

HETHERSETT ONLINE

February 2016

Number 4

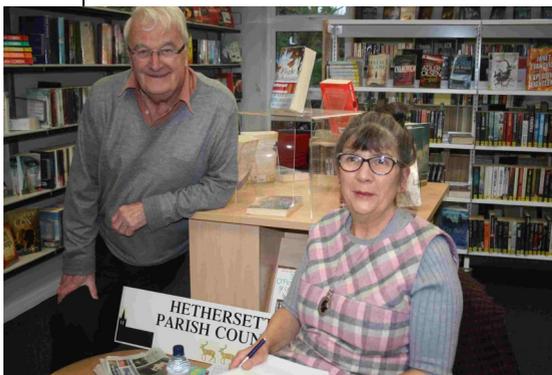


Hub of the Community

HETHERSETT Library continues to be a hub of the village community and home to a number of groups and initiatives.

The latest idea sees Hethersett Parish Councillors taking up residence once a month on a Monday afternoon to answer queries from residents on numerous subjects. The first session on January 11th saw parish council chairman Jackie Sutton and fellow councillor Marilyn Savory fielding questions on subjects as diverse as road dangers, parking problems, the destruction of grass verges and the possibility of setting up a short tennis club in the village. Parish council chairman Jackie Sutton is pictured on this page with resident Mike Johns at the Pop In.

“This is a further step in our drive to improve our communication with residents. We have revamped our quarterly newsletter which has been well received and now wish to provide an opportunity for residents to raise issues outside the more formal structure of



council meetings,” Jacky Sutton said. “

Parish Pop in events continue on the second Monday of each month from 2 to 4 pm. The next session will be on February 8th. Meanwhile the library hosts a number of regular and special events including a book club, a group for knitting and nattering, a board games afternoon and a baby bounce and rhyme time. February dates are on page nine.

Hethersett has received an assurance from its county council representative Judith Virgo that there are no plans to close Hethersett Library despite pressure from Government cuts.

A Golden Beanstalk



Review by Peter Steward

When it comes to pantomime, Hethersett is in the Premier League

Jack and the Beanstalk was the 47th village panto in a long line running back to its humble beginnings in 1970. The 2016 production was one of the best and certainly one of the most colourful with a first rate cast singing, dancing and clowning its way through the well known plot.

Over the period of a month before and after Christmas, Hethersett Pantomime Group was featured in an exhibi-

tion and film show at Norwich Forum. Hethersett was praised alongside Thetford for keeping the pantomime tradition going in Norfolk.

The latest offering illustrates that not only is the tradition being kept alive, but it is being improved and extended. This Jack and the Beanstalk was an intertwining of the traditional story with local twists and jokes. The back stage crew is often overlooked in productions but first mention in this review must go to the set designers under the direction of Colin Wilson. Their backdrops were more numerous and

more colourful than ever and are an art form in their own right. At times Hethersett's Jack and the Beanstalk bordered on the surreal with some crazy dancing and high in the sky antics.

Once again the production was written and produced by Lloyd Parfitt, who also played the part of Simple Simon with his usual fun and timing. Director Sarah Wright also found time to take the part of Betty, one of the cooks.

Lewis Cook was his usual handsome self as Jack and much of the humour was injected, as always, by Neville Greenhalgh as Dame Trott and Barry Foster as Baron Hardheart. Both are veterans of the Hethersett pantomime scene and as skilled in ad libs and asides as they are at delivering the actual script.

The good fairy of Emily Spencer and Witch of Vicki Gale were charming and menacing and Lauren Ellero was striking as Alice. Sadly her beautiful voice had only the one solo to perform. More comedy was injected by two other Hethersett panto stalwarts, Rachel Woodier as Rough and Kate Rowe as Ready. Steve Bussey played the part



of the giant to perfection and the return of a pantomime animal in the shape of Daisy the Cow added more fun thanks to the skill of Andrea Farrow and Will Bussey. Sue Tuckwood as Beryl, Jono Angelo as the King of Cloud Land and Tina Greenhalgh as the Queen of Cloud Land added to the frivolity and there was the usual assortment of colourful villagers, cloudies and young sprites.

