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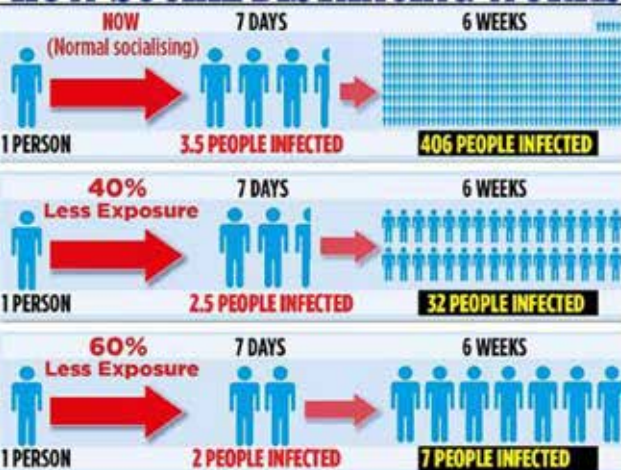
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EVEN MORE GOOD NEWS

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NOW FOR THE BAD NEWS

Like all other establishments we are closed until further notice for eating in. Normal service will resume asap. Kim, Belle and the rest of the team would like to thank you for your support and best wishes and trust you all stay safe and healthy.

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FROM THE EDITOR.

Hello

Challenging times for us all, but there are many willing to help, many useful numbers and information on pages 13, 14 & 15.

Many local businesses are now delivering their stocked items and to quote Jon of JB Postle Aylsham 'even a light bulb if people cannot get out' very reassuring and reminds us we live in the best of places. The variety of foods we can phone order for collection or delivery is amazing, check out page 14 for some details. There are miles of countryside and beaches to be walked but remember to be socially distant from the next walker! We even have a local mobile dog groomer Esther, detail page 7 who already visits my Larry every six to eight weeks. She is an excellent groomer plus kind and calm, even my rottweiler enjoys her visit as she always has a treat for all



dogs whether they are trimmed or just watching! Please check on your neighbours from a distance especially if they live alone. Stay safe and well, then we will all get through this, our houses will have been spring cleaned, our gardens tidied, cars washed, then we can relax, complete that 1000 piece jigsaw, re-read our favourite books, watch great repeats of classic television or listen to riveting radio, guilt free.

Liz

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

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Dear all,
As your Member of Parliament, I fully understand that we are living through one of the most worrying times in a generation. Despite what is happening, I have been overwhelmed by the level of generosity and kindness I've witnessed and heard about as people pull together. I've always thought North Norfolk has a wonderful community and I am sure it is this spirit which will pull us all through.



I am sure many of you will have seen my urgent plea to ask tourists to not visit North Norfolk at this time. I never thought that just thirteen weeks into my new job I would have to say that. But the response has been incredibly supportive. My number one concern is to ensure constituents are kept safe. I know that our tourism sector is vitally important to so many of us and when this pandemic is over, we must support and help everyone who has been affected. But right now, we must focus on adhering to the government's advice on social distancing and doing all we can to stop the spread of the virus. I'm sure everyone of us will want to pay an enormous thank you to the incredible NHS staff working around the clock to save lives. They are in the front line and I cannot thank them enough. However, there are so many other people who are key workers now, those caring for others and doing what they can whether big or small, thank you all for what you are doing.

My best wishes to you all, please stay safe and well.

Duncan Baker

Member of Parliament for North Norfolk

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SHARE YOUR MEMORIES OF NORTH NORFOLK IN WW2

In the build-up to two major WW2 anniversaries, a Councillor is seeking memories of home life and experiences in wartime North Norfolk.

Memories of life on the Home Front in North Norfolk during World War Two are being sought ahead of the 75th anniversaries of VE (Victory in Europe) and VJ (Victory over Japan) days on Friday, May 8 and Monday, August 10 respectively. This year also marks the 80th anniversary of the Battle of Britain, when the Royal Air Force successfully defended our skies from relentless assault by the Luftwaffe. North Norfolk District Councillor John Toye is heading the search for memories of life in our area as Britain fought in the conflict which raged in Europe and across the world between 1939 to 1945.

Life for the soldiers fighting in the Armed Forces changed forever – but life back in Norfolk changed dramatically too, with evacuees escaping the Blitz to live in



homes in our area, women working in industries previously staffed by the men who were now at war, the formation of the land army to grow vital food supplies and the Home Guard patrolling our shores as Norfolk and the nation braced themselves for the very real possibility of invasion by the Axis powers.

If you have memories, pictures or anecdotes from life in North Norfolk during those unforgettable times, or if you are planning any events to commemorate the anniversaries of the Battle of Britain, VE Day or VJ Day, your council would like to hear from you.

Cllr. John Toye said: "As Armed Forces champion working with the council's Community Support Team, we are trying to gather information about what was going on in North Norfolk around the time of these events. Additionally, we are talking to all groups and organisations that are taking part in these celebrations to try and assist where we can and help others with their planning and finding sources of funding.

"We would like to find out what went on in your towns/villages/parishes during the war while the men and women from the village were away. Who took over the doing of their work? Did the land army work on the farms, did you have buildings that provided billets for service personnel or used as convalescent

homes, or for POWs? Were there boat owners that took part in the D-Day landings, was there land that was used as an airfield?

"We would like grassroots stories that have come from those who were left behind or passed it on to the next generation. Our aim is to put these on a map of the parishes in North Norfolk."

How to share your memories with us:

Send them via e-mail to: supporting.communities@north-norfolk.gov.uk

Post them to:

Sharon Garth, Supporting Communities, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.



CROMER LIFEBOAT CALLED TO EMERGENCY WHILST ON TRAINING EXERCISE

On Sunday 8th March, whilst out on a training exercise, Cromer's all weather lifeboat 'Lester' received a radio call to attend to an emergency.

