

HETHERSETT HERALD

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Runners-Up

THE Heart of Hethersett Bereavement Group was a runner-up in the South Norfolk Community Group of the Year awards for 2016.

Opposite are Stephen Baxter, Bill Dugdale, Sandi Gray and Richard Headicar from the group.



Major Sports Injection

EARLY March will see a major sporting initiative in the village as Hethersett Academy opens its doors and sports facilities to the community

The Academy and South Norfolk Council will be working together to open up sports facilities to sports clubs and local people.

Facilities that will be available for community use include the main four court sports hall, an ancillary single court gymnasium and the outdoor netball and tennis courts. The latter are currently without floodlights.

It is anticipated that the facilities will be available as early as March 14th. Clubs and individuals are being asked to fill in a form expressing interest. The facilities will be open to the community from 5 to 9 pm on Tuesday to Fridays and from 10 am to 4 pm on Saturdays and Sundays.

Charges for hire of the main hall will be £35 for a 55 minute booking (allowing for a five minute changeover period at the end of each session. Charges for the gymnasium will be £20 per 55 minute booking. **(continued on page three).**

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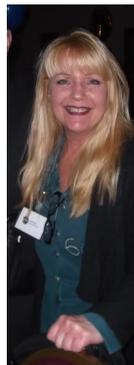
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Community Runners-Up

THE Heart of Hethersett Bereavement Group, which has only been in existence since last September, was named as a runner-up in the South Norfolk Community awards.

The group, which was founded by Sandi Gray (pictured opposite), was nominated for its care and support of bereaved people in Hethersett and the surrounding area. The group meets fortnightly at Woodcote Sheltered Housing complex in Firs Road from 5.30 until 6.30 pm and everyone is welcome.

Meetings are held in an informal atmosphere with free light refreshments. Meetings in March will be on Tuesday 7th and 21st.



National Teaching Launch

A NATIONAL teaching school at Hethersett Academy is likely to open later this year. Writing in the latest edition of “Inspire” – the magazine of the Inspiration Trust - chief executive Dame Rachel de Souza states:

“We will be opening our National Teaching School at Hethersett Academy this year and it will be a teaching school for the whole trust so that we can develop our curriculum, our music, arts and sport and our staff.

We will bring you more news of this as soon as we have it.

Community Sports Facilities

(Continued from Front Page)

Tennis courts will cost £6.50 per hour and the netball court £15 per hour.

“We’ve kept the main hall bookings consistent to our bookings at Wymondham and Long Stratton e.g starting on the hour and running for 55 minutes to allow for a changeover period and any

potential equipment set up before the next users come in. Obviously bookings over multiple consecutive hours in the main hall/gymnasium will run straight through,” said Mark Heazle from South Norfolk Council.

Expressions of interest can be sent to <http://www.smartsurvey.co.uk/s/hethersett-academy/>

Wrongly Maligned?

DO you get angry when somebody is wrongly maligned? I certainly do.

Herald Comment

And that was certainly the case with regard to our two South Norfolk Councillors recently.

Following our story about calls to replace the advertising sign put up on land opposite Hethersett King's Head due to the fact that Persimmon Homes had erected it without the relevant planning permission, the matter was picked up by the Eastern Daily Press and Norwich Evening News newspapers. They carried a photograph of the two councillors - Leslie Dale and David Bills - at the sign.

Numerous comments were left on the newspaper's web site, most of which attacked the two councillors in quite an aggressive fashion - referring to them as "pompous old gits" and many other less than complementary phrases.

Most of the comments were made out of sheer ignorance and without any knowledge about the two men being referred to. So I would like to put the record straight. I have had the pleasure of knowing both Leslie and David for many years. Both live in the village, both are incredibly hard working and both are councillors with the prime aim of representing and improving the village. Like so many of us they sometimes come up short, but when they do it is through no fault of their own.

Many of the comments seem to suggest that rather than fuss about a pretty irrelevant sign, the duo should be stopping full scale development in the village. This of course is futile. The village has almost unanimously been against massive development but this has always been pointless. We have always known that fighting development per se was a meaningless exercise. The fight was and is



trying to ensure we get the infrastructure and facilities to go with the development. That's something that existing residents and new residents will both need and expect.

But to get back to the personal attacks. Below are just some of the ill informed comments made:

“Get a life.....people living on the streets, soup kitchens, an ailing underfunded NHS and these shallow minded Nimby's worry about a sign.....and.....I tell you what, we could learn a lot from North America, as like it or not, they do most things "way better than we do"

“All these councillors have succeeded in is providing a huge boost of additional publicity to the developer. Well done. “

“Hethersett must be perfect if those two old fools have nothing better to do than embarrass themselves with this petty issue. Pathetic! “

“It does make you smile - pompous old gits is this really the biggest issue in Hethersett and how many whingers complained? Absolutely ridiculous and why is Archie giving it space. Mind you Persimmons have got a free advert out of it so at least they are happy.“

“Not in keeping with the area, how does that apply to a temporary sign? I don't suppose anyone will notice all the new houses being built. Why do these people make fools of themselves?“

“Once the houses are sold then presumably the sign will come down so where's the problem? No fools like old fools “

“More hand-wringing. The developer has broken the rules, which they know very well and should be issued with an enforcement order NOW. Next action by the Councillors should be to block any further development until all the infrastructure issues are resolved. Time for Councillors to represent the People! “

“Get a life you two old fogies. What ever harm is that sign causing other than hurting your pride. Why not do something useful like resign “

“You sad old fools. The Brexit bill is being discussed in parliament. Trump is causing waves globally. Back in Norfolk we get this nonsense “

“Oh for goodness sake, does it matter? get a life, there are far more im-

portant things to worry about, good opportunity for a nice photo though “

I have quoted at length to illustrate the ignorant response to what was a genuine call to remove what could be considered an eyesore. Just a few miles up the road we have trailers advertising concerts, churches and a number of other things. If we just accept this advertising overload it will just be the thin end of the wedge with adverts springing up along our roadsides advertising health and car insurance, restaurants and just about anything else.

To me this has been a deliberate attempt to flout the rules. Persimmon is a large company who will be fully conversant of the rules. Yes technically a road-side sign might only be a small matter but where could things escalate from there?

A couple of the other comments were more supportive in their assessment of the situation and it's important to quote these in the interest of balance:

“At least the developers did not employ the services of those people who hire out advertising space on an old trailer and dump it beside our main roads usually near roundabouts for weeks on end.”

“Developers are regularly flouting planning regulations with such advertising hoarding and when challenged immediately apply for retrospective permission with the signs being left up until it is refused. These signs should be removed immediately.”

“There are planning rules for signs and there is no reason developers should ignore them nor any reason people should be insulted for pointing that out. Persimmon share holders do very nicely.”

It is important to keep developers in check and if that means becoming slightly obsessive about a relatively small matter of taking down a sign for which planning permission hasn't been sought then so be it. Whatever the rights and wrongs of the situation there is no need for personal attacks on two men who have done and continue to do so much for our village.

After all I wonder what those people who make these statements have done for Hethersett. I might state “probably not a lot” but that, of course, would be falling into the same trap of ignorance.

FOOTNOTE: Persimmon Homes have been ordered to take the signs down and place them in a more suitable place in consultation with the district council. They have now been removed.

Is Small Beautiful?

The Education Debate

IT is often said that small is beautiful, but is that the case with education?

Certainly the head of one of our village's four schools thinks so.

Stephen Crump, Headmaster of Hethersett Old Hall School, has extolled the virtues of a small school in an article written by Liz French in an advertising feature in the Wymondham Mercury newspaper.

Liz' article was based on two research studies in America indicating that small schools may be the remedy for lots of things wrong with education:

"Whilst this particular research may come from the US, the principle is the same wherever in the world you are and whether you are in the state sector or an independent school like ours.

"We know that children do best in an environment where everyone knows their name and where they are recognised and nurtured as individuals. That is how

Advertisement feature

Why small really IS beautiful!

By Liz French
enquiries@hohs.co.uk



Two recent research studies in America (reported in Education World in January 2017) indicate that small schools may be the remedy for lots of what is wrong with education.

Hethersett Old Hall School Headmaster Stephen Crump comments: "Whilst this particular research may come from the US, the principle is the same wherever in the world you are and whether you are in the state sector or an independent school like ours," he says. "We know that children do best in an environment where everyone knows their name and where they are recognised and nurtured as individuals. That is how they grow to understand themselves and find balance and purpose."

Mr Crump believes that a good, well-led and well-resourced small school will always 'punch above its weight' in terms of what it can offer. "Our pupils enjoy huge benefits from such a setting: a recognition of their individual needs as learners and people, close relationships with their teachers and peers, a greater involvement in the classroom and a strong sense of involvement in all that the school has to offer."

But can a small school be over-protective? "I do not believe so," says Stephen Crump. "The supportive environment is structured so that, by the time they move on to the next stage of their lives, our pupils have the necessary confidence and resilience to be a success in the bigger 'real' world."

