



HETHERSETT HERALD

November 2020

Number 61

Re-Opening of King's Head—Date Announced

THE re-opening of Hethersett King's Head has been delayed by a week. The pub will now open on Saturday, 7th November—six days after the original date. It will be a day of celebration in the village as the King's has been closed for over 18 months. New licensee Justin Harvey announced that there would be a slight delay due to "circumstances beyond their control." After 18 months of inactivity a few more days seems to be a small price to pay for having the historic venue open again.



We will have a full feature on the re-opening in the next Hethersett Herald.

Super Heroes Fight Childhood Hunger

A NEW Super Hero duo has taken to the streets of Hethersett and the surrounding area to ensure that local children in need are fed during the half-term holiday.

Sandwich Superheroes is the latest caring initiative to take flight in Hethersett and is the idea of well-known Hethersett duo Hannah Harrison and Sarah Lawrence (pictured opposite) who have vowed that "no child will go hungry in Hethersett" during school holidays.

Sandwich Superstars was launched in support of Manchester United footballer Marcus Rashford's initiative to supply meals to needy children during school holidays. The Government turned down moves to finance holiday food with a vote in the House of Commons with South Norfolk MP Richard Bacon voting with the Government. You can read more about Sandwich Super Heroes on page four.



Diamond Hearts

Hethersett Hearts has been named South Norfolk Community Group of the year by South Norfolk Council. You can read about the award by turning to page nine.

Skating Home

Hethersett is a step nearer having a new skateboard park. The skateboard support group has completed a feasibility study and reported back to the October meeting of Hethersett Parish Council. Read more about this on page 35.

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A Message From The Editor



Hello Everyone

We have tried to make this edition of Hethersett Herald as optimistic and sunny as possible—I think we need that in these uncertain times where, sadly, another lockdown of some kind could be just around the corner.

But, as always, there is plenty going on in the village and I don't just mean the curse of the traffic lights which this month have sprung up in more unexpected places such as St David's Road and New Road.

Big news of course is that the King's Head is just days from re-opening. I have to admit that there were occasions over the past 18 months when I seriously doubted whether

we would ever see it re-open as a watering hole. Now those doubts are behind us and it will be a special day on the 7th November to enjoy a beer there once again. We will carry a full feature on the re-opening next month.

Café Kin has re-opened after extensive alterations to make it COVID compliant and you can see photographs of their new look later in this edition. There was also a surprise for the Hethersett Hearts group which was named Community Group of the Year—a well deserved accolade.

Then there were all those brave souls who, denied the opportunity of running in this year's London Marathon, took to the streets of Hethersett and the surrounding areas. We feature just a few of them.

When I started this edition, it looked as if it would be a slim one with very little happening, but once again local people have come up with stories galore and consequently we have another bumper issue.

It never ceases to amaze me how, when there is a need in Hethersett, a group or individuals step up to the plate to take on just about every challenge you can think of. This month the Government voted against providing free meals to needy youngsters during the half-term holiday. Step forward Sandwich Super Heroes to fill the gap.

You can read all about them and what they are doing and how they are making us even more proud to live in Hethersett by turning a few pages.

I hope you enjoy this edition—our 61st—and please keep sending in your news, views and features.

PETER



Super Heroes

SUPER HEROES come in many shapes and sizes and have many powers, but two of the newest are taking to the streets of Hethersett.

Sandwich Superheroes have been helping youngsters in Hethersett and the surrounding areas to ensure that they don't go hungry during half-term.

Sandwich Superheroes is the idea of Hannah Harrison and Sarah Lawrence who are backing the national campaign led by Manchester United footballer Marcus Rashford.

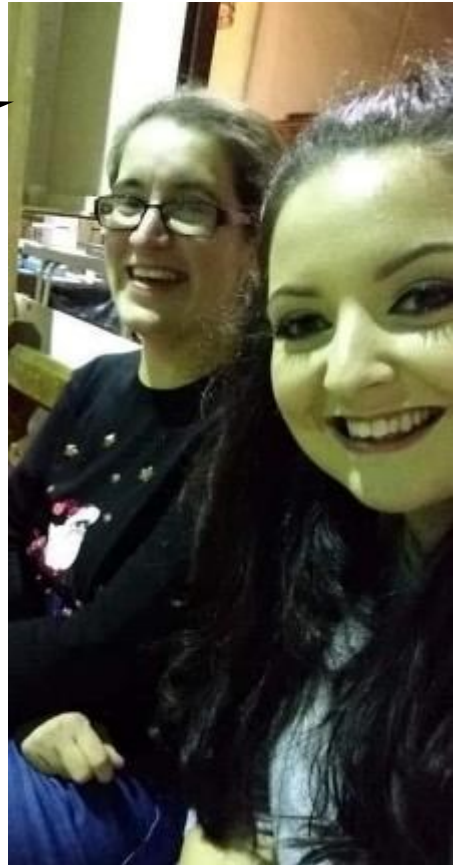
"We are conscious that some families are struggling in these unprecedented times, particularly over the school holidays where school meals are not provided," said Hannah and Sarah who are vowing that "we will not see our local children go hungry."

The duo will be providing a simple bag of goodies which will include a sandwich, bag of crisps, a piece of fruit and a cake/chocolate bar or healthy alternative. The food can either be picked up from them or they will deliver.

"We will feed the children of Hethersett and beyond whether children need meals for just one day or the entirety of half term," Hannah and Sarah said.

"There will be absolutely no questions asked. The service will be judgement free and in complete privacy. Please contact us if you need a meal for your child(ren). Information will be kept confidential, and details will not be shared with anyone," they added.

Anyone wishing to avail themselves of the Sandwich Superheroes service can



Sarah and Hannah

contact Hannah and Sarah on sandwichsuperheroes@yahoo.com.

Hannah and Sarah have also set up a Facebook group which can be found by searching for sandwich superheroes. From this, local businesses or individuals can donate food or volunteer to carry out deliveries Sarah already has the support of Tesco's Express of Hethersett where she is employed as a shift leader.

"How much help we need will depend on the need of the village. This is predominantly for children, but if you as a whole family are struggling to get three square meals a day, please don't hesitate to get in touch too and we will see what we can do," the duo added.

The idea met with immediate success with businesses coming onboard to provide food and support. A Go Fund Me page set a target of raising £100 and, at the time of writing, had raised £289.

"Our first 'lunch bags' have gone out already! Seven children from two different families have been provided with enough food for lunches until the end of half-term (weekends included).

Seven children will now have full tummies each lunchtime until they go back to school at the start of November," Hannah posted just a day after the initiative was launched.



Hannah and Sarah will not be strangers to readers of Hethersett Herald. Hannah is an associate editor and Sarah a regular columnist.

For the record, the MP for South Norfolk Richard Bacon voted with the Government against the school meals scheme to be extended over school holidays.

On the next page Hannah talks about the scheme and how she has been inundated with donations which has allowed Sandwich Superheroes to diversify and support even more people.

Sandwich Superheroes, food parcels and beyond...

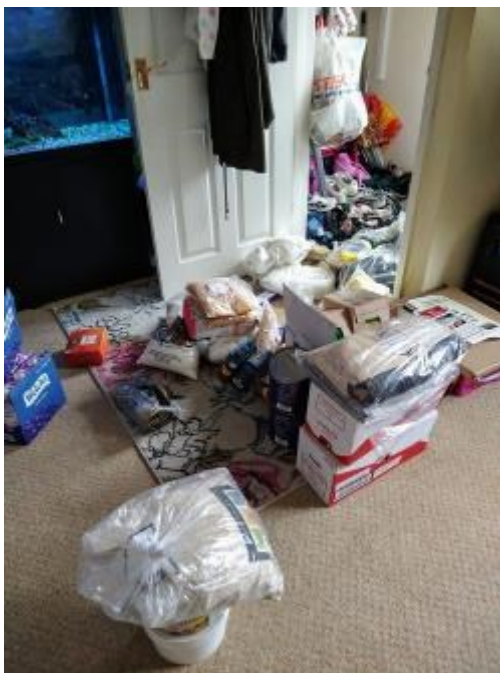
Hethersett Herald Associate Editor Hannah Harrison is one of the Sandwich Superheroes. Here she explains what is behind the scheme and how it has mushroomed since the launch.



YOU'VE probably already seen Peter's article about Sandwich Superheroes, a half-term scheme that Sarah Lawrence and I came up with just a matter of days ago.

There are children all around the UK going hungry during the school holidays (and beyond). Regardless of the reason they are going hungry, it isn't ok. Sarah and I couldn't bare the thought of our local children having rumbly tummies, so we immediately came up with a plan. We'd put the feelers out on Facebook, to see how much need there was in the village. Quite soon, we were contacted by two families who had seven children to feed between them. They needed lunches for each day during half term, so, instead of packing up individual lunch bags, we put together some "lunch stuff" in bags so they could make it themselves, to last the two families for the rest of half term. It was very well received and the two families were of course full of gratitude.

We haven't been contacted by any more families who need lunches, but we did



have a huge amount of people contacting us wanting to donate food, money, their time and transport which was so lovely to see. We decided to branch out a little further... as I said, we weren't getting many requests for the lunches at all but I kept hearing of local families struggling as a whole, so we adapted our approach, asking if anyone needed help regardless of having children or not.

Coincidentally, something that's been in the pipeline for a few weeks came to fruition on Tuesday morning (27th October). I had a call from my lovely Auntie Tina who asked if I was available to receive an enormous amount of food. My answer was of course a big YES! Her dad, Terry Sharman, works for Strachens Ltd, a catering food and drinks supplier in Great Yarmouth. Terry called Tina one day and asked her if he knew of anyone who could use some surplus food and drink, she immediately thought of me and the other volunteers of Anon Street Team who feed the homeless and vulnerable in Norwich.

Let me first just explain that this food was destined for the BIN! We say no to that! It took a bit of organising on Terry and Tina's part, but they came through for me yesterday. As you can see from the photos, there was quite a truck load. I was warned about how much there was, but I still didn't expect it to be that much. Also, it looks very different in a truck to how it does in my small living room and kitchen!

It took Terry and I quite a while to unload it all, then it was time to fight my way into the house; through packets, boxes and bottles. Some of it was stacked up in the kitchen, the rest scattered around the living room. My mum, Wendy, then

arrived and wondered what on earth was going on. Then we got straight into it. I posted about the food on the All Things Hethersett Facebook group, my own personal profile and a few Wymondham groups to put the feelers out to see how many people needed support.

We started off by decanting a 12.5kg bag of chocolate buttons and a separate bag of porridge oats into smaller bags to be able to give out to more people, by the time that was done my phone was making a lot of noise. Within a few hours we had requests for numerous food parcels (when I say parcels, I mean about four boxes of food each) and other organisations who are doing similar to us got in touch to ask for some food for their own causes.

First up we had Joy Elsey, my friend and fellow Anon volunteer (though she is a team leader) who came to collect lots of the ingredients we had, to be passed out to other volunteers who cook meals for the homeless every Sunday. Then came Elisabeth from FISH (Food and Fun in School Holidays) in Wymondham who took some stuff for the food store there. Laura Garwood from Wymondham Football Club also came to collect food for her half term food bank too.

As well as that, we have provided nine food boxes for nine different households, with two more requests coming in as I type this.

To give you an idea of the sheer amount of food we had; boxes and boxes of Angel Delight (various flavours), boxes of crisps, oatcakes, Irn Bru, cases of sparkling spring water, hundreds of cans of soup, cake mix, cheesecake mix, three bags of desiccated coconut, caster sugar, bread flour, tortilla wraps, biscuits, noodle soup, orange peel, chocolate buttons, porridge oats, chocolate bars, cartons of juice, tins of rhubarb, mustard. That's all I can remember for now!

I'm not exaggerating when I say that this food will make HUNDREDS of meals/snacks etc, the impact of it has blown my mind and I am so eternally grateful to everyone involved in donating it, delivering it, helping me sort it etc etc. My biggest thanks has to go to Terry and Strachens Ltd for making any of it possible. Apparently, it could become a regular thing, which again will make such a massive difference.

Please, if anyone reading this is struggling with money, no matter what the reason, know that you are not alone and there are so many of us that would be happy to help you. Try to ignore some of the things that ignorant people write online about people like us (I say "like us" because I am one of you, I've struggled in the past and I'm struggling now but that's ok and it is more than ok to ask for help) because they obviously haven't had the misfortune of asking for this kind of help.

Thanks to Peter for publicising our efforts to spread the word and to everyone who has shown their support, this won't be the last you hear from us!

Building's Future Still To Be Decided



THE future of the former Woodside Primary and Nursery School building in Firs Road still hangs in the balance.

Norfolk County Council's cabinet met to discuss the building's future and whether to sell it off to raise additional funds for the council.

But there is still a chance that the uniquely shaped building will be used by the council's own adult social care department for additional care housing. If that doesn't happen the building and its grounds will be sold on the open market.

The building closed at the end of July with the school moving to a new purpose-built building on the North Hethersett development.



Group of The Year

HETHERSETT Hearts has been named South Norfolk's Community Group of the Year.

The Hethersett-based charity received a surprise video call from Graham Minshull to inform it of its win.

Councillor Minshull got in touch with Samantha England from Hethersett Hearts who thought she was being contacted to talk about the group's nomination. Samantha expressed her surprise when she heard that the group had not just been nominated but had won the award.

"That's incredible. I am speechless," she said.

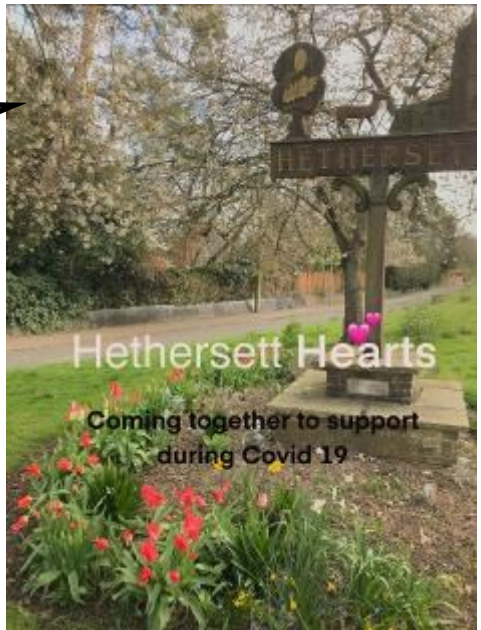
When she had regained her calm, Samantha paid tribute to all the volunteers involved in making the group a success: "The group is bringing the community together. It has been a tough time for people even before COVID. We want to bring a true community feeling with people looking out for each other. It is a simple idea, but our volunteers have been incredible. We have a real core of amazing people."

The winning citation stated: "The group's determination has made a huge impact in their community and has filled a gap, spotting a need and making it happen. Now a constituted group they have branched out and are seeking to tackle loneliness in their community."

Chair of Hethersett Parish Council Adrienne Quinlan praised the group: "Well done and well deserved. You are all giving so much for the village and showing why it's a great place to live."

Hethersett Hearts was initially founded as a community group to support South Norfolk Council in helping the elderly, vulnerable and those self-isolating during the pandemic.

The group will be looking to support families and individuals in the village and



the local area who need help in their everyday lives.

This could include picking up shopping, posting mail, helping with chores, speaking on the telephone, putting weekly bins out, picking up prescriptions and urgent supplies and even providing contact details where people can get help on various worries and concerns.

Anyone interested in joining Hethersett Hearts or finding out more about the initiative can telephone 07716769124 or email hethersetthearts@outlook.com. The group also has a Facebook page.

Hethersett Surgery Strengthens Its Lock-down

IRRESPONSIBLE people ignoring guidance has seen Hethersett Surgery return to lock-down and have been accused of putting patients and staff at risk

Dr Siobhan Rowe (pictured) said that the surgery has “with regret had to go back to doors being locked.”

“We hoped with huge signs saying do not come in and asking people to use the website or phone as first point of contact we could continue with the doors being open,” Dr Rowe said adding that on one day two people walked around the huge sign (saying do not enter without an appointment) in a one hour period.

Most of these were asking for non urgent things from reception and putting fellow patients and staff at risk, Dr Rowe pointed out.

“We don’t make these decisions to be difficult. We do it to keep everyone safe and enable the service we run to continue,” Dr Rowe said.

The latest information is available at www.humbleyard.nhs.uk which Dr Rowe has urged people to use wherever possible: “Please use this as the first point of contact if you can, keeping phone lines free for those with no internet access,” she said.

Residents were quick to take to social media to support the surgery’s decision.



Remembrance Day Special

No Parade This Year

THIS year's village Remembrance event will have a very different feel thanks to COVID restrictions.

There will be no parade at St Remigius Church but remembrance wreaths will be laid on the war memorial by a number of organisations with limited numbers attending.

Hethersett Parish Council's vice-chairman Stephen Slack will lay a wreath on behalf of the village and it is expected that other organisations will also contribute wreaths.

Running 10K for the Poppy Appeal



A group of Wymondham teenagers, including one who many Hethersett people will know from being a waiter at Park Farm Hotel, have joined a virtual community in running 10 km to raise money for the Royal British Legion Poppy Appeal.

Cameron Chilvers and friends John, Matt, Elliot and Sam have taken part in the Poppy Run and, at the time of writing, had already raised £425, £125 more than

Remembrance Day Special

the target of £300 they set.

“By taking part in this challenge we’ll be raising funds to support the Royal British Legion.

“Their Poppy Appeal was founded to help those in need following a national crisis. Right now they are helping those who are isolated from family, facing homelessness, struggling to feed their children and are in financial crisis. They are working tirelessly to ensure that those who have served are being looked after no matter what challenges they and the country faces.

“Donations will mean they can continue to provide the life-changing support that our Armed Forces community needs and deserves,” the quintet said.

The youngsters are all members of the Wymondham Youth Football Club set-up .



The Meaning of Remembrance

Gus Honeywood, who lives in Hethersett and is communications officer for the Norwich branch of the Royal Naval Society explains the meaning of Remembrance Sunday.

Remembrance Sunday is held on the second Sunday in November, the Sunday nearest to 11th November, Armistice Day, the anniversary of the end of hostilities in the First World War at 11 am in 1918. Remembrance Sunday is held "to commemorate the contribution of British and Commonwealth military and civilian servicemen and women in the two World Wars and later conflicts".

Remembrance Day Special

Across Britain Remembrance Sunday is marked by ceremonies at local war memorials in most cities, towns and villages, attended by civic dignitaries, ex-servicemen and -women (principally members of the Royal British Legion), members of local armed forces regular and reserve units (Royal Navy and Royal Naval Reserve, Royal Marines and Royal Marines Reserve, Army and Territorial Army, Royal Air Force and Royal Auxiliary Air Force), military cadet forces (Sea Cadet Corps, Army Cadet Force and Air Training Corps as well as the Combined Cadet Force) and youth organisations (e.g. Scouts, Boys' Brigade, Girls' Brigade and Guides). Wreaths of remembrance poppies are laid on the memorials and two minutes' silence is held at 11 am. Church bells are usually rung half-muffled, creating a sombre effect.

The national ceremony is held in London at the Cenotaph on Whitehall and, since 2002, also at the Women's Memorial. Wreaths are laid by the Queen, the Duke of Edinburgh, the Prince of Wales, the Duke of York, the Princess Royal, the Duke of Kent, the Earl of Wessex, the Duke of Cambridge, Prince Harry, the Prime Minister, leaders of major political parties and former Prime Ministers, the Foreign Secretary, the Commonwealth High Commissioners and representatives from the Royal Navy, Army and Royal Air Force, the Merchant Navy and fishing fleets and the civilian services.

The silence represents the eleventh hour of the eleventh day of the eleventh month in 1918, when the guns of Europe fell silent

Armistice Day

Armistice Day is a Memorial Day observed in Commonwealth of Nations member states since the end of the First World War to remember the members of their armed forces who have died in the line of duty. The day, specifically desig-

In Flanders Fields By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Remembrance Day Special

nated by King George V on 7th November, 1919, or alternative dates, are also recognised as special days for war remembrances in many non-Commonwealth countries.

The red remembrance poppy has become a familiar emblem of Armistice Day due to the poem In Flanders Fields. These poppies bloomed across some of the worst battlefields of Flanders in World War I, their brilliant red colour became a symbol for the blood spilled in the war.

The idea of two minutes' silence lapsed for some while before being revived in the 1990s.

Changing The Way They Do Things

THIS year's Royal British Legion Poppy Appeal has by necessity been very different to usual.

The national pandemic has put an end to the usual house-to-house collections and new ways have been found to raise money.

Our local co-ordinator is Richard Gunstone who this year has taken over from long-time co-ordinator Jerry Wright. We caught up with Richard who had set-up an impromptu poppy stall outside Hethersett Methodist Church.

He pointed out that the face of funding has changed with more money being donated online and individuals raising funds through sponsorship events and in many other ways (one such way is outlined on the previous page).



The Poppy Appeal is changing with the times. Richard is photographed above outside the Methodist Church on October 24th.

Social Distancing Hallow'een

HALOWE'EN in Hethersett will look very different this year thanks to the pandemic and social distancing.

But, as usual, residents rose to the challenge and came up with an idea to beat COVID.

Simply put, Hethersettians took part in a Pumpkin Trail. Much like the rainbow trail of the early days of the pandemic, it involved placing pumpkins outside properties or pictures of pumpkins in windows with the idea of young people spotting as many as possible.

It meant that Hallowe'en turned into a week long event rather than a one-nighter.

Businesses also rose to the challenge with a Whodunit Trail. You can read about this on page 18.





Many thanks to Kelly Kelly and Kelly Mendham for the images on this page





Whodunit in Hethersett?

A special half-term Hethersett Whodunit trail was set-up as an alternative to the usual trick and treat.

With COVID putting an end to so many events, Hethersett businesses got together to provide an alternative led by Rowan House Health and Well Being Centre in Queen's Road.