At 10 00 a call was received from

the UK Coastguard to attend to a vessel to pick up an ill crew member. The lifeboat then transferred the person to their boat and returned to shore. At 10 37 the ill person was transferred to other emergency services. Cromer's RNLI volunteer lifeboat crew then continued with their training exercise.

The windspeed was 20 knots from a south westerly direction, the sea state was slight and visibility was 15 nautical miles.



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STARLING RESCUED FROM DRAIN COVER IN DOWNHAM MARKET 12/03/20

A starling had to be rescued by fire crews and the RSPCA after it got stuck in a drain cover. A member of the public spotted the bird's head popping through a hole in the drain in Downham Market, Norfolk, on Tuesday and contacted the animal welfare charity. RSPCA officer Naemi Kilbey had to call the fire brigade to remove the cover before she was able to catch the bird.

She said it was "certainly one of the more unusual" rescues she had done.

"When you attend an animal rescue, you can usually work out how they got themselves into the predicament - but in the case of this little starling, I really don't know how on earth he got himself there," Ms Kilbey said. The starling was taken to East Winch Wildlife Centre where its health is being monitored.

It is expected to be released into the wild at the weekend.

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and the other bag 7,398?

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SELBRIGG POND

the Planning Inspectorate has upheld its original decision to allow both turbines.

Leader of the Council Sarah Bütikofer commented: "We are extremely disappointed by the latest decision of the Planning Inspectorate in the long battle to oppose these applications.

"Councillors across the political spectrum have long worked together on this important issue for the community but the legal processes available to us have now been exhausted.

"We have taken legal advice from Counsel who have advised us during this eight-year fight that a further challenge would have no prospect of success. We might not like the decisions but the inspector has been neither irrational nor made a serious error of law which could have affected the outcome of his decision.

"We are writing to the Planning Inspectorate asking for a couple of inaccuracies to be corrected, but these will not materially change the outcome.

"We ourselves are very dismayed, but as a council we have a responsibility to protect the interests of all our residents living throughout our wider area - and it would not be prudent to pursue this case further."

In reaching his decision, Planning Inspector Paul Griffiths concluded that 'while the proposal[s] would cause some harm in terms of landscape character and visual amenity, the overall impact of the wind turbine[s] would be limited'. He went on to state he disagreed that many heritage assets would be affected and, in his view, only Baconsthorpe Castle complex would be affected by both turbines and Barningham Hall only affected by the Bodham turbine.

However, while harm was identified to these highly-graded heritage assets, the Inspector concluded the public benefits of renewable energy generation would more than outweigh the harm identified. The Inspector concluded both schemes complied with the Council's policy on renewable energy and, noting the District Council had declared a climate emergency in April 2019, stated 'it would be something of a contradiction to resist further policy-compliant schemes in the District'.



WIND POWER : A STORM IN A TEACUP?

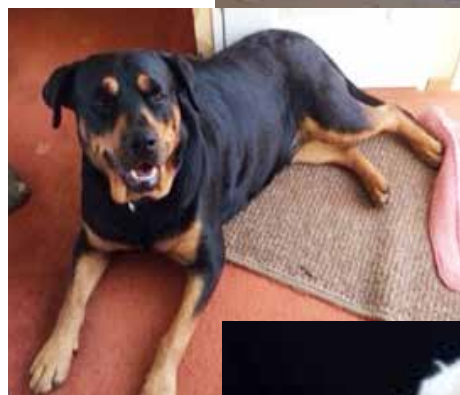
So NNDC have decided after eight years of Planning battles not to offer further protest as advice is that a further challenge would have no chance of success.

The proposer of one of the two projects point out that many local residents have supported the application and that substantial annual payments promised to the local parish council will help enrich the lives of the local community, if the plan goes ahead.

Many say wind turbines are not green at all given the cost, both financial and carbon footprint of construction and the unpredictable nature of their power source, wind! That they are scarring the aesthetic of our countryside and are not efficient compared to other energy sources. Others think them majestic, a proud statement that we love our planet and we will fight to save it **CONFUSED? I AM!**

Wind Turbines are not a good idea in all instances but surely the recent focus on fighting global warming must swing the argument toward saying YES unless there is a very good reason to say NO. Your thoughts welcome.

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COUNCIL CALLS FOR GOVERNMENT TO ADVISE AGAINST HOLIDAY TRAVEL

North Norfolk District Council is joining a number of local authorities in East Anglia and around the UK in expressing concern about holiday-makers visiting their areas during this critical period in the fight against Coronavirus. Popular tourist spots including beaches along the North Norfolk coast were very busy over the weekend - despite

Government guidelines on social distancing and the closure earlier in the week of restaurants, bars and many other businesses which normally meet the needs of tourists.

North Norfolk District Council Leader Sarah Bütikofer says the authority has contacted Norfolk County Council and neighbouring coastal districts at Great Yarmouth and King's Lynn and West Norfolk to discuss the matter and raise it as an urgent priority with central government.

It follows a similar statement issued by Cornwall's local authority, where the same issues are occurring.

Cllr. Bütikofer commented: "Normally of course we welcome visitors to our beautiful part of the world with open arms and we are all very much looking forward to happier and safer times when we can do so again.

"However during these difficult weeks when as a nation we are implementing firm social distancing guidelines laid down by the Government, a combination of tourists and those temporarily occupying holiday homes in our area could increase the population of North Norfolk by between 10 and 20 per cent at any given time. This is not only potentially unsafe in terms of facilitating the spread of the virus, it also places significant extra strain on local resources and infrastructure.