"Amazing opportunities"



Year 13 pupil and current Head Girl at HOHS Anna Reed agrees: "The small class sizes at Hethersett Old Hall mean that we have many opportunities to gain extra help and support from our teachers," she says. "The last eight years here have given me amazing opportunities outside the classroom too. To give just one example, I've taken part in Bronze, Silver and Gold Duke of Edinburgh – and while I found all the expeditions challenging, I would do it all again for the memories and the laughs we had along the way. I also help with Lower Prep tennis – I love seeing the children progress and develop their skills."

IN the article above which appeared as an advertising feature in the Wymondham Mercury, Stephen Crump outlined the benefits of schools with small class sizes where the personal touch is to the fore..

they grow to understand themselves and find balance and purpose.”

The Head believes that a good, well-led and well-resourced small school will always “punch above its weight” in terms of what is on offer:

“Our pupils enjoy huge benefits from such a setting: a recognition of their individual needs as learners and people, close relationships with their teachers and peers, a greater involvement in the classroom and a strong sense of involvement in all that the school has to offer.

“The supportive environment is structured so that, by the time they move on to the next stage of their lives, our pupils have the necessary confidence and resilience to be a success in the bigger world.”

Mr Crump’s words are echoed by Head Girl Anna Reid:

“The small class sizes at Old Hall School mean that we have many opportunities to gain extra help and support from our teachers.

“The last eight years here have given me amazing opportunities outside the classroom too,” she said.

If you have any comments on education or any other matters affecting our village, please e-mail them to petersteward@sky.com and we will be happy to feature them in coming editions.

Safeguarding the Environment

HETHERSETT Parish Council is supporting the Campaign to Protect Rural England's (CPRE) attempts to safeguard the environment and landscape of Norfolk from over-development.

Councillors agreed at their latest meeting to sign a pledge with the following wording:

"Hethersett Parish Council supports CPRE Norfolk in its campaign aimed at ensuring that no new sites are allocated for house building in revised local plans to 2036 until all existing allocations in current core strategies have been developed

"We consider that unrealistic and unnecessary new housing targets, currently under consideration, would cause unacceptable damage to the environment and landscape of Norfolk.

"This council therefore asks that our local authorities prepare cases to demonstrate that the environmental harm caused by slavishly following housing market assessments is serious enough to outweigh potential benefits and in so doing enable the adoption of local plans to 2036 that do not elevate housing targets beyond existing levels.

"We note that the Annual Monitoring Reports of local councils reveal that housing delivery is considerably below target levels and that large areas of land already allocated for development remain available and therefore there is no need for new allocations to be made."

The CPRE has written to all parish and town councils in Norfolk: in the following terms:

"We believe that parish and town councils are best placed to shape the future of Norfolk and we are seeking to enlist your support in a campaign to ensure that no new sites are allocated for house building until all existing allocations have been developed.

"In all parts of Norfolk existing local plans to 2021, 2026 or 2030, known as core strategies, already contain inflated housing targets. CPRE campaigned against these, warning that the damage to the countryside would be substantial.. This damage is now being revealed as greenfield developments take place but we have had only a glimpse of what is to come as the delivery of housing has failed to keep up with the targets set, which in itself implies that the targets were set too high, and in many parts of Norfolk less than half of current housing allocations have been completed.

"In spite of their failure to meet existing targets, local authorities are already seeking sites to accommodate a substantial increase in housing numbers for inclusion in plans to 2036. In our meetings with Norfolk planning leaders and the

Housing Minister we have been told that the imposition of these additional housing targets is not inevitable and housing market assessments need not be slavishly followed if local authorities can present a convincing case that the environmental harm caused by adopting the new targets is serious enough to outweigh potential benefits.”

Hethersett is covered by the Joint Core Strategy for Norwich, South Norfolk and Broadland with sites for 60,000 additional homes to be built between 2001 and 2026. CPRE claim that by the end of March 2015 only 21,323 of these dwellings has been completed.

Norwich, South Norfolk and Broadland are also considering adding additional sites for a further 12,000 dwellings in the new plan to 2036, making a total housing target of 72,000 new houses for the period 2001 to 2036.

Hethersett Parish Council voted unanimously to sign and support the CPRE pledge against the new housing targets.

Changes in Crime Recording

NORFOLK Police have changed the way they record crimes for Hethersett. We are now grouped with Mulbarton. The latest figures for the two parishes record three burglaries in non-dwellings, three burglaries in dwellings, three incidents of criminal damage, three domestic incidents, three public order offences and two incidents of theft or unauthorised taking of a motor vehicle.

Neighbourhood policing priorities for the area include speeding in Little Melton and anti-social behaviour on Hethersett Memorial Playing Field.

Members of the Hethersett and Mulbarton Safer Neighbourhood team will be conducting surgeries on 27th March from 10 am until midday in St Mary's Church, Newton Flotman and from 2 to 4 pm on the same day at the Willows Centre in Cringleford.

Doris Day Storm Damage

The village seems to have got off reasonably lightly from the ravishes of Storm Doris which whipped up high winds on February 23rd. Old Norwich Road had to be closed for a time following damage to a tree in the grounds of the former Norfolk Fire Headquarters and Tesco's had to shut early due to problems with overhead cables.

No Ordinary Life

IN a new series, Peter Steward meets some of the men and women who have contributed to village life in many different ways. He starts by talking to Octogenarian Richard Headicar about his extraordinary life.

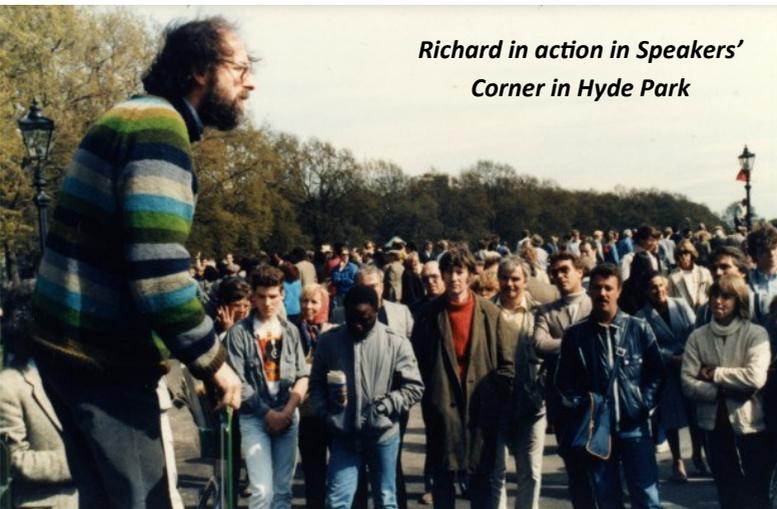
Face to Face

By the nature of his or her work, writers spend much of their time trying to pigeon-hole people. This is certainly the case when it comes to writing a feature on an individual. Good feature writers set the scene and then place their subject within that scene. They try to bring the essence of a person to life.

I have known Richard Headicar for a number of years and learn something new about him every time we speak. So I thought it high time to have a lengthy chat with him and find out more about what he quite wrongly refers to as “An ordinary Life.”

The first thing you learn about Richard is that he defies categorisation. This is a man who cannot be pigeon-holed. In some ways his life is a mass of contradictions, in others just the journey of an intelligent, thoughtful and passionate man who truly believes in humanity.

Richard could be described as a humanist, a polemist, an activist, a champion of the oppressed, a lover of nature and literature, an environmentalist, a hippy dissident, a supporter of the elderly and vulnerable and many other things as



Richard in action in Speakers' Corner in Hyde Park

well. During his long life Richard has been all of these things.

When I went to Richard's home in the Woodcote Sheltered Housing complex in Firs Road to interview him I just knew it was going to be a

long but highly entertaining afternoon swapping stories and ideas and of course helping him to down a fine bottle of Rioja wine - one of his favourite tipples.

Richard moved smoothly from talking about growing up in London to his work in the capital and his involvement with numerous political and activism groups - all the time insisting that there “was nothing unusual about my life.”

Two of the greatest contradictions in Richard’s eighty plus years have been his journey from being a Christian to an humanitarian atheist and his change from being a young Conservative to a member of the National Socialist Party of Great Britain.

Over the years, Richard’s views and experiences have virtually mirrored the times that he has lived in from growing up in what were generally known as the Roaring Forties, through the post Second World War fifties, to the liberalism and activism of the swinging sixties to the unrest of the Thatcher years and into the more tolerant society that has been built ever since. He certainly has seen life in all its guises.

Richard Headicar was born in Chelsea on August 28th, 1933, making him 84 this year. His father, Frank Norman Headicar, was well known in the area as a philanthropist and freemason. But there was a secret to Richard’s upbringing that he didn’t find out about until later:

“I found out that my mother and father were never married and that he had at least two families - ours in London and another in Whitstable.