A word too for the band under the direction of Tony Press. They never missed a beat all evening.

Over the years, Hethersett Pantomime has raised thousands of pounds for charity and this year's leaving bucket collection was for the RNLI.

More photographs from this year's production are available at www.hethersett.org.uk/panto2016.htm

An Outstanding Playgroup



Ducklings Playgroup youngsters
with staff and helpers

HIGHLY motivated and dedicated staff at Ducklings Pre-School Playgroup in Hethersett have been recognised with an “Outstanding” judgement from Ofsted. Inspectors.

Staff at the playgroup, described in the report as “excellent role models,” expressed themselves thrilled to achieve the top honour.

Lorraine Harvey, Playgroup Supervisor, commented: “What a fantastic outcome for Ducklings and the families of Hethersett. This is down to an incredibly hard working team with support from past and present parents, staff and committee members. It is so nice to see that Ofsted has recognised the continuing best practice that has always been in evidence at Ducklings. I feel so proud to be a part of this playgroup. To me this is not just a job but a vocation.”

All four categories of inspection covering effectiveness of leadership, quality of teaching, personal development and outcomes for children were given the high-

est possible grade during the inspection in December. Inspectors reported that children were “extremely keen and motivated to learn” and that they “enjoy their time in this highly stimulating environment”. Assessment of children was described as “rigorous and robust”.

Ducklings Playgroup is based at Woodside Infant School. Sessions are run for children aged two-and-a-half to five. The sessions are daily from 9.10 am to 12.10 pm. This year the playgroup has also started a lunch club, which runs until 1.10 pm and this has proved to be extremely popular.

You can contact the playgroup by e mailing: ducklingadmissions@gmail.com

You can also follow them on Facebook for all the latest news on upcoming events.

A Dip Into The Past



HETHERSETT King’s Head photographed by renowned photographer George Plunkett on 28th May, 1966. George spent much of his life making a pictorial record of Norwich and Norfolk. Picture reproduced with permission.

Charity Launches New App

A Hethersett based charity, which encourages young people to realise their potential, has launched a new smartphone app. Respect Yourself previously texted positive daily messages to young people covering a multitude of subjects.



The new app replaced the previous text service at the end of January. Respect Yourself was founded four years ago and its daily messages cover health, positive thinking, education and work, relationships and self-confidence. The new free app contains the daily messages and an archive of previous posts and blogs. Respect Yourself was the brainchild of Claire Burke who hit upon the idea after texting her brother some helpful suggestions about his life choices.

Respect Yourself started in September 2011 for those aged between 13 and 25. The development of the app has been made possible by £7,500 in lottery funding. The App is available from the App Store for iPhones and the Google Play Store for Android. Claire Burke is pictured above with husband Richard during a fundraising event for Respect Yourself in Hethersett Village Hall

Thinking Caps On

THINKING caps on for a quiz being organised in aid of the parish church roof restoration fund.

The quiz will take place at Hethersett Old Hall School Barn on Friday, February 12th, from 7 pm. The evening will feature a home cooked meal of chicken curry and rice or lasagne with salad and dessert (bring your own drinks). Tables of up to eight can be booked by telephoning Vic Redington on 01603 811136. We have reported previously on a major theft of lead from the roof of the parish church.

Boxing Day of Treats and Surprises

A mother and daughter team are looking to help lonely or disadvantaged people in Hethersett by brightening up their day.

Louise and Willow Farrell are looking to “Pass a Parcel” to 20 local residents who are lonely, disabled, suffering from illness or who just need cheering up.

Local people are being asked to nominate local residents for a box of well being gifts. The scheme was launched in Hethersett Library at the end of January.



The boxes have different themes and Louise and Willow, who live in the village, will try to marry up the most appropriate box to the recipients. The themes are gardening, crochet, games and adult colouring. The boxes also include chocolate treats, little luxuries and information on the local community and what is available in Hethersett.

Nomination forms are available in Hethersett Library and posters are being displayed throughout the village.