"Our priority is the safety of everyone - residents and those thinking of visiting - during this absolutely vital stage in the nation's battle against Coronavirus and we are consulting with our neighbour authorities in the county urgently to raise this with central government.

"The Government needs to update its policy and advice on social distancing to specifically advise against taking holidays, including those visiting caravan parks, in areas like ours at this time. This is to help us all to work together as a society to combat the threat of Coronavirus as effectively as possible."

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indicators!**


NORTREPPS 'POPPYLAND' BRANCH OF THE ROYAL BRITISH LEGION.

Owing to the Coronavirus outbreak across our Country, we have cancelled our next Branch Meeting due to take place at The White Horse, Overstrand on the 6th April, 2020. Our next meeting will be Monday 11th May, 2020 if allowed and prudent. The very busy schedule of events that we have, it is hoped will all go ahead in the months to come but the worsening situation may thwart us for some or all of them, we just don't know. Please follow us on our Branch Facebook Page, but if you are unable to access this, get in touch by telephone, and especially if you have to self-isolate. Don't feel cut off. For further information, please contact Lorna on 01263 579633.

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CAN Connect are looking for people who could act as 'social companions' for people who need to a little help to engage with groups and activities in their local area, and who have been experiencing loneliness or isolation. They may be elderly, have suffered ill health or mobility issues, or just found it difficult to 'get back out there' after a tough time.



Cherry struggled with depression and this resulted in her spending little time out of the house – this was made more challenging by not being able to drive and being reliant on public transport in an area where it was often scarce. She recognised that she needed to do something positive to improve her physical and mental wellbeing and to get more out of life. CAN Connect introduced her to a volunteer, Lily, with whom she quickly established a good rapport, and, following a first trip out for a coffee (a big hurdle for Cherry but one which Lily's presence helped her overcome) they both decided they'd like to go swimming. Again, this was a significant step for Cherry, but, having by now got to know and trust Lily, they 'took the plunge' and became members at the nearby swimming pool and can now go whenever they feel like it! As well as the obvious benefits for Cherry, Lily too has gained a new friend with whom she enjoys chatting and spending time and is herself now enjoying doing something she might not otherwise have done!

To be a CAN Connect volunteer the most important qualification is...be yourself! If you're friendly and easy-going, have a bit of time to spare and would gain great satisfaction from assisting someone else to broaden their horizons, then why not get in touch with us? You could even find yourself making new friends and discovering new activities that you never knew were there!!

For further details or to get involved please contact the North Norfolk Volunteer Hub on 01263 519454 or volhub@merchantsplace.co.uk or pop in and see us at Merchants' Place, 16 Church Street, Cromer NR27 9ES (open Mon-Fri 9.00am-5.00pm)

HAVE YOU BEEN INJURED BY MEDICAL TREATMENT?

RICHARD BARR CLINICAL NEGLIGENCE SOLICITOR




I am a highly experienced Clinical Negligence Solicitor based in North Norfolk with a family background in Medicine and Law and personal family experience of the consequences of medical negligence.

Free preliminary consultation without obligation (at your home if you wish).

Cases taken on No Win .. No Fee.

For information, a factsheet or a chat contact me on,



01692 650829
Email: Barrlaw@paston.co.uk
Web: www.richardbarrlaw.co.uk

THE STRAND CLUB

The 11th March was our AGM. We had no less than 23 people in the Pavilion, which was a really good turn out. 21 were members and two were visitors who later joined. Welcome Pauline and Ellen. There was quite a bit of business to get through, including the election of three new committee members and the confirmation of Josie as Treasurer as well as Vice Chairman.

Our club is in good condition financially and we go from strength to strength with a loyal membership and an efficient committee - even if I do say so myself as one of them! Jackie asked for ideas for our 25th anniversary year in 2021 including perhaps photos of ourselves all that time ago? This was met with a groan from several members but we shall see if the idea runs!

Our own Miriam and Tony entertained us so well this afternoon with a medley of songs taken to another level with Miriam's beautiful, rich voice. Tony's expert keyboard playing complemented her singing delightfully and there was a lot of swaying to the music and singing of choruses going on in the Pavilion! I know we all loved it. We are so lucky to have them in our club and to be able to ask them to give us such a magical afternoon. Thank you, both of you.

The next meeting will be a talk by Jackie entitled "The Tale of Tom Hickathrift" who was otherwise known as the Wisbech Giant. Jackie's talks are always great fun so I know this will be another afternoon filled with laughter.

Future events are very much in the lap of the Gods. For further information please phone Jackie, Chairman, on 720866 or Chris, Secretary, on 579433.

If you see my kids
locked outside today,
mind your
business. We are
having a fire drill.
#HomeSchool

INTERNATIONAL RECOGNITION FOR LOCAL CHESS PLAYER

Local chess enthusiast, John Wickham, has gained recognition on the international stage. The Fédération Internationale des Échecs (FIDE) / International Chess Federation has appointed John as a FIDE Arbiter at their 90th FIDE Congress, held in Abu Dhabi, United Arab Emirates.

An Arbiter's role is to ensure the smooth running of events and to act in a similar manner to a football referee - sometimes using technology to spot infringements!

John will now be involved in running international chess events taking place in the UK and abroad. John already has a very illustrious chess career. He is Honorary Life Vice-President of the English Chess Federation (ECF), Chairman of Norfolk County Chess Association (NCCA) and the East Anglian Chess Union (EACU) and, as a Qualified ECF Arbiter, is involved in organising and running most Chess Congresses in East Anglia and is a regular Arbiter at the British Chess Championships. In addition to this, John regularly plays chess for Aylsham Chess Club.