Operations Manager at Rowan House Maxine Rushton said:

“At the centre we are keen to promote the health and wellbeing of the local community as well as the clients that visit the centre. Our café is designed around this theme and we were keen to do something over the half term week to promote the wellbeing of youngsters in the village especially as trick or treating is mostly a “no-no” this year.

“The pumpkin trail organised by some of the villagers on the Facebook page was inspiring but something was needed for older children. So we were inspired to



Maxine Rushton pictured outside Café Kin

create something for slightly older children.”

The centre has a close relationship with the Hetherset– based Finnbar’s Force charity.

“Tristan Cork sometimes works out of the centre and we had talked earlier in the year about doing a fundraising event for them that has been put on hold so we decided to combine the two ideas,” Maxine said.

She enlisted the help of 16 other businesses in the village to display posters and then designed a giant game of Guess Who with nine suspects and eight clues in the windows.

“The idea is that those taking part try to piece everything together,” Maxine said.

Game scenario sheets are available at £5 from Café Kin where completed sheets can be returned with special treats for those who solve the puzzle.

All proceeds will go to Finnbar’s Force:

“The children can complete it all in one go or over several days and it can be



We know Whodunit—Successful Families—Maxine Rushton is pictured with a group who solved the puzzle and found out exactly whodunit. But they were keeping tight-lipped about the identity. Pictured with Maxine are—Lindsay Edwards, Isla Cooper, aged seven, Linda Adderson, Max Adderson, aged nine, and Henry Adderson, aged seven.

done day or night (although they might need a torch to see the display at night). Most of the posters are on the inside of the windows but a couple are on the outside.”

There’s still time to take part in the trail as it continues until October 31st. Further details are on the poster on the next page.

Businesses that have been involved in the initiative in one way or another include the following:

Church Farm Shop, Hethersett Butchers, Hodge Podge, Hethersett Library, PACT Charity Shop, Kett’s Kabin, The Beauty Shed, Hot Pepper Hair Salon, Boots Chemist, Café Kin, Tesco Express, Park Drive Stores, Queen’s Head, Shed 7 Barbers, Tasty Bites and Dawson’s Law.



**FINNBAR'S
FORCE**

OCTOBER 26-31 2020



JOIN US FOR A

HALLOWEEN 'WHO DUNNIT' TRAIL

ORGANISED BY ROWAN
HOUSE IN AID OF
FINNBAR'S FORCE

TRAIL MAPS £5 AVAILABLE FROM CAFE KIN AT
ROWAN HOUSE FROM 26-31 OCTOBER DURING
OPENING HOURS. ALL PROFITS DONATED TO
FINNBAR'S FORCE

Hethersett's Marathon Effort



Putting Their Best Feet Forward

THE London Marathon may have been cancelled this year for all but elite runners, but that didn't stop the athletes and joggers of Hethersett from taking to the pathways of the village and surrounding areas.

They swapped the streets of the capital for the highways and byways of Hethersett—all 26 plus miles of them.



As a result of their efforts, thousands of pounds have been raised for a variety of charities.

On the following pages we feature just some of the people from Hethersett or with Hethersett connections who finished the marathon.

Pictured above are a group of runners who either started or finished (or did both) at Hethersett Memorial Playing Field.

Hethersett's Marathon Effort

David and Kate Raise Thousands

Friends and keen runners Kate Gooding and David Powles raised thousands of pounds between them. Starting and finishing in the Memorial Field, they took well under four hours to finish the gruelling distance.

To date, David has raised over £4,000 for the Priscilla Bacon Lodge Hospice Appeal and Kate has raised over £1,500 for Cancer Research.

Below is Kim Uzzell and friends. Kim completed the marathon in a personal best time of 4 hr 42 min 48 sec.



Ali's Story

WHEN it comes to running, Ali Clack admits that he is very much a beginner.

But that didn't stop him from taking to the streets of Hethersett to run his first but not his last marathon.

Ali takes up his story:

"This was my first ever running event. Last year I lost my mother to Alzheimer's and decided to apply for a charity place in the London Marathon to raise funds for the Alzheimer's Society. I was offered a place in January for the then April London Marathon. At that point I could not run any distance at all and had to start training," Ali said.

Within two weeks Ali was running 5k and a week later had stepped that up to 10k:

"Working in Portsmouth during the week, I joined the local running club and this helped with motivation as well as teaching me the importance of stretching and different types of running to improve speed and endurance. I ran my first 10 miles in February and shortly after managed a half marathon in 2.5 hours, just 32 days after starting my training.

"On Friday, 13th March, the London Marathon was officially postponed to 4th October. I kept running through the summer but as a mass event in London looked less and less likely due to Coronavirus, I reduced my distance and frequency. On 6th August, the virtual marathon was announced and I started training again in earnest, managing to get back up to half marathon distance before tapering in the last two weeks before the event.

"On the day of the marathon I set off early with my wife supporting on her bike. I knew some of the other runners participating in the event were finishing around 12.45 at the Memorial Playing Field and this became my target. My route took me initially out to Little Melton, Wramplingham and Wymondham but for the second half, where I was joined by more friends and family, I stayed around Hethersett.

"The last six miles were tough but the small number of groups and well wishers as well as other runners around the village kept me going and I crossed the virtual finish line into the park at 12.47."

Ali completed the London Marathon in 5 hours 41 mins 50 seconds and raised





£2,128 for the Alzheimer's Society. But that's certainly not the end of Ali's running career as he is hoping to take part in the "real" London Marathon in 2022.



Ali is an officer in the Merchant Navy with the Royal Fleet Auxiliary and is currently on secondment to HQ in Portsmouth. He is also an assistant scout leader with the 1st Hethersett Cubs and Beavers



Paul's Haul

HETHERSETT dentist Paul Baisley ran the marathon in aid of the Hallswood Animal Sanctuary and completed the 26.2 miles in an impressive three hours 41 minutes and 53 seconds.

Unlike many others who did laps, Paul did a straight route from Trowse through Norwich city centre and along the Marriott's Way to finish at Aylsham

"Many thanks to everyone who sponsored me on Just Giving and to my lovely patients. We managed to raise around £700 for Hallswood," Paul said.



Hethersett dentist Paul Baisley with his family opposite and with a furry friend above.



Sharon's Marathon

HETHERSETT resident Sharon Lister was raising money for the NSPCC. Her route started from the Tailor Place/Back Lane area of Hethersett and went to Wymondham and Ketteringham and finished back in Hethersett on Coach-maker Way.

"The amount of local support and random strangers in vehicles giving us a beep on the way round was amazing. We saw many other local runners out there. It really was amazing despite the horrid conditions," Sharon said.

Sharon set off at 9.30 am and finished in five hours and 17 minutes.

"This was my second London Marathon, having done it for the first time in 2017 for the Norfolk-based charity Walking with the Wounded," she said. At the time of writing, Sharon has raised just under £1,000 for the NSPCC. Sharon is looking to run next year's marathon again for the NSPCC. You can support her at:

<https://uk.virginmoneygiving.com/SharonLister>



Village To Get Lit Up Again

THE stunning Christmas lights display that brightened up our lives last Christmas is set to be repeated this year and one of the organisers has vowed that it will be even “bigger and better.”

Residents of Great Melton Close and Park Green will once again be getting lit up in support of the Hethersett-based Finnbar’s Force charity which supports families with children suffering from brain tumours. It was set-up in 2017 by Tristan and Claire Cork in memory of their son Finnbar who died aged five from a brain tumour.

It has been a tough year for the charity as Tristan Cork explained on Facebook and the Finnbar’s Force website:

“We have been able to provide financial assistance to families, some of whom would have been left desperately short of money without support. It is really sad to imagine how anyone could be left in this shocking position on top of having a seriously ill child,” Tristan said.

The charity has been able to give out £30,000 in grants over a four month period during lockdown and Tristan admits that some of the feedback received has been “heart-wrenching.”

“We have been able to support over 20 families in the Norfolk and Waveney areas thanks to our volunteers taking out such tasks as collecting shopping, ironing and cutting grass,” Tristan added.

Like virtually every charity, Finnbar’s Force has suffered from a drop in fundraising during lockdown and COVID restrictions. Tristan believes a number of projects and ideas have been setback between 12 and 18 months by COVID.

Nevertheless he remains upbeat about the future and the “great people” who have continued to fundraise with marathon bikeathons and even a jelly bucket challenge which Tristan referred to as “gross.”

At its October meeting Hethersett Parish Council agreed to allow the organisers to place Christmas lights around its oak tree on parish owned land close to what has now become known as the “Christmas Lights Roads,” subject to a satisfactory risk assessment being carried out.

Last year, hundreds of people attended the switching on of the lights. Tristan is hoping that people will continue to be generous and make donations in spite of COVID restrictions.



Youth Club's Raise The Roof Appeal

HETHERSETT Jubilee Youth Club has launched an appeal to raise funds to repair the roof of its headquarters in Back Lane. A total of £30,000 is needed to replace the roof which leaks every time it rains. Here youth club organiser and trustee Gillian Saunders explains the latest position and then follows this up with the latest news from the club.

IN case everyone was wondering, we haven't suddenly had a miracle and the roof has stopped leaking! We have strategically placed buckets around the hall with string helping the water into the bucket thanks to our clever cleaner! So the hall remains usable which is great as we need the income from hall lettings to subsidise the youth club and the running of the hall, We do have a few spaces at the moment for socially distanced bookings.

We are looking at approximately £30,000 to replace the roof. I say approximately as we are struggling to actually get three quotes for the job! Roofing companies come and look and price up the job and promise the quote within the week. We are still waiting on two!.

Until we get the three quotes we can't apply for grants so we feel we are in a no win situation. So we have taken the opportunity of relaunching the youth club as an opportunity to get the message out in the village that we do still need to raise the money. We have been promised £2,000 from a local charity and we have a little in the way of repairs money put aside we could use BUT we need the help of the village to ensure we can get the hall watertight again.

We know it is difficult to hold large fundraising events otherwise we would have been holding quiz nights etc. However, if anyone was willing to hold a coffee morning, or online raffle or some kind of event then please let us know what you are doing and we will advertise it and support you in any way we can. Also we are accepting donations of course.

Someone pointed out that there are approximately 3,500 houses in the village so if everyone was able to raise say £1 then that is a hole in the amount needed, raise £5 and we have half what we need and £10 and we are there!. Easy isn't it?! If only! Seriously though it shows how if everyone pulls together we can reach this amount and show the young people we do want to provide them somewhere warm and dry to meet.

Youth club starts again (restrictions permitting!) early next month and it would be nice to see the fundraising totals on our board, which Colin Wilson is kindly painting for us, show we are making progress! If you are able to help in any way please contact any of the Trustees in the village or me on 01953 607566. Many thanks in anticipation of your support.

On Its Way Back

By Gillian Saunders

HETHERSETT Jubilee Youth Club is ready for the off with their re-launch scheduled for Wednesday, 11th November,

The risk assessment has been completed and we are pleased to announce that your new Youth Worker Mel is really excited to meet members old and new on that date.

The evening will take the form of an open event and, for that night only, subs will be just £1. After that it will be £2 an evening. Please try and have the right money. As usual it will include a drink of squash or hot chocolate. All cups and mugs will have been thoroughly cleaned in our new dishwasher which we have installed to help reduce the risk of any bugs being passed from tea towels and less hygienic washing up. The tuck shop will also be open for business but again it will feel a little different.

The big change is that numbers are restricted due to the virus and things may seem a little strange at first but once everyone gets to know what the changes are and Mel and Kate get to know you and you to know them it will be great fun.

Because numbers are limited you will need to book in advance so we keep it nice and safe and legal. I will let you know how to do that nearer the time on the club Facebook page, but if you are really eager to book your place then leave a message on there and one of us will pick it up and hopefully confirm your place for 11th November. There will be a few more safety rules and more hand washing etc but Mel and Kate will lead you through those before the fun begins.

Those coming to the second group will have to wear face masks (face coverings) of some sort. Again it will be different but perhaps we can see who has the craziest one, who has the cutest one etc! Maybe we can publish some photos on our Facebook page and turn it into fun.

For the first group it will be your choice if you wear one or not but Mel and Kate (and any adults who volunteer) won't have any choice.

The times from 11th November are Year 5/6 (age 9-11) 5:45-7:15 and Year 7+ (11+) 7:30-8:45.

This will also be your opportunity to help plan activities for the future. Mel has lots of super ideas but she also wants to hear yours too.

We can't wait to get club up and running again and to meet those in Year 5 who haven't been able to come before and missed the introduction to club week in the summer and also to welcome back Year 6 who had a shortened year at club last year. We would also love to welcome anyone who hasn't been to club before. Maybe you didn't know about it or, because of the way it all ended so quickly in March, never got the chance to come! Well now is your time to remedy that

come. 5:45-7:15 Wednesday evenings.

Then equally exciting, we are relaunching the Wednesday night group for Year 7+. We heard the comments about nothing for you to do and why wasn't there a Wednesday night group for those of High School age? Well we have listened and your group will run from 11th November 7:30-8:45 (we may extend to 9pm as things get easier). So come and help plan the future activities and see what is on offer for your ages.

Club is open to anyone in the area. You don't have to go to school in Hethersett. Some of you may be home educated or go to school outside of the village. I know we had some members before who came from other areas such as Little Melton, Mulbarton and Wymondham. You are all welcome!

Again for the time being we are going to have to limit numbers so please book in advance. We must ask you to wear face coverings, but if you wish to make them fun, crazy or cute then again with your permission we will put a selection of photos on Facebook!

Sorry for so much information but it is a new start for all! We have missed you all and hope to see you on the 11th. See also page

Tributes Paid To a “Gentle” Man

TRIBUTES have been paid to a leading Little Melton churchman who has died.

Graham Tomlin was a churchwarden at All Saints Church, Little Melton.

Graham was born in Bradford on Avon but spent most of his childhood in Marlborough where he went to school. He then studied to be a building surveyor in Bristol.

After many years in that capacity he took on a carer's role. In Little Melton he indulged his passion in steam trains by helping to construct Bob Brett's miniature railway in the village—something we have featured in previous editions of the Herald.

Graham was married to Liz for over 40 years and they had three children. Graham was a dedicated family man and his other passions included walking, do-it-yourself, baking, nature and music (primarily Pink Floyd).

Graham was a churchwarden in Little Melton for 20 years and has been described by friends as “extremely modest and conscientious—a kind, quiet, unassuming and gentle man who was liked by all who knew him.”

Just before going to Press we heard that Little Melton had lost another tireless worker with the passing of Margaret Waller, who was also heavily involved in church life.

We are grateful to the Village Good News magazine for details of Graham's life.

Hethersett Jubilee Youth Club

F2F WELL BEING GROUP

Ages 9-11 6:15 - 7:15pm. Ages 11+ 7:30 - 8:30pm.

3rd Thursday in the month, term time.

£1.00 per session.

YOUTH CLUB

Ages 9 - 11 5:45 - 7:15. Ages 11+ 7:30 - 8:45pm.

Every Wednesday, term time only.

£2.00 per session. Tuck shop available.



For more info please visit
our Facebook page.

The Next edition of Hethersett Herald will be published exclusively on line towards the end of November.

With the coronavirus still restricting activity in the village we would be delighted to receive features and photographs from residents. There are no rules about content (other than the usual laws about good taste etc).

All we ask is that contributors either write about the village or, if they wish to write about non Hethersett related topics, live or have some other connections with the village.

High Level of Roadworks Questioned

THE high level of roadworks in Hethersett has been brought about by increased development, Hethersett Parish Council has been informed.

At its September meeting councillors received an email from a resident about the large volume of roadworks in the village and asking for them to be managed in a more co-ordinated and efficient manner.

“Presumably such works are planned a while in advance unless an emergency occurs. Is it not possible for the parish council and residents to be told what is on the cards for 2021 for instance? Maybe the number of roadworks could be limited to a certain number per year. Perhaps it could be firmly requested that roadworks would be better tolerated if hours of daylight were actually used to the maximum and that work continued at least during part of a weekend in order to minimise disruption,” the e-mail stated.

Hethersett’s county and district councillor David Bills offered to take up the matter with Norfolk County Council and was told that the high level of local development is to blame. This was the response he received.

“I share the concerns of the residents of Hethersett and those who commute through these roads. The level of roadworks encountered is a direct result of the high level of local development in the area where upgrading of infrastructure and highway improvement schemes, born from planning agreements, are delivered. The county council endeavours to co-ordinate works so to cause minimum disruption and encourage collaboration where possible but we are ultimately duty-bound to facilitate the work of statutory undertakers, be it our own or utility provider’s obligations to maintain or update their assets.”

“We engage with works’ promoters and challenge applied methods in order to satisfy ourselves the applicant has explored all techniques possible to obviate the need for positive traffic management but if it is necessary for the works to be carried out safely, then it must be proportionate and employed for as shorter period as practicable. However, we cannot insist that they work seven days a week or 24 hours a day.

“Planned works are applied for and assessed prior to granting permission to occupy the highway. However, emergency works such as burst water mains, gas escapes etc are notified to us retrospectively offering little opportunity to impose controls until such time as we made aware.

“The county council is very aware of the problems caused by roadworks and sympathises with the impact this has on the community. However, the county council’s duty is to maintain the highway and with that facilitate similar legal obligations of other statutory undertakers. This must be carried out in accordance with the required safety standards to both workforce and general public so posi-

tive traffic management is often unavoidable. Nevertheless, the whole question of roadworks and network management is continually reviewed as we look to reduce the disruption caused to highway users,” said Matt Worden, Norfolk County Council’s Area Manager South.

Mr Worden asked the parish council for ideas on how to improve the situation: “If the parish council has any ideas about how this can be improved I should be grateful to hear them; however they will have to be within the legal framework. It is not possible to limit the number of roadworks in one particular year nor is it possible to provide an annual programme due to the fact that we are usually only made aware of work a few weeks in advance. Although when we are made aware of large and complex situations we carry out extensive stakeholder consultations; for example around the Norfolk and Norwich Hospital.”



IT’S not just the major roads in Hethersett that have been controlled by traffic lights as this picture from resident Richard Whall illustrates.

This set of traffic lights was seen around the St David’s Road and Karen Close area of the village during the month.

Skatepark Would Be “Good For Village”

A NEW skatepark in Hethersett would be good for the village, it has been claimed by a group looking into the feasibility of replacing the now defunct park at the back of the village hall with a new one elsewhere in the village.

The group state that a new skateboard park would provide a much needed amenity and reduce “illicit behaviour” and provide a safe environment for social interaction, behaviour and exercise.

The group states that damage to private property is limited in areas around skateparks, easing pressure on local businesses and police.

“Skateparks are a win-win for the entire community,” they claim.

The group has identified two possible sites for a new park. The first is the recreation land to the north of the village, set aside as part of the new village development. The group sees this as an ideal location, which provides easy access for young people in Hethersett and the surrounding areas.

The second identified is on land within the former Hethersett Old Hall School site on an area that Norfolk Police have already indicated may be available for community use: “Discussions will need to be held with the Police and Fire Services to ascertain the feasibility of the project but

there are many positives to this second location; it's easy to navigate to for those who reside in the village and surrounding areas. Plus, being on a

Police site, it will reduce the risk of any wrong-doing,” the group states.

The group favours a concrete skatepark, as these have more longevity to them, and require less maintenance. “We would also like to include empty space in/around the park to accommodate those that want an area to hone skills that do not require ramps. This would mean there is an area for people to practice bike stunts and wheelies.”

The group have an interesting stance on graffiti, advocating an area for local artists: “Graffiti has previously been discussed amongst our group and was also mentioned at our initial meeting with the parish council. We firmly believe that graffiti should not always be frowned upon and that we can embrace it as a part of our plans. A new space created by a skatepark would be an ideal place for artists, both young and old, to express themselves in a safe space. This should discourage illicit graffiti from being done around the village. Graffiti is always going to be present, wherever you live, but if we can discourage graffiti in the way of vandalism, but rather in the form of art, it might give Hethersett a new creative space for us all to enjoy.”

More News From The Parish Council
High Level of Roadworks Queried—Page 33
Memorial to Heather Planned—Page 78

Without full details of design and location the group has been unable to come up with a definitive cost of a possible project but a similar one in Sheringham cost £150,000.

The group will be looking to raise money from crowdfunding, local events and grants.

“We thank you for your time and consideration on this matter. We have worked very hard on this proposal and will continue to work hard on behalf of the young people of Hethersett to give them somewhere to go and a real purpose in life,” the group told Hethersett Parish Council.

The council once again gave the idea its backing at its October meeting, once again held on the Zoom social media platform.

It is thought, however, that the amount of land given to Hethersett north of the village is likely to be insufficient for a skateboard park:

“The amount of land given to us under the S106 money will only give us allotments, a building and a car park,” chairman of the council Adrienne Quinlan told supporters.

Kim Kelly, Community Development Officer for Norfolk County Council, expressed her gratitude to the council for its support: “It is great to have the parish’s support. That will give us a lot of positivity and we will find a way to get there,” she said.

Councillor Stephen Slack voiced a note of caution with regards to having a skateboard park on land owned by Norfolk Police which would necessitate young people crossing the busy B1172.

“The site that was Old Hall School is big and could be developed as a large community asset. If that happens we may be able to get Norfolk Highways authority to put in a proper pedestrian crossing,” Kim Kelly said.

It was also suggested that the park could incorporate an area for BMX bikes. The Skateboard support group will continue to meet to discuss how to take the project forward.

Still On The Up

WANT to know how many COVID cases there are in Hethersett?

Head over to the website: <https://coronavirus-staging.data.gov.uk/details/interactive-map> and you can put in your postcode and it will show the statistics. For instance in the seven days up to 19th October, our village had eight confirmed cases which was up five from the previous week’s count of three cases.

Church Re-opens Its Doors

HETHERSETT Methodist Church has re-opened its doors for regular worship but with some enforced changes.

Morning services will now be live on Sundays at 10.30 am but will also be featured online.

For those attending the church, face masks or face shields will be compulsory and social distancing will be observed.

For more details visit the Hethersett, Morley and Wymondham Methodist Churches Facebook Page where there will be a service with words which can be used at home.