It is hoped to distribute parcels towards the end of February. Nominations can also be made on 01603 811038 or via e-mail at passaparcelfcommunity@gmail.com. There is also a Facebook page at www.facebook.com/passaparcelfcommunity

The project has been supported by local businesses and funding from the ABCD project which aims to inspire communities across South Norfolk to be more caring and welcoming places where neighbours look out for one another during tough times.

Willow and Louise are photographed above with their boxes in Hethersett Library.

From the Archives - August 1999

IN the first of a regular feature we look back at what was happening in the village in the past. We start by travelling back almost 17 years to August 1999.

The latest edition of the Hethersett Mercury newspaper carried a tribute to Vivienne Horobin to mark her retirement after 15 years as head of Woodside First and Nursery School. (Editor's note: the Hethersett Mercury no longer exists and was a short-lived Archant publication). Several presentations were made to her at the end of term including a steamer chair, picnic hamper and cut glass decanters. Ninety children from the village Middle School, who were former pupils at Woodside, walked to the school as a special gesture to say goodbye.

* * *

Twenty eight children went on a summer safari at the village library. The children enjoyed stories and activities on a jungle theme. Aged between five and eight they made parrot and crocodile bookmarks, wild animal cards and a large giraffe collage.

Long serving parish councillor Elizabeth Capleton has resigned from the council after 20 years' service through ill health. This leaves two vacancies on the body.

After more than two years' negotiation, the village will be getting a second recycling centre. The village hall management committee has agreed to the siting of a centre on the car park. This has been supported by South Norfolk District Council.

Over the years, there has been controversy over parents parking to drop children off at Woodside First School. Now the Memorial Playing Field Committee has agreed in principle for parents to park cars with access to the rear of the school via a new footpath. The idea of enlarging and resurfacing the car park has to be referred to the charity commission.

The village is applying for a 50 mph speed limit on the main B1172 road. It is also hoped that the Steepletower bus stop will be improved. A path on the church side of the B1172 is to be uncovered and made usable. The problem of the Cann's Lane/Norwich Road junction was also raised. Raising the surface of the entry point either by kerbs or speed bumps could provide a solution to traffic problems.

News From The Village

Summer Fete - Hethersett Youth Club's Summer Fete and Dog Show has been booked for Saturday, 25th June. Anyone interested in having a stall should contact Gillian Saunders on 01953 608566.

For Three Good Causes - Last month we featured the latest Christmas lights extravaganza put on in Firs Road by Tony and Margaret Dunton. We are pleased to report that the 2015 display raised an excellent £560 from donations. The money will be split between Hethersett Surgery, The East Anglian Air Ambulance and the John Groom Court home for disabled adults in Norwich

February at Hethersett Library

Monday 1st	14.00	Book Group
Wednesday 3rd	10.30	Adult colouring in session
Thursday 4th	14.00	Social/Board Games afternoon
	14.00	Norfolk and Norwich Association for the Blind
Monday 8th	14.00	Parish Council pop in
Monday 8th	14.00	Craft Group
Wednesday 10th	10.30	Adult colouring in session
Thursday 11th	14.00	Social/Board Games Afternoon
Friday 12th	11.15	Bounce and Rhyme Time for Babies and Toddlers
Monday 15th	14.00	Craft Group
Wednesday 17th	10.30	Demon Dentist Half Term Children's Activities
	10.30	Adult Colouring in Session
Thursday 18th	14.00	Social/Board Games afternoon
Monday 22nd	14.00	Craft Group
Wednesday 24th	10.30	Adult Colouring in Session
Thursday 25th	14.00	Social/Board Games afternoon
Monday 29th	14.00	Craft Group

What's On in February

BELOW are just some of the many events taking place in Hethersett in February. For regular updates and more information go to www.hethersett.org.uk/what.htm

February 1st- Hethersett Parish Council Planning Committee in Hethersett Village Hall at 7 p.m.

February 3rd- Rheumatoid in Norfolk Group (The RiNG). Local author Maggie Cammiss on her journey from journalist to author. Hethersett Village Hall 2-4 p.m.