Bob Grindrod (Chair of Aylsham Chess Club) commented: "We are very proud of John's achievement in being awarded this title by FIDE. The honour is recognition of John's hard work, dedication and performance over many years" To find out more about Aylsham Chess Club e-mail: aylshamchessclub@gmail.com and for details of other Norfolk Chess Clubs visit: www.norfolkchess.org/clubs.html



SHERINGHAM AND DISTRICT PHILATELIC SOCIETY

Jim Farrell, the society secretary, presented a display entitled "Pages from my Albums" at the March meeting on Monday 9th. He explained how he goes about collecting stamps by likening himself to a magpie! If he comes across a stamp that particularly appeals to him, he will often branch out from what he is currently collecting and start a new collection! In this way, he had started to gather King George VI stamps, which he had brought to show us this evening. During this era, GB stamps were designed for use in GB and the same design was issued for all the British colonies, the only difference being in the colony's name on the stamp. These are known as omnibus issues and were used to celebrate occasions such as Victory (1946), Royal Silver Wedding (1948) and the Universal Postal Union. Gradually, the colonies (and then as independent countries) began to produce their own designs of stamp and Jim had examples from Pitcairn Islands and St. Helena. The second part of Jim's display focussed on European countries including Finland and France in the 1930s and 1940s, with a particular interest in charity stamps, which many European countries produce as a means of raising funds for worthwhile causes e.g Red Cross. The next meeting will be on Monday April 6th at West Runton Church Hall, 7.30pm. The speaker will be Chris Southgate from NNPS. Further details from Jim 01263 721043 or Jerry 01263 579529.



Dear Editor,
A huge thank you to all of those that attended the charity bingo evening at Coronation Hall, Mundesley on Saturday 14th March. Thank you to



those that helped and for those that donated prizes - we had a fantastic night.

As part of my London Marathon fundraising for Asthma UK I am delighted to say we raised an amazing £685! Thanks you once again - from Catherine Howard '

Dear Editor,
What with this lurgi knocking about I have come up with a cunning plan to thwart it. I understand it prefers to infect men rather than women and children. So for the duration I am going to self-identify as a woman. That'll fox it! Fair enough a frock will not go well with a full beard and I am going to look a bit of a Charlie, but needs must! Henry Graham, POW Road Cromer
ED. HENRY, IS THERE ANY CHANCE YOU WERE RUNNING A FEVER WHILST WRITING THIS?

CROMER CARES

Good afternoon,

We are extremely grateful to over 85 volunteers in Cromer, Aylmerton, East Runton, Felbrigg, Roughton, Northrepps, and Southrepps who have all come forward to assist in addressing the impacts of Covid-19 in and around our Town.

Isolated residents are already receiving help and assistance with shopping, prescriptions, and dog walking from volunteers of the 'Good Neighbour Scheme', and the 'Cromer Cares' initiative run by the Town Council.

We also thank those who are running social media pages to help support residents through this challenge.

We are also aware of numerous residents who are looking out for their neighbours and friends, which I would encourage you all to do as much as is possible.

Cromer now owes a great deal to the businesses and their staff who are working hard to ensure there are continuity arrangements and delivery offers.

We are indebted to our retailers, the wonderful staff, and the delivery drivers who have worked around the clock to ensure empty shelves are refilled with the essentials we all depend upon.

We are thinking of all of the teachers, carers, social workers, Council staff, the staff at our Doctors Surgery, our Pharmacies and all of Norfolk's Hospitals at this worrying time.

Please remember to thank all of these wonderful people who are working hard for you.

We will be continuing our efforts to ensure residents receive the services they need, alongside other Councils and charities.

Please help us, help the NHS, and help yourselves by keeping yourself and the others around you safe.

Please follow any instructions you are given to do this.

Follow the advice and updates here <https://www.gov.uk/.../coronavirus-covid-19-uk-government-res...>

And keep up to date with local services here <https://www.norfolk.gov.uk/.../heal.../adults-health/coronavirus>

and here <https://www.north-norfolk.gov.uk/tasks/projects/coronavirus/>

Please ring us anytime on 01263 512254 or 07789625033 for assistance with with issues, or to organise assistance for yourself or another resident.

Or visit cromercares.org.uk

Mayor of Cromer Richard Leeds

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01692 620 014 or 07900 265 995
EMAIL: chriscmglass@gmail.com
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LETTERS
king495@btinternet.com
or drop in to
K HARDWARE Church St Cromer



THE NEW CRAB TALES COMPETITION. SPOT THE CRAB & THE COD

Woodland Holiday Park Trimingham are offering a FREE Sunday carvery main course for two adults and two children as the prize for the first name out of the hat, that has the correct location of **both** the cod **and** the crab.

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.

WYNDHAM HOLIDAY PARK
'Idyllic location close to Cromer and all it's attractions.'
Cromer Road, East Runton, Cromer NR27 9NH
01263 512304 or info@wyndhamholidaypark.com
Supporting Crabtales **SUNRISE ~ SUNSET TIMES**

SUNRISE SUNSET CROMER MAR/APRIL 2020					
Day	Dawn	Sunrise	Sunset	Dusk	
<u>27</u>	05:11	05:45	18:26	18:59	
<u>28</u>	05:09	05:43	18:27	19:01	
<u>29</u>	06:06	06:40	19:29	20:03	
<u>30</u>	06:04	06:38	19:31	20:05	
<u>31</u>	06:01	06:36	19:32	20:07	
<u>1</u>	05:59	06:33	19:34	20:08	
<u>2</u>	05:57	06:31	19:36	20:10	
<u>3</u>	05:54	06:29	19:37	20:12	
<u>4</u>	05:52	06:26	19:39	20:14	
<u>5</u>	05:50	06:24	19:41	20:15	
<u>6</u>	05:47	06:22	19:43	20:17	
<u>7</u>	05:45	06:20	19:44	20:19	
<u>8</u>	05:42	06:17	19:46	20:21	
<u>9</u>	05:40	06:15	19:48	20:23	