Richard remembers going on holidays without his father who always had some excuse for not going but always issued firm instructions on behaviour

Richard doted on his mother Gertrude, however, whom he refers to as “a kind and compassionate woman” who would do anything for anyone.

“My mother was an absolute saint and she influences me even to this day. I had a lot of eccentric friends, but she welcomed them all. She gave money away to the needy.

“Every time in my subsequent life when I have felt like being mean to someone I remember one of her phrases. She always said don’t be silly, open the door, invite them in and give them egg and chips.”



***Richard (centre) at the launch
of the Hethersett Dementia
Support Group***

Richard's father also made a name for himself in many fields - literally - being involved in the early years of Wimbledon Football Club:

"My father arranged the mortgage on Wimbledon's Plough Lane ground. He loved sport but I'm afraid he had a number of affairs and that second family in Whitstable. He died when I was 13 or 14."

Frank Headicar's connections with Wimbledon FC are celebrated on a web site history of the club which has the following to say in its review of the late 1940s:

"Wimbledon's history now stretched back almost 60 years and for over 50 of them Frank Headicar had been beavering away for the club in a wide ranging number of roles. He had been secretary way back in the early days of the Wimbledon Old Centrals. Sadly, though, Mr. Headicar passed away early in the 48-49 season and a 7,500 crowd for Wimbledon's derby with Dulwich Hamlet stood in silence for one minute in tribute."

"Looking back I just didn't like the way he treated my mother. He kept her poor and I remember him shouting at her, particularly when we played cards. He never came on holiday with us and he never praised me for my achievements at school," Richard said.

And that fact could be partly responsible for why Richard became something of a renegade at school:

"I was reasonably academic and came top in five subjects. My father just ignored this fact and praised my brother who hadn't done nearly as well. After that I decided I was going to come bottom in everything apart from poetry which I took a great pride in."

So Richard became a "school rebel" at Chelsea Central School which he left at the age of 16:

"Overall I enjoyed school. I still remember being given a half crown for being late 26 times running which had to be some kind of record. I was given the money to encourage me to turn up early and it worked."

Richard had a series of jobs on leaving school including working in a Fulham bakers where, let's just say, the hygiene standards weren't very high. This included putting jam into cakes by taking it out of pots with his fingers and flicking it onto the cakes as they passed on a conveyor belt.

Richard went on to work in a factory making speedometers and also at the London stock exchange and a number of other employments in the world of stationery before being called up for National Service where he trained at West Kirby on Merseyside before being stationed at Gloucester and then Germany

In Germany I was a clerk attached to the Special Intelligence Bureau. I had a great time there and founded drama and discussion groups..

All this time Richard was beginning to fashion his views on life and becoming

more and more intrigued by politics and debating. His love of the latter came from listening to three of the great orators of the 20th century - Donald Soper, William Sangster and Leslie Weatherhead.

Soper in particular drew Richard into the Methodist Church where he became an active Christian. He also became a young Conservative. Richard felt that his own character was beginning to develop. But it was soon to develop in a totally different direction:

“I learnt so much from Soper, Sangster and Weatherhead and the Methodist Church, but I began to have problems with certain lines from the Lord’s prayer which would be said every week. Every week people would chant ‘Forgive us our trespass as we forgive those that trespass against us’ but sadly many people didn’t follow that creed. I became disillusioned with the Church and became interested in science. That made it difficult for me to believe in the idea of a supreme being.

“It became impossible for me to believe in the concept of a supreme being who would die for me. A supreme being that would kill for me and do unimaginable things in his name.

“I became an atheist but I never lost an intense respect for the environment, human beings, love and all the things that make us human,” he said.

It occurred to me at this point in our face to face that there were parallels between Richard’s views and those of atheist author Richard Dawkins who wrote the best selling “The God Delusion”.

“I think I’m much less harsh in my views than Richard Dawkins, although I admit that when I was debating in London I would set verbal traps for people to fall into.”

Which takes us onto one of the major parts of Richard’s life - political debating in Speakers’ Corner in Hyde Park, London.

“It all started off as a joke. Yes I was inspired by Soper, but my first appearance in the park saw me wearing a fez and speaking as the leader of the People’s Retrogressive Party - it was an entirely made up party whose mantra was ‘recreating the past by travelling backwards to the future’. I advocated having the fattest person possible as Minister of Food and other ridiculous things.”

But what started as a joke soon became a major part of Richard’s political life



Richard directs proceedings at a fete at Woodcote Sheltered Housing Complex

and he became passionate about “banning the bomb.”

These were dangerous times with marches and protests in many major cities and in London in particular. The Suez crisis put the world on the verge of war and the Aldermaston marches against nuclear weaponry made national and international news.

Richard became a committed member of the Campaign for Nuclear Disarmament (CND):

“I began to realise that if the British Government went ahead and made the bomb the nuclear arms race couldn’t be isolated to two great powers and it would spread everywhere. I wanted to oppose the bomb and took to the platform on behalf of CND

“Suddenly I was speaking regularly in Speakers’ Corner and getting really well known. I was attending meetings every night of the week. At the time I was focussed rather narrowly on banning the bomb and it was at that point that I met Alfred Reynolds who expanded my horizons.”

Philosopher and poet Albert Reynolds was born Reinhold Alfred in Budapest, Hungary, in 1907 and, over the years, was variously a philosopher, novelist, spy, teacher and Hungary’s greatest ever poet. During and after the Second World War he was responsible for de-Nazifying young Germans. A Hungarian born Jew he fled from fascist rule in Hungary in 1936 and moved to London. Reynolds was known for his irreverent views on traditional Christianity.

“I got to know Alfred and his philosophy on life. I was very naïve and he guided me away from the narrow focus to look at the deeper issues affecting human beings. I realised that the majority view had to be respected. Alfred Reynolds was in the crowd at one of my sessions in Speakers’ corner. I got to know him and he taught me not to think of people as part of groups and to think in ways beyond national boundaries and to look at everyone as an individual. He also taught me not to feel guilty about anything I had done and to ensure I looked at everything from all points of view.”

Richard joined the Socialist Party of Great Britain which believed in using the ballot box for revolutionary purposes: “I wasn’t looking for world revolution but I had a belief that every single human being has the ability to change attitudes.

“I never belittled my opponents and learnt to respect people,” Richard added.”

Richard began to put together articles and items on Albert Reynolds’s life and has now turned them into a written essay which is available on the internet at <http://animata.omnia.co.uk/publications/rhar-biognotes-081206.pdf>.

He is hoping to write a longer biography in the not too distant future and has already given lectures in Budapest.

Richard’s views, however, certainly got him into hot water with the authorities

and he was arrested for demonstrating outside the Russian embassy for which he was sentenced to three months in prison of which he served two. In keeping with his general demeanor, Richard admits that he even enjoyed being in prison:

“It was an open prison and while there I wrote a play entitled ‘The case of the cross eyed bingo maniac.’ It featured Sir Tom Bowler who was murdered by a guy who thought incorrectly that he had won the bingo jackpot. The governor thought it was a nice play about bingo, but all the prisoners knew it was about civil unrest and disobedience.

“I wouldn’t call myself a subversive. I have strong opinions and will always argue them and they are often contrary to mainstream thought. I am always happy to open dialogue with anyone and I would never let politics or religion get in the way of friendship. I do dislike dishonesty in politics, however.

Outside politics Richard worked hard and found a real niche running a toy shop in London and subsequently an art shop in Lewisham. His political views also fostered a love of philosophy and his search for answers to big topics such as the nature of consciousness, its potential and limitations:

“Consciousness must have a physical basis but I feel it has never really been explained. Maybe consciousness pre-existed human beings. To me there has always been a gaping wound in evolution. In the chain of evolution there is suddenly a leap from what is merely physical attributes to what becomes a conscious awareness.

“Although I am now a committed atheist, I have an almost religious belief that consciousness has a definite basis. I lost my belief in Christianity when I began to realise that people said things that they didn’t mean.”

Richard admits that he loved living in London but eventually got to the point where he needed to move somewhere more rural for the good of his health:

“I went to the doctors with a cough and they found I had throat cancer. I was very lucky as I had laser surgery and recovered. But cancer proved my trump card in making me move to Norfolk.”

Richard had met his wife-to-be Sue at Aldermaston. Today they live separately in Hethersett but are still married: “We split up. We did silly things to each other but we never stopped caring for each other,” he said.

Their daughter Tamsin and son Tim both lived in East Anglia (Tamsin in Wymondham and Tim in Cambridge), so a move to the area was the logical next step:

“I needed to be somewhere where the air would be clean. I knew Norfolk from visiting my daughter. Now I love living here. It has given me the chance to meet people I would never have met in London. There are some fantastic stories to be told in Hethersett and I view everyone as part of my extended family.

Richard has immersed himself in Hethersett village life. He is a leading light at Woodcote, organising many social events including fetes and outings. For a number of years he has been chair of the local pensioners' group and is a former trustee of Hethersett Memorial Playing Field and member of the Heart of Hethersett Bereavement Group and founder member of the Hethersett Dementia Support Group.