A central seat and a central Oak—the centre of the village



Two New Governors Needed

Hethersett Woodside Primary and Nursery School is looking to appoint two new governors.

The school is looking for a Local Authority Governor and a Co-Opted Governor. Clerk to the governors Jo Adcock said:

“This is an exciting time for Hethersett Woodside as we have just moved into new premises on Coachmaker Way and the school is growing in numbers weekly.”

Anyone interested must be available to meet at least six to ten times a year, (currently via Microsoft Teams) and cannot have current ties to the school. The governing board currently consists of ten members, who all work extremely hard alongside the Head teacher to ensure the smooth running of the school. Training for the role is available.

If this is something you might be interested in please contact the clerk of governors at clerk@hethersettwoodside.norfolk.sch.uk or telephone 01603 810674 to arrange an appointment to speak to the Head teacher or the chair of governors.



Pictures by John Head

Library Update

HETHERSETT Library has been made as safe as possible following its re-opening after the enforced coronavirus lockdown.

But library manager Jo Shelton said this month that the number of people using the library remains low.

The library looks different at the moment but books can be returned and borrowed and computers can be booked. More details on the current restrictions can be viewed on the next page.

Your local library is now open

We have made your library as safe as possible.
As a result, the library looks a bit different.

✓ Borrow and return items

✓ Use a PC - call 01603 774777 to pre-book

✓ Use printing facilities

For more information on our opening hours and safety measures visit www.norfolk.gov.uk/libraries

✓ Wear a face covering in the library unless you are exempt from doing so

✓ Use the hand sanitiser on entry

✓ Observe social distancing at all times

✓ All books returned to us are quarantined for 72 hours

We are looking forward to seeing you again soon



borrow discover connect





New Takeaway Pizza Service For Village

A new pizza takeaway service is coming to Hethersett.

The parish council has agreed that Yellow Door Eats can trade from the village hall car park on Friday evenings, providing pizzas.

The council also agreed to extend permission for Elsie's Pizzas to continue trading from the car park on Saturdays.

Both permissions are on a one-month basis whilst lockdown restrictions are in place. A decision on whether to charge the outlets a fee for using the car park in future will be made by the council's finance and general purpose committee.

Councillor Mike Stark felt that after six months of free trading a small charge for trading from the car park should be imposed.

"Charges are levied for making use of village amenities and I feel the same should apply for letting out space on the car park," he said.

Both pizza companies are Hethersett-based. A fish and chip service on the car park on Mondays and Fridays no longer takes place.

No Longer Suffering in Silence

IN May we ran an article on the medical condition of Endometriosis. At that time it was a little known but highly debilitating condition affecting thousands of women many of whom suffered in silence. Since May the disease has hit the national headlines. Here we re-print our article from May for those who missed it and also talk to two of many sufferers from Hethersett.

Our piece from May

A NEW podcast on Spotify by a Hethersett woman is helping others to learn more about a little understood illness.

Chloe Kidd is 22 years of age and was diagnosed in early March with Endometriosis. Now Chloe is mounting a campaign to make people more aware of the illness and its very painful symptoms.

Chloe launched her podcast to help others after suffering “endless pain” before her periods and having her condition misdiagnosed. “I wanted to share my story with people who may not know what it is and want to know more,” Chloe said adding that she has been learning more and more about the condition virtually every day.



An October interview with Chloe

HAVING her illness diagnosed has lifted a weight off Chloe who, over the past few months, has realised that she is not alone.

After I included comments about Endometriosis in a blog, a number of Hethersett residents came forward to confirm that they too suffered from the disease which often leaves them in excruciating pain but which is much more common than any of them thought.

So Chloe has taken heart from the fact that she is no longer alone. Her journey to get the illness diagnosed has been a long one, however, and taken numerous hospital visits, scans and procedures before a locum doctor from Ipswich suggested that Endometriosis could be the cause of so much distress. Chloe

What Is Endometriosis?

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes. It can affect women of any age and is a long term condition that can have a tremendous impact on sufferers' lives.

The symptoms of the disease can vary. Some women are badly affected while others might not have any noticeable symptoms. Symptoms can include pain in the lower tummy or back which is usually worse during periods, period pain that is so intense that it prevents the sufferer from doing normal activities, pain during or after sex, pain when going to the toilet during a period, feeling sick or suffering from constipation, diarrhoea or passing blood in urine during a period, difficulty getting pregnant, suffering very heavy periods and depression due to the symptoms.

takes up the story:

"It has taken 10 years to get diagnosed. I was 12 or 13 when I had my first period and they would be really heavy. Doctors tried to regulate them with medicine but I seemed to be constantly in pain. At one stage it was thought I had appendicitis.

"The pains got really bad in October last year and I was referred to specialists and given anti biotics. It was thought at first that I had a urine infection.

"I remember having a week off work and spending four days going back and forth to hospital for checks and scans. I was told I probably had muscle spasms and Irritable Bowel Syndrome (IBS) but I know that wasn't it as, at times, the pain was intolerable. I would be doubled up in pain and just didn't want to get out of bed." Chloe admits that at times she even considered taking her own life.

A number of procedures followed including a laparoscopy which involved a camera going through Chloe's belly button to check her ovaries.

Then the word Endometriosis came into Chloe's life.

"I looked it up on the internet and it mentioned back pain and blood in the urine and other symptoms and it all sounded like my condition.

In March this year, the diagnosis was confirmed and Chloe was prescribed Tramadol to help control the pain. Chloe admits that it was a huge psychological boost to have her condition identified and then to find out that thousands of other women share her pain and anguish. She still has considerable amounts of pain but is now learning to live with the condition:

"The medication has helped and I am learning that having Endometriosis is part

of my life and I am dealing with it on a day to day basis. I realise it is part of my everyday life. I know that there will be good days and bad days. I was so relieved to finally find out what the problem was and that it was a problem I could deal with after so many mis-diagnoses.”

Chloe has changed her diet, replacing white bread with wholemeal and eating high fibre food such as bananas and bran flakes. She has also cut down on her food consumption, although she does suffer from IBS which often goes hand in hand with Endometriosis.

Now Chloe is on a journey to help others with the condition. As well as the podcasts she has a website at www.endowaddles.com and is writing a book which she hopes will help other sufferers to identify their condition and take steps to at least live with it. She has set-up a Book Giving page to help fund the publication and you can donate to this by going to:

<https://www.gofundme.com/f/enduhmetreewhat>

“I don’t want other women to have to wait for 10 years before getting a diagnosis,” said Chloe who is now 23 and works at the Norfolk and Norwich University Hospital.

As soon as she launched her podcast and wrote about the condition on Instagram, Facebook and other social media sites, Chloe was inundated with messages from women from all over the United Kingdom and other areas of Europe and the USA. Nearer to home Chloe has been in touch with local people suffering from Endometriosis and admits that she has been staggered by the number of sufferers.

“It shocks me to think about how many women have this condition and it goes undiagnosed.

“I found out that two colleagues at work have it as does my wedding planner,” she said. Chloe is planning to get married in 2022.

So over to Chloe for the final word: “I want to bring the condition to a wider audience and want to get it recognised more. I now know that I am not alone and I do not want others to suffer in silence.”

END NOTES—It is estimated that as many as one in 10 women suffer from Endometriosis.

There is a Norwich-based support group for Endometriosis sufferers with details at

<https://www.endometriosis-uk.org/support-group/48642>.

The Endometriosis UK Charity can be found at: <https://www.endometriosis-uk.org/>

Chloe recommends the book *Private Parts* by comedian Eleanor Thom which charts the author’s battle with the condition.



Kelly Mendham's Story

"I guess I had known for years that something wasn't right. I started my period late aged 16 but the pains I was having were excruciating. The years went by and I thought it was normal as that was what I was told by various doctors.

I remember one time around Christmas going to the doctors crying and begging for him to do something. I remember him pressing my stomach and I screamed in such pain that I fell off the doctor's couch. He gave me paracetamol, said it was probably irritable bowel

syndrome brought on by the stress from my nanny passing away and sent me on my way.

The heavy bleeding and painful periods continued over the years. I tried all different contraceptives to try and reduce the symptoms. After eight long years and being told 'it's in your head,' 'you're stressed' or you have IBS I couldn't bear it anymore and decided to go private and paid £6000 for someone to tell me I had Endometriosis. I had a laparoscopy and an ablation and stayed overnight in the hospital near London. Years went by and it came back a number of times. On another three occasions I paid privately just to be seen and for it to be treated. My symptoms range from painful periods, painful intercourse, pain after sex that can last days or weeks, pain on opening bowels, back pain, extreme fatigue, feeling sick, constipation, diarrhea... oh yeh and the cramps... these are not 'period pains'. The only way it can be described is that someone is pulling your insides out ...oh and lastly the leg cramps. The dull throbbing pains, or even sharp stabbing pain in my legs can be unbearable.

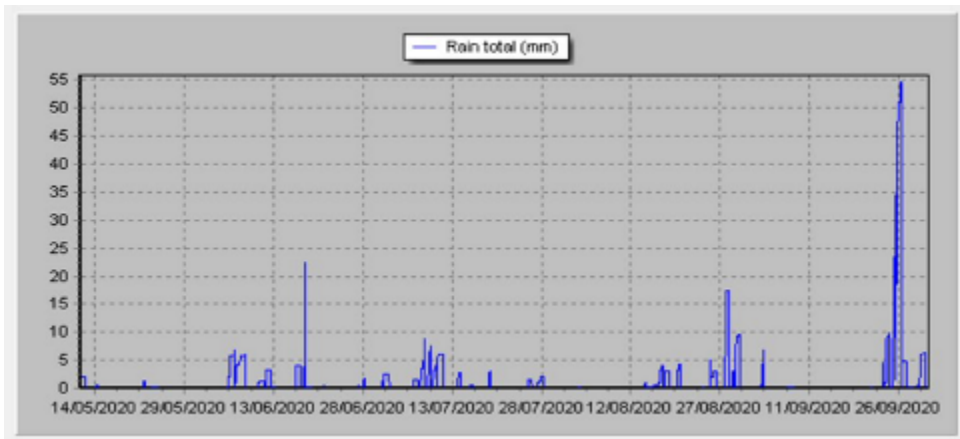
A few years ago I was lucky enough to find an Endometriosis specialist and yet again I 'paid' privately to see him. For those that suffer with endo sometimes it can come back with such force being told to wait 12 weeks for a gynae appointment isn't an option.

I've been on all the painkillers known to man and I've become resistant to them. No analgesia touches the pain that Endometriosis brings. Sometimes a hot bath may help but it's riding out the pain which can last hours, days or weeks in extreme cases. At times having Endometriosis has been isolating, debilitating and restrictive: I have never known adult life without it. I've lost jobs because of it and it has affected relationships.

I think employers should be more aware of it and it should be classed as a disability because it does disable you from carrying out normal activities.

I'm glad that more people know what endo is and hopefully the current media attention will help pave the way for a new pathway to be implemented for current sufferers and those it may affect in the future."

Our 'lockdown summer' weather



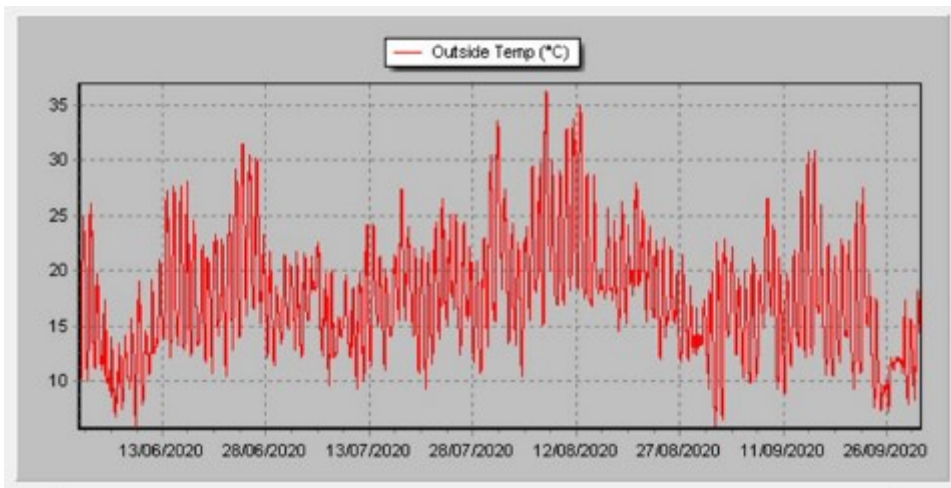
Hethersett Rainfall May to September

By Hethersett Herald Associate Editor Gary Wyatt

IF at some point in the future you were to be asked what your memories are of the year 2020, I imagine that the weather will not be top of the list. However, there were some remarkable features of summer this year so it is worth looking back at the weather we experienced.

I've mentioned in previous articles in this series that in strict meteorological terms, summer is defined as the months of June, July and August, although in recent years there have been marked changes in the pattern of the seasons. In my last article, written in early April, I wrote that "it is turning out to be a glorious month, with a great deal of sunshine and the gardens and countryside bursting into life." In this article I'll use that as the starting point and include April and May in the extended summer period. I'll also throw in September as a bonus, as this often produces warm weather of the 'Indian' summer variety.

The first two weeks in April were mostly sunny and very warm for the time of year, with the temperature peaking at around 24°C. This lovely weather was brought on by a south to south-easterly airstream. However, on the 13th the wind shifted to the north-east and, as is very common in East Anglian springs, brought with it a drastic drop in temperature with a maximum of only about 10° C. You will all know how bone-chilling the wind from that direction can be, I'm sure. The north-easterly wind continued to blow for much of the rest of the month, increasing in strength, but did bring a lot of sunny days when the temperature crept back up a bit. The other thing about this wind is that it tends to be very dry and almost no rain fell in April until the last couple of days when the wind did turn to the south west.



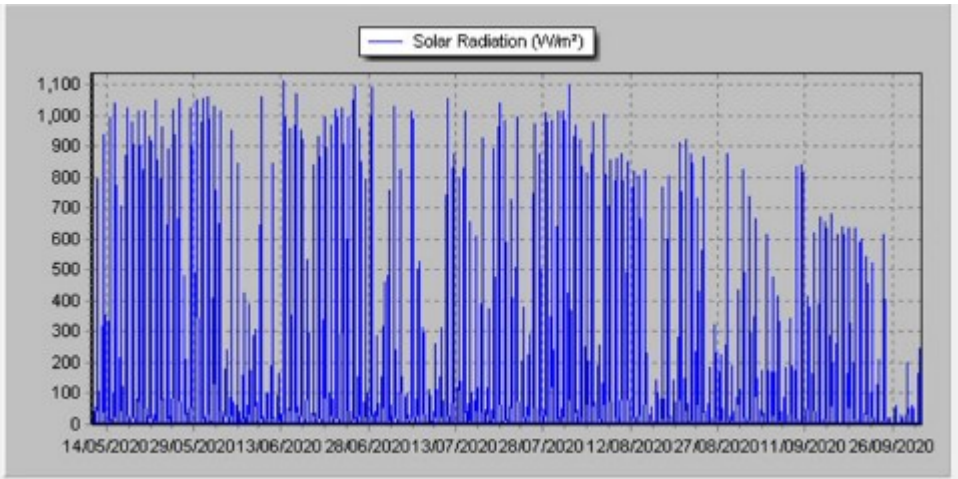
Hethersett Daily Temperature Range June to September

At this point gardeners were beginning to get worried but worse was to come, for May turned out to be even drier, with under 10mm rain falling in total. This can be seen quite clearly in the rainfall chart taken from my automatic weather station. It was also a month of fluctuating temperatures, again depending on the wind direction as in April. Daytime maximum temperatures varied from around 12°C mid-month to 27-29°C towards the end of the month.

The first couple of weeks of June were cool for the time of year, with a prolonged spell of northerly winds, but things then really hotted up, with a couple of periods of very warm and humid weather. Daytime temperatures exceeded 30°C on a number of days but there was finally some relief for the gardeners amongst us when more than 25mm rain fell overnight on 17/18th. July brought further very sunny, warm and humid spells, and temperatures exceeded 25°C on around half the days of the month, peaking at almost 32°C. The cool early June and the later warm spells show up clearly in the chart of daily temperatures.

You may remember that 4th July was the day when easing of lockdown measures finally allowed stays away from home so we immediately left for a week away. During that week a considerable amount of rain fell, which may be some kind of judgement, but the month was then mostly dry until the last few days.

August continued the very warm theme and became hot, with temperatures peaking around 35°C. Nights also became unbearably warm making it difficult to sleep, with occasional overnight minimum temperatures not falling below 20°C. Things changed towards the end of the month when two named storms, Ella and Frances, crossed the country in quick succession bringing very strong winds and heavy rain, with over 20mm recorded as Frances passed by. An early touch of autumn to end the official summer period.



Solar Radiation in Hethersett may to September

September brought a lot more pleasant warm sunny weather, with temperatures climbing again to peak around 27°C mid-month, and some rain in the first week. At the same time, as the days shortened, some very cool overnight temperatures were recorded, with minima down to around 7°C as seen in the temperature chart. The general fall-off in the power of the sun from late August onwards can be seen in the chart of solar radiation, and can be compared to the increase seen in spring shown in my last article.

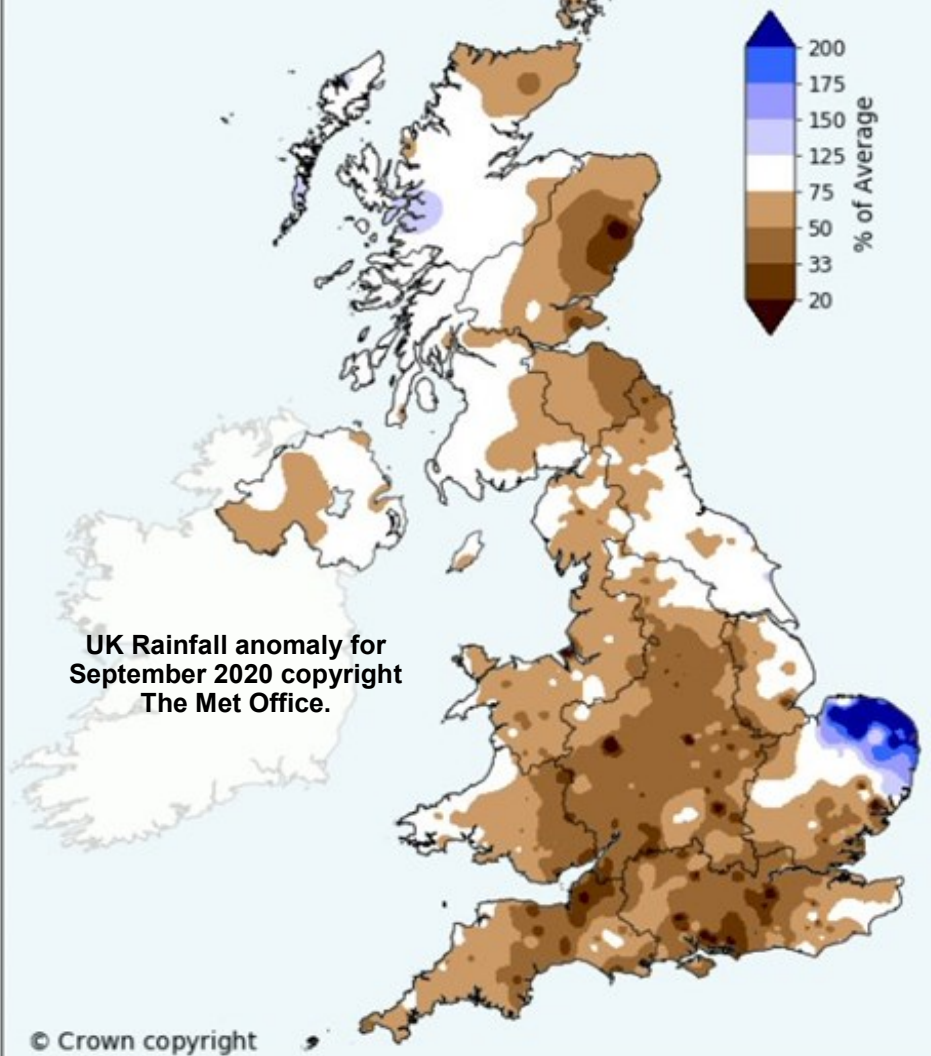
A dramatic end to the generally very dry spring and summer in weather was soon to come with another depression, this time unnamed, bringing prolonged rain over the weekend of 25th-28th. I recorded in excess of 80mm rain during that period, one of the wettest spells in the 40 or so years I have been keeping records. The odd thing about this was that it was almost confined to Norfolk, with the depression sitting close by over the North Sea. The effect of this can be seen in the Met Office chart of UK rainfall anomaly (i.e. the difference from the long term average) which shows most of Norfolk had more than 200% of the monthly average while the large areas of the rest of the UK had 50% or under.

And so we move deeper into autumn and on towards winter. We hope that to help us through a possible further 'lockdown' it will continue the run of mild winters we have had for many years (with the brief exception of that one snowy and very cold week two years ago).

At the end of my last article, I wrote that when the virus has gone "we can turn once again to our British obsession with talking about the weather". As I write in early October, the virus is making a comeback after retreating slightly, so I don't think I can improve on that statement. We shall see what has happened when I report on winter 2020/21.

 **Met Office**

September 2020
Rainfall Amount
% of 1961-1990 Average



© Crown copyright

Kelly's Christmas Gift Idea

BACK in 2018, Hethersett resident Kelly Mendham volunteered to collect a “few toys” over the Christmas period for struggling families.

Kelly is hoping to continue this in 2020 and is asking for small presents for children.

“In 2018, everything escalated and turned into something massive and I had to use a truck to deliver everything. I've been asked by many people if I'm doing it again this year. So I'm asking that people donate small presents for children.

“These will be for boys and girls from babies to 16-year-olds. I'm asking people to fill a shoe box and label the box with whether it's for a boy or girl and what age it will be suitable for.”

