRANTED.

FOR MANY HOWEVER THE RELIANCE ON COMMUNITY IS MORE ACUTE AND THIS STORY IS JUST ONE EXAMPLE OF HOW SO MANY HAVE STEPPED UP TO MEET THIS CHALLENGE. MORE EXAMPLES ARE CONTAINED WITHIN THIS EDITION. WELL DONE AND THANK YOU.

IN DECEMBER 2020 BOTH THE ALL SAINTS CHURCH AND THE COMMUNITY LARDER FAMILY OF VOLUNTEERS FROM MUNDESLEY AND THE SURROUNDING VILLAGES WORKED TOGETHER TO ORGANISED TWO REALLY SUCCESSFUL EVENTS: A CHRISTMAS TOY APPEAL AND CHRISTMAS HAMPERS. WE WANTED TO LET YOU KNOW HOW THINGS WENT.



Christmas Toy Appeal.

As an increase number of local families are finding themselves in difficulty, through no fault of their own. Local people wanted to do something to help, and so the Toy appeal was launched. Tina and Andy from the "Fish and Fry Shop in Mundesley acted as a drop off centre for people to donate to the toys appeal, the local communities (Mundesley and the surrounding villagers) rallied to the cause with toys, sweets and money, which was used to purchase gift vouchers for the older children.

Our friends at Central England Co-op in Cromer (store across from Homebase) were quick to offer their help.

As part of their companywide "Toy Appeal" They kindly agreed to give us the toys that had been collected at their Cromer store, as well as supplying us with Christmas wrapping paper, gift tags and packs of chocolate for us to make our own selection bags to accompany the presents for the children. Through the generosity of you all we gave out over 100 gifts.

Christmas hampers.

By the beginning of November 2020 it became very apparent that any kind of gathering for a Christmas meal would be impossible, and so the idea of delivering hampers on Christmas morning was born. Anyone within Mundesley and its surrounding villages was welcome to receive a hamper. By the time we had

reached December an army of volunteers had stepped forward to help, as well as individuals and businesses queueing up to donate items which could be included in our hampers.

We were overwhelmed by the generosity of individuals, as well as local businesses particularly Jason at the Mundesley butchers who provided the hams, Kelly at Country Pickings who provided fruit and veg, Bacton Gas Terminal donated calendars, and last but by no means least Andy and Tina from the fish and fry shop raise much-needed funds and goodies. Once again our friends at Central England Co-op in Cromer were keen to get involved, and provided us with the majority of the sweet items for the hampers, as well as the hamper bags themselves.

The appeal to local people to send us short stories / poems for inclusion into a booklet which would also be included in the hampers. It was wonderful to read your submissions, our local talent knows no bounds. Along with individual submissions we also received literary material from three local writers: Trisha Sturgeon, Evelyn Smith and Brenda Hayes. Due to printing costs we were unable to include as many pieces of work as we would have liked, this is something that we will try to address next time.

Using a team of 21 deliverers we successfully delivered 100 hampers Christmas day morning. One of the important elements of this was that each deliverer would only have a few hampers, and therefore would have plenty of time to speak to the recipient, from the feedback that we have received so far many have said how nice it was to have a chat with their deliverer.

The biggest thank you has to go to a team of 30+ volunteers who worked so hard delivering both events, and without whom we could not have run these schemes.

In these difficult times when we are being bombarded by the media by depressing news it's useful to remember that throughout the UK there are literally hundreds and thousands of people who are quietly pulling together to help one another. In a world where it is easy to believe that people are only interested in what's in it for me, then here is a simple, yet I feel very familiar story of great kindness.

I would like to end by thanking all our amazing local communities for all their selfless acts of kindness, many of whom remain anonymous, and though we may never know your name, or ever meet you what you do does make a difference.

Barbara Worsley.