Richard (right) presents a cheque to Hethersett Memorial Playing Field from an open day at Woodcote Sheltered Housing Complex

“Every night in Norfolk I look up to the sky. I love sharing sunsets, finding new pubs and enjoying the ordinary things of life,” he added.

Trying to sum Richard Headicar up in a few thousand words is a tough ask. Perhaps it is more apt to say that all this feature has done is touch the surface of what he continues to describe as “a very ordinary life”.

I hope that this feature has illustrated that Richard’s journey has been anything other than a normal life and we haven’t even touched on his campaigns to stand for parliament against Frank Dobson (a campaign that ended with him gaining under 200 votes), his opposition to the bombing of Hiroshima and Nagasaki, his great humour that saw him found the Onk Party, his friendship with the world renowned philosopher Bertrand Russell and sharing a platform with actress activist Vanessa Redgrave. Neither have we touched on his love of music (anything from Beethoven and Vaughan Williams to Tom Waits and jazz), his love of literature (he cites *The Importance of Living* by Lin Yutang and *The Human Situation* by W. MacNeill-Dixon as two of his favourite books), his love of tennis and his love of B list movies and film noir (his collection includes such notables as “*The Attack of the Crab Monsters*,” and “*The Beast of the Yucca Flats*” - the latter being the tale of communists who chase a large scientist into an atomic-bomb test, and he comes out a killer caveman!)

I would like to end with Richard’s own words that he hopes sums up his character and his philosophy on life.

“I have always had champagne in my blood. I laugh a lot and I believe that everything should be done with wit and humour and within the spirit of conciliation. I would love to see the restoration of the spoken word and the end to our soundbite culture with people talking to each other.

“I would like to be remembered as somebody whose company was enjoyed,

who was a generous host and somebody who had a sense of humour. Somebody who loved the back streets and not the high streets and somebody who improved themselves by admitting they were at times wrong but was always able to move on.”

FOOTNOTES: There are plenty of web sites that feature speeches and Richard’s work. Just a few are listed below:

<http://soundsfromthepark.on-the-record.org.uk/people/richard-headicar/>

<http://www.worldsocialism.org/spgb/category/speaker/richard-headicar?page=1>

https://en.wikipedia.org/wiki/Socialist_Party_of_Great_Britain

Development Watch



The photograph above shows the new development in Hethersett North which will be known as Heather Gardens. It was taken in January.

The photograph illustrates the speed with which new development is going up in the village.

Taylor Wimpey recently did a mail shot for the development in Back Lane, advertising two, three, four and five bedroom homes and describing Hethersett as “a thriving English village filled with history and charm and just under six miles from Norwich city centre.”

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.hethersett.org.uk

HETHERSETT HERALD
February 2017
Number 16



On The Shortlist

HETHERSETT Hethersett group has been shortlisted for the South-East award.

The team of Hethersett Development Group has been nominated and shortlisted in the community group of the most admired for the South-East Community Awards. The award will be presented at a special evening at Queen's Hall in February 08.

The team of Hethersett group consists of Carol (organiser), Catherine (chair), and a group of volunteers who have been working hard to make the award a reality. The award is given to groups who have made a significant contribution to their community.

More Accolades for Hethersett Academy

HETHERSETT Hethersett Academy has gained a further accolade for its work in the community. The school has been awarded the 'Outstanding' award for its work in the community.

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HETHERSETT HERALD
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Remembrance Special - Pages 16-20

Major Honour for Mike

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More Development?

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Supported by



News From The Village

POPPY APPEAL 2016

Over £2,000 was raised from the 2016 poppy appeal in Hethersett and Little Melton. A house to house collection in Hethersett raised £604 and a further £1,676 came from the sale of poppies and collecting boxes in businesses, schools etc in the two villages.

Poppy organiser Jerry Wright said: "I would like to say a big thank you on behalf of the Royal British Legion to everyone who donated money to the appeal and to the people who agreed to have poppies on display. Particular thanks to the small number of people who completed house to house collections.

In addition a further £600 was donated following church collections and wreath purchases, giving a grand total of over £2,880.

Remembering Sylvia

The Good News magazine has recorded the death of former Hethersett resident and chiropodist Sylvia Parfitt. Sylvia lived at Kett's Oak in the 1970s and for many years worked as a mental health nurse at St Andrew's Hospital before training as a chiropodist.

She had a practice in the village before moving to France with her husband Mostyn in 2005.

Bowls Club Quiz

Hethersett Bowls Club will be holding a quiz night for club funds on Friday, 10th March (6.30 pm for a 7 pm start) at the Jubilee Hall in Back Lane. There will be prizes for the winning table, a free prize draw, raffle and finger buffet.

Tables are for teams of six to eight with tickets at £6 each. The club will try to fill tables should the occasional couple/fours turn up.

Tickets are available from David and Irma on 01603 810735, Dennis on 01603 814292 or Ron on 01603 813096 or any bowls club member.

News From The Village

Thickthorn Roundabout Consultation

A series of public consultation events are being organised by Highways England to outline plans for proposed changes to Thickthorn Roundabout.

The controversial roundabout is likely to undergo major changes in the light of new development in Cringleford, Hethersett and along the A 11 corridor towards London.

Design Consultant Nick Atkinson attended the latest meeting of Hethersett Parish Council on behalf of Highways England to talk in general terms about improvements to the junction. A number of options will be put forward at public events one of which will take place in Hethersett following an anticipated Media launch in mid March.

We want the public's opinions to help Highways England select the best option to solve the problems at the roundabout. We want to collect evidence through sensible and open conversations with people," he said.

The public consultation events will feature an exhibition of the various options along with public questionnaires.

"There is a lot of work going on at the moment with the aim to make it quicker and easier to get through the area. We have to take many considerations into account including traffic flow, the cost and the impact on the environment and come up with a scheme that will cope with traffic numbers predicted for the next 15 years," Mr Atkinson added.

Hethersett Parish Council previously had a meeting with the highways' authority and asked for changes to the current signage. These requests were turned down.

Damage at Rugby Club

Gates at Crusaders Rugby Club were damaged by vandals sometime between 8 pm on Saturday, 11th February and 7 am on Monday, 13th February.

A vehicle in the car park was also broken into. Anyone with information should call Norfolk Police on 101 or Crimestoppers on 0800 555111.

HERALD HEALTH

Anne Heigham of Rowan House Health and Welfare Centre discusses migraines, their causes and how a 5,000 year old system of herbal medicine can help sufferers.



AYURVEDA is a comprehensive 5,000 year old system of herbal medicine, whose origins are closely related to Yoga. It understands how to bring harmony back to the body, mind and senses and in the process treats symptoms. Here are a few causes of migraines according to Ayurveda; hormonal imbalances, indigestion, emotional stress, muscular tension or certain foods/chemicals. These sources amongst others can trigger both chronic headaches and migraines. For successful treatment it is important to understand the initial cause of the migraines/ chronic headaches, which can extend far back in a person's history. Here are a few examples of some of the causes of migraines and possible treatments.

Digestive imbalance

In both prevention and treatment of migraines, a well-functioning digestive system is important. In Ayurveda the balance of the digestive system is understood to be crucial for the maintenance of health and disease prevention. Ideally there should be daily bowel movements, no indigestion, no bloating and no acid reflux. If there are any symptoms of digestive disturbance along with migraines then these need to be addressed immediately. This can be done by;

Supplementing the health of the gut with probiotics, cleansing the gut with food or herbs, balancing the digestive secretions with specially formulated herbal teas, herbs or dietary support.

Treating the digestive system both helps in alleviating migraines as well as preventing future ones. Through re-balancing the digestive system, sensitivities to certain foods or chemicals can be reduced or even eliminated over time, thus making them no-longer being triggers for migraines. When you feel a chronic headache or migraine coming on try eating immediately a handful of raisins or black grapes, albeit extremely simple for some it can give amazing relief.

Emotional imbalance

Emotional patterns can play a big role in chronic headaches/migraines. Often

HERALD HEALTH

they are triggered by a build-up of stressful situations, particularly when one is encountering situations in discord with their inner wishes. Alternatively, they can be particularly triggered by situations which stimulate feelings of anger or jealousy. If an emotional trigger is suspected then there are many tools available to help to balance the effects of those feelings. Ultimately, a path is set to reduce the prevalence of those feelings, and hence removing triggers leading towards migraines.

Yogic breathing techniques can be a great lifeline here. From a 'cooling breathing technique' for anger induced headaches to a 'left nostril/right nostril breathing technique' for stress induced migraines. Daily meditation or breathing techniques can help to build an emotional equilibrium, which can long-term help to prevent migraines.

Physical imbalance

If the musculature particularly in and around the neck region is particularly tight then there is a greater propensity for migraines and chronic headaches to occur as the energy/nerve conduction to the head/brain is impaired. You can learn to release tight muscles yourself through certain yoga techniques or you can seek assistance from others with regular warm oil massage treatments.