**WATCH OUT FOR
OTHERS ...
FROM A DISTANCE!**

HANDY NUMBERS

Benefits Agency.....01603 248 248
C.A.B.....08000 855 889
(Holt).....01263 713 849
(Nth Walsham).....01692 402 570
Coast Guard.....01493 851 338
Council (County).....0344 8008020
(District).....01263 513 811
Dentist.....01263 515 229
Doctors: Aldborough ...01263 768 602
Aylsham.....01263 733 331
Cromer01263 513 148
Mundesley.....01263 724 500
Sheringham...01263 822 066
N.H.S contact number.....1 1 1
Hospital (Cromer)01263 513 571
Job Centre (Cromer).....08456 043 719
Mundesley Visitor Centre...01263 721 070
Opticians.....01263 512 345
Libraries:
Aylsham01263 732 320
Cromer01263 512 850
Nth Walsham.....01692 402 482
Mundesley.....01263 720 702
Sheringham.....01263 822 874
R.S.P.C.A.....0870 555 5999
Tourist Info-Cromer.....01263 512 497
Travel Enquiries.....08712 002 233
National Express.....08705 808 080
Rail Enquiries.....08457 484 950
Veterinary Surgeon.....01263 822 293
Victim Support.....08453 030 900
POLICE.....101
* Cromer Police Station Staffed Mon 8am - 3.30pm,
Tues & Weds 8am - 4pm*

BE SAFE : BE KIND

Winner of Edition 184

Mr D Bennett of Peterborough found the COD in the advert of Lady Gardener and Al on page 4 and the CRAB on page 9 in the advert of legal eagle Richard Barr.

Trimingham Woodland Holiday Park restaurant is closed at present but your voucher will be posted and when you return to beautiful North Norfolk for your summer holiday it will be open and you can enjoy their splendid carvery
Congratulations Liz

Delivery Service

In light of everything that is going on, we at Woodland Holiday Park have decided to close our bar and restaurant as a precautionary measure. To make sure we can still supply our locals with hot meals we have decided to start a delivery service. We will be operating this between 4pm-7pm, Wednesday to Saturday and Sunday 12pm-3pm. Below is our available menu, orders can be placed by calling 01263 579208.

AVAILABLE WEDNESDAY TO SATURDAY 4pm-7pm

- Sausages and Mash With vegetables and gravy
- Beef Casserole With musty bread (veg)
- Chicken With new potatoes and vegetables (veg)
- Steamed Fillet of Fish With new potatoes and vegetables (veg)
- Roast Beef, Chicken or Vegetarian Sausages
Served with roast potatoes, yorkshire pudding, vegetables and gravy
- Courgette and Chilli Pesto Pasta Bake (veg x 4.95)
- Whole Baked Pepper Stuffed with Mango Rice (veg x 4.95)
- Chicken or Vegetable Curry With rice and naan
- ALL DISHES - £7.95

AVAILABLE SUNDAY 12pm-3pm

- Roast Beef, Chicken or Vegetarian Sausages
Served with roast potatoes, yorkshire pudding, vegetables and gravy
- £7.95

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34 Church Street Cromer Norfolk NR27 9ES
01263 515888-07786 552923
www.icsports.co.uk info@icsports.co.uk

CROMER TIDES MAR/APRIL 2020

	HW AM	HW PM	LW AM	LW PM
27 Fri	08:15 4.7	20:14 4.8	02:42 0.8	14:48 1.0
28 Sat	08:41 4.6	20:41 4.7	03:07 0.9	15:15 1.1
29 Sun	10:07 4.5	22:12 4.5	04:33 1.1	16:44 1.2
30 Mon	10:37 4.3	22:53 4.3	05:00 1.3	17:16 1.4
31 Tue	11:17 4.1	23:47 4.1	05:35 1.5	17:58 1.6
1 Wed		12:15 3.9	06:22 1.8	19:00 1.8
2 Thu	01:06 3.8	13:43 3.8	07:33 2.0	20:29 1.8
3 Fri	02:50 3.8	15:18 3.9	09:15 2.1	22:08 1.6
4 Sat	04:14 4.1	16:29 4.2	10:48 1.8	23:22 1.3
5 Sun	05:16 4.4	17:24 4.5	11:49 1.5	
6 Mon	06:06 4.7	18:11 4.9	00:21 0.9	12:39 1.1
7 Tue	06:51 5.0	18:55 5.2	01:15 0.6	13:26 0.8
8 Wed	07:35 5.1	19:40 5.4	02:06 0.3	14:11 0.6
9 Thu	08:18 5.2	20:24 5.5	02:54 0.2	14:54 0.5

CRABTALES CORONA VIRUS SURVIVAL GUIDE

KEEPING UP TO DATE ABOUT CORONAVIRUS

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information.

The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

www.nhs.uk/coronavirus

NHS 111 online service available at www.nhs.uk/coronavirus

An online 111 service is available from the NHS website. If you have access to the internet, please use this online service if: you feel you cannot cope with your symptoms at home your condition gets worse your symptoms do not get better after 7 days

Please only call 111 if you cannot get help from the online service.

WATCH OUT FOR CORONAVIRUS SCAMS

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember: Watch out for scam messages: Don't click on the links or attachments in suspicious emails. Never respond to unsolicited messages and calls that ask for your personal or financial details. Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

To report a fraud or a scam: ActionFraud.police.uk / 0300 123 2040.