Kelly feels that if she keeps things to shoeboxes, although she is happy for the boxes to vary in size, it will save her from having to find storage and sort the toys out.

Kelly will be collecting on behalf of Baby Basics in Lowestoft but also for local families in need.

“I would just ask that people don't fill boxes with damaged or dirty goods. Please remember these are meant as gifts,” she said.

Our photograph shows Kelly loading a lorry with gifts in 2018. She can be contacted via her Facebook page at: <https://www.facebook.com/kelly.mendham.3>

On page Kelly talks about suffering from Endometriosis in the special article we have on that medical condition.





Competitive Championship Racing

HETHERSETT Hawks/Yellow Brick Mortgages staged four of their club championships in cold and, occasionally damp, conditions.

First up were the Under-10s which proved very competitive. Norfolk Under-8 champion Luca El Labany set down an early marker by beating his closest rival Louis Marling. When the two met again Louis made the start but Luca was faster out of the first corner and held on to complete a maximum. Behind these two much was happening - Lola Martin and Henry Adderson exchanged places in their meetings but inconsistent Jamal Musa sprung a couple of surprises, including a race win. This led to all three racing off for the third place on the podium and it was a fast start from Jamal that took him home followed by Henry and Lola.

Scores - Luca El Labany 16, Louis Marling 14, Jamal Musa 10, Henry Adderson 10, Lola Martin 10, Freddy Jackson 6, Thalia Silver 4.



The Under-16s were next and pre-match favourite Mason Martin got off to the worst possible start with an exclusion for anticipating the start. Despite winning his remaining races it was William Clarke who took the title holding out against stiff female opposition from Amelie Marling and unlucky Aiesha Musa who also suffered the same exclusion disappointment.

Scores - William Clarke 13, Mason Martin 12, Amelie Marling 10, Aiesha Musa 7.

Four girls who had already had one match, lined-up for the Ladies Championship and, despite tired legs in the conditions, put on a cracking show. Aiesha started strongly with a win but Amelie came back strongly to win the remaining races. At the back Thalia's determination saw her pass Lola in their third meeting but she just failed to repeat it in the last race to force a race-off.

Scores - Amelie Marling 15, Aiesha Musa 13, Lola Martin 7, Thalia Silver 5.

The appearances of senior riders since lockdown have been few and far between. One exception has been club captain Leigh Cossey who has regularly



attended training. He was expecting three opponents in the Senior Championship but, sadly, none materialised and he was left to claim his fourth title without turning a wheel. A disappointing situation but just reward for someone who has given time this summer to help train the youngsters.

All events were kindly sponsored by club sponsors Yellow Brick Mortgages.

Hawks staged the final two re-arranged Norfolk championships - the under-16 and veteran categories being staged simultaneously. The latter was clear cut with no surprise in that world champion Paddy Wenn retained his county title with six straight wins. He had to work hard in heat two though. Runner-up was Dave Martin with Nigel Longlands third.

Scores: Paddy Wenn 24, Dave Martin 18, Nigel Longlands 12.

Shaun Kell won heat one of the under-16s but it was under-19 champion Marcel Moore who reeled off the next three heat wins. He needed to just finish his

News From Hethersett Hawks with Mel Perkins

last ride to be a double champion and calmly followed home Tom Blackmore who clinched runners-up spot. Kell was caught by under-13 champion Mason Martin which caused a race-off for third place to be needed. Marrin had raced strongly all afternoon and made no mistake, something McKenzie Loombe could not match as he started the event well but kept slipping after that.

Scores - Marcel Moore 15, Tom Blackmore 11, Mason Martin 9, Shaun Kell 9. McKenzie Loombe 6.

Hawks then staged four club championships in rare autumn sunshine on a drying track after overnight flooding. The first-ever Under-8 Championship attracted



seven entrants and all had moments for their parents to cheer. Luca El Labany completed the Under-8 / Under-10 double by putting together four immaculate rides. He was pushed in both their meetings by Max Pugh who also did one pass to secure second place overall. A race-off was required for third place and Henry Adderson passed Oliver Silvester in fine style to win.

Scores - Luca El Labany 16, Max Pugh 14, Henry Adderson 11, Oliver Silvester 11, Benedict Koehler 6, Ronnie Harding 6, Ralph Silvester 6.

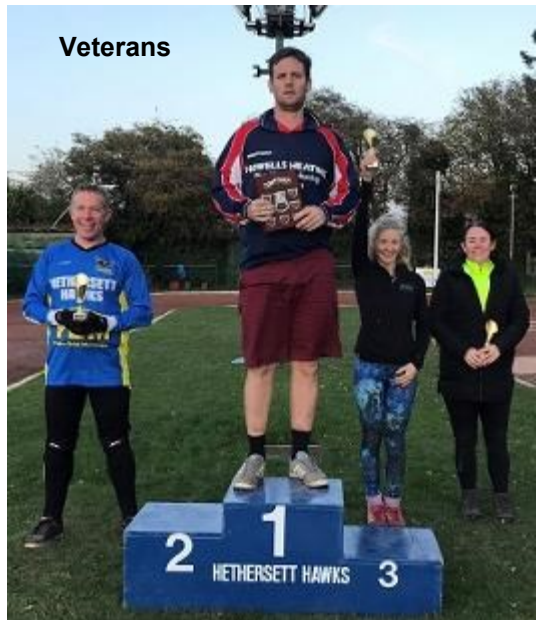




The Under-13s was won comfortably by Mason Martin but the younger riders put on a great show with lots of passing. A race-off was required to decide the minor places and William Clarke just held out against a stiff challenge from Aiesha Musa right to the line. Most impressive was Thalia Silver who produced three passes in her rides.

Scores - Mason Martin 16, William Clarke 13, Aiesha Musa 13, Lola Martin 9, Thalia Silver 9, Jamal Musa 5, Matthew Sidell 4.

Experienced Paul Delaiche was expected to have little difficulty in winning the Under-19s but Mason Martin surprised him in their second race, leading him from the start with Paul falling when trying to pass. Mason led from the start in their fifth race but this time Paul did pass cleanly so ensured he won the title. There was a third Club Championship trophy for William Clarke.



Scores - Paul Delaiche 22, Mason Martin 18, William Clarke 14.

Two Mums took to the track in the veterans' category after only sampling racing 24 hours earlier and they had quite a fun battle, albeit well behind the main contenders. Holder Dave Martin retained his title but he did have a physical battle with Nigel Longlands in every race. Jo Silver matched her daughter's passing skills to take the third spot on the podium.

Scores - Dave Martin 16, Nigel Longlands 12, Jo Silver 8, Anna Clarke 4.

This leaves the curtain to come down on a strange but rewarding season on November 1st-next Sunday with the Maiden Plate at 2 p.m. - for riders who have never won any of the Club Championships.



Under-19 Podium

All photographs by Jenny Melvin

Homes Wanted

NORWICH City Football Academy is looking for new host families in Hethersett for its youngsters.

The Academy is looking for families in Hethersett, Cringleford, Wymondham, Little Melton and Colney to take in youngsters aged 16 to 18 who need to be away from home to undertake their schooling at the Lotus Training Centre.

Anyone interested is asked to contact Carys Dalton at Norwich City Academy on carys.dalton@canaries.co.uk for more information.

War Drama For November

HETHERSETT Village Screen returned a record Covid attendance at its latest film “The Personal History of David Copperfield” in Hethersett Village Hall on October 4th.

More than 20 people braved the rain to see the highly entertaining and at times amusing adaptation of Charles Dickens’ classic novel.

Before the main film there was an historic holiday short film extolling the joys of holidaying in Devon and Cornwall in the 1950s.

The 2020 series of films continues on November 1st with the First World War drama 1917. Written, directed and produced by Sam Mendes, it is based on stories told to him about the First World War by his grandfather.

It has won numerous awards. It stars George MacKay, Dean-Charles Chapman, Mark Strong, Andrew Scott, Richard Madden, Claire Duburcq, Colin Firth and Benedict Cumberbatch.

There are special social distancing measures in place for the films. These include hand sanitisers, a one way system for entry and exit, teas and coffees being replaced with cold drinks and chocolate bars and those present wearing face coverings. The organisers have also completed full risk assessment forms.

The 2020 run of films will conclude with “Harriet” on 6th December. We will have more about this film in next month’s Hethersett Herald.

Films take place in Hethersett Village Hall on Sunday afternoons starting at 3 pm. The main feature is usually preceded by a short film.



Café Kin Re-Opens

Café Kin at Rowan House Health and Well Being Centre in Queen's Road was shut for a few weeks for changes to make it Covid friendly. The venue is now fully open again and we took our camera along to show you shots of the new interior—not to mention the delight of the trifle fresh fruit waffle.





Operations Manager at Rowan House, Maxine Rushton said that the roller blind screens had been a real “breakthrough” for the venue.

“They have allowed us to move them up and down and enable us to put tables together or separate them whilst still being able to use each table,” she said.

The alterations mean that a couple of covers have been lost from before the lock down. “Overall we are very happy with the result .”

The venue has more plans and will be looking to apply for planning permission in the near future for a permanent covered outdoor seating area.”

Café Kin is also now open on Saturdays.



The Street of Hethersett

Lewis Buckingham continues his historic wander through Hethersett

LAST month we stopped off on our tour of late 17th Century Hethersett at a place called "Jeck's". In not too many years it would be renamed the Queen's Head, but it hadn't quite made it to pub status yet.

If you follow me back into the carriage, we can continue along what was known as "The Street of Hethersett".

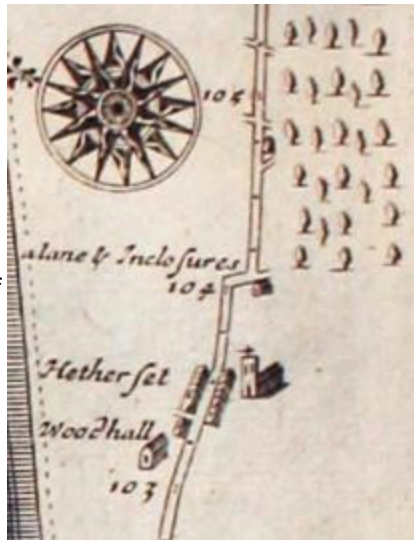
The original road here followed the line of Norwich Road where it now curves in a gentle arc north of the B1172. Jeck's and Lynch Lane are at the top of that arc. Those lines of huddled buildings we see on John Ogilby's map lay along the road where it curves back towards the highway.

How many of those buildings stand today I do not know. In 1675 a parsonage sat there to the left of the road. Both it and its successor have returned to the soil in the many years since then.

What is illustrated here on the "Street of Hethersett" is a reflection of what would have been thought of as Hethersett proper from very early times. Lynch Green was a nearby hamlet - if it could even be called that - at the time, and by 1675 the hamlet that had existed at Thickthorn was long gone.

There was also a small hamlet with its own church dedicated to All Saints at Cantley - or Cantelof as it was known. This little satellite village of Hethersett ceased to exist some time in the late 14th century. By the 17th Century it was only a few bumps in an empty field opposite Cantley Farm.

Despite there being no parishioners to speak of, the little church at Cantley remained in use as a chapel from the 14th to the 16th centuries. A deal was made whereby the Rectors of St Remigius took on the 'burden' - and hence the proceeds - of All Saint's. The chapel building came down during the reformation, but the role of chaplain there never went away, Successive rectors of St Remigius remained custodians of its lands until at least the 19th Century. I'm not



1675 Ogilby map of Hethersett Street

too knowledgeable on the current state of affairs, but they may still technically be part of the benefice today.

So why am I talking about all of these other little places, when they aren't even shown on the map?

Primarily, to point out that there is a reason they aren't shown.

If you look at today's maps it's easy to think of Hethersett as centred primarily around Lynch Green and spreading out from there. The buildings and the Church on the Street pretty much rest on the southern edge of the village.

Until around 1800. when the common ground was enclosed, no local resident would have pictured Hethersett in this way. The Church and the Street were the centre of town proper.

It's true that Lynch Green did have a gathering of homes around its edges. This was often the way with a common Green. People built homes that backed onto the common no-man's land and used it to graze their animals and plant small garden plots. There was another little gathering at Shop Green, at the bend of present-day Shop Lane,



Detail from 1887 Map showing the Site of All Saint's Church in Cantley



Present Day Hethersett Image

but this didn't eventuate in a nucleus of new built homes after enclosure.

The case was a little different in Lynch Green, as some enterprising local builders in the early 1800s made their mark. Nowadays we would call them land developers. After the enclosure of Hethersett in 1800, they were local builders who both saw an opportunity and had the skills and land to make use of that opportunity.

In the 17th Century, and undoubtedly for a great deal of Hethersett's history, the town was what ran along the main street there and everything else was a small offshoot.

We can tell this for two reasons.

Firstly, because the church of St Remigius has sat in that place for at least 800 years. And there has been a Church perhaps on that spot since before Domesday, although we can't really say exactly where the original Anglo-Saxon Church once stood.

The church was normally in the heart of the village.

You don't build a parish church by the highway and have your village somewhere off to the north. You normally have the church somewhere near the main drag. In fact, the present driveway up to St Remigius was the original path of the main road there.

If you look at where Norwich Road meets and joins with the B1172, you can see that the natural curve to the north that we've been following carries on in a curve towards St Remigius. That curve once then bent back to meet the B1172 but is now stopped up.

When a road makes a specific detour towards a venerable building, it's usually a clue that the building was there first.

The second clue is also to do with a strange movement of the road just past the church. Particularly its relationship with the little building that stands there



18th Century detail of Homes around Shop Green



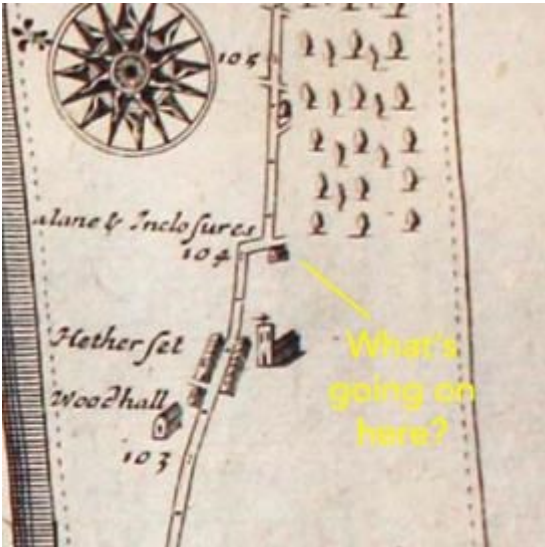
18th Century Drawing of St Remigius



all on its own just past the main stretch of street. It sits on a funny dogleg in the road that's no longer evident.

That little side step is just about where Church Farm now stands and it could well be that we are looking at Church Farm. What leads me to doubt this, is that the oldest part of Church Farm was a small house built in the early 17th century. It would have been standing at the time of our map, sure, but highways don't make sudden bends for the sake of little cot-

The original line of Norwich Road



tages.

It's more likely that the road had bent like that for quite some time. As we've seen, you would need another important and venerable building like a church to cause it to do so.

Perhaps something like a Manor House.

Now no-one now knows where the original Manor House of Hethersett Manor stood, but it has long been thought that its remains lie in the fields to the South of Church Farm.

Tiles and bricks of the 16th century turn up in the plough soil there and local farmers until at least the 1970s - if not until more re-

A strange dogleg in the road

cent times - have told tales of a building that had once stood there known as Mockbeggar's Hall. It was known as such because an original grand hall had been subdivided into accommodation for labourers. It still retained its grand outward aspect, though, and so was a disappointment to any beggar who showed up in expectation of charity.



Side by Side comparison of 1946 Photo and 1796 Map of possible Manor House

At one time it wasn't inevitable that a parish church was part of the Catholic hierarchy. Until around the 13th Century, most churches were owned by the lords of the manor, so a Manor House situated so close to the church makes sense: the lord generally did not want to walk far every Sunday for service.

Another giveaway that a grand house may have stood here is in the description listed on a map of 1796 for the fields there. While no building was pictured on the map, it was strangely still described as a "Hall Yards Meadow Orchard & Moat".

If you look at this aerial photo taken in 1946, you can just make out what does indeed look like a pair of arms to a moat which jut out from the existing water feature there. Beside it is an extract of the 1706 map for comparison and a guesstimate of the location of the Manor House

Moats went out of fashion around 1500, and we have the road shifting course to facilitate whatever stood here, so I think it's a good guess that this was the original site of the Manor of Hethersett.

What we know for sure, is that by 1270 a large Manor House stood in Hethersett. Two "solars" - or private rooms for the lord's family - sat above the main hall. The House itself was surrounded by gardens, with a separate "Great Grange" or estate Farm alongside. There was no mention of a moat back then, although it did have a dovecot and a fishery attached.

If you look at the image of the 1796 map laid over the 1946 aerial photo above, it actually looks like you have a drawbridge running over the water feature that then leads directly to the centre of that square shape there.

Admittedly there's nothing better than putting a shovel in the ground to learn exactly where something like this hall once stood, but until then, this is my best guess of where that hall lies buried.

"STOP PRESS"

Just as I finished putting together the images for this, I came across a brand new



satellite image of Hethersett. It's of the field to the West of the above maps. This image shows something remarkable in the very fields that have been turning up 16th Century roof tiles and bricks.

Do you see that yellowish outline in the crops? Those look like crop marks.

When foundations or stonework are just below the ground level, it means that there is less depth to the soil there. This in turn means that less moisture is available to the crops growing above. When the summer is dry, this can cause the plants growing above buried features to struggle and sometimes even die off. This leads to crop marks.

It must have been dry when they took that photo, because the crop marks there are as clear as day. There may be another explanation for the yellowing crops there, but it certainly looks like a sturdy building once stood on that spot.

Perhaps a long ornamental drive led across the drawbridge and water feature to a great hall that stood where those parched crop marks lie today.

Whether or not either spot held the Manor House I can't truly



Monument to John Pettus in Rackheath

say, but I'd be happy to be entirely wrong about its location, if it means we find it one day.

Either way, I think that Ogilby's map is still showing us a representation of the Manor House - on whichever of the two sites it once stood.

The hall would have changed somewhat by 1675, but we have no descriptions of it from the time of Ogilby's map.

It may actually have stood empty or have at least begun its decline.

You see, the Lord of the Manor at that time was a gent by the name of Sir John Pettus, best known (so far as I can discover) for being of Rackheath in Norfolk. He was born in Rackheath, and he died in Rackheath. He seems to have been a Rackheath man through and through - though he did a bit of "Gentlemanning" in London of course.

He was the second lord in a row that hadn't actively sought the Manor. Instead he had accumulated it. Pettus had acquired the manor as part of a marriage contract with the previous lord's daughter. There's no clear evidence that he ever attended the Manor Courts which were held there a few times a year. Seven years later he sold the manor and doesn't seem to have ever looked back.

While we're here at the Manor House, why don't we stretch our legs and wander about the gardens for a bit. Watch out for the moat, and don't be disappointed if no one answers the manor house door when you knock.

Next month we'll finish our journey through 17th Century Hethersett by way of Thickthorn Hall



Hetherset Herald—The Collection

HETHERSETT Herald began life as Hetherset Online in November, 2015, and has been produced monthly ever since. The first edition ran to just 12 pages and had as its main story the theft of lead from the roof of Hetherset Parish Church. Photos of edition seven to 18 are on the next two pages. More next month.

Originally the publication was just called Hetherset Online but later changed its title to Hetherset Herald in May 2016 with edition seven and we have been going from strength to strength ever since. You can read back copies of Hetherset Herald by going to www.hethersettherald.weebly.com

HETHERSETT HERALD
May 2016
Number 7



Duncan's Special Day

After 12 years of working in the community, Duncan's special day was celebrated in style at the Hetherset Parish Church. The event was held on the 15th of May and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.



Published on 15/05/2016

HETHERSETT HERALD
June 2016
Number 8

Celebrating Hetherset

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of June and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Let The Bells Ring Out

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of June and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Published on 12/06/2016

HETHERSETT HERALD
July 2016
Number 9

Seventh Heaven

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of July and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Published on 12/07/2016

HETHERSETT HERALD
August 2016
Number 10

Champions Again

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of August and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Damp Days

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of August and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Published on 12/08/2016

HETHERSETT HERALD
September 2016
Number 11

More Mayhem at Thickthorn

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of September and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Published on 12/09/2016

HETHERSETT HERALD
October 2016
Number 12

Fighting for Facilities

The Hetherset community celebrated the 10th anniversary of the Hetherset Parish Church. The event was held on the 12th of October and was a wonderful day for all involved. The church was filled with people and the atmosphere was wonderful. The day was a special one for all and we hope to see more such events in the future.

Published on 12/10/2016

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Parking Problems

HETHERSETT HERALD
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Number 21

Top Award for Shop

There is No Planet B

By Penelope Brown

Ways to Turn Waste into Entertainment for Children

CARDBOARD PACKAGING

BEFORE you pop your cardboard cereal or biscuit boxes in the recycling, re-purpose them into a jigsaw puzzle. You can use any thick cardboard packaging with a picture on it, just cut it into squares or shapes that connect together and put your little one to work reassembling.



You can make the puzzle as easy or as hard as you want by varying the number and shape of the pieces. Or, if your child is old enough for scissors, you can even get them to make one themselves for you to try.

OLD PASTRY BRUSH, PAINT BRUSH OR TOOTHBRUSH

Create an archaeological dig for your children. All that is needed is a container such as a washing up bowl or food container, some old brushes and some play sand. Bury plastic toys, bottle tops, rocks and shells. Use the opportunity to talk about the 'fossils' as your child uses the brushes to carefully search and turn in to budding archaeologists.

EGG CARTONS

There are lots of ways that you can reuse egg cartons but one of the best is to use them as a paint tray. Each egg nest holds just enough paint, you can use up to 12 colours and the carton is very stable. You can use egg cartons over and over again, let the leftover paint dry and refill next time you are ready to paint.