Ayurveda uses a large range of herbal oils, which are warmed to help penetration. They help to improve nerve conduction, skin and muscle tissue elasticity and to restore overall balance. By regularly receiving massage you maintain elasticity to the tissues and correct poor posture, all of which left unchecked can lead to migraines. Certain pressure points can instantaneously help to alleviate migraines. These again can be instructed so that during a migraine you can apply them to yourself or get someone else to do it for you, this can provide immediate relief.

For example; gently massage the temples with lavender infused oil. This can be good for those headaches which are induced by tension or stress. Use sandalwood infused oil for those induced by heat and irritation.

Anne Heigham is an Ayurvedic Practitioner and Yoga teacher who is based at Rowan House. Anne is able to offer weekday, evening and weekend appointments. For more information or to book an appointment please call Anne on 07734 051620

Hethersett Herald

HETHERSETT Herald is published electronically in the first week of each month via the Hethersett Village web site at

www.hethersett.org.uk

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.

Information, reports and photographs are always welcome. These can be e-mailed to petersteward@sky.com

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. Views expressed are those of the individual authors.

Herald Team

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Patricia Mills

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 so that we can increase our readership.

More Old Hall Art

IN the February edition of Herald, we featured some of the intriguing artwork from Years Five and Six at Hethersett Old Hall School.

Pupils produced artwork based on Gustav Klimt's portrait of Adele

Bloch Bauer. In this edition we showcase some of the work of Years Three and Four who have also been creating work in the style of Klimt. Their work took the form of self portraits.



FOR more examples of the art work visit Hethersett Old Hall School's web site at

<http://www.hohs.co.uk/>

An Amble and a Ramble

The editor takes a photographic walk round Hethersett

I DON'T think anyone would ever claim Hethersett to be a beautiful village, but it does have a beautiful heart as any walk round the village illustrates. In a new series I will be taking a number of walks around different parts of Hethersett and sharing some of its history and my own reminiscences built up from almost 40 years of living in the village.

Okay I know what you're thinking. Why are we starting a walk with a photograph of a less than attractive dog bin?

Well the idea behind these walks is to mix the picturesque with, well shall we say, the less attractive, whilst underlining some history, some current affairs and some other areas I hope you will find to be at least of passing interest.

For the record, the dog bin pictured is in Mill Road which was the starting place for this amble. Controversy surrounds the bins, or rather attempts by South Norfolk Council to raise the charges as outlined in last month's Herald and featured elsewhere in this edition.

The matter is still very much under discussion but it does look as if the parish



will be charged more for having the bins emptied.

From Mill Road I wandered along Great Melton Road and turned left into Henstead Road to take photographs of two interesting buildings - The Baptist Church and the Church Hall which are virtually opposite each other.

Hethersett Reformed Baptist Church has been in existence since 1876 and has services on Sundays at 10.45 am



Pictured above is the Baptist Church and below is Hethersett Church Hall.



and 6.30 pm. There is also a meeting on Tuesday evenings at 7.30 pm.

I have to say I have never been inside the church and it seems to have very few links with the village. My biggest memory of it comes from May 2011 when one Sunday morning I heard a rumour that the Rev Ian Paisley was preaching there.

Of course this had to be absolute nonsense. But just in case there was any truth in it, my dear wife, who is an active member of Hethersett Methodist Church, popped along and guess what - it was true! This is how we reported it at the time:

“In one of those I can't believe it happened in our village moments, the Rev Ian Paisley preached to about 20 people on Sunday morning in Hethersett Baptist Church. The visit by Dr Paisley seems to have gone virtually unnoticed. “

Well not quite unnoticed as the local Media picked up on it with an explanation from the Baptist minister of the time, the Rev David Farrow, who told the Norwich Evening News:

“Once or twice a year I have the privilege of preaching at the Free Presbyterian Church in Oulton Broad where Dr Paisley's son Kyle is the minister.

“On one visit I asked Kyle, rather



tongue in cheek, the next time his father was in the area would there be a chance that he would come and preach at Hethersett and it was from that comment that we have been able to welcome Dr Paisley and his wife.”

Dr Paisley also gave a reason for his visit: “Sometimes I go to places where I haven't been invited, but I'm pleased to have been asked here.”

FOOTNOTE: Dr Paisley died in 2014 at the age of 88.

Hethersett Church Hall on the opposite side of Henstead Road, is confusing as it is nowhere near St Remigius Church. It still plays host to a number of local groups, but my main memory of it is as the home of the annual village pantomime before it moved to the new village hall.

I turned right into Back Lane and passed the Jubilee Youth Club on my right and the Village Hall on the left. Shortly after these is the new development (pictures elsewhere in this edition) and then a lengthy wander through Steepletower and across the B1172 to St Remigius' Parish Church.

My camera always seems drawn to St



Remigius. I have taken photographs of it in all seasons from the blue sky and steaming temperatures of a summer's day to the snow and freezing temperatures of an early New Year day. Today it was cold and grey - not the best day for photographs. But my job is to record the village on any given day. Today I wanted to pay particular attention to the graveyard and it made for a very sobering half an hour.

Many of the gravestones in the older part of the cemetery are impossible to read, having become pitted. I am hoping in the not too distant future to help the church with a photographic and full survey of the graveyard. This is something that many church-

es are undertaking and is very important from a historical perspective and something that is also being undertaken by the Norfolk Family History Society.

On my walk I moved from the older part of the graveyard to the newer. As I read the names of those buried there I



became painfully aware of how many I either knew personally or knew of - a reminder of our own mortality. I also visited the grave of my grandson Oliver who was still-born in 2011. That alone makes this a



very special place for me and somewhere I can find a strange kind of peace that is difficult to describe.

My walks always seem to gravitate to the village sign. Again I have taken numerous photographs of this over many years and cannot really explain its attraction. Turning into Priory Close I was intrigued by the piece of waste ground

round the side of the King's Head. I made a mental note to try and find out more about this for a future Herald.

I know that planning permission was applied for to build a home on the land but was turned down.

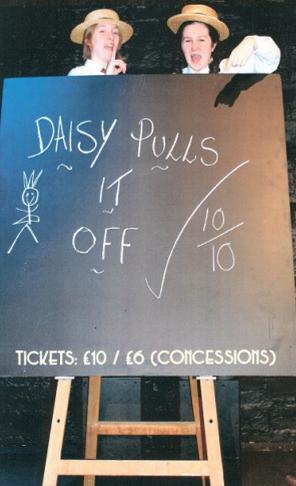
On this particular day one of the large trees had been felled (are we to as-



sume it had a disease)? The wood made what I thought was an interesting study and a good place to end this particular amble and ramble. More in the next Hethersett Herald.

Seven Page What's On Special

**HETHERSETT OLD HALL SCHOOL
PRESENTS...**



**BY
DENISE
DEEGAN**

An absolutely
topping comedy
about midnight
feasts, dorm fights,
spilling hockey
matches, and
hidden treasure!

**DIRECTED BY
JENNY
RICHARDS**

TICKETS: £10 / £6 (CONCESSIONS)

**NORWICH PUPPET THEATRE 22ND & 23RD MARCH, 7.30PM
GRAB YOUR HOCKEY STICK AND JOIN US FOR A SCRUMMY EVENING!**

The following are just some of the events taking place in Hethersett in March.

If you have any events you would like to see featured in Hethersett Herald, please send details of the event, its date, time and venue to the following email address:

petersteward@skytv.com

Wednesday 1st - Rheumatoid in Norfolk (The RING) meets in Hethersett Village Hall, 2-4 pm. Speaker Rod Spokes on the History of Norwich.

Wednesday 1st - Probus Club, Hethersett Jubilee Youth Club from 10.30 am.

Friday 3rd -Parents, carers and

grandparents and their children aged from 0 to five are invited to a free and fun taste of play session in Hethersett Library based on The Hungry Caterpillar, 9.30 to 11.30 am. Places limited and can be booked on 01603 810188

Friday 3rd - Hethersett Methodist Church is the venue at 2 pm for a special service on the theme of "Am I Being Unfair to You?" The Hethersett service will be one of 5,000 in the British Isles written by Christian women from the Philippines. Their service has been translated into 1,000 different languages. This is all part of the annual women's day of prayer but attendance is not restricted to women. More information is available at www.wwdp.org.uk

Sunday 5th - Hethersett Village Screen presents Hologram for a King. Hethersett Village Hall, 3 pm.

Monday 6th - Hethersett and Tas Valley Cricket Club winter nets at Norwich High School for Girls, Newmarket Road, 7 p.m.

Tuesday 7th - Heart of Hethersett Bereavement Group at Woodcote Shel-

tered Housing Complex - 5.30 to 6.30 pm.

Thursday 9th - First steps to tracing your family history. Learn how to search for information online. Hethersett Library 2 to 4 pm. Tickets £5 in advance and can be booked on 01603 810188. The event is aimed at those new to family history research but experience of using computers is essential.