USEFUL NUMBERS

Samaritans 116 123 MIND Our lines are open 9am to 6pm, Mon to Fri (except bank holidays) 0300 123 3393
NNDC 01263 513 811 Norfolk County Council 0344 800 8020 Gas Leak - 0800 111 999 Water - 03457 145 145
Citizens Advice - 08000 855 889 Police 101 Non-Emergency Cromer Hospital- 01263 513 571



MUNDESLEY PARISH COUNCIL

Over the coming days, weeks and months, it's likely that some of our community will be required to self-isolate. Let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness. Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on their door to check they're OK. Please remind them to drink plenty of fluids. Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number(s). Please if possible go in pairs to help, do not enter peoples properties. Avoid handling cash and provide a receipt for goods bought. Make sure the person you are helping knows the limits to your assistance. If you are self-isolating and do not have help from anyone else, please contact us and we will find a way to get help to you. If you would like to volunteer to help please call or email. Please call between 9am and 3pm Monday to Thursday. If there is no answer leave one message and you will be called back.

Mundesley Parish Council 01263 720 603 Email : clerk@mundesley-pc.gov.uk
Cllr Wendy Fredericks - 07794624067
Email : Wendy.Fredericks@north-norfolk.gov.uk

CROMER TOWN COUNCIL



Please be advised that from Tuesday 17 March 2020 the Town Council office will be closed to the public and staff will be working from home.

Following guidance from National Association of Local Councils, all council meetings will be cancelled until we advise otherwise. The Annual Town Meeting on Weds 18 March 2020 has been postponed.

All weddings at North Lodge are still proceeding subject to further advices from Norfolk County Council.

General enquiries to clerk@cromer-tc.gov.uk or deputy@cromer-tc.gov.uk

Cemetery enquiries to deputy@cromer-tc.gov.uk

Wedding enquiries to admin@cromer-tc.gov.uk

The office phone (01263 512254) will be transferred to the Clerk's home and all messages left will be transferred to the Clerk and Deputy Clerk by email.



COUNCIL TO BUILD LIST OF COMMUNITY VOLUNTEER GROUPS

NNDC ask for any volunteer groups offering services to those in need to register their details of Council's online registry

North Norfolk District Council is building a list of community, faith and locally known voluntary groups that are offering assistance for those most in need in this time.

If your group would like to be included, you can fill out our

online registry with your contact details. Similarly, please invite other willing groups to sign up to the registry so we can compile a comprehensive index of all the help available.

Leader of the Council, Sarah Bütikofer said: "We all know what a fantastic place North Norfolk is to live and what a wonderful community we have here. If your group is reaching out to help people affected by Coronavirus, please tell us to maintain a central registry.

The NHS website is the best source of on Coronavirus.

You can find out more on their Coronavirus page or the 111 Covid-19 page

All government guidance on Coronavirus can be found on the GOV.uk page



Covid-19 Coronavirus Isolation Support Group

If you are self isolating for either social distancing to protect yourself, or because of infection you can request help

We have a large group of volunteers in Northrepps who are willing to help with shopping, prescription collection etc for anyone who is self isolating

If you live alone and have no local family, you may wish to contact us with your details and arrange for a volunteer to make regular checks on your well-being

The volunteer group is being co-ordinated by NVT

In the first instance email or call;

Email: northreppsvillage@gmail.com

Gavin 01263 578271

Sarah 01263 579256

Anna 01263 579134 / 07909 807438

Chris 07768 103811

Local businesses have also offered help

The Foundry Arms, Sarah 01263 579256

Takeaway food (menu on back) orders to Sarah, payment can be taken over the phone, a volunteer will deliver to your door

Country Cars, 01263 515440

Paul has offered to do your shopping at cost plus taxi fare

Southrepps Mini Mart, 01263 833607

Will deliver your shopping

If you are feeling alone and isolated during this time call the volunteer help lines above

Northrepps Village Trust volunteers calling at your home will never ask for personal or banking details. Stay safe, ensure you know who you are answering the door to. If in doubt contact us on the numbers above, we will be able to confirm a volunteer's identity

Please note: This is a volunteer group

We cannot give advice on Covid-19 Coronavirus

You can find information here;

www.nhs.uk/conditions/coronavirus-covid-19/ Or call 111

ASSUME ALL EVENTS CANCELLED UNTIL FURTHER NOTICE!



The Rogues Shanty Chorus are planning weekly live singing sessions on Tuesday evenings via Facebook (you do not have to join Facebook just view as a guest and enjoy some great songs)

One of the most successful Open Studios schemes in the country has been cancelled.

The award-winning Norfolk Open Studios was due to take place 23 May – 7 June 2020.

Following Government advice to protect the safety of audiences and artists organisers have decided to cancel the event with a view to rescheduling later in the year.

Cromer Lawn Tennis & Squash Club

The Committee have had no alternative but to close our club immediately until further notice. This includes the Clubhouse, squash courts, table tennis room and the tennis courts. Due to public legal liability and lack of First Aiders on site this means that even the tennis courts will have to be closed.

At Trimingham Hall we have a vast collection of books jigsaws and CDs, DVDs the management team would be happy drop a bag on your doorstep just phone Matt 01263 833945

JUST SOME OF THE LOCAL BUSINESSES OFFERING A DELIVERY SERVICE DURING THE CRISIS

Woodland Holiday Park 01263 579208 at Trimingham offering delivered meals
Aldborough Post Office 01263 768198 or 01263 761689 will be offering local deliveries
Beeston Mini Market 01263 822916 offer local delivery service

Trunch Corner Stores 01263 722072 Jenny will be offering a local delivery service
Wool and Crafts Bond Street Cromer Open as normal 9 to 5. We can deliver. Here to help. 01263 515792 Keep knitting and stay well
At Knapton Hannah is willing to help her number is 01263 722703

Bacton Stores is offering local deliveries phone Billy on 01692 650209
The following shops and services that will deliver to anyone in Mundesley who is in isolation due to the coronavirus.
Thank you to everyone for help.