February 4th- WEA Hethersett 10 week course on "Philanthropy and Community - Children in Care Before World War One" with Rosemary Steer. Hethersett Academy, 7.30 p.m. Week four of 10

February 8th- Hethersett Society meeting - "Life in New Zealand" with David Bills. Hethersett Methodist Church Hall, 7.30 p.m.

February 8th- Parish Pop In, Hethersett Library, 2-4 p.m. Members of Hethersett Parish Council will be present to discuss village matters with residents.

February 11th- Hethersett and Tas Valley Cricket Club agm, Flordon, 7 p.m.

February 13th- A Romantic Evening of music from stage and screen is being presented by the Pulham Orchestra in St Remigius Church, Hethersett, at 7.30 p.m. The programme will include music by Bizet, Tchaikovsky, Gilbert and Sullivan and Rodgers and Hammerstein. Admission is by programme at the door - adults £6, children free. For more information visit www.pvo.org.uk or telephone 01603 720586.

February 15th- Hethersett Parish Council Planning Committee in Hethersett Village Hall at 7 p.m, followed by full council meeting at 7.30 p.m.

Hethersett Library has a full programme of events scheduled for the month and these can be viewed at www.hethersett.org.uk/what.htm and also appear on page nine of this newsletter

To have events included e-mail petersteward@lineone.net

Thanks From Sale Organisers

THE organisers of Hethersett's annual village fair have contacted us to thank everyone for their support.

Jackie Baker and Leslie Dale have sent the following message: " On behalf of Hethersett Methodist Church we would like to thank everyone for supporting the seventh Christmas



Charity Market held in the Methodist Church and adjoining hall. A survey of eight of the 19 attending charities or voluntary organisations has shown that £650 was raised for their causes. Add to that the Church's own fundraising on the night and we feel able to project that about £1,500 was raised for good causes on Friday, 4th December.

We would like to wholeheartedly thank the DiCapo Choir and the Hethersett Singers for their much appreciated choral works, along with St Remigius Choir for assisting with the carols. We must not forget the event launch by Woodside Infants' School Singers followed by some excellent violin orchestral work from the young people of Hethersett Junior School. Finally we would wish to thank the people of Hethersett (and possibly elsewhere) who attended and gave so generously.

NEWS SHORTS

Fundraiser- An afternoon tea event organised by Hethersett and District Lions Club raised more than £330 for the Mulbarton Community Responders charity. The amount raised takes the Lions' contribution to the charity to £3,500.

Coming in March- We look at the latest Ofsted report which has rated Hethersett Academy as "outstanding" just a few years after the school was put into special measures. We will also have a news update on improvements to sports facilities in the village and news, views and features from Hethersett.

David's Dual Role

David Bills represents Hethersett on South Norfolk Council and for the past few months has also been district council chairman. Here he looks at his role both at a district level and also some of the issues he has been supporting in our village.

THIS year I was selected to be Chairman of South Norfolk Council, a real honour. I am proud to represent South Norfolk Council and also Hethersett. So many people know about Hethersett either because they lived here or in the surrounding area or because of its success with sport and in particular in getting the Olympic Flame redirected through the village.

I have attended many civic events so far in my first six months. Two that stand out for me are the Remembrance Day service in Norwich Cathedral. So many turned out for the laying of wreaths and march past. Of particular note was the number of young people attending. Then there was the Anniversary of Edith Cavell, born in Swardston, who did so much during the First World War. A remarkable woman and a moving service.

Locally I am involved with a number of initiatives including the following:



Councillor David Bills with other members of the Dementia support group

Hethersett Dementia Support Group

- Almost two years ago a group of people realised that sadly there was a need for a local dementia support group in Hethersett. It took 12 months of hard work in conjunction with Age UK, the Alzheimer's Society and many local groups and businesses.

A café was opened in May, 2015, based at Hethersett Hall. We obviously satisfied a need as we ran out of room and so relocated to the Methodist Hall. Our first day in the new venue was Tuesday, 19th January and was a success. The café will be open every third Tuesday from 10 am until midday.

Transport is available by phoning Richard Headicar on 01603514343. Tesco's is very kindly supplying food.