Friday 10th - Hethersett Bowls Club quiz night for club funds. For full details see page 20.

Wednesday 15th - Probus Club meets at Hethersett Village Hall from 10.30 am

Wednesday 15th - Hethersett and District Horticultural Society - John Freeman on "Holiday Garden Pictures" and Ted Hallett on "An Itinerant Gardener." Also includes the annual general meeting.

Friday 17th - First meeting of Library Crafter Group. Crafts for schoolchildren after school.

Friday 17th - Parents, carers and grandparents and their children aged from 0 to five are invited to a free and fun taste of play session in Hethersett Library based on One Duck Stuck, 9.30 to 11.30 am. Places limited and can be booked on 01603 810188

Monday 20th - Hethersett Parish Council planning committee meets in Hethersett Village Hall at 7 pm, followed by full council meeting at 7.30 pm.

Monday 20th - Hethersett and Tas Valley Cricket Club winter nets at Norwich High School for Girls, Newmarket Road, 7 pm.

Tuesday 21st - Hethersett Dementia Cafe. Hethersett Methodist Church Hall, 10 am to midday.

Tuesday 21st - Heart of Hethersett Bereavement Group at Woodcote Sheltered Housing Complex - 5.30 to 6.30 pm.

Wednesday 22nd and Thursday 23rd at 7.30 pm. Hethersett Old Hall School presents "Daisy Pulls It Off"- a comedy directed by Jenny Richards at Norwich Puppet Theatre.

Saturday 25th - Forest yoga and relaxation workshop at Rowan House. See page 38 for full details.

Friday 31st - Parents, carers and grandparents and their children aged from 0 to five are invited to a free and fun taste of play session in Hethersett Library based on We're Going on a Beer Hunt, 9.30 to 11.30 am. Places limited and can be booked on 01603 810188

Events Later in the Year

April 2nd - Hethersett Village Screen presents A United Kingdom.

April 19th - Meeting of Friends of Hethersett Library group, Hethersett Library midday.

April 24th - Hethersett and the Meltons Sports Association meeting, Park Farm Hotel, 7.30 pm

April 27th - Hethersett Library film on agriculture from the East Anglian Film archives. Free show at 2.15 pm.

May 7th - Hethersett Village Screen presents the BFG.

May 25th - Hethersett Library film on wartime and post war Norwich from the East Anglian Film archives. Free show at 2.15 pm.

June 24th - Hethersett Jubilee Youth Club dog show and fete.

June 29th - Hethersett Library film on the seaside from the East Anglian Film archives. Free show at 2.15 pm.

July 16th - Hethersett Village Fun-run, starts from Hethersett Junior School at 11 am. More details in future editions of the Herald.

Regular Monday Events

Coffee stop at Hethersett Methodist Church from 10 am

Hethersett Pensioners' Association for those aged over 55 and the retired. Meets in the Methodist Church Hall every second Monday of the month starting at 2 pm.

Book Group meets at Hethersett Library from 2 to 3 pm on the first Monday of each month to share thoughts on latest books, magazines or any thing else to do with the literary world.

Hethersett Parish Councillors are available at a Parish Pop In on the second Monday of each month from 2 to 4 pm. In Hethersett Library.

Hethersett WI meets on the third Monday in the Methodist Church Hall at 7.30 pm

Hethersett Mothers' Union meets in the Church Hall in Henstead Road at 7.30 pm on the fourth Monday of each month.

Cringleford and Hethersett Flower Club meets in Hethersett Village Hall at 7.30 pm on the fourth Monday.

Hethersett Parish Council meets monthly on Mondays - Individual dates appear in our What's On section each month. [here](#).

A craft group meets in Hethersett Library from 2 pm on the second Monday.

Knit and Natter group meets every Monday from 2 to 4 pm in Hethersett Library

Regular Tuesday Events

Cringleford Bridge Club plays duplicate Bridge for three hours from 6.45 pm in Cringleford Pavilion in Oakfield Road and is happy to have members from Hethersett.

Hethersett Dementia Support Group holds a cafe in Hethersett Methodist Church Hall on the third Tuesday from 10 am until noon.

Hethersett Short Mat Bowls Club meets weekly in the Village Hall from 2.30 until 4.30 pm

Hethersett Hawks Cycle Speedway Club holds club nights from the beginning of April through to October from 6.30 pm

Slimming World meets at Hethersett Methodist Church Hall from 7.30 pm

Regular Wednesday Events

Hethersett Jubilee Youth Club for youngsters. From 5.45 to 7.30 pm for School Years 5 and 6 and from 7.30 to 9.15 pm for Years 7 to 9. For more information contact Gillian Saunders on 01953 607566.

Baby Bounce and Rhyme Time in Hethersett Library on the fourth Wednesday of the month.

The RiNG meets on first Wednesday

Hethersett Art and Craft Group meets in Hethersett Methodist Church Hall from 10 am until noon. More information from Tina Greenhalgh on 01603 810364.

Painting for Pleasure Art Group meets in Hethersett Village Hall from 10 am until midday.

Colour Me Calm group meets every Wednesday from 10.30 to 11.30 am in Hethersett Library. This is a colouring

Regular Thursday Events

Hethersett Bridge Club meets in Hethersett Social Club from 7 pm.

Hethersett Badminton Club plays at Hethersett Academy on a weekly basis

Regular Friday Events

Hethersett Short Mat Bowls Club meets in Hethersett Village Hall from 7.30 to 9.30 pm

Hethersett Table Tennis Club meets in Hethersett Methodist Church Hall from 7 until 9 pm

Hethersett Youth Cafe for those aged 14 and over in Hethersett Jubilee Youth Club, 7.30 to 9.30 pm. Includes dj workshops, arts and crafts.

Regular Saturday Events

Hethersett Athletic Football Club runs two adult Saturday teams. Fixtures run from September to April

Hethersett and Tas Valley Cricket Club runs four Saturday adult league teams from May to August.

Shoppers' Coffee at Hethersett Methodist Church, 10.30 am until noon.

Soccatots pre-school activities for youngsters aged from six months to five years. Hethersett Junior School. Five sessions for various age groups.

Hethersett Croquet Club plays at Hethersett Memorial Field from 2.30 until 5.30 in summer months from April.

Regular Sunday Events

Hethersett Athletic Football Club runs a full youth set-up catering for all ages from six to 19. Most of the youth teams play on Sundays and fixtures can be viewed at www.hethersettathletic.co.uk

Hethersett and Tas Valley Cricket Club has fixtures on Sundays from April until September. The club plays at Flordon.

Coming events are regularly updated on our village web site at

www.hethersett.org.uk

Open Morning at Old Hall School

HETHERSETT Old Hall School will be holding an open morning from 10 am until midday on Saturday, 4th March, giving prospective families and pupils the chance to see what the school has to offer.

Current parents will also be able to visit the school to see their children's work and chat with other parents, pupils and staff. There will be a special session for Year Seven entrants in the school barn at 11 am and registration for all ages for 2017 and 2018.

Meanwhile the school's parents' association summer fete will take place on May 6th from 11 am to 2.30 pm. This year's event will have a traditional English feel with maypole dancing and donkey rides amongst the attractions.



Forrest Yoga & Relaxation Workshop

for anxiety and depression

Saturday 25 March 2017

10.00am to 4.00pm

Forrest Yoga

Reflexology & Aromatherapy
Discussion & Support

with qualified Counsellor, Teacher & Therapists

Rowan House Health & Wellbeing
28 Queens Road, Hethersett, Norwich NR9 3DB
Refreshments available, bring your own lunch

£65 per person (10 spaces available)

To book, contact Kate Williams:

Email fr333spirit@icloud.com or 07789 998093

Haggle & Waggle Special Event

Spring Ceilidh

at Hethersett Village Hall, Back Lane, NR9 3JJ



Dancing to

Happy Feet Ceilidh Band

Saturday 18th March 2017

Doors open 7.30pm. Dancing from 8pm til 11pm

Tickets £8 each (over 16's only)

Price includes a complimentary glass of wine or soft drink.

Please note that there is no bar available in the hall,
so please bring your own refreshments.

For tickets and further information contact Jo Kent on **07730 594688**
or email: **jokent277@live.co.uk**

News From The Parish Council

Attack On Inconsiderate Parking

Hethersett Parish Council is to write to Norfolk Crime Commissioner Lorne Green about inconsiderate parking and the destruction of grass verges in the village.

At their latest meeting, councillors once again expressed concern:

“This is a massive issue across the whole of our village and we receive constant complaints, but we do not have any power to sort the problems out or stop our verges being destroyed,” said council chairman Jacky Sutton.

Some of the ideas suggested at the meeting were the implementation of permit parking, ensuring garages and off road parking is available on any new developments in the village and encouraging residents to leave their vehicles at home whenever possible

Annual Meeting Change of Format?