Alternatively, you could use old egg cartons as a colour match game. Paint the inside of each nest a different colour. While the paint is drying, have a scavenger hunt around the house and let your child search for and collect small items of various colours. Then match each item with an egg cup of the same colour and place the items inside.

Use egg cartons as mini indoor plant containers. Fill the nests up with potting compost and plant up with quick growing herbs such as chives and parsley.



Mustard and cress also make a good alternative on a bed of dampened cotton wool.

PLASTIC WIPES CONTAINER

While using washable cloth wipes is a great option to reduce waste, occasionally you might find yourself with an empty disposable wipes container. These plastic boxes can be reused in a couple of fun ways so they don't go to waste. Try putting five or six different textures and shapes inside the box and get your little one to feel inside and guess what they are feeling.

Alternatively, if your child enjoys emptying a wipes container as much as most kids do, try filling it with folded pieces of coloured fabric which they can empty again and again.



Getting In A Pickle

Gus Honeywood is Communications Officer for the Norwich Branch of the Royal Naval Association. Gus lives in Hethersett and here he tells us about Pickle Night.

UNDER normal circumstances, the Royal Naval Association – Norwich Branch would host a get together in a local hostelry to raise a glass and remember the tradition of Pickle Night; but what is the story behind HMS Pickle and the Royal Naval tradition of Pickle Night

For the five days since Nelson had died at the close of battle, Admiral Collingwood was in charge of the victorious but battered British Fleet onboard his flagship HMS Euryalus, a 38-gun frigate.

It was from here that the signal was made to summon over a tiny topsail schooner, crewed by 33 men, the Captain of which was Lt. Lapenotiere, a 35-year-old Devonian, of Dutch descent.

HMS Pickle made her way towards the Euryalus in the stormy seas that had beset the fleet since the battle. Lapenotiere was lowered in a sea boat and transferred across to the Euryalus where Admiral Collingwood was awaiting him in his day cabin.

Collingwood presented Lapenotiere with the dispatches containing details of the order of battle and the news of a great British victory at Trafalgar. They also contained the news of Nelson's tragic death. They were addressed to William Marsden, the Secretary to the Board of Admiralty at Greenwich, London.

On passing the dispatches to Lapenotiere, Collingwood said "Now take these dispatches to England; you will receive £500 and your Commander's commission. Now I have kept my word"

This great honour was bestowed upon Lapenotiere due to an event that took place onboard a merchant vessel several years earlier when both Lapenotiere and Collingwood were passengers.

An order was given that would have resulted in the merchant ship being smashed on rocks when Lapenotiere, realising this, gave another order and saved the ship. A grateful Collingwood said "If ever I have the opportunity, I will do you a service."

Once back onboard the Pickle, her Captain gave the order and the little schooner got under way, her destination Falmouth, her mission, to deliver the biggest news story of the century.

In gigantic seas the Pickle battled her way through storm after storm until eventually she arrived in Falmouth harbour. It was 9:45 am on Monday, 4th Novem-

ber, when Lapenotiere went below to his tiny cabin and changed into his best uniform, mildewed, and creased though it was, prior to going ashore and arranging his carriage to London. The carriage that would take him and his precious dispatches the 266 miles to the Admiralty at Greenwich.

Thirty-seven hours and 19 changes of horse later, Lapenotiere arrived at the Admiralty. It was the 6th November, approximately 1 am and the Admiralty Secretary, William Marsden, was about to retire for the night when the night porter announced, "an officer bearing dispatches".

Lapenotiere strode into his office, unshaven, uniform crumpled and his face lined with tiredness. Without preamble he said "Sir, we have gained a great victory; but we have lost Lord Nelson". Lapenotiere then handed over the dispatches, his mission complete.

First Dispatch

On Monday the 21st Instant, at Daylight, when Cape Trafalgar bore East by South, about Seven Leagues, the Enemy was discovered Six or Seven Miles to the Eastward, the Wind about West, and very light, the Commander in Chief immediately made the Signal for the Fleet to bear up in Two Columns, as they are formed in order of sailing; a Mode of Attack his Lordship had previously directed, to avoid the Inconvenience and Delay in forming a Line of Battle in the usual Manner. The Enemy's Line consisted of Thirty-three Ships (of which Eighteen were French and Fifteen Spanish), commanded, in Chief, by Admiral Ville-neuve;

Second Dispatch

The Commander in Chief in the Victory led the Weather Column, and the Royal Sovereign, which bore my Flag, the Lee.

The Action began at Twelve o'clock, by the leading Ships of the Columns breaking through the Enemy's Line, the Commander in Chief about the Tenth Ship from the Van, the Second in Command about the Twelfth from the Rear, leaving the Van of the Enemy unoccupied; the succeeding Ships breaking through, in all Parts, astern of their Leaders, and engaging the Enemy at the Muzzles of their Guns; the Conflict was severe; the Enemy's Ships were fought with a Gallantry highly honourable to their Officers; but the Attack on them was irresistible, and it pleased the Almighty Disposer of all Events to grant His Majesty's Arms a complete and glorious Victory;

Third Dispatch

Such a Battle could not be fought without sustaining a great Loss of Men. I have not only to lament, in common with the British Navy, and the British Nation, in the Fall of the Commander in Chief, the Loss of a Hero, whose Name will be

immortal, and his Memory ever dear to his Country; but my Heart is rent with the most poignant Grief for the Death of a Friend, to whom, by many Years' Intimacy, and a perfect Knowledge of the Virtues of his Mind, which inspired Ideas superior to the common Race of Men, I was bound by the strongest Ties of Affection; a Grief to which even the glorious Occasion in which he fell, does not bring the Consolation which perhaps it ought; his Lordship received a Musket Ball in his Left Breast, about the Middle of the Action, and sent an Officer to me immediately with his last Farewell; and soon after expired.

I fear the Numbers that have fallen will be found very great when the Returns come to me; but it having blown a Gale of Wind ever since the Action, I have not yet had it in my Power to collect any Reports from the Ships.

So, Why Pickle Night?

In 1974 the President of the Senior Rates' Mess at HMS Nelson asked HMS Nelson's Commodore for permission to celebrate Trafalgar Night in the same way as the Wardroom did.

Vice Admiral Sir John Lea was Commodore of the Royal Naval Barracks from 1972-75. In 1974 he was able to persuade the Admiralty to allow Victory Barracks to become HMS Nelson, this had unusual problems, because personal approval had to be sought from the Queen, as her great grandfather Edward VII had decreed that the new Barracks at Portsmouth was to be known as Victory Barracks.

The name change took place on 1 June, 1974, on the anniversary of the Battle of the Nile.

The president of the Warrant Officers and Chief Petty Officers Mess, Mr Hetherington, approached the Commodore for advice and approval for them to celebrate Trafalgar Night in 1974 in the same way as the Wardroom.

Commodore Lea thought that this was a great idea, but thought that it might prove very difficult to get a sufficiently high-profile officer to guest and to propose the Immortal Memory toast due to so many Trafalgar Night Dinners going on in Wardrooms throughout the Navy on that very night.

For this reason, he suggested they celebrate the arrival of the news of the battle via HMS Pickle two weeks later; this meant that the speakers who were most in demand, were more likely to be available to them, as these had done their Trafalgar Nights a fortnight earlier and would now have space in their diaries; it also meant that they had a fortnight during which they could recover from their own Trafalgar Night before doing it all again.

Thus began the tradition of Pickle Night.

The Norwich Branch of the Royal Naval Association meet on the second Tuesday of the month at The Canary Social Club; however during these unprecedented times all Branch Meetings and social events have been suspended until further notice. Full membership is available for current and former Naval Service personnel including: RN, RM, WRNS, QARNNS, RNR, RMR, RFA, RNXS and Associate membership is available for families, friends and anyone who supports our Naval Service.

During these unprecedented times, the Branch hosts a Monthly Branch Meeting and is holding regular virtual tot meetings using Zoom software; and will be raising a tot to Admiral Lord Nelson on the anniversary of the Battle of Trafalgar on 21 October.

Find them on Facebook or www.rna-norwich.org.uk

For more information, please visit <http://rna-norwich.org.uk/>.



Above is another of John Head's photographic studies of the fields in and around Hethersett. This photograph was taken on Sunday, 25th October at 3.30 pm.

What I Love About Hethersett

THIS month we asked our district and county councillor David Bills what he loves about Hethersett. Here is his response.

Ahhhh why I Like Hethersett.

Auckland
Hong Kong
Heathrow
Hethersett
Home

24 hours flight then drive up A11 to see the welcoming site of the Hethersett sign - I'm home.

This is why I like Hethersett and why it has been my home now for 15 years. In that time I have learned so much about the character and history of the "village" and Hethersett people.

Perhaps one of Hethersett's main claims to fame would have to be its sporting prowess. There is I am sure a club or group that represents the vast majority of popular sports. Where else would over 5000 turn out at 6 o'clock in the morning to welcome the Olympic Flame being run through the village.

No other village has been able to re-route the torch, Hethersett did in 2012. The Run the Square is another excellent community event which hopefully can be held again in July 2021 - time will tell.

This typifies the can-do spirit that is bubbling away in so many people. It not just sport as was proven with the Covid-19 lock down period.

So many people took it upon themselves to join up and help those in need, those who could not get out, those who were lonely and needed a chat or shopping or medicines collected. This has resulted in so many volunteers continuing to offer their help.

The number of clubs, charities and groups is also remarkable. I won't mention them by name as there are too many but I am sure that whatever the interest one might have there is a group you could join.



If there isn't then it would be odds on it could happen.

The beauty of Hethersett is also a matter to see. The cherry blossom in Churchfields, the daffodils around the Village Sign.



Spring flowers in gardens on the side of the road.

Hidden down small drive-ways are so many old cottages with carefully maintained gardens.

History of Hethersett is covered in many books my favourite is "The Book of Hethersett" by the Hethersett Society with so many interesting pictures and quotations. Also, worth reading is the piece by our Editor of the Herald, Peter Steward, which can be found at

<https://hethersettherald.weebly.com/history-of-hethersett.html>

We have access to all the facilities in Norwich - Theatre, Restaurants, the Castle, clubs dare I say a Football team - all just a couple of miles up the road.

Yes, there are problems with a growing population and we must handle these but there is also so much to be proud of in Hethersett and this is why I

"Like Hethersett"



News From The Parish Council

Parish Council Meetings

HETHERSETT Parish Council meets on the third Monday of each month apart from August. Full council meetings begin at 7.30 pm and are preceded by meetings of the council's planning committee which starts at 7 pm. In addition the Memorial Playing Field Pavilion Development Committee meets on the first Monday of the month at 7.30 pm. This meeting is preceded by a further meeting of the planning committee starting at 7 pm. These meetings are all open to the public

Meetings of the parish council usually take place in the village hall but are currently being held via the Zoom video conferencing platform.

Agendas and reports can be found on the council's website at:

<https://hetherset-parish-council.norfolkparishes.gov.uk>.

There are two opportunities for the public to speak at each full council meeting.

Full council meeting dates for the remainder of 2020 are— Monday November 16th and Monday December 21st.

How To Contact The Parish Council

THE parish council office in the village hall is currently closed to the public due to the Coronavirus outbreak.

Parish clerk Annette Palmer can be contacted by telephone on 07902 322729 or via email at hetherset.pc@tiscali.co.uk.

The council has a website at

www.hetherset-parish-council.norfolkparishes.gov.uk

and also a Facebook page.

Memorial To Heather Planned

A LASTING memorial to Heather Williamson is being planned by Hethersett Parish Council.

Heather died earlier this year and is buried in St Remigius Churchyard.

Now there are plans for a permanent memorial to Heather who was a great supporter of her adopted village and a champion of elderly people.

A meeting of the Hethersett Environmental Action Team (HEAT), a sub group of the parish council, heard that leading Hethersett environmentalist Dr Anne Edwards has plans to plant a wild service tree and possibly a flower bed in a grassed area of the parish council owned car park adjacent to Tesco's on Great Melton Rad.



The wild service tree is the UK's rarest native tree and is a medium sized slow growing tree that will eventually reach around 25 metres. The best time to plant these is in mid to late November. Meanwhile the existing tree stump would make an ideal place for a memorial plaque to Heather.

In 2016, Heather received a lifetime community hero award from South Norfolk Council for her unstinting work in the village, with particular emphasis on supporting the elderly and the environment. Heather was a co-founder of HEAT, a former Hethersett Parish Councillor and was closely involved with the village's open gardens' scheme and the organisation of the monthly litter picks.

It is thought that Heather will be the first resident to be honoured with a personal plaque in an outside setting, although the names of those who died in the two World Wars are included on the war memorial in the grounds of St Remigius Church.

Meanwhile an oak tree on Hethersett Memorial Playing Field planted by Hethersett Horticultural Society to commemorate the Queen's Jubilee is growing well and a plaque about its origins could be put in place in the near future.

News From The Parish Council

THERE is a possibility that the barriers on the footpath between Richardson Crescent and Great Melton Road could be taken away following an appeal by a local resident.

The parish council received a letter pointing out that the barriers make it impossible to get through on a mobility scooter for those wanting to take the quickest way to the village.

Councillor John Nightingale, himself a mobility scooter user, supported the idea of removing the barrier and the request will now be discussed by Norfolk County Council.

Back Room To Become Parish Office

The search for a new Hethersett parish office is over with news that the council will be taking over the Humphrey Back Room in the village hall from 1st November.

Initially the agreement between the council and the village hall trustees will be for one year with an option of an extension for a further year. During this time the room will be exclusively used by the council and will not be available for hire by other groups or meetings.

The council will be paying between £3,000 and £3,300 to hire the room which will provide a base for parish clerk Annette Palmer and a new assistant clerk. It will also be open to the public on certain days.

In addition, the council will continue to rent their former office in the village hall and this will be used to house the village archives.

Plans to rent a room in Hethersett Library have (if you will pardon the pun) been shelved.

Parish council chairman Adrienne Quinlan underlined the importance of having an accessible parish office that will be available for council use without the restrictions that other offices could be subjected to: "We have looked at a number of options but we couldn't find anywhere in the village suitable, particularly under COVID restrictions. This will make us self sufficient and independent of everyone else including users of the hall," she said.

The council had looked into the possibility of purchasing a portable office but had found the cost to be prohibitive. There is a separate entrance to the Humph-

News From The Parish Council

rey Back room from the village hall car park.

The council will initially rent the room for a year with a possible option on a second year although Councillor Bridget Williamson urged the council to continue to look for suitable premises with handicapped access.

Members agreed that some form of soundproofing would be needed for times when loud music is being used in the main hall.

Pavilion Plans—Update

HETHERSETT Parish Council is to continue with plans to site a new pavilion in the same place as the existing building along the Park Drive side of the Memorial Field.

The council has received complaints from residents of Park Drive asking for consideration to be given to re-siting the building elsewhere in the park. Councillors have considered but dismissed re-siting a new pavilion close to the bowls green and cycle speedway track or behind the current football pitch alongside Recreation Road. Neither area is felt to be suitable, however.

Planning permission for a replacement pavilion was obtained in 2013 and it is hoped to begin work in the not too distant future with the new pavilion financed through development money and grants.

We will have more news on the new building in future issues of Hethersett Herald.

Parish Shorts

Recycling Centre Plans Passed

Plans for a new household recycling centre at Harford Bridges have been passed by Norfolk County Council. The new facility will see the shutting of the current centre at Ketteringham which is used by many Hethersett residents. Meanwhile district councillor Adrian Dearnley told the parish council that South Norfolk is currently discussing the future of bin collections—their regularity, recycling initiatives and side waste (the rubbish left beside bins). Mr Dearnley pointed out that South Norfolk is one of the few councils that still collect side waste.

Date Unknown

A date for the completion of the Colney Lane cycleway is not known at present.

Anti Social Soiling

Over the past few months an amount of human excrement has been found and cleared up in the Kissing Alley area of Hethersett. The matter is now in the hands of Norfolk Police.

Saying Hello

Kim Kelly, Community Development Officer for Norfolk County Council, introduced herself at the October parish council meeting. She told councillors that her role included promoting groups and helping to put people isolating in contact with local support groups. She also spoke in favour of a new skatepark for Hethersett (see elsewhere in this edition for more information on this).

Light Replacement

The parish council has agreed to replace a damaged street light at the corner of Haconsfield and Norwich Road. Members heard that the light wouldn't come on but then was on all the time. It has also suffered damage from what appears to have been a collision with a vehicle.

The council agreed to spend £1,595 on a new column and to reclaim the money from its insurance.

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Dale's Beauty Tips

Dale Evans continues her regular column giving beauty tips and answering your questions.



Dale Evans at the Willows

Advanced Beauty Clinic

The Willows, Hethersett, NR9 3JY

Tel. 07921367910

info@daleevans.co.uk

www.daleevans.co.uk

By Appointment Only

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Happy November

THIS is a transitioning time for the skin, cold mornings, blasts of hot air from car heaters, central heating turned up, and normally less water and fluids drunk makes the skin a bit unhappy.

We tend to use the same products month in, month out, taking no notice of external factors such as temperatures, environment and of course internal ones such as hormones, medication, illness etc.

Learning how our skin should feel will help us to notice early changes and try to remedy them.

Which skin type are you?

Do you think you know?

First of all cleanse your skin using a gentle cleanser, rinse and pat dry, do not add anything else onto the skin. Leave for 45 minutes and look closely in the mirror (at my age I need a magnifying one!)

If you can see shine on your nose and possibly forehead your skin could be normal/combo. If you have shiny cheeks as well this might point to an oily skin. A tight feeling all over especially when smiling could indicate a dry skin..

Dry Skin

This skin type can feel tight during the day and there may be noticeable flaking in extreme cases. A dry skin can be bought on by hormonal changes, climate,

lifestyle, diet, genetics. Upping your water intake can help while minimising diuretics like alcohol and caffeine is beneficial.

Product-wise, gentle exfoliation is key, this will remove the additional layer of dead skin cells, which will help applied products such as moisturisers and serums to be absorbed more readily.

Gentle exfoliation can be obtained by products that include lactic, glycolic, salicylic acids. These work by gently dissolving the dead skin cells and can normally be used even on the most sensitive skins.

An extra serum as well as a moisturiser might be needed at certain times of the year to keep extra dryness at bay.

Normal/ combination

This skin type is normally recognisable by slightly drier cheeks and maybe a more open pores texture to the skin on the nose, chin and forehead. Exfoliation is still important for this skin type as, by using the above acid exfoliations, it will keep the pores clean and therefore minimised.

Moisturisers can be used in the drier areas more, don't forget your neck! They are never oily and need plenty of moisture. Maybe just apply moisturiser to the oily areas once a day instead of twice. Learn to adjust your applications depending on how the skin feels on a day to day basis.

Oily skin

This type of skin is not welcome when we are younger as it can lead to pustules, blackheads, shiny faces, but as we get older, it's a dream! Wrinkles and fine lines appear later, whoopeee! Not a bad trade off !

Oily skin can also appear more supple. After breakouts pigmentation can appear so again regular acid exfoliations will speed up the cellular turnover. Vitamin C has a great brightening effect on the skin as well.

All skin types should use Sun Protection all year round, yes, even in the winter! This will protect the skin from premature ageing and skin pigmentation.

I have over 30 years' experience as a beauty therapist and offer free, no obligation, consultations from my clinic in Hethersett. Men and women are welcome.

I am a Medik8 stockist. This is a British brand. They are industry leaders in Vitamin A, which is a gold standard in skin ageing .

Telephone or email me with any queries or questions, I am always happy to help.

Dale Evans 07921367910. Info@daleevans.co.uk

Sarah's World

Sarah Lawrence continues her new monthly column looking at her take on life.

RECENTLY at Tesco, we were approached by Hethersett VC Primary School who asked whether we could assist in some fundraising for the school. Never one to resist a challenge, we've created a Halloween competition called 'Halloween Squares' where you choose a square and a winner gets picked at random.

By the time you read this, a winner will have already won the Halloween Hamper prize, but keep your eyes peeled for our next bit of fundraising work for the Christmas period, in aid of Woodside Primary School. If you're reading this and would like us to have a go at a bit of fundraising for your local group or organisation, feel free to pop in and discuss your ideas with myself or Keyleigh, the Store Manager.

I said last month that Amelia has started back at Woodside Primary - she's still loving it by the way - and that my other daughter was due to start nursery there. Well, we're a few weeks in now, and Hattie is really enjoying her morning sessions there. She goes on a Monday, Thursday and Friday morning, and always comes out chatty and very hungry! Now, I'd love to tell you about the inside, however because of Covid restrictions, parents aren't allowed in. So when she comes home, what she's done at school is a bit of a mystery



unless she deems it important enough to talk about.. I do know that she enjoys playing with the play dough, and that she has discovered that she likes to eat pears! It's lovely to see all of the

Sarah's World

children that used to come to Playgroup go too. it's amazing to see how much they've grown since March when we had to stop. One little boy I didn't even recognise until I saw him with his grown up!

Speaking of Playgroup, I really miss it. My Tuesdays are far more relaxing now, but I miss hurrying to get the Village Hall ready for the session with Jade and Hannah, I miss seeing all of the children with their grown ups, and oh, I miss the biscuits! Despite only taking it over with Jade in January, 2018, it had become such an important part of my life. We were always planning for the next occasion, any excuse for a party! If all was well, we'd soon be having our Hallowe'en party with goodie bags, crafts and Hallowe'en party food, and we'd be planning for our Christmas party. Last year I managed to rope my husband in to stand in for the big guy in red, that seems like a distant memory now! Here you can see some of my favourite photos of First Steps, pre-Coronavirus. I really hope that we'll be able to restart again soon! Now, to get a bit sappy. On the 9th October, my wonderful husband and I celebrated our tenth wedding anniversary. Things have changed a lot for us since we got married. We've moved house twice, had two children and gotten a lot more eye bags/grey hairs/wrinkles. I don't regret a second though, even through the ups and downs. I don't think anyone else would put up with me and the amount of crazy ideas I get! Over the page there's a photo of us on our Wedding Day. Look at how young and carefree we look! It would have been



nice to have gone away for our anniversary, but 2020 didn't really allow for that, perhaps next year. I'd love to go back to Derbyshire where we spent our honeymoon!