Doctors' Surgery- Over the past few months, South Norfolk Planning Department has, along with Councillor Leslie Dale and myself, been facilitating discussions with the Humbleyard surgery group and the developers of the new housing to explore opportunities for the placement of a new surgery in the village.

Potholes - One of my main bugbears is the number of potholes in the area. Please if you see any (that are not high-lighted) do report them either by contacting Norfolk County Council by emailing highways@norfolk.gov.uk or contacting me on 01603 813041.

Big Litter Pick - The South Norfolk annual "Big Litter Pick" 2016 will be taking place soon. For details visit the web site <http://www.south-norfolk.gov.uk/litterpick> or phone 01508 533696 for more information. There is a prize of £200 for the winning group and all groups that undertake the litter pick will be given a £20 voucher to spend on their group.

Do make use of "My South Norfolk" section on the council's home page <http://www.south-norfolk.gov.uk/>

Simply enter your post code and then you will have information covering all sorts of topics – planning applications, road works, recycling centres, tree preservations and more.

Memories of Tommy

THE death has been announced of former Norwich City player Tommy Bryceland. Tommy, who was 76, played 284 times for the Canaries, scoring 55 goals between 1962 and 1969. He moved to Norwich City from St Mirren. His skill and ability won him a place as one of the fans' nominees in the inaugural Norwich City Hall of Fame.

He also won a Scottish Cup winner's medal whilst with St. Mirren. During his time with Norwich City, Tommy lived in Myrtle Road, Hethersett. Local village stalwart Mel Perkins MBE remembers playing snooker with Tommy who he said was a "super guy." Mel just happens to be a long standing fan of both Norwich City and St. Mirren.



Star Wars Role for David

HETHERSETT actor and former firefighter David Frost has played a part in the latest blockbuster Star Wars film. David, who is 63, spent 15 hours filming on set at Pinewood Studios, near London, in the extra role of Politician Number Five in Star Wars - The Force Awakens. A few years ago the Hethersett Village web site interviewed David about his new career and we reproduce that interview below.

BEING a gangster, a police officer, a film technician, a boxing referee, a mercenary, Father Christmas and even Darth Maul from Star Wars is all in a day's work for a Hethersett man.

For after a distinguished career spanning almost 30 years in the Norfolk Fire Brigade, David Frost has now turned his attention to acting and he could be coming to a film or television screen near you shortly.

When David retired from the Fire Service he had no intention of taking it easy, preferring to follow his love of acting by searching out work first as an extra and latterly as a more prominent member of film and television casts.

David has a love of the limelight but could never have dreamt of the diverse roles he would be cast in.

He has already played numerous roles including henchman One Ball Barry in "Malice in Wonderland," a cameraman in the Matt Wildash film "Grip," a police officer in "The Scouting Book for Boys,"

a film technician in Stephen Poliakoff's "1939" and most recently a photographer for a six part television drama provisionally entitled either "Fashion," "Fashion Babylon" or "Material Girl" which is directed by Sarah O'Gorman and due to be screened in the autumn.



David is also carving a niche out for himself in television with appearances in a commercial for Edinburgh Woolen Mill and a Maitre D' in the BBC3 comedy "Fresh." He has appeared as a boxing referee in a bare knuckle fight video shot to promote the track "The General" by London rock band The Rifles. He is also a male model, undertaking photo shoots for the Norwich Evening News and a variety of other publications and has even dressed up as Santa for Christmas at Norwich Castle Mall and Darth Maul as part of his membership of the Norwich Star Wars Club.



Standing at over 6ft 2in and with rugged good looks, it is easy to see why David is in demand and he is no stranger to publicity. As an assistant divisional officer and station commander for the fire service he often appeared before the television news cameras.

"People asked me what I was going to do after retiring. I wanted to do something I would enjoy as a hobby or a career. I always enjoyed working with the Media for the fire service and so decided to become an extra for films and TV and joined an agency to help me achieve that," he said.

His acting career has already seen him appear on the same set as major artists like Sir Ben Kingsley and feature in films starring Christopher Lee, Bill Nighy and Julie Christie. "Malice in

Wonderland" saw him work alongside Danny Dyer, Maggie Grace and Nathaniel Parker. It has just been shown and received good reviews from the Cannes Film Festival. David has no doubts about where he would like the future to take him.