There could be a change to the format of Hethersett's annual parish meeting aimed at making the evening more relevant to local residents.

Hethersett Parish Council is looking at ways to improve the evening which receives reports from local groups and organisations – many of which are under the auspices of the parish council.

This year's meeting will take place in Hethersett Village Hall on Wednesday, May 3rd, at 7.30 pm and it is hoped a new format will help attract more residents following disappointing attendances over the past few years.

Ideas being investigated include a café style evening with refreshments and information stalls on various groups, information on the distribution of S106 development money and information on attracting more volunteers and how local people can make a real difference in the village.

Council Tax Rise

Norfolk County Council will be raising council tax by 4.8% to help cover the cost of adult social services, the latest meeting of Hethersett Parish Council heard. South Norfolk Council is also to raise its portion of the council tax by 3.7%.

Renewed Speedwatch Appeal

Hethersett Parish Council is looking for at least two more people to join its speedwatch team. Four people came forward following public appeals, but it now transpires that six are needed to take the scheme forward.

The team would monitor motorists' speed in the village by using detectors which would also give data about problem areas. Anyone interested in joining the team should contact parish clerk Ian Weetman on 01603 810915.

More Volunteers Needed

Hethersett Parish Council is mounting a campaign to increase the number of volunteers in the village.

At its latest meeting, members highlighted vacancies on a number of groups, many of which are under the auspices of the council.

A vacancy on Hethersett Parish Council remains unfilled despite the position being advertised throughout the village.

In addition trustees are needed for the Memorial Playing Field, Hethersett Jubilee Youth Club and Hethersett Village Hall.

"These vacancies are symptomatic of the problems we have at the moment in finding enough volunteers," said council chair Jacky Sutton who launched a publicity campaign to "find some new blood" to help with existing groups.

It is likely that an appeal for more volunteers will also be made at the village's annual parish meeting in early May.

There has been some good news on the volunteer front with Hethersett Pensioners' Association being saved at the 12th hour. The group was under serious threat of closure due to a lack of volunteers to run it.

Following publicity, parish council elderly people's champion Marilyn Savory has agreed to take on the role of chair with Fred Watkins as secretary. The group also has a new treasurer.

A Champion of Youth

Hethersett Parish Council is looking for a youth champion to work with young people in the village.

The champion's role would include actively engaging with the youth of the village and working alongside local schools, youth club and other youth organisations to ensure the voice of young people is heard.

Councillors decided at their latest meeting that the champion doesn't have to be an existing member of Hethersett Parish Council and anybody interested in more details about the role should contact parish clerk Ian Weetman on 01603 810915

Herald Information Service

WE have got together with Norfolk company Able Community Care to give information to readers on a host of subjects. We start with subjects as diverse as power of attorney and free eye tests for those using a VDU screen for work.

“Able Community Care is a Norfolk company which began in 1980 and now provides its services throughout the UK. As an established care provider we often receive questions from our clients, our carers and the general public relating to questions they have about UK care services and other relevant care issues,” said Lee Knight, Recruitment and Administration Assistant for Able Community Care.

Question – I have two elderly relatives and I am their only ‘younger’ generation relative. When sadly they pass away I will have to make the arrangements that are needed. Where can I find some information that will tell me what I have to do?

Answer – Log onto the Age UK website and download Factsheet 27 which sets out clearly the arrangements that need to be completed when a person dies, choices that can be made, etc. and gives details of other organisations that you may wish to contact. Their web site can be found at: www.ageuk.org.uk

Question – I am an older vegetarian, I have no close relatives and I am considering moving into a residential care home. How can I find out if a care home really does provide good, quality, vegetarian food?

Answer - VFL (Vegetarian for Life) is a UK charity dedicated to improving the quality of life for older vegetarians and on their website at www.vegetarianforlife.org.uk you can go to their UK list of care homes to find those homes which do provide good vegetarian catering. The list covers England, Scotland, Wales and Northern Ireland

Question – How can I find out if a relative has appointed a Power of Attorney?

Answer - To find out if someone has an attorney or deputy acting for them you can apply to search the Office of the Public Guardian registers to see if someone has another person acting on their behalf. This can be: an attorney under a lasting power of attorney, an attorney under an enduring power of attorney or a court appointed deputy. You need to complete form ‘OPG 100’ to search the register. This is a free service. The web site to go to is: <https://www.gov.uk/government/office-of-the-public-guardian>

Herald Information Service

Question – I work in an office where I work on a computer all day. I am told I can claim a free eye test, is this so?

Answer - If you work at a computer screen or VDU as part of your job you are entitled to obtain a voucher for the full cost of the sight test. This is laid down in the Health and Safety (Display Screen Equipment) Regulations 1992. You need to let your optician know that you have a voucher before you have the sight test. You may also be entitled to a voucher towards the cost of your glasses, but not towards the cost of contact lenses. Your optician will be able to advise you. (This answer came from www.patient.co.uk)

www.ablecommunitycare.com

Groups and Societies

News From the RiNG

The Rheumatoid in Norfolk Group had a talk from Jason Raper on the History of Norwich Theatre Royal. The speaker on March 1st will be Rod Spokes who will talk about the History of Norwich.

The group exists primarily for people with arthritis but also welcomes anyone else to its meetings. It meets on the first Wednesday of the month between 2 and 4 pm in Hethersett Village Hall.

The charge is £3 per visit. Annual membership is £6. More information is available on the web site www.thering.org.uk or by telephoning 0800 072 9597 or 07769 635281.

Horticultural Society

Hethersett and District Horticultural Society's next meeting will be on Wednesday, 15th March when John Freeman will show photos of his Holiday Gardens and Ted Hallett will give a talk all following the Society's AGM and on Wednesday 19th April Dr Anne Edwards will be asking the question "What Did the Romans do for Us?"

Groups and Societies

Probus Club

Club president Ron Richardson gave a talk on the life and times of Henry Ford. Born in 1863, on a farm, Ford showed no interest in his parents' business. He received little education and was always reluctant to write or dictate letters. But he did develop an early interest in steam engines which turned into the manufacture of cars and the company he founded was the first to manufacture the automobile that many middle class Americans could afford.

He bought a railway and a steel works to help with the distribution of his cars. As the owner of the Ford Motor Company, he became one of the richest and most famous people in the world and died in 1947, aged 83.

John Nortcliff chaired a subsequent meeting when Alan Saunders reminded everyone about the members' lunch on 1st March and also the social evening on 12th April when the Strand Players will be providing entertainment. Chris Morriss issued the latest edition of the Probus magazine. A story was told by Beverley Baker. After refreshments, the chairman introduced the morning's speaker, Nick Flower, a solicitor from Fosters who have offices all over East Anglia.

He spoke about wills, power of attorney, inheritance tax, executors and trustees, co-habitation and various safeguards. It was a most interesting and informative talk and on behalf of those present the chairman thanked Nick for his presentation which was well received.

The next meeting is at 10.30 am on Wednesday, 1st March when club member Andrew Egerton-Smith will be giving a talk on the East Anglian Air Ambulance.

Coffee Drop In

A coffee drop in event for parents and toddlers takes place in St Remigius Church on the first Tuesday of every month from 10 am.

Hethersett Hoofers Walking Group

Hethersett Hoofers' walking group organises monthly walks in various parts of Norfolk. For details of the latest walks please ring 01603 811594.

Groups and Societies

Hethersett Women's Institute

Hethersett WI enjoyed a very varied programme in 2016, underlining the aims of the movement - fun, friendship and education. Medieval History, the importance of exercise and spicing up food were just some of the varied topics covered. The final meeting of 2016 was certainly different with Bishop Peter Fox giving a talk on the history of magic. He is the only bishop in the country to also be a member of the Magic Circle.

The WI also enjoy lunches and visits and many members are also involved in various village organisations and groups.

Heart of Hethersett Bereavement Group

The Heart of Hethersett Bereavement Group had a talk from Lucy Snelson on the phases, tasks and work of grief. Lucy underlined the phases of grief including shock, separation, pain and despair, leading to acceptance and resolution and re-organisation..

She went on to describe the tasks of grief which included accepting the reality of the loss, working through the pain of grief, adjusting to an environment in which the deceased is missing and to emotionally relocate the deceased and move on with life.

Finally she outlined the stages of grief - denial, anger, bargaining, depression and acceptance.

You can read more from Lucy at www.driftwoodcounselling.com.

HEAT Collections

The next dates for litter picks organised by the Hethersett Environmental Action Team (HEAT) will be Saturday, 8th April, Saturday, 20th May and Saturday, 1st July. All picks start at 10 a.m from Hethersett Methodist Church car park. Tools are provided and everyone is welcome.