Mundesley Butchers 01263 720 796
Country Pickings 01263 720 054
Mundesley Premier Stores 01263 720262
The Corner House Café 01263 720 509
Trunch Village Stores 01263 722 072
Cromer Country Cars will pick up shopping
Cromer charges a fare 01263 515 440
Lobster Pot (wet fish stall) 07828 149 629

Fish and Fry 01263 720 486
Daily deliveries no minimum order
Swash Nosh 07788 375 453 will be providing a meal delivery service. Monday to Friday .Meals such as cottage pie, lasagne, steak and Ale pie. Mash ,omelette, Soup and Sandwich bags will be available. The mains meals will be from £3.50 .Minimum order will be 5 meals
24 hour notice for orders and payment via Cheque on delivery or BACS Premier Stores
Cromer Road 01263 720 262
Norfolk Chauffeur Company
free services to the vulnerable & elderly in the village 01263 502 361

Dene Conway at Rite Gear West Runton

To all our customers and friends in the fishing community with the ever approaching inevitable, we have discussed our situation with regards to my wife Nicole's underlying health issues and mine, we have decided that as of Saturday at 3pm the shop will be closing until further notice. We wish everyone well and we hope to see you all back on the beaches and lakes in the future, however long that may take and just tell people to be nice to each other

Norfolk & Norwich Festival announces cancellation of 2020's Festival due to take place Friday 8 to Sunday 24 May. Norfolk & Norwich Festival, which is approaching its 250th year in 2022, was scheduled to take place from 8-24 May. It usually attracts more than 85,000 visitors to theatres, venues and galleries around Norwich and across Norfolk, with a wide programme of free and ticketed events.

If you have bought a ticket for a cancelled event, you are entitled to a refund, but please bear with us during this unprecedented and difficult time – we will contact you as soon as we can. We will keep audiences as up to date as possible via the Festival website, social media and email.

As a charitable organisation, we are immensely grateful for the support of our audiences, funders and sponsors. Ticket revenue, grants, sponsorship and donations are vital, and the impact of cancellation is financially significant to us. We ask that all those who value the Festival continue their support for us and work with us to ensure we are well placed to present future festivals.

PUBLIC ACCESS TO NNDC OFFICES RESTRICTED

Please use phone and email to contact us where possible
In light of growing concerns over Coronavirus (COVID-19), North Norfolk District Council has taken the decision to make our face to face meetings with customer services appointment only at both our Cromer and Fakenham offices.
North Norfolk District Council is NOT closed but we have made the decision to restrict public access to our office buildings so as to minimise potential risk to staff and allow us to concentrate on resilience and responding to enquiries over the phone and web.

We recognise the importance of continuing to deliver our services to residents and will do so through other channels where possible.
Please also be aware that if you are displaying any symptoms of Coronavirus that we must ask you do not attempt to come into the offices and follow national guidance.

COPY FOR NEXT ISSUE
WED 1st APRIL
king495@btinternet.com



This publication is printed by Warners
01778 395111

KEEP SAFE : BE KIND

Chess Players Coping with COVID-19

Aylsham Chess Club players have resorted to technology to help them cope with social distancing and social isolation.

Normally chess players shake hand before and after facing their opponents 'over the board'.

Norfolk County Chess Association (NCCA) has decided to suspend the 2019-20 Norfolk chess season and suggests clubs should stop playing 'face to face chess'.

Aylsham Chess Club's novel approach is to adapt some computer software (www.chess.com) to allow their players to continue playing each other and other chess players around the world.

Jonathan Reeve (Aylsham Chess Club - Secretary) commented: "We are particular concerned about elderly chess players staying healthy. One of the Aylsham Chess Club players has kindly created a 'portal' to allow our players to continue enjoying chess over the coming weeks. Yesterday, I played someone in Canada which was great - even though I lost!"

To find out more about Aylsham Chess Club e-mail: aylshamchessclub@gmail.com
For details of other Norfolk Chess Clubs visit: www.norfolkchess.org/clubs.html

MOBILE LIBRARY SERVICES

Considering the current advice from the government we have taken the decision to suspend the mobile library service for the foreseeable future.

We will be encouraging customers to use our e-media services. We will also be arranging an online weekly bounce and rhyme (videoed without an audience present) plus a daily story time will be available online for our younger customers. Information about it will be on the NCC website

We will also automatically renew items on loan until further notice. Any existing overdue charges will not increase from today and no new charges will be incurred on customers' accounts.

Libraries based in buildings will continue to be open for as long as possible and we have increased the number of items that customers can borrow. Mobile Library customers who are able to get to a branch library are welcome to use it

Finally, we will be emailing all customers, who have an email address, in the next few days with information about the changes to library services and will be setting up regular social media messages.

Date published: 18th March 2020
North Norfolk District Council can confirm shows due to take place at the Pavilion Theatre on Cromer Pier have been postponed due to the Coronavirus outbreak.

Working closely with Openwide Coastal Ltd, the external contractors who manage the theatre, the decision to has been taken in the interest of public health not to hold any of the scheduled shows or events at the Pavilion Theatre until 20th June 2020. This decision is taken in the light of the latest advice from Government on managing large gatherings, as the nation works to combat the spread of the virus. The Council will continue to work closely with the operator of the popular venue to secure its sustainability beyond this crisis.

We will continue to monitor Government advice and remain in constant dialogue with Openwide about the theatre. Openwide Coastal Ltd. Has put out the following message to its loyal customers:

"As of 2pm today Openwide Coastal Ltd. have taken the decision to reschedule all planned performances up to and including Friday 19th June . In addition the Vintage Sixties Festival, Folk on the Pier and Cromer and Sheringham Operatic and Dramatic Society will be postponed until 2021. We will begin the process of contacting all affected customers starting from 9am on the 19th March. This will take some time to work through, so please be patient with us and our team whilst we work to contact everybody. In the meantime thank you from us all for your continued support and understanding. I hope that we will see you all again soon, in the meantime we hope that you and your families stay safe and stay positive."