"Acting is certainly hard work and not as easy as it seems but I love it and would like to become a professional actor and be accepted as such. I feel I know my way round a film set and know the difference between a gaffer and a best boy."

One of David's aims is to join the actors' union Equity. That will mean a change of name as obviously they al-

ready have a David Frost on their books.

“I have picked the stage name of David Norfolk. I am proud of where I come from and thought it would be nice to have this reflected in my acting name,” he added.

So where does David’s acting bug come from?

“I did a bit of acting many years ago when I was at college. I am also used to dressing up as Darth Maul in the Norwich Star Wars Club which is in its 10th year and I had a role in the fire service which involved giving presentations which is a bit like being on stage as you have to inject your personality and some life into things.

“I get a tremendous buzz being on a television or film set and feel very privileged being around actors and actresses and working with people I have seen on television and in films.”

One of David’s most intriguing roles is

in the independent film “Terror Nation” which is set in and around modern Norfolk and Somerleyton in Suffolk. It is based on alleged incidents from the 1960s where chemicals were discharged into the air over Norwich to see what the fallout effects of biological warfare would be. David is also one of a number of actors from the county who have self styled themselves the “Norfolk Rat Pack,” the others being Johnny Lynch, Andy Callaghan, Mark Margason and Jimi James

“Getting parts is often a matter of word of mouth. We look after each other. It is quite usual to get a call at very short notice and you just have to take off,” he said.

David is also writing a book about his life since retirement which he has tantalisingly entitled “Fishing on the Moon.” This features his positive spin on life and how his philosophies have led him into an exciting new high profile career.

Online Magazine

HETHERSETT online magazine is published monthly with news and views from the village. If you have anything you would like included please send it by e-mail to petersteward@lineone.net. More village news is available on our web site at www.hethersett.org.uk.

The next edition of Hethersett Online magazine will be published the first week in March. .

Media Watch

ON this page are just some of the press cuttings that have appeared in the Wyomondham Mercury newspaper over the past month.

December 24, 2015

Girl Guide is in a top party mood

By Rebecca Murphy

There was a surprise for leading Hethersett Girl Guide Heather Pullen when she turned up at the village Scout and Guide Headquarters.

In recognition for her hard work over the past three years, a party had been organised for the teenage by friends, family and fellow guides, runners and riders.

Miss Pullen, of Richard Crescent, has been working towards her Queen's Guide Award, the highest achievement within Girl Guiding UK which is completed over a two or three year period, and centrepiece at the special evening was her signed certificate from the Queen.



SURPRISE: Hethersett Girl Guide Heather Pullen. Picture: SUBMITTED

As part of her challenge, the 19-year-old supported the Samaritans' Purple Operation Christmas Child Shoebox Appeal, which put together boxes of toys and other goods for underprivileged children in Kosovo.

Her grandparents John and Shirley Adams, collected for the cause for many years in Hethersett.

The shoebox appeal was only part of Heather's path towards the Queen's Guide Award, her other activities included serving refreshments at charity events, organising trips and taking part in

various other fundraising events.

During the evening, she was also presented with badges marking her achievement.

For information on Girl Guiding UK, which has 190,000 volunteers and many activities visit its website at www.girlguiding.org.uk.

Have you got a Hethersett story? Contact patch reporter Lauren Cope at lauren.cope@archant.co.uk or call 01863 772253.

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Home lit up for three good causes

A Hethersett couple are marking 21 years of decorating their house with Christmas lights to raise money for charity.

Tony and Margaret Dunton, who live on Fira Road, have raised thousands of pounds for

charity and money collected this year will be divided between the East Anglian Air Ambulance, Hethersett Doctors' Surgery and John Groves Court for disabled adults in Norwich.

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Children are keen to learn

A 'highly stimulating' pre-school playgroup has been rated 'outstanding' by Ofsted in its first report in eight years.

Hethersett Pre-School Playgroup, based at Hethersett Woodside School, achieved the standard in four categories - effectiveness of leadership, quality of teaching, personal development and outcomes for children.