Lastly, I'd like to say a big thank you to Amanda Downes for contacting me on Facebook when I lost my purse recently. I hadn't realised I'd lost it, It had fallen out of my bag down a dark Henstead Road one evening, but Amanda was able to locate me through the wonders of social media

Sarah's World

and reunite me with it. It was all okay, albeit a bit damp, but the inconvenience I would have had to go through cancelling all of my cards is not worth thinking about! Thank you for being my Good Samaritan.

That's all from me for the November issue, hope you all have a wonderful month! :-)

There will be more from Sarah's world in the December issue of Hethersett Herald.

You can also read about Sarah's part in being a Sandwich Super Hero in our front page lead story.



Sarah's World



News From The Media

Eastern Daily Press - Saturday, October 17, 2020

News

Escaping bombs and stealing eggs, Basil was 'one of a kind'

Tributes have been paid to a "one of a kind" community stalwart after an inquest ruled he died of natural causes.

Basil Vautier, who died at the age of 88, has been described by his loved ones as "a breath of fresh air with his sunny outlook".

An ardent supporter of the Hethersett community, he had a "boundless energy" which meant he was regularly seen cycling around the village, mending lawns, and carrying out duties as Hethersett Methodist Church committee member, chairman, and taking over the running of the breakfast club.

His family said: "His life was as varied as his character, experiencing a very unusual boyhood that few other can equal."

Mr Vautier was born on August 17, 1931, on the island of Jersey. By the time he was eight the

DONNA-GOUGE BISHOP

Writes for the Hethersett Herald

Second World War had broken out, and just before he celebrated his ninth birthday Jersey became occupied by German soldiers.

The middle child of 11, his memories of the war were vividly relayed to the people he met.

Mr Vautier would tell his stories of running from tracer bullets along the beach, collecting seagull eggs from nests for his mother to make cakes - which involved holding his brother's legs while his father hid a pig's carcass from German soldiers inside a big tree.

He would also share details of when his father's shop was bombed just weeks after they escaped in the family car, and



Tributes have been paid to Hethersett's 'one of a kind' Basil Vautier after he died aged 88

PHOTO: VOUTIER FAMILY

being evicted at short notice from their home when the Germans commandeered it.

Later in life, after training as a teacher, Mr Vautier went into the building trade as a painter and decorator while also running a goose house with his first wife, with whom he had two sons, Paul and Nicolas.

He married again in 1972 to local woman Donna Hetherington, who he affectionately called Don, of Hethersett Methodist Church, and they had two daughters together, Carolyn and Gabrielle.

The pair began married life in Jersey but moved to London, and a number of other locations,

before settling in Hethersett - the place he dubbed his "adopted village".

Mr Vautier leaves behind his wife, four children, eight grandchildren and five great-grandchildren.

An inquest was held on October 5. Mr Vautier died on May 23.



In May Hethersett lost a force of nature with the death of Basil Vautier.

I had the pleasure of knowing Basil quite well and enjoyed chatting with him about football (he was a West Ham supporter whilst I support my home team Norwich) and many other topics.

Basil had an intriguing story. He was born in the Channel Island of Jersey in August, 1931, and had first hand memories of the Nazi occupation during the Second World War.

Basil was an adopted son of Hethersett, working tirelessly to help people in our village and always with a kindness and a smile.

On October 17th, the Eastern Daily Press and Norwich Evening News newspapers carried a tribute to Basil, much of which was based on my article in the June Hethersett Herald. You can see copies of cuttings from the papers here.

Peter Steward

News From The Media

22

Friday, October 1, 2021 Eastern Daily Press

News



Debra Kitchin, CEO of Inspiration Trust, and Sue Hudson, regional schools development officer for Hethersett Academy, attend the ribbon-cutting ceremony.

Debra Kitchin, CEO of Inspiration Trust, and Sue Hudson, regional schools development officer for Hethersett Academy, attend the ribbon-cutting ceremony.



Oversubscribed school unveils £8m expansion to welcome more pupils

SIMON DAVISON
www.easterndailypress.co.uk

Students at an oversubscribed secondary school are the first to benefit from an £8 million expansion with new classrooms and a state-of-the-art music centre.

The new building at Hethersett Academy houses 11 new classrooms for Year 10, music and art lessons, together with a state-of-the-art new drama complex with blackbox seating, named after a popular former teacher.

The expansion in the new building was funded by Suffolk County Council. For the last few years, the school has increased its pupil numbers in Year 7 and has still been oversubscribed.

The additional classrooms mean that the school, which has been growing in popularity, will be better able to meet the increasing demand for places.

This year 7 class welcome 250 students in Year 7 – an increase in the school role of 500 children in the last three years.

Debra Kitchin, CEO of Inspiration Trust, said: "Despite many building projects around the country being brought to a standstill by Covid, our new building at Hethersett has opened on time.



Students performing at the new Music Centre at Hethersett Academy. Photo: Simon Davison



"It is wonderful to see the new building block in action, and our budding musicians sounding the horns in this incredible new performance space."
Regional schools development officer for the East of England Sue Hudson cut the ribbon to open the building in an event that saw guests treated to vocal, dance and instrumental performances by Year 7 and 8 students in the

brand new Helen Pyle Theatre named after the school's retired former head of music. Jane Diver, principal of Hethersett Academy said: "This amazing theatre, dark room, photographic suite and professional art studio built well alongside our gymnasiums for the arts and our entrance at Hethersett. We firmly believe learning through and about the arts, enhances the

learning experience and prepares students for life after school by encouraging self-expression and creativity. "It is also a fitting tribute to name the theatre in the new building which houses eight mathematics classrooms after Helen Pyle, who dedicated over 40 years of her life to providing Hethersett children with the highest quality maths education

and a passionate advocate of music in our schools." Suffolk County Council said: "The project at Hethersett Academy makes an important addition for the school and also for the village as it's part of a wider programme to create hundreds of extra spaces for children in this growing community."

IN our last edition we carried a major feature on the future of education in Hethersett with a special focus on Hethersett Academy. A cut down version of our story appeared in the Eastern Daily Press which followed this up with a full page story about the official re-opening of the new teaching block at the Academy.

News From The Media

The new facility, which is named after former maths teacher Helen Pye, features 17 classrooms for English, Maths and Art along with a modern 200-seater performance area.

Dame Rachel De Souza, Chief Executive of the Inspiration Trust, said the new facility had been delivered on time despite the intervention of Covid:

“It is wonderful to see the new teaching block in action and our budding Thespians treading the boards in this incredible new performance space,” she said.

The Regional Schools’ Commissioner for the East of England, Sue Baldwin cut the ribbon to officially open the new block and there were vocal, dance and instrumental performances by pupils from Year Nine and Ten.

Sweet Cuppie

Something else we have featured in the past in Hethersett Herald is the intriguingly named Cuppie Hut which we first came across on Hethersett Memorial Playing Field a few years ago.

Run by friends Mel Abel and Kim Cooper the sweet treat van than took up residence on Norwich Market in November, 2018, and has now expanded



Joy for cake business owners as Norwich Market stall expands after lockdown success



to a larger stall which will be serving cakes and cupcakes from 11 am until 4 pm Tuesdays to Saturdays. Pictured above is the cutting from the EDP newspaper and opposite is our photograph of Kim and Mel taken on Hethersett Memorial Playing

News From The Media

10 Friday, October 23, 2021 Norwich Evening News

News

Village streets to be lit up at Christmas again for charity

Thousands in Norwich will be lit up for charity again this Christmas in honour of a children's brain tumour charity which has helped families through lockdown.

Last year residents of Great Milton Close and Park Green raised hundreds of pounds for the locally based Finnbar's Force charity, which raises money for research into childhood brain tumours and supports families.

The charity was set up in 2017 by Finnbar and Jane Clark in memory of their son Finnbar, who died aged five from a brain tumour.

Mr Clark said: "I am super pleased that we will be able to switch the lights to make them even more spectacular this year."

He said it had been a tough year for the charity which, like so many others, has suffered from pandemic restrictions which have hit events and fundraising.

He added that a number of people had also been put back by 15 to 20 events.

Nevertheless the charity has been far from idle.

"We have been able to provide financial assistance to families, some of whom would have been left desperately short of money without support," he said. "It is really sad to imagine how strongly could be felt in this shocking pandemic time of having a suddenly ill child."

The charity has been able to give out £20,000 in grants over a six-month period during lockdown and Mr Clark admitted some of the feedback received had been "heart-wrenching".

"We have been able to support more than 20 families in the Norfolk and Wymondley areas through home visits when such tasks as collecting, ironing and mending clothes," he added.

And he said he remained optimistic about the future and the "great people" who have continued to contribute, with over 2000 donations in spite of coronavirus restrictions.

He said the charity is also allowing the lights to be lit up at an oak tree in town.

Thousands of people



Finnbar, Jane Clark, Jane Clark, Tobias Clark and Neil Clark Peter Eeles

ON an earlier page we carried a story about the coming Christmas lights and Finnbar's Force charity. Above is a cutting from the Eastern Daily Press newspaper of this story.

Thickthorn's Creditable Mention

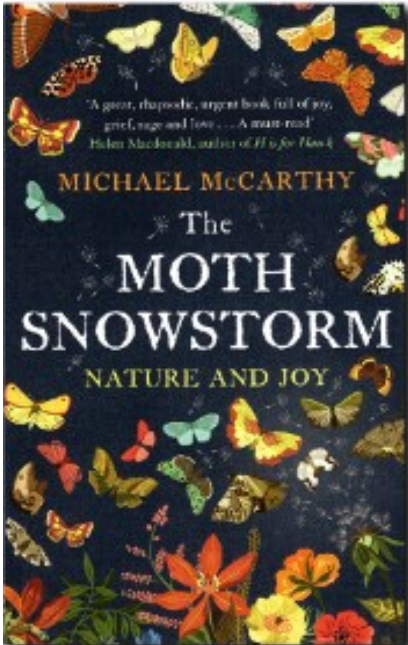
THE Eastern Daily Press carried a story comparing various McDonald's restaurants and pointing out the best according to customer marks left on Tripadvisor. The top mark has gone to Delft Way in Norwich. The McDonald's at Thickthorn gets a creditable mention. Thickthorn McDonalds gets a rating of three-and-a-half out of five



A reviewer noted how it was "ideally located on A47/A11 junction outside Norwich" as well as the "great staff very friendly and welcoming". Another reviewer said: "I am 77 and the three staff that looked after me were so wonderful they were polite kind and caring it was a breath of fresh air."

Classics of Back Lane with Penelope Brown

The 13th in a series featuring a literary gem found in the Back Lane Book Swap. Books found during a wander along the lane. Of course by the time you read this the featured book may have gone.



The Moth Snowstorm by Michael McCarthy

Nature has many gifts for us, but perhaps the greatest of them all is joy; the intense delight we can take in the natural world, in its beauty, in the wonder it can offer us, in the peace it can provide - feelings stemming ultimately from our own unbreakable links to nature, which mean that we cannot be fully human if we are separate from it.

In *The Moth Snowstorm*, Michael McCarthy, one of Britain's leading writers on the environment, proposes this joy as a defence of a natural world which is ever more threatened, and which, he argues, is inadequately served by the two defences put forward hitherto: sustainable development and the recognition of ecosystem services.

Drawing on a wealth of memorable experiences from a lifetime of watching and thinking about wildlife and natural landscapes, *The Moth Snowstorm* not only presents a new way of looking at the world around us, but effortlessly blends with it a remarkable and moving memoir of childhood trauma from which love of the natural world emerged. It is a powerful, timely, and wholly original book which comes at a time when nature has never needed it more.

This powerful and heartfelt book is beautifully written and blends a new way of looking at our relationship with the world with the author's own moving story.

My Photographic Diary *by John Head*

Hethersett resident and friend of Hethersett Herald, John Head, is a keen photographer who regularly posts his excellent photographs on Facebook. Here we feature a selection of John's photographs taken during his wanderings in an around Hethersett. You will also find other photos taken by John dotted throughout this edition of Hethersett Herald



Evening can be a lonely time and it is also a time to reflect on a day which will never return.

I felt the need to go out and capture the day disappearing across the fields at New Road. I was accompanied in my mind by that wonderful hymn tune 'St Clement' – The Day thou Gavest, Lord, is ended' as that day in my life departed (1st October, 1830 hrs).

My Photographic Diary *by John Head*



My Photographic Diary *by John Head*



Pictures on this and the next page were taken as autumnal dawn broke around St Remigius Church at 7 am on Monday, October 26th.

My Photographic Diary *by John Head*



SCHOOL RUN? COMPLETED IT MATE!

The latest edition of the Hethersett Old Hall Blue magazine features an intriguing piece of parking at the school in 1990. The magazine has been published since the school shut and includes recipes, information and reminiscences on the past. Here is that article.

Parking at Hethersett could be tricky at drop off/collection time but one parent found a novel way to get around it. Here is more from Gerry Hermer, former owner of Sterling Aviation:

Back in the spring of 1990 my wife was in hospital and no one else was available to get the girls to school. I had been booked by Martin Brundle to fly him, by helicopter, to Oulton Park to join Jackie Stewart at a corporate event. The only way that I could make it all work was to drop them off en route. I called Mrs Redington the day before for permission, she was very helpful and told me to land on the hockey pitch. As you can imagine, the girls were very excited about their transport arrangements! I dropped off my two daughters Helen and Joanna Hermer and my nieces Sarah and Niki Taigel all in good time to arrive for the bell and for me to get to Mr Brundle.

It is worth making the connection that in 2000, Gerry helped to set up East Anglian Air Ambulance. The charity has been so touched by the recent auctions for various items which has raised £200 so far.



Down Memory Lane

Regular readers of Hethersett Herald will know that Angela Eden regularly sends in photographs taken in the Back Lane area of the village. Many features the colourful floral displays around Hethersett Jubilee Youth Club. For this edition, Angela turns back the clock to the day the roses were planted by the Hethersett Environmental Action Team (HEAT)



Angela's photo of the planting by members of the Hethersett Environmental Action Team (HEAT) shows that the weather was pretty appalling on that particular day.



News From Hethersett Hall Care Home

Stories and photographs by Charlotte Govier

Social Distance Shopping

LAST month, we welcomed Clayre and Teresa of Birdies Boutique back to our home with safety measures and social distance in place.

The Birdies sat smiling through their masks in our side garden with clothing stocked in their van. Activities staff took orders for residents and placed order forms in a plastic folder which was wiped with disinfectant wipes after each use.

Our residents missed interacting with Clayre and Teresa on this occasion but we were thrilled to support residents in a safe way to take part in some retail therapy. A huge thank you to Birdies Boutique for their hard work and co-operation to ensure our residents' safety. We look forward to seeing you again!



Let's Go For A Drive

We were delighted to take some of our residents for a scenic drive in the mini-bus to Whitlingham Park. We had the best seats, right at the front of the car park! It was a joy to see our residents smiling and admiring the many ducks and swans swimming in the lake.

News From Hethersett Hall Care Home



Busy hands

Our residents love to keep busy. One of the ways is helping the catering team with their daily job of folding napkins for the tables, one resident relished the opportunity of helping out and enjoyed the feeling of accomplishment when they finished the task, especially as they had a cup of tea and a biscuit waiting for them when they finished. Residents also helped with the flowers.



Live Yoga with Bella

Throughout lockdown Bella, our yoga instructor has provided regular videos for residents to copy and maintain weekly exercise to meet physical needs and promote a healthy well-being. However, we have now arranged weekly Zoom sessions so the residents can interact with Bella, we have really missed her! The residents were so pleased to see Bella.

Stunning Artwork in Lockdown

THE Hethersett Painting for Pleasure art group has been unable to meet face to face during lockdown and the subsequent social distancing rules.

But members have been far from idle as the next three pages show. It is lovely to be able to reproduce some stunning works of art from members of the group that would, in normal times, meet in Hethersett Village Hall on Wednesday mornings.

A variety of media has been used from watercolours to felt tip pens, salt. Collage and computer generated images.

We are very grateful to group members and their leader Linda Goldspink for giving permission to use the images. We will be featuring some more in the next edition.



This very unusual painting depicts the crew on the early steam drifter “Request” in the early 1900s



IN the painting on the left the artist asks us to; "leave footprints of love and kindness on every step of your journey."



This painting returns the viewer to the halcyon days of cinema when you got two films instead of one.





Finally we have a depiction of an artist's dream house followed by some appetising time for tea paintings.

Where Are The Best Deals?

ONCE again this month we looked at petrol prices with our survey taken towards the end of the month. Our aim is to compare garages within easy driving distances of Hethersett to let you know where the best value is.

Herald Petrol Watch

Prices have stayed pretty static once again over the past month. It's annoying as always to have to report that the two garages at Wymondham (Waitrose and Abbeygate) and Thickthorn Services continue to be 10p per litre more expensive than some of the other garages.

Each month we will be using the eight garages listed below to show how prices have increased or decreased over the past month. The best value petrol and diesel is highlighted in red. NC = No Change.

There may be even better value if you go slightly further afield and please note that these prices were checked near the end of the month but may have changed further before publication.

Once again our advice if you want the best deals is shop around and avoid paying inflated petrol and diesel prices. You could save yourself hundreds of pounds over a year and that's a lot of additional motoring.

	Unlead- ed	Chang e	Diesel	Change
Asda Hall Road, Norwich	109.7	NC	113.7	NC
Tesco Express, Earlham Road, Nor-	109.9	NC	114.9	NC
Sainsbury's Queen's Road Norwich	109.9	NC	113.9	NC
Tesco Harford Bridges, Norwich	109.9	NC	114.9	NC
Sainsbury's Longwater, Norwich	110.9	NC	115.9	NC
Abbeygate Wymondham	119.9	NC	125.9	NC
Waitrose Wymondham	119.9	NC	125.9	NC
Thickthorn Services, Hethersett	119.9	NC	125.9	NC

HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



A/Insp. Dave BURKE
Local Policing Commander

The Local Policing Commander is responsible for a group of Safer Neighbourhoods teams. The Inspector also works with our partners and communities to reduce crime in your neighbourhood and focus efforts on the priorities that matter to you.



101 Ext: 4151



David.Burke@norfolk.pnn.police.uk



PC Andy HUDSON
Engagement Officer

Your Engagement Officer is here to provide communications and updates regarding your neighbourhood as well as co-ordinate volunteers, specials, community speedwatch and / or cadets.

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



PC Chris BODEN
Beat Manager

Your Beat Manager PC is here to engage with the local communities and work to solve local issues and priorities within your neighbourhood.

The Beat Manager's aim is to keep your neighbourhood as a safe place to live, work and visit.



101 Ext: 2955



Christopher.Boden@norfolk.pnn.police.uk



SNTHethersett@norfolk.pnn.police.uk



[/SouthNorfolkPolice](https://www.facebook.com/SouthNorfolkPolice)



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NORFOLK
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Our Priority is You



LITTLE MELTON PRE-SCHOOL NURSERY



***Our Pre-School is run by a team
of experienced,
qualified and caring staff.***

Open Monday-Friday during term time.

***Rated 'Good' by OFSTED
Open to children from 2 1/2 - School age.***

***Providing Quality Childcare
for over 30 years.***

***Please contact us to arrange a visit.
Little Melton Village Hall, Mill RD, Little Melton
01603812362***

***www.littlemeltonpreschoolnursery.co.uk
Registered Charity No:1028459***

***This organisation is committed to safeguarding and promoting the welfare of children
and young people and expect all its staff and volunteers to share this commitment.***

Join The Email Group

We currently use Social Media to inform residents when a new edition of Hethersett Herald is published.

We also post copies of new editions, along with an archive of editions from the past five years, on the website www.hetherssettherald.weebly.com.

If you would like to be alerted via e-mail of the publication of a new edition please send an e-mail requesting this service to the editor—
petersteward@lineone.net.

We will then draw up a group for circulation. Your e-mail address will not be disclosed to any third parties and will be used exclusively for notification of new publications.

The December edition of Hethersett Herald will be online at the end of November.

News, features and photographs should be with the editor by November 15th at the latest.

We are happy to consider items for publication either on Hethersett or written by Hethersett residents on other subjects and they can be sent to

petersteward@lineone.net

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

<https://www.facebook.com/Hethersett-Herald-196216690775010/>

Please share details of the Herald so we can increase our readership.

Advertise In Hethersett Herald

Hethersett Herald is a monthly e-magazine published in the last week of each month. We are now happy to take advertising. If you want to promote your business to a wide audience and support our aims of bringing village news and views to as many people as possible why not take out an advert? Our rates are detailed below.

If you wish to advertise in Hethersett Herald please contact the editor Peter Steward on petersteward@lineone.net or 01603 811052.

Artwork should be supplied by the advertisers in Jpeg format.

Contact Us

petersteward@lineone.net

Advertising Rates

	Per Edition	Annual—12 Editions
Quarter Page	£20	£200
Half Page Horizontal	£30	£300
Half Page Vertical	£30	£300
Full Page	£50	£500

This month Brett Rennolds gives some tips on how to cope, support and deal with the teenager in your life.

We are all having to cope with a lot in a COVID19 world and if you're a parent or carer of a teen you will undoubtedly have more on your plate than ever!

This month's blog will focus on providing some knowledge and insight for the all important 'tool box' when it comes to coping, supporting and dealing with the teenager in your life.

I have over 30 years of experience working with vulnerable and marginalised young people. As a youth worker and now psychotherapist I have provided interventions that have contributed to reduced anger, anxiety and depression that has increased, placement stability, reduced crime, raised academic attainment and school attendance.

I offer these insights to provide you with some context. The teenage brain is a mass of chemical and electrical activity; billions of neurons seeking to make sense of perceived reality. The teenage brain has, in neurological terms, a plasticity that, when harnessed, provides the opportunity to learn new skills at an expedient rate.