RNLI's response to Coronavirus situation

'The welfare of our volunteers, supporters and staff along with our ability to maintain our world-class lifesaving service is our priority. 'With this in mind, and given the current situation with COVID-19, we have taken the decision to close all RNLI shops, museums and visitor centres with immediate effect. Our lifeboat stations remain operational and we will continue to respond to those in need but will not be open to visitors.

'Our lifeboats will continue to launch to those in peril at sea.'

Suffield Park Bowls Club

It doesn't look like there will be any bowls this year, with all county and local leagues cancelling fixtures. For up to date onformation visit our website www.suffieldparkbowls.club

Following the Government advice, all North Norfolk Fit Together activities have been suspended until further notice.

#MorrisonsCromer. New Opening times of 8am-8pm will start this Monday 23rd of March to enable us to restock the shelves. Morrisons as a company are doing everything in their power to make sure we have a continual supply of ambient and fresh goods being delivered most days. There are restrictions now in place for various items such as Toilet Rolls, Rice, Pasta, Long Life Milk etc, if you would like any information before you start your shopping as to where the restriction are please ask a member of staff.

We can't stress enough that there is no need to panic buy, coming into the store more than once per day, every day stocking up on ambient goods will only lead to a national shortage on certain products. If everyone is sensible then our deliveries will be enough to go around.

Lastly could we ask that you are mindful that every member of staff is under immense pressure and doing their absolute best to provide a high standard of service that our customers are used to . Where possible keep as safe distance from any shoppers or indeed staff and avoid touch at all times. Can we ask if you have a more card, show the checkout operator the back of your card and they will scan it. Where possible pay by card , if you are using cash please avoid licking your fingers to take money from purse/wallet and then handing to operator, and please please be patient, kind and considerate when checking out, if you are frustrated please don't take it out on the operator. All Food retail workers have been classed as Key Workers by the Government, our role in this current situation is to help feed the nation and as a company we will do our utmost to carry this out.

If we all work together, this will ensure that retail workers have the support they need, from our customers to continue to make sure everyone is safe in our store.

Thank you for taking the time to read this post. We are happy to listen to any questions you may have but please be mindful that we maybe won't have all the answers. Be safe and more importantly be kind.



Call us on
**01263
513193**

THE GOOD NEWS

We are open for takeaways every evening from 5.00 pm to 9.00pm and more good news For those who are isolating, elderly or otherwise unable or have a really good, innovative excuse we will be delivering in the local area i.e. Cromer, Northrepps, Southrepps, Aylmerton, Roughton, Felbrigg, East / West Runton & Overstrand as a temporary measure until further notice on orders over £25.00 for FREE.

EVEN MORE GOOD NEWS

for those who still can collect we will offer a beer or soft drink with every £15.00 spent.

NOW FOR THE BAD NEWS

Like all other establishments we are closed until further notice for eating in. Normal service will resume asap. Kim, Belle and the rest of the team would like to thank you for your support and best wishes and trust you all stay safe and healthy.

1a Church Street Cromer, NR27 9ER

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A HIDDEN GEM TUCKED AWAY IN CROMER

The famous Bann Thai Restaurant run by Kim and Belle Steggles has now completed the first phase of it's refurbishment and what an improvement there has been without losing it's old fashioned quaintness and atmosphere. The double frontage now makes an impressive entrance to the town being the first property as you enter from the Norwich direction and painted in a lovely soft pink and blue to match its branding you can't possibly miss it.

The kitchen is run by Belle, who came over from Thailand 20 years ago and never managed to permanently return home, and her well trained team whilst the front of house is taken care of by Kim and his friendly waiters and waitresses in their brightly coloured Thai uniforms who are well versed in the menu and will do their utmost to give you an enjoyable evening in a cosy, friendly and relaxed atmosphere. Regular trips back to Thailand enable Kim and Belle to research and bring over new dishes and ideas as they continue to evolve the restaurant. As Kim was a well respected farmer from South Norfolk for many years producing award winning beef you can expect the quality of the ingredients to be nothing but the best and sourced as locally as possible before Belle uses her expertise to create some wonderful authentic Thai dishes full of flavour and colour. There is a specials board which changes regularly with such delights as Drunken Beef, Salt and Pepper Squid or Belle's famous Yellow Crab Curry for you to try. The portions are known to be generous but if you still fancy a little bit more the deserts board will try and tempt you with homemade Banana parcels or perhaps a cheesecake. The restaurant has a fully stocked bar with a range of good quality wines chosen and supplied by Peter Graham Wines to complement the wide range of dishes and Thai beers and spirits and not to forget the soft drinks for the drivers and children.

Bann Thai is proud of being a winner in both the 2019 and 2020 Good Food Awards and for being No. 1 Thai and also No.1 Asian restaurant in Norfolk continuously for the past 4 years.

Regularly drawing guests from over a 30 mile radius the restaurant is bringing new visitors to the town which is benefitting a lot of the other businesses as well. With a high proportion of returning guests booking is highly recommended especially for weekends and at very busy times the number of takeaways is occasionally restricted to allow the restaurant to focus fully on the guests dining in. With so many restaurants, especially large chains, struggling and closing their doors in the present economic climate it is great to see a truly independent business thriving and bringing a touch of Thai authenticity to a fast evolving and vibrant Cromer. Latest update is that we have temporarily had to close the eat in but the good news is that we are still able to do takeaways. For details see the ad on the front and back page.