Inspectors said: 'Children are extremely keen and motivated to learn. They thoroughly enjoy their time in this highly stimulating environment.'

'Staff are highly knowledgeable about children's individual needs and current stage of development.'

The group, which was registered in 1987, employs six members of child care staff.

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LETT Church event raised £1,500

ON behalf of Hethersett's Methodist Church Council we would like to thank everyone supporting the seventh Christmas Charity Market held in our church and its adjoining hall.

A survey of eight of the 19 attending charities or voluntary organisations has shown that some £100 was raised for their causes, add to that the church's own fund raising on the night and we feel able to project that about £1,500 was raised for good causes on Friday, December

We would like to wholeheartedly thank the DiCago Choir and the Hethersett Singers for their much appreciated choir works, along with St Remigius Choir for assisting with the carols.

We must not forget the event launch by Woodside Infants School Singers followed by some excellent violin orchestral work from the young people of Hethersett V.C. Junior School.

Finally we would wish to thank the people of Hethersett, and possibly elsewhere, who attended and gave so generously.

JACKY BAKER AND LESLIE DALR
Hethersett

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January 7, 2016

Figures reveal the fittest district

THE HEALTH OF EAST ANGLIA

According to its latest survey, Norfolk has the lowest number of people in the east who are fit and active. The survey also found that 25 per cent of people aged 16 to 24 are fit and active, compared to 32 per cent for the rest of the region.

In Norfolk, 25.2 per cent of 16 to 24 year olds are fit and active, compared to 32 per cent for the rest of the region.

The survey also found that 25 per cent of people aged 16 to 24 are fit and active, compared to 32 per cent for the rest of the region.

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FITNESS: Active Norfolk and Norfolk County Council's Get Into Summer programme at the Colton Park Parkrun.

Lions tea day

An afternoon tea event in aid of village community first responders raised more than £330 - bringing the total sum collected to £3,500.

The Hethersett District Lions Club enjoyed homemade cakes at the event, which supported Mulbarton's community responders.

The cash - £1,000 of which had already been presented - will buy the group a second kit.

Association continues to play important role

ATHLETICS

Hethersett's annual two-mile village run will take place on June 28. The ever-popular event has attracted hundreds of runners and fun runners since it started in 2010 as part of the village's run-up to the 2012 London Olympic Games.

Hethersett and the Meltons will also be entering a team in the Active Norfolk Village Games Finals at UEA Sportspark on July 10 and also taking part in a netball tournament in April and an indoor rounders competition at the end of January.

The coming dates formed part of

the agenda at the latest meeting of Hethersett and the Meltons' Sports Association at Park Farm Hotel.

Reports from member clubs showed that the villages continue to encourage local people to take exercise and improve their fitness, health and well being.

"Much has been discussed nationally in recent weeks about supporting sport and fitness in local communities. Hethersett and the Meltons' Sports Association has been doing this since 2010 and, thanks to the support of clubs and individuals, we feel we have made an important contribution to improving the fitness of local people.

"The sports association continues to go from strength to strength and is now recognised and accepted as an integral part of the local fitness scene. Sports clubs in Hethersett and the Meltons give regular exercise to hundreds, if not thousands of local people," said sports association chairman Peter Stewart.

The sports association is open to clubs (membership £5 per year) and individuals (free membership). The next meeting will be at Park Farm Hotel on April 11 at 7:30pm. Full details of the association are available on its web site at www.handmsa.weebly.com it also has a Facebook page.

More Cuttings can be viewed at www.hethersett.org.uk

Our cuttings service now goes back a number of years.

Record Number of Teams

HETHERSETT and Tas Valley Cricket Club will be running a record number of teams at all levels in the coming 2016 season which starts on April 10th.

The club will be organising youth teams at under-9, under-11, under-13, under-15 and under-17 levels in the South Norfolk League and at Under-11 and Under-13 levels in the Norfolk Alliance Youth League. It is hoped to again run four adult Saturday sides – two in the Norfolk Alliance and two in the Norfolk League – a Sunday League team and teams in a number of cup competitions and friendlies.