However, at the same time the teenage mind is also experiencing a significant 'rewiring' as it seeks to regulate thoughts, feelings and behaviours. In short... it's pretty mentally challenging to be a teenager... or the parent or carer of one.

The National Institute for Mental Health (USA) proffers seven things to know about the human brain;

- The brain reaches its biggest size in early adolescence.
- The brain continues to mature even after it has stopped growing.
- The teen brain is ready to learn and adapt.
- Many mental disorders may begin to appear during adolescence.
- Teen brains may be more vulnerable to stress.
- Teens need more sleep than children and adults.
- The teen brain is resilient.

These are neurological truths that mean teenagers are prone to risk taking be-

haviours and/or emotional outbursts.

It is the reason that teenagers need more sleep, as this 'rewiring' consumes a significant amount of energy meaning there is an increased need for REM sleep as this is how the mind recuperates after prolonged activity, removing toxins as a consequence.

Think of REM as performing a similar function to that of the kidneys. Not enough REM means that the teenage brain is more prone to stress. Stress will manifest as anger, fear or sadness, which can lead to feelings of anxiety or signs and symptoms of depression.

In addition, the teenage brain is overly reliant on the emotional mind as the neurological connection to the pre-frontal cortex is yet to be made. This emotional mind is made up of the Amygdala, Hypothalamus and Hippocampus, all areas hard-wired to be responsible for our survival.

When your teen feels stress the emotional mind will step in and remove logical thought from the equation.

Think of it as stress pouring into a bucket. Like all buckets it will overflow unless something is done about it.

When this proverbial stress bucket overflows the Amygdala steps in to ensure our survival; instructing us to hit it, run away from it or hide from it.

This is fuelled by the hypothalamus that produces hormones like adrenalin, nor-adrenalin and cortisone.

When these chemicals fuel the teenage mind the hippocampus reverts to the behaviour that ensured our survival in the past; slamming doors, running out of the house or shutting themselves away in their room are behavioural examples of anger, fear and sadness.

The behaviours of a teenager are never personal, it may feel like it when you're on the receiving end but that's the point, it feels personal.

Seeing and understanding these connections and accepting how they influence the thinking and behaviour of your teen is a vital first step in understanding their behaviour and how you can help support them through this challenging time.

It is also essential that, in order to cope, deal and support the teenager in your life that the parent or carer manage their own stress bucket.

Easier said than done, yes, but change is possible with application and help as required.

It is imperative that the parent or carer, engages their prefrontal cortex; the area of the brain that is responsible for skills like planning, prioritising, and controlling impulses. It is a connectivity that the adult mind has but, the teenage brain is yet to establish.

In the heat of conflict or desperation, between a parent/carer and teenager, it is neurologically understandable that the parent/carer will be experiencing stress, however the neurological math here is this;

Emotional mind v emotional mind equals increased stress for all concerned and deployed escalating emotionally behaviours.

Think about that last painful outburst, to a greater or lesser extent it concluded with an emotional outburst between the parent/carer and teenager.

Conversely an intellectual mind v an emotional mind equals defusing of emotional behaviours and decreased stress for all concerned.

Think about the time you positively intervened and prevented a full on row. Think about how you achieved that; you will have thought, felt and behaved differently. It was undoubtedly something you did and what you did provided a sense of safety for your teenager.

As the grown up you retained intellectual control, made a proper assessment of the situation and implemented the right solution for you and the teenager in your life.

These positive thoughts, feelings and behaviours when noticed, savoured and valued will reduce the stress in your bucket and enable you to cope, deal with and support the teenager in your life.

The behaviours of a teenager are never personal, it may feel like it on the receiving end but that the point, it feels personal.

When you think about it the neurology of the teenage brain means we are able to contextualise and accept that it is not fully able to think the way an adult brain takes for granted.

A teenage brain is just feeling, it is literally ill equipped to cope with the changes brought on by puberty, the social media they are exposed to 24/7 and the never ending influences they are exposed to telling them what to think, want and be.

If you take nothing else away from this piece consider this; Don't obsess about the behaviour of yesterday, it is in the past.

Undoubtedly this will need to be learnt from but choose that moment carefully. Dwelling on the past is the potential kindling for trauma. Constantly reliving the past means that the parent/carer or teenager is unable to neurologically move on.

By focusing on what can be changed and committing to it, whilst accepting the things that cannot be changed, it is possible to foster greater resilience in the parent or carer and provide the space and time for the teenager to think, feel and behave more positively.

Hethersett Matters

WE regularly feature scams in this publication. In this edition we look at some of the latest to avoid. This column is put together in partnership with Norfolk Trading Standards and Norfolk Police. Anyone concerned about possible rogue trader activity in Norfolk can contact them through their partners the Citizens Advice consumer helpline on freephone 0808 223 1133.

Looking for a Trader you can Trust? Try a Norfolk Trusted Trader. To search our directory and read feedback from their customers visit www.norfolk.gov.uk/trustedtrader

Residents need to be on their guard after reports of doorstep cold callers.

Two men have been seen going door to door wearing branded tabards.

Our advice is always be very wary of claims made by doorstep cold callers and never give access to your property, agree to services, buy items or agree to return visits if approached in this manner.

Watch out for doorstep cold calling even if you are displaying a No Cold Calling sticker.

This advice also follows a number of recent reports from residents who have had cold callers at their door despite displaying a sticker, with some reporting that the callers can be difficult to turn away and, in some cases, verbally aggressive when the presence of the sticker is pointed out.

Recently the ongoing COVID-19 situation has led to reports of doorstep cold callers claiming to be offering help to vulnerable residents or calling for health related reasons.

We are asking residents to report ALL doorstep cold calling incidents, especially if their property is displaying a No Cold Calling door sticker of any type. We are also offering the following advice:

If someone cold calls at your property remember it is your doorstep so your decision whether you even answer the door. It helps if you can check through a spy hole or look from a window to see who is there.

Think about your home security, make sure other doors to your property are locked before answering the front door.

If the person is offering services or trying to sell something politely but confidently say you are not interested and close the door

Hethersett Matters

If the person is claiming to represent an authority, organisation or charity ask to see ID. If ID is offered, ask if you can take it to check its validity. If you are given the ID close the door and contact the company or organisation on the ID by a number you find online or in the phone book, DO NOT use information on the ID, it could be fake. If no ID is offered, the caller refuses to let you check it, or you cannot verify it is genuine, politely but confidently say you are not interested and close the door

As the cold caller leaves, if you can safely from inside your property watch and see:

- Do they go to call at neighbouring properties?
- Do they return to a vehicle, is it sign written, can you see the make, model, colour and registration plate?
- Are they alone or working with others?

Note down a description of the cold caller, why they were calling and who they say they were representing – all of this information is very useful to Trading Standards and the Police when looking at Cold Calling incidents.

Why not consider setting up a No Cold Calling Zone in your community? You can find out more about our scheme at www.norfolk.gov.uk/nccz.

Be vigilant for cold callers selling fish door to door.

This follows an incident where a resident was cold called at their property by a man who offered to sell them fish.

In the past these types of sellers have been known to use high pressure sales tactics and there have been issues with the quality of the fish being offered, whether the type of fish is as claimed, and whether it has been appropriately stored for transportation.

Our advice is do not deal with cold callers and never be pressurised into buying on the doorstep.

Finally a warning about cold callers selling household cleaning and Christmas products. Watch out for doorstep cold callers trying to sell household cleaning and Christmas products.

This follows an incident where two men have been seen cold calling. At one

property they claimed that they were 'ex offenders' selling items 'as part of a rehab scheme'. They were carrying rucksacks containing household cleaning items, Christmas cards and wrapping paper. The resident declined the offer and reported the incident.

Our advice is never deal with anyone who cold calls at your property offering to sell something. It is possible these sellers will continue to move onto other locations in Norfolk.

If you feel intimidated or sight these cold callers and are concerned for vulnerable neighbours call 999.

Not Just Dirt

A pile of very important dirt has been delivered to Hethersett Memorial Playing Field.

But this is no usual dirt—it is granite dust and is bound for Hethersett Hawks cycle speedway track at the back of the field.

The dust comes all the way from Scotland and Hawks will be sharing the load with Norwich

Cycle Speedway Club. The top of the current track will be skimmed off and replaced with the new dust. It will be the first time Hawks have carried out this work in the past 15 years.

The dust has been purchased thanks to a grant from South Norfolk Council through David Bills and Leslie Dale. It was one of Mr Dale's final acts before retiring as a district councillor. He is now on Hethersett Parish Council.

Our photograph shows Councillor Bills with Hawks chairman Mel Perkins and the pile of dust.

Mel estimates that the pandemic has cost the club up to £1,400 in lost revenue through not being able to hold fund-raising events.

This year's annual awards ceremony will take place via social media.



Council/Government Contact Numbers

Below are the contact details for people you may want to get in touch with on village matters:

Member of Parliament

Our MP is Richard Bacon who can be contacted through the following:

Email - Richard@richardbacon.org.uk.

Address: Grasmere, Denmark Street, Diss, Norfolk, IP22 4LE.

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

Norfolk County Council

Our Norfolk County Council representative is David Bills who can be contacted on 01603 813041.

South Norfolk Council

Our South Norfolk Council representatives are Adrian Dearnley, Phil Hardy and David Bills. David can be contacted on 01603 813041 or at dbills@s-norfolk.gov.uk, Phil on 07985 695668 or at phardy@s-norfolk.gov.uk and Adrian on 07957139880.or at adearnley@s-norfolk.gov.uk.

Hethersett Parish Council

Clerk to the council Annette Palmer can be contacted on 01603 810915. Parish council chairman Adrienne Quinlan can be contacted on 01603 814379.

The Parish Council usually meets on the third Monday of each month at the Village Hall. The planning committee meets on the first and third Monday (depending on planning applications). Currently all council meetings are being held on the zoom social media platform.

Agendas of meetings are displayed on village noticeboards at Churchfields, Hethersett Library, Hethersett Post Office, the Memorial Playing Field, and Hethersett Village Hall. Copies of minutes are held at the library or are available from the clerk. The parish council office is currently closed but will eventually be open at the Village Hall (upstairs) on Monday and Thursday mornings between 10 am and 12 noon.

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

News, views, comment, information and photographs keeping you up to date with what is happening in our village. Hethersett Herald is published on the first day of each month exclusively at:

www.hetherssettherald.weebly.co



The Editor's Corner

The following extracts are taken from the editor's blog on Hethersett and other matters which has been running since the beginning of lockdown—looking at many different areas of village life. The full blog is available at www.peterowensteward.weebly.com/blog and also on the Facebook page at : <https://www.facebook.com/groups/486377568989294/>

October 5th

Sometimes (well quite often actually) I feel very honoured to live in Hethersett and the achievements of others often makes me feel very humble.

Such was certainly the case yesterday when I popped along to Hethersett Memorial Field to see a number of runners set off on the London Marathon.

No they weren't running to London - but round the streets of Hethersett. As we all know this year's London Marathon was cancelled to all but elite athletes. So thousands upon thousands of people were taking to the streets and fields throughout the country to run marathons in aid of hundreds of good causes.

So at just before 9am I went to see a handful of runners set off. Took a few photographs and then returned three and a half hours later to see them finish.

So while I was at home in the warm and the dry these hardy souls were braving the rain to run, run, run and then run some more for charity.

I had no real idea of what time they would finish in. My only guideline was from my own running days many years ago when I was training for marathons and used to average eight minute miles. So that would have been a marathon in three hours and 28 minutes (give or take a few minutes of hours).

Assuming our runners were roughly around the same standard as myself of almost 40 years ago and that would be a finishing time of somewhere between 12.30 and 12.45 pm. And there they were right on time - back for a quick run around the park to complete the 26.2 miles.

I was just glad this time I was taking photographs and not running - nowadays I'm pushed to complete the two mile funrun. Mind you I would be interested to know how far I run during a two and a half hour tennis session which I had last Thursday.

The Editor's Corner

So huge congratulations to all those who finished the marathon. I have to say those I saw on the Memorial Field looked as fresh as daisies at the end and many achieved personal best times - must be something in the Hethersett air.

In the afternoon I went to the latest village screen offering "A Personal History of David Copperfield." Wasn't sure what to expect as a number of friends and relations didn't speak highly of it. I found it highly entertaining and funny in parts.

I'm sure many would expect a different kind of David Copperfield simply because of the words "A Personal History." The title of the original novel given by its author Charles Dickens was the less than snappy "The Personal History, Adventures, Experience and Observation of David Copperfield the Younger of Blunderstone Rookery (Which He Never Meant to Publish on Any Account "

There were about 25 people there which the organisers declared to be a "Covid Record." It would still be good to see a few more there as the groups costs for film licences, hire of the hall etc stay the same whether there is a pandemic or not. October 5th

October 6th

As Autumn begins to bite I always feel that we are hurtling down towards Christmas with a number of events.

Firstly we have Anne's birthday and then my birthday and then Hallow'een, followed by fireworks and then Christmas preparations.

It's all going to be very different this year though thanks to Covid 19.

Looking back over the years I can recall numerous firework/bonfire events.

For a start there was one organised by Wymondham and Attleborough Round Table when I was a member. We had to stop it after a few years because it got too big with queues of cars snaking their way back from Hethel to Wymondham.

Then Hethersett Athletic Football Club organised an event on what was Hethersett Middle School (now Hethersett Primary). Again it got too big and so was

The Editor's Corner

a victim of its own success.

For a number of years we attended a bonfire party at the home of Hethersett and Tas Valley Cricket Club at Flordon and this was bracketed with a presentation evening.

As for Hallowe'en. You either love or hate it. Thankfully over the past few years in Hethersett it's been a lot of fun with people dressing up their houses and youngsters enjoying trick and treat. If you want to get a flavour of this have a look at the relevant back copies of Hethersett Herald which are available at www.hethersettherald.weebly.com.

This year it's all going to look very different. However one good idea has come to the fore. Sharon Watts posted a couple of ideas on Facebook split into two parts as follows:

Part one - simply print and colour / decorate one of the two pumpkin pictures (or both!) or draw and decorate your own to then display in your windows. This would be similar to the rainbow pictures put up during lockdown.

Part two - Set up a "spotter sheet" and go on a safe walk around the village ticking off how many pumpkins (posters or real ones!) you can spot. Children could get a treat or sweet for every one or every five they spot - or for a full sheet of 50! You decide :).

The idea is that this should all be done in the lead up to Hallowe'en and not just on the 31st. The suggestion is anytime from Saturday 24th to Saturday 31st which just happens to be half term week.

I think this is an excellent idea and the village could be made very colourful with youngsters spotting as many as possible without knocking on doors or rummaging around in a pot of sweets.

It will brighten the village up and once more bring us all together. Of course Christmas looms and I can't help feeling sorry for the bearded and caped one. Dear old Santa is going to have to work out how he can deliver all those presents in all those countries whilst having to quarantine for 14 days every time he crosses a border. It is likely to be a logistical nightmare.

October 7th

Big congratulations to Hethersett Hearts which has been named South Norfolk

The Editor's Corner

Community Group of the Year.

Hearts worked tirelessly during lockdown to make life more bearable for local residents and particularly the elderly and lonely and the good news is they will be continuing their work even when Covid had disappeared into the big virus hub in the sky.

Below are the words I wrote for an article in the Eastern Daily Press in July:

An initiative introduced to help people during lockdown is likely to become a permanent part of village life even when the threat from the virus is over.

Hethersett Hearts was initially founded as a community group to support South Norfolk Council in helping the elderly, vulnerable and those self-isolating during the pandemic.

The group continued to evolve and it is hoped to establish it as a permanent support group after the pandemic as an "integral part of the village." And the pledge from organisers is "Hethersett Hearts is here to stay and we want to help."

The group will be looking to support families and individuals in the village and the local area who need help in their everyday lives.

This could include picking up shopping, posting mail, helping with chores, speaking on the telephone, putting weekly bins out, picking up prescriptions and urgent supplies and even providing contact details where people can get help on various worries and concerns.

Anyone interested in joining Hethersett Hearts or finding out more about the initiative can telephone 07716769124 or email hethersettearts@outlook.com. The group also has a Facebook page.

October 8th

I wrote a few days ago about Hethersett's marathon runners and put a request on Facebook for pictures and details and the response was good and I will be featuring some of them in the next Hethersett Herald.

Of particular note was the effort of Ali Clack who admitted that until a few months ago he had done no running. Working in Portsmouth, he joined a local running group and they helped him both physically and mentally to be able to run over 26 miles. You will be able to read Ali's marathon story in the next edition of Hethersett Herald which will be published towards the end of this month.

The Editor's Corner

It was great to hear about and see so many people running a marathon in and around Hethersett and I'm hoping this will become an annual event for those who either cannot or do not want to go to London.

On Tuesday, I went to the gym at Park Farm for the first time in over eight months. That doesn't mean I have ignored exercise during that time with regular walks and games of tennis.

When you watch the elite runners in a marathon they look to be jogging. "I could do that" is not an unnatural reaction to watching. But just look at the figures. These elite runners take around 2 hours and 10 minutes. That means they run just over 26 miles in around 130 minutes and that's a mile in around five minutes. I would guess that the number of people you know who could run a mile in five minutes is small and that's just one mile. These guys keep that pace up for 26 miles and that's 12 miles per hour.

So I took to the running machine again to see what it felt to go at those speeds. I did one minute at eight miles an hour and had to stop. It felt as if I was doing a flat out sprint - but these guys look like they are just jogging - amazing.

October 10th

I am currently reading the historic novel Tombland by C. J Sansom. It's the latest in his series about hunchback Tudor lawyer Matthew Shardlake. I have read the entire series. At times they can be rather convoluted and confusing but the historical details are excellent

Tombland is centred around Norwich and Kett's Rebellion and so Hethersett and the Flowerdew family are mentioned on many occasions.

Actually it's my second attempt to read it. I got about halfway last time and gave up as the action seemed to happen very slowly. But this time I am enjoying it more but will be glad to get to the point I left off last time so I can experience some new action. Last time I read the paperback but this time it's on my Kindle.

As Shardlake moves towards Norwich (a two day journey on horseback from London) he mentions the surnames of three of the most powerful families - one of whom is the Stewards. So perhaps I come from Norfolk royalty after all!

The Editor's Corner

Incidentally the Tombland area of Norwich is not so named because of any connection with tombs or cemeteries. The name comes from two Old English words meaning open ground or empty space. The open ground in question was used as Norwich's market place and hub of commercial activity.

October 15th

Each month in Hethersett Herald I ask someone to say what they love about Hethersett. The thing I particularly love about the village (and it's something that everyone says) is the community spirit. A number of years ago when we were proposing Hethersett for a national Prime Minister's award the government office which made the decision said Hethersett sounded like Nirvana (that's the transcendent state in which there is neither suffering, desire, nor sense of self, and the subject is released from the effects of karma and the cycle of death and rebirth and not the rock band - although at times the analogy to a rock band might be nearer the mark).

October 16th

A few days ago I received a request from one of my lovely readers asking for a list of books either set in or about Norfolk. Obviously there are literally thousands of non fiction books so I am building up a list of fiction which I will add to from time to time on this blog starting today. So here are the first entries:

David Copperfield by Charles Dickens (features Great Yarmouth)

The Accidental by Ali Smith

The Hippopotamus by Stephen Fry

The Future Homemakers of America by Laurie Graham

Waterland by Graham Swift

The Ruth Galloway Series of Mysteries by Elly Griffiths

The Go Between by L.P Hartley

Salt by Jeremy Page

The Norfolk Mystery by Ian Sansom

Death at Sandringham House by C.C. Benison

The Chemistry of Death by Simon Beckett

Coot Club by Arthur Ransome (set on the Norfolk Broads)

Devices and Desires by P. D. James

A Bird in Hand by Ann Cleeves

The Haunting by Paul Doherty

The Corner That Held Them by Sylvia Townsend Warner

The Rich are Different by Susan Howatch

Watercolour Sky by William Riviere

The Editor's Corner

The Absolutist by John Boyne

More to follow at a later date.

October 19th

Every so often local Hethersett luminary and all round good chap Duncan Pigg drops off a load of Hethersett memorabilia destined ultimately for the village archives.

I mentioned in former blogs a magazine/newspaper entitled Hethersett Mercury, a fairly short-lived publication at the end of the 20th and beginning of the 21st century. I found a few copies when I was sorting through old files in my study.

Now Duncan has let me have his collection of 18 more dated from September 1999 to October 2002. They give a fascinating insight into life in the village two decades ago and one of the first things I came across was a photograph of myself with youngsters from what was then Hethersett Middle School (now Hethersett Primary School).

I was accompanying one of the teachers, the school secretary and a number of the children for a recording of Ready, Steady, Cook in London.

I have vivid memories of that day - the coach journey into London, arriving at the studios via train, being in the audience for the recording and ending up on stage chatting to Fern Britton.

One of the chef's was Yorkshireman Brian Turner. At the end he came over to talk to the kids and one asked him "Do you like doing the programme?"

"Son, I get picked up in a car and brought from my home to the studio, I get to cook some of my favourite food, I get to meet all you lovely people, I get taken home again and I get paid for doing it. Of course I love the programme."

Those weren't his exact words but they were something along those lines and he had a twinkle in his eyes as well. I don't remember much about the actual cooking but I do remember that nobody was allowed to eat what was cooked and it was all thrown away (what a waste but I guess it had a lot to do with health and safety!!)

The main thing I remember about the day - apart from the excellent behaviour of the children we took all of whom will now be either in their late twenties or early thirties and the fact that when we had to vote for a winner by holding up either a green tomato or a red pepper card they counted the numbers without

The Editor's Corner

the cameras rolling and then pretended surprise and delight when we were asked on camera to vote for the second time - was a very strange incident which saw us all have to leave our seats to crowd onto the stage.

It concerned one of the audience - a very muscly man wearing a Welsh Rugby Shirt. Apparently he had an aversion to plasters and the crew was made aware of this by his wife but obviously thought nothing more about it.