Valley are also looking for new players of all ages and standards and will be holding nets at Norwich Girls High School from 7 until 9 p.m on February 8th, February 22nd, March 7th and March 21st. In addition, the club will be hosting a county Under-17s game against Cambridgeshire in June and also a seminar for groundsmen in August.

The club's first competitive match will be a friendly against Sidcup from Kent on April 10th and this will be followed by a charity match against a Norfolk Select XI for the Les King Patrons Trophy on April 17th in aid of the Wymondham based cancer charity Star Throwers. That match will also feature the presentation of a new roller, purchased following a grant from South Norfolk Council.

The club's annual meeting will take place in the clubhouse at Flordon on February 11th at 7 p.m.

More Sports News

Hethersett's annual two mile village funrun will take place on June 26th. The ever popular event has attracted hundreds of serious and fun runners since it started in 2010 as part of the village's run up to the 2012 London Olympic Games. A special six week social running course led by former Olympic athlete Paul Evans will be held on Thursday evenings leading up to the fun run, starting on May 19th. Each session will run from 7 until 8 pm..

Hethersett and the Meltons will be entering a team in the Active Norfolk Village Games Finals at UEA Sportspark on July 10th and also taking part in a netball tournament in April and an indoor rounders competition at the end of January.

The highest number of people in Norfolk who participate in weekly sporting activities are from the south of the county, a national report has shown.

In data highlighted by South Norfolk Council from Sport England's Active People Survey, 40% of people over the age of 14 and 39.6% of people over the age of 16 participate in at least 30 minutes of sport at moderate intensity once a week. Both sets of figures are nearly 7% above the county average.

Martin Wilby, deputy leader of South Norfolk Council, said: "This is fantastic news and a great achievement for our district. The health and well-being of our residents is a priority for South Norfolk Council and it is great to see that the work we are doing is having such an impact on our young people.

"South Norfolk Council is investing nearly £5m in our leisure centres and we are looking at ways that we can provide our communities across the district with leisure facilities that they can use on a regular basis."

Association Continues to Encourage Fitness

HETHERSETT and the Meltons' Sports Association continues to support fitness and encourage local people to improve their health and well being.

Reports from member clubs at the latest meeting showed that the villages continue to thrive in the fitness stakes.

"Much has been discussed nationally in recent weeks about supporting sport and fitness in local communities. Hethersett and the Meltons' Sports Association has been doing this since 2010 and, thanks to the support of clubs and individuals, we feel we have made an important contribution to improving the

fitness of local people. The sports association continues to go from strength to strength and is now recognised and accepted as an integral part of the local fitness scene. Sports clubs in Hethersett and the Meltons give regular exercise to hundreds, if not thousands of local people," said sports association chairman Peter Steward.

The sports association is open to clubs (membership £5 per year) and individuals (free membership). The next meeting will be at Park Farm Hotel on April 11th at 7.30 p.m. Full details of the association are available on its web site at www.handmsa.weebly.com

Hethersett's Penalty Woe



Hethersett Athletic 2 River Lane Rangers 2

(Hethersett lost 2-1 on penalties)

HETHERSETT were dumped out of the Norfolk Primary Cup in a dramatic penalty shoot-out on the Memorial Playing Field.

It was the first time that the club's Saturday men's side had reached the quarter-finals of the county-wide competition and they were desperately unlucky not to beat the King's Lynn side.

It was a game dominated by high winds which saw the home side having to battle against the elements and subsequently go in at half-time two goals down.

The second half was a different story with Hethersett having 80% of the play

with the advantage of a strong, swirling wind.

Five minutes into the second half they pulled a goal back when Paul Norman fired home a Danny Gray centre. Hethersett continued to press forward and deservedly equalised after 75 minutes when Gray scored his 198th goal for the club after a centre from Rob Warminger.

Hethersett continued to press forward but neither normal nor extra-time brought them a winning goal and the game entered into the lottery of penalties. Hethersett left their shooting boots at home as Mark Lance was their only player to score from the spot with the visitors' goalkeeper saving the other four efforts to thwart Athletic's chances of a place in the semi-finals