Everything went smoothly until one of the chefs nicked his finger with a knife. It wasn't a bad cut but obviously they didn't want to get blood on the food. So they stopped filming and called for a plaster at which our friend in the audience promptly fainted! We all had to go onto the stage whilst the medics came and carted him away.

Apparently he soon recovered in a back room but didn't return as the filming started again. I have heard of people keeling over at the sight of blood but never at the sight of a sticking plaster.

Here is a transcript of the story that appeared in the October 1999 edition of Hethersett Mercury:

"Hethersett Middle School teacher Nicky Peters and Jill Garrould, the school secretary, have been filming in London to appear on BBC2s Ready Steady Cook.

It will be broadcast in December. They took eight lucky competition winners from Mrs Peters' class to be part of the audience and support them. Also there was the chairman of the governors, Peter Steward and another member of staff, Angela Farrington. In order to win a place on the trip, the children had to say which famous person they would most like to have a meal with, what they would like to eat and why.

One of the winners, Chloe White, chose Nostradamus as her guest. She said: "I would like to ask him how he found out that he could predict all those things. I would serve him monk fish stir fry because he was a monk, mange tout because he was French and fortune cookies with coffee."

The trip was generously sponsored by Tesco's of Norwich who paid for the travelling expenses on Anglia Railway, Local companies Pickerings of Dereham and Caley's Chocolate of Norwich provided some of the ingredients to promote Norfolk foods.

Nicky Peters cooked with Brian Turner and Jill Garrould with Ross Burden."

I have no real recollection of who won but have a suspicion that it may well

The Editor's Corner

have been Nicky.

The Mercury has a picture of the group including myself wearing a ridiculous chef's hat that fails to stand up and looks as if it has been squashed onto my head.

The children pictured are Rohan Chitale, Oliver Armstrong, Neil Anderson, Kirstyn Middlemiss, Gina Self, Emily Garrould, Charlotte Harvey and Chloe White.



GOOD COOKING: From left to right, adults: Peter Steward, Nicky Peters, Jill Garrould and Angela Farrington. Pupils: Rohan Chitale, Oliver Armstrong, Neil Anderson, Kirstyn Middlemiss, Gina Self, Emily Garrould, Charlotte Harvey and Chloe White.

Picture: LIZ THETFORD

Ready, steady cook for a big school success

HETHERSETT Middle School teacher Nicky Peters and Jill Garrould, the school secretary, have been filming in London to appear on BBC2's *Ready Steady Cook*.

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Nicky Peters cooked with Brian Turner and Jill Garrould with Ross Burden.

IT has been announced that the writing competition for young people which has been so popular over the past couple of years will be held once again this year. We will have full details in the next edition of Hethersett Herald. The competition will once again be sponsored by local resident Connie Tindale.

The Fight To Stay Alive

OCTOBER was a busy time for Hethersett Hedgehogs as the tiny scraps of life fight to stay alive in a cold, wet, hostile environment – and they really are tiny having been born just a few weeks ago completely out of the breeding season. Most were around 250 gm or below. However, second litters now seem to be the norm leaving hoglets vulnerable and too small to survive the rigours of winter hibernation so this is going to be an ongoing problem.

A hedgehog has to weigh at least 450 gm before it has a chance of winter survival



Adult hedgehogs are suffering too as the continuous rain has left them without any dry material to make warm cosy nests where they can stay safe from predators as well as from the elements.

We do not have the facilities to cope with adult hogs and have been advising people to take any sick or injured ones to Hallwood or PACT but we will not turn away any small hoglets that are in need of food, a warm bed and TLC.

We have never accepted financial contributions from anyone but we do gratefully accept donations of food. Hedgehogs like small kitten biscuits and meat-based cat food in gravy, preferably poultry and they seem to have an aversion to lamb.

Without the help of foster carers like Paul Baisley our local dentist we would not be able to cope.

Paul has already taken several in care himself and is ready to take more. In addition to that dedication, he is giving advice to other would-be foster carers on the equipment they need and what fostering entails. There is no such thing as a day off in foster care.

What has become evident is the extra vigilance that villagers are showing over the welfare of our prickly friends and now is the time for even more vigilance as bonfire night approaches. We know we go on about this every year but we can never be too careful.

Covid will have stopped large bonfire night gatherings so there are likely to be more bonfires in back gardens. Please check your bonfire carefully to ensure that there are no creatures hiding in your particular woodpile; hedgehogs or others.

Hethersett Hedgehogs

We are in the process of moving some of the larger hogs in care into the outside run where they can learn to forage for food and make their own dens instead of just rolling out of bed, eating and rolling back in again.

If they choose to hibernate in there we will keep them safe until the Spring when they will be allowed to just wander off.

At first they are likely to lose weight while using energy to keep warm having been on heat pads for several weeks but they will soon adjust.

Dry leaves were collected and stored early last month so they have nest materials and the whole area is covered to keep out the rain.

Now that we are back to GMT and the days shorten, people will soon be driving to and from work in the dark. There are already several hogs squashed on the village's roads. Be vigilant and avoid them if you can safely.

Hedgehogs have been around for millions of years and cars have been around for only a pinprick of that time; they cannot cope with the modern world but we cannot afford to lose even one of them needlessly now that they are so endangered.

The future looks brighter if the hedgerows are replaced as promised and if woodland is created. Without such intervention they are sadly doomed. They need areas where they do not have to cross roads to look for food. All they do in bright lights is curl up and hope the light will go away. The light does not go away and they get flattened.

I am not a climate change fanatic or an Extinction Rebellion supporter but it cannot be denied that November and December are now far warmer than they used to be.

HETHERSETT resident Trevor Radley has made a plea on social media for everyone to be hedgehog-aware in the light of the housing expansion. Below is his message.

“So Hethersett wildlife supporters, as you are probably aware, our beloved hedgehogs are now officially an endangered species. The amount of housing in Hethersett is now endangering them even more, so you can play your part by helping create a hedgehog highway.

Just cut a 150mm in the bottom of your fence panels (or above the gravel board) either side of your garden and save these fabulous animals as they need three garden worth of food per night to survive.

If you can't cut the holes I'm sure you know someone who could, or even ask your local fencing contractor to do this when replacing them. This is such a small ask from you all, now that you live in what was once their garden their garden.



Hedgehogs don't have hibernation calendars!

Right now we are in early Autumn. Lots of hedgehog youngsters are around and they have plenty of time to get up to a decent weight for hibernation.

Unless there is a very good reason to take them in - out during the day, illness, injury, or an abandoned nest with hoglets, right now the best thing to do is to leave them as nature intended. They do NOT need to be brought in to be 'overwintered' just yet.

Leave food and water out where you can to help them along the way.

With thanks to Blyth Wildlife for creation of this poster on behalf of a consortium of rescues



There is no guaranteed date that hedgehogs will hibernate, it varies year on year depending on weather conditions and temperature. Usually this is late November/early December but this isn't an exact science!

A hedgehog under 450g will most likely not have the energy reserves to survive hibernation.

BE ALERT: When overnight temperatures are forecast to be below 5°C for at least a week ahead, there is frost & the ground is hard. At this point we would be concerned to find any hedgehogs under 600g, and bring them into the rescue for support and assessment



Fifty years ago when people went to bonfire celebrations, they dressed almost for Arctic survival with hats, gloves and warm boots. Now all you need is a jumper and a pair of trainers. Hedgehogs do not have calendars. they hibernate with the weather and some will not sleep until the turn of the year. With food being scarce, they suffer.

You can help here by creating a Hedgehog Highway through your garden and putting out dishes of food and water each night. They may not look very grateful but I can assure you that they are.

See also our piece on the previous page about hedgehog highways. More from Hethersett Hedgehogs next month.

Groups and Societies

Due to the current pandemic, groups and societies have shut down for the foreseeable future although we know that many are using social media platforms such as Zoom to have impromptu meetings. We will be expanding and improving our groups and societies section once the pandemic is over and meetings can re-start (please see the notice below).

WE are looking to improve and expand our groups and societies section. If you would like your organisation to be featured in Hethersett Herald please contact the editor via e-mail at petersteward@lineone.net.

Reports of events and meetings can also be sent to the above email address.

The deadline for copy is the 15th of each month. Hethersett Herald is published on or around the first day of each month via the web site

www.hethersettherald.weebly.com

Announcement of publication is also made on social media platforms including Facebook, Twitter and Next Door. You can also be notified via e-mail.

If you enjoy reading Hethersett Herald please pass details on.

Please Get In Touch

If you have any stories or information you would like to see in the Hethersett Herald, please get in touch with us. You can find the contact details elsewhere in this edition.

Groups and Societies

Cringleford and Hethersett Flower Club

Cringleford and Hethersett Flower Club has cancelled all of its scheduled meetings for the remainder of 2020: "We are very sad about this, but know it is the best thing to do in the circumstances and hope that you will not be too disappointed.," said organiser Jenny Walpole.

The club hopes to be back in the New Year and has already organised meetings for January and February. On Monday 25th January Jacquie Aldous will be entertaining with the subject "Encore—The Autograph Collection."

On Monday 22nd February Pat Barton will be presenting "Where In The World?"

The meetings will take place in Hethersett Village Hall at 7.30 pm.

Have You Missed Out ?

YOU can catch up on previous editions of the Hethersett Herald by going to www.hethersettherald.weebly.com

and following the links. Hethersett Herald is an independent publication for news, views and features about Hethersett and general articles written by residents.

It is currently available only online. If you have news or would like to be featured in Hethersett Herald contact editor Pfter Steward on petersteward@lineone.net



To prevent the spread of Coronavirus,

**regularly wash your hands
for at least 20 seconds**

with soap and warm water



For more information on
how to protect yourself,

visit NHS.uk/coronavirus

News From The Garden

By Herald Associate Editor Roger Morgan

Now that the clocks have been turned back and the days are getting shorter, there is less time for us to spend in our gardens. The wet weather in October also made life difficult for gardeners. However, there is still much to do. Here are some of the jobs that we can be getting on with during November.

In the Flower Garden

- Remove fallen leaves from around the base of any rose bushes which suffered from blackspot or rust this summer, to reduce the chance of re-infection next year.
- Continue to lift dahlia tubers, begonias and gladiolus corms to store dry over the winter months. Remove the dead foliage before storing.
- Cut back the yellowing foliage of herbaceous perennials and lift and divide overcrowded clumps to maintain their vigour.
- Cut a few stems of holly with berries for making Christmas garlands. It's early, but now's the time to do it before the birds eat all the berries. Stand them in a bucket of water in a sheltered spot where birds can't take them.

In the Vegetable Garden

- Lift parsnips after the first frosts, when their flavour will have sweetened.
- Prepare a perennial vegetable bed which can be planted up with rhubarb crowns and asparagus crowns.
- Prepare a bed for planting autumn garlic and onions. Improve heavy soils with organic matter before planting.
- Spread fresh manure across the surface of your vegetable beds to rot down over winter.
- Stake top-heavy brassicas and draw up some soil around the base of stems to prevent wind from rocking the plant and causing damage to the roots.
- Check stored onions and garlic and remove any rotting bulbs immediately. The neck of the bulb is usually the first area to rot. Try using onion bags to improve air flow.
- Check stored potatoes and remove any that are rotting. Use hessian sacks to store your potatoes as this will allow the crop to breathe.
- Build a raised bed to take the bending out of vegetable growing.

In the Fruit Garden

- Divide mature clumps of rhubarb once they're dormant.
- Plant currant bushes while they're dormant.
- Plant raspberry canes now for a delicious home-grown crop.
- Tidy up strawberry plants - cut off any dead leaves and remove runners.
- Prune pear and apple trees any time between now and February.
- Wrap grease bands around the trunks of fruit trees to prevent wingless female winter moths climbing the trunks and laying their eggs in the branches.
- Don't prune your plum trees now as they will be susceptible to the silver leaf fungus - wait until midsummer.
- Check fruits in storage and promptly remove any showing signs of disease or rotting.

Other jobs

- Sweep up debris and fallen leaves that harbour overwintering fungal spores and create hiding places for slugs and snails.
- Lift and relocate plants when they are dormant.
- Aerate your lawn with a garden fork to avoid waterlogging and compaction over winter.
- Reuse spent compost from annual container displays as a mulch on the garden.
- Collect leaves up for making leaf mould as a soil conditioner. Oak, Alder and Hornbeam will rot down in a year but beech, sycamore, horse chestnut and sweet chestnut take a couple of years to compost.
- Edge your lawn. This is easy to do in the winter months once beds are clear. Lawn edging creates a neat and tidy appearance and makes maintenance easier throughout the year.
- Create compost bins for collecting fallen leaves and dead plant material.
- Make time to give evergreen hedges a final trim before the bad weather sets in, so they look neat and tidy for the winter.
- Clean out water butts and let the autumn rains refill them. Install a new water butt ready for next year.

News From The Allotment

The allotment is shutting down for the winter as most of the crops have been harvested. The leeks and carrots are ready for pulling and the celery and purple sprouting broccoli are growing well. The plot is being dug and manured with well-rotted compost and an area is being prepared for planting over wintering onion sets. The Autumn flowering raspberry canes have been cut down and the strongest summer flowering canes have been staked up. The asparagus tops have been cut and composted. The apple and pear trees have been pruned and thinned out. Take care and enjoy your gardening.

IN these horrible times it's nice to publish some bright and colourful pictures from Hethersett. Regular Hethersett Herald reader Pat Pierce took the following lovely photographs of Autumnal colours in her garden.





Photographs courtesy of Pat Pierce and used with her permission.

The Colourful Tints of Autumn

Regular columnist Connie Tindale is also a keen gardener and photographer and took these colourful photographs at her home in Grove Road.





Festive Prize In Charity Raffle

OVER the years the Wymondham-based Star Throwers cancer charity has helped many people and their families in Hethersett.

This year they are holding a Christmas Raffle with a special festive prize worth £500 and with the number of tickets limited to 250.

The Floral Home Styling package from Inspired Flower Design of Attleborough consists of: Christmas Tree and Installation, Large Festive Door Wreath, Table Centrepiece, Christmas Garland and a Signature Hand Tied Bouquet presented in a gift box!

The draw will take place on Saturday, 28th November, and more details are included on the poster on the next page.

Star Throwers Christmas Raffle



Registered Charity No. 1162237

Get Inspired this Christmas with your chance to win a Floral Home Styling package from Inspired Flower Design worth £500!



Prize consists of: Christmas Tree and Installation, Large Festive Door Wreath, Table Centrepiece, Christmas Garland and a Signature Hand Tied Bouquet presented in a gift box!

Draw date: Saturday 28th November 2020.

£5 per ticket - only 250 tickets available to purchase. Buy yours online today: virginmoneygiving.com/fund/StarThrowersRaffle or from our Wymondham charity shop.

Please note: The prize is eligible within a 20 mile radius of Wymondham, and will be created and delivered in accordance with UK Government coronavirus guidelines. Promoters Details: Star Throwers, 30 Melton Road, Wymondham, NR18 0DB. Registered with: South Norfolk Council



Based in Attleborough, Inspired Flower Design offers all aspects of floristry for all occasions. Bespoke wedding and funeral designs, hand tied bouquets, flower arrangements and much more... you can also shop online via their webshop 24/7.
Tel: 01953 453533 | Website: www.inspiredflowerdesign.co.uk

Where To Eat In Hethersett

Church Farm Shop and Tea Rooms -

Norwich Road (B1172). Telephone 01603 814151

Open Mondays to Saturdays 9 am to 5 pm. Closed on Sundays.

Janey's Village Café -

32A Mill Road. Telephone 01603 811234. e-mail - janeyd11@yahoo.co.uk.

Hethersett Queen's Head -

12 Norwich Road. Telephone 01603 810226.

Food served Monday to Thursday 11.45 am to 2 pm (lunch) and 6-8.30 pm (evening meal). Friday and Saturday 11.45 am to 2.15 pm and 5.30 to 9.30 pm. Sunday carvery sittings at midday and 2 pm. Evening meals 5 to 8.30 pm.

Park Farm Hotel

On the B1172 at Hethersett. NR9 3DL. Telephone 01603 810264. e-mail enq@parkfarm-hotel.co.uk.

Park Farm is a luxury country hotel with spa and fitness facilities and a number of places to eat throughout the day. For more information visit their website at <https://www.parkfarm-hotel.co.uk>.

Café Kin

Rowan House, Queen's Road, Hethersett.

The latest edition to Hethersett coffee culture, Café Kin is part of the Rowan House Health and Well Being complex on Queen's Road. Food and coffee served during the day from 8 am until 2.45 pm Mondays to Fridays. Also open on Saturdays

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You will also find a variety of eating outlets close to the Thickthorn Services area off the B1172. These are technically in Hethersett, although they are two miles from the village centre.

Outlets include Greggs, Burger King, Subway and McDonalds and there is also a petrol station and Travelodge.

During the pandemic please check with the individual outlets. Many of them are now opening different hours from the above and some are providing a takeaway service.

Hethersett Herald

HETHERSETT Herald is published electronically towards the end of each month via the Hethersett Village web site at

www.hethersettherald.weebly.com

Hethersett Herald is a non profit making and independent publication providing news, views and information about Hethersett. It has no affiliation to any specific group, organisation or political party. Views expressed in Hethersett Herald are those of individual authors and not necessarily the views of the volunteers or the editor.

Information, reports and photographs are always welcome. These can be e-mailed to petersteward@lineone.net. Everyone who works or contributes to Hethersett Herald does so on a voluntary and unpaid basis. We are happy to hear from anyone who would like to help us increase and improve our coverage of village life.

Herald Team

Editor - Peter Steward—petersteward@lineone.net

Associate Editors - Roger Morgan and Hannah Harrison.

Regular Columnists - Connie Tindale, Penelope Brown, Dale Evans, Sarah Lawrence and John Head.

Proof Editor - Gary Wyatt.

Thank you to everyone that has contributed to this edition of Hethersett Herald. If you have enjoyed reading this e-magazine please pass on details to friends and relatives so that we can increase our readership.

To contact us e-mail petersteward@lineone.net.

Hethersett Herald What's On

The following are just some of the regular events taking place in Hethersett. If you have an event you would like to see featured in Hethersett Herald, please send details including its date, time and venue to the following email address:

petersteward@lineone.net

Please note that many of these events will not be taking place at present due to Coronavirus. We have decided to keep this page active in order to inform residents of what is available to them once the epidemic is over.

Regular Events:

Hethersett Croquet Club meets on the Memorial Playing Field from 2.30 pm on Wednesday and Saturdays during the summer.

Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am on Wednesdays. Further details available from Tina Greenhalgh on 01603 810364.

Hethersett Table Tennis Club meets in Hethersett Methodist Church Hall from 7 pm on Fridays.

Hethersett Methodist Church Shoppers' Coffee takes place on Saturdays from 10.30 am until midday.

First Steps pre-school Group meets in Hethersett Village Hall on Tuesdays from 10 am during school term time.

The Heart of Hethersett Bereavement Group meets in the lounge of Woodcote Sheltered Housing complex from 5.30 to 6.30 pm on alternate Tuesdays. All welcome, light refreshments available free of charge.

Hethersett Dementia Support Group's monthly café takes place in Hethersett Methodist Church Hall from 10 am until midday every third Tuesday. There is also a social morning meeting on the first Tuesday of each month from 10 until 11.30 am.

Hethersett Short Mat Bowls Club plays two sessions each week in Hethersett Village Hall. The first is on Tuesday afternoons from 2.15 pm for a 2.30 pm start and the second is on Friday evenings at 7.15 pm for a 7.30 pm start.

In the light of the Coronavirus epidemic we have suspended our normal What's on listings. The listings will be re-introduced once groups and societies begin meeting again.

Hethersett Social Club



Hethersett Social Club re-opened on 14th August but with restrictions in place.

The new opening hours will be as follows:

Monday - Closed

Tuesday - Closed

Wednesday - Closed

Thursday - Closed

Friday - 5 pm to 10 pm (last orders 9.30 pm)

Saturday - 4-10 pm (last orders 9.30 pm)

Sunday - 2-6 pm

For more information on club activities telephone 01603 811195 or visit the official website at: www.hethersettsocialclub.co.uk

Check Out Facebook Pages

Lockdown restrictions may have been eased but there is still a need to be kept informed on the up-to-date situation. There are a number of village Facebook pages that will do just that. The best page to view is the All Things Hethersett site which has over 3,000 members and includes numerous postings from residents throughout the day.

There is also a Hethersett Facebook page and a Hethersett Herald page. Just pop along to Facebook and search for them.

The Last Word *with Peter Steward*

IN this edition of Hethersett Herald you will find plenty of examples of good deeds and kindness. In general this magazine is about local people, local news and local initiatives but a story floated onto my Facebook feed from Essex that I thought was so uplifting that I wanted to share it.

Flo Osborne is 89 years of age and lives in sheltered accommodation in Dovercourt. Her friend Les Nicoll posted the following.

“During lockdown and beyond in her tiny kitchen on several occasions Flo has cooked up to 20 wonderful fruit or meat pies. (Well over 100 in total) for us to distribute amongst the vulnerable and elderly through our NEST /Harwich community centres hot meals service.

“Every pie is made from scratch, the pastry mixed and rolled the fruit prepared and then cooked in her tiny oven.

“This is I believe a remarkable act of community kindness, also a huge victory over age and supposed infirmity.

“My frustration is that try as I may I cannot get the local press, radio or TV to write about the incredible work this wonderful lady has done in her community.

“Of course Facebook has more readers by far than any of the above.

“So I am asking you to share the hell out of this and make the amazing Flo a social media hero .”

As a freelance journalist I cannot for the life of me understand why the local media isn't interested in what Flo has been doing. So I thought it would be nice in what is intended to be a regular feature at the end of each edition to highlight Flo's work. The idea behind The Last Word is to highlight something from outside of Hethersett and maybe outside of Norfolk that has caught my attention during the month and which I think will be interesting to our readers.

Wouldn't it be wonderful if we could have a national e-magazine highlighting all the acts of kindness going on in the country?