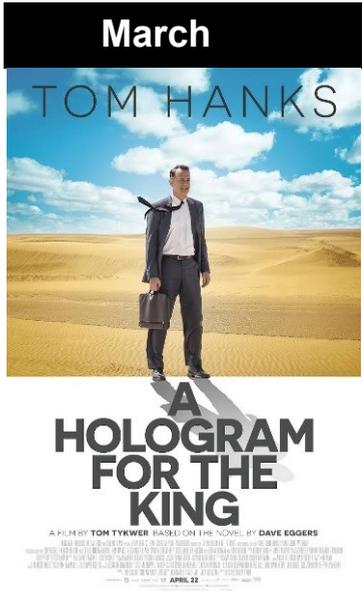
Hanks Stars at Village Hall

HETHERSETT Village Screen’s film for March will see Tom Hanks star in “A Hologram for A King.”

The film, which will be shown on March 5th in Hethersett Village Hall at 3 pm, tells the story of a washed-up, desperate American salesman who travels to Saudi Arabia to sell a holographic teleconferencing system to the Saudi government.

The feature on April 2nd will be “A United Kingdom” - a story about love and apartheid and on 7th May, Roald Dahl’s “The BFG” is the feature.

Hethersett Village Screen is a non profit organisation bringing films to the community, with monthly screenings in Hethersett Village Hall. It is held in association with Creative Arts East, South Norfolk Council and Norfolk County Council. More information is available at facebook.com/hethersettvs or twitter.com/hethersettvs.



Hethersett Herald



“I’m pleased to say that we achieved our best audience so far with 50 people of all ages from five to 95 enjoying the film. We have three more shows before the summer break with shows recommencing in September,” said James Utting from the organising group.

Dog Bin Costs Could Force Up Parish Precept

The additional cost of dog bins in Hethersett could force the parish rates up.

At the latest meeting of Hethersett Parish Council, parish clerk Ian Weetman read out new cost proposals from South Norfolk Council following complaints from a number of parishes, including Hethersett, to proposed price hikes.

“The current cost for this year of emptying the bins is £520. The new proposals would see this rise to £1,900 in the next financial year and £3,000 a year after that,” he said.

Councillors agreed that the bins are an important amenity for the village. “We were one of the first councils to have dog bins and taking them away would be a retrograde step. We should continue to provide the service, but it could mean a rise in the parish precept,” said council chairman Jackie Sutton

Media Watch

Thursday, January 26, 2017

Village academy top class in GCSE meas

Stuart Anderson

stuart.anderson@archant.co.uk

The principal of Hethersett Academy has praised his school's top result in the latest GCSE league tables.

The school got a Progress 8 indicator of 0.68 - which was the highest published score in all of Norfolk, Suffolk and Cambridgeshire.

Gareth Stevens, principal, said: "This is a fantastic accolade for our students and staff to be recognised not just as a leading school in Norfolk but also in the wider region too."

"We have already seen an increase in families looking to join our school community, and we look forward to helping even more students achieve their very best."

Nearly Wymondham College also did exceptionally well with a score of 0.53, and Diss High was another or Norfolk's top rated schools with a Progress 8 figure of 0.36.

Attleborough Academy Norfolk received a score of 0.04, Wymondham High Academy got -0.14 and Old Buckingham High got -0.17.

Long Stratton High was given a score of -0.41.



■ Gareth Stevens with students last year.

The Department of Education's new Progress 8 figure measures how much schools help students improve, and the figure is intended to replace the traditional A* to C scoring method.

With a country-wide Progress 8 score of -0.03, Norfolk and Suffolk's respective 0.01 and 0.02 sit above the national average, putting Norfolk

59th out of 100 schools in the country.

What's your story? Stuart Anderson calling you!

NEWS



■ Isy Dowson and the winning drawing.

Daredevil plane is set to carry little Isy's name

COMMUNITY

South Norfolk's awards finalists are announced

The finalists for this year's South Norfolk Community Awards have been announced.

The winners of the awards' eight categories will be honoured at a ceremony at Easton Hall on February 8, hosted by Louise Priest and Nick Conrad. Winners will receive grants of £250 to give to their chosen charity or organisation.

The finalists are: Volunteer of the Year (sponsored by Norfolk Homes) Julie Dey, Marina Carter, Rosemary Lee; Best Community Group of the Year (sponsored by Norfolk Homes) The Vickers Rugby Club, Heart of Hethersett, River Wensley Trust; Wymondham First Responders; Community Fundraiser of the Year: Community Fundraiser of the Year: Samantha Bullock, Pat, Charity Shop, Samantha Bullock; Tim Hines, Bakers' Community Champion of the Year (Sponsored by Glaxo) Victoria Bailey Fish and Chips, Barford Van Hire, Christina Martin (Tweo); Community Wellbeing Champion of the Year: Eastern Rivers Community Gym, Hethersett and District Dementia Friendly Community Group, Hethersett Edwards, Norfolk Knights Wheelchair Rugby, Environmental Champion of the Year (Sponsored by Smartfit) Knapton, Chris Brooks, Greenway, Wymondham, Henry Gowman; Lifetime Champion, Hero (sponsored by Lovell) Rob Shields, Mike Bony, Norman and Helen Disher.

Stuart Anderson
stuart.anderson@archant.co.uk

The name of a four-year-old girl from Hethersett will soar through the skies after her great uncle won a competition.

Little Isy Dowson's name will be painted on the side of a jet flown by Royal Air Force daredevil, the Red Arrows.

Hadrian Jeffs, from Long Stratton, entered a competition in an aviation magazine produced by Key Publishing. Mr Jeffs sent in a drawing of the Red Arrows to the publisher, winning the right to have a name put on the side of one of the aerial display team's planes for their 2017 aerobatics season.

He said: "I didn't have to send it in, but I always enter competitions if I can with a postcard. I have been doing it for over 20 years now."

"Isy's name is going to go with them all around the world for the 2017 season, to all the major air shows and the British air shows as well."

"Most people who would have won would have put their own name on the plane, but I'm so new and they're all the family I've got."

"This is something she'll have for the rest of her life and I really wanted her to have this unique memory."

When asked by her mother, Christina Dowson, how she felt about it, Isy replied: "It's really nice."

Miss Dowson said: "It's pretty cool that her

From the Media

The Eastern Daily Press carried a story about the coming 50th anniversary of Hethersett Duckling playgroup. But there may not be any celebrations as Ducklings is facing the prospect of having to close. The group is based at Woodside Infant and Nursery School and caters for 35 youngsters up to the age of five.

It will fold unless a new chairman and treasurer are found to join the committee as the current incumbents are unable to continue in the roles.

"We are a charity playgroup and as such we have to have a committee, so without people in those roles, we won't be able to continue," the group's secretary Vicky McGranahan said.

Anyone interested in filling one of the roles at the playgroup should email Mrs McGranahan at ducklings.secretary@gmail.com

Media Watch (continued)

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NEWS

Thursday, January 26, 2017

Troupe thrills with Sleeping Beauty panto

Hethersett Pantomime Group's 2017 production of Sleeping Beauty combines fun, charity and memories.

The group's 48th production in an unbroken run stretching back to 1970 provided another colourful show that was a delight for all ages.

For the first time this year the group has switched a Monday evening performance to a Sunday afternoon matinee - and the change has certainly paid dividends with all nine shows sold out for the first time ever.

Tickets have been like gold dust.

This year's production was dedicated to the memory of three Hethersett pantomime stalwarts who died in 2016. A bucket collection at the end of each performance not only raised money for the Norfolk Accident Rescue Service.

Others remembered included Marie Stevenson, who was involved in both the pantomime group

Peter Steward
panto.news@hethersett.co.uk

and Hethersett Players drama group before moving from the village, and Peter Salter, who for many years played principal roles

Lloyd Parfitt, writer and producer, said: "The pantomime group is very much like a family to all those who take part.

"Like any other family we understand that we will gain new members and sadly we will also lose people that are much loved and leave a huge gap in the family".

Tony Press' place as musical director was taken by 18-year-old panto newcomer Josh Lee, who did an excellent job.

The pantomime group has also reached another milestone in reaching the £100,000 mark for charities and good causes.

■ **Sleeping Beauty continue evening performances until and a matinee and final eve performance on Saturday.**



■ Performers on stage.

Picture: HETHERSETT PANTOMIME GROUP

More cuttings can be viewed on our Hethersett village web site at www.hethersett.org.uk

March in Hethersett Library

With Rebecca Warner

- Wednesday 1st** 1030 Colour Yourself Calm colouring group meets.
- Thursday 2nd** 1400 Norfolk & Norwich Association for the Blind.
- Friday 3rd** 0930 Family Learning event for under 5s – please book.
- Monday 6th** 1030 Just A Cuppa coffee morning.
1400 Library book group meets.
- Wednesday 8th** 1030 Colour Yourself Calm colouring group meets.
- Thursday 9th** 1400 Family History online course - £5 – please book.
- Monday 13th** 1030 Just A Cuppa coffee morning.
1400 Parish Pop In.
- Wednesday 15th** 1030 Colour Yourself Calm colouring group meets.
- Friday 17th** 0930 Family Learning event for the under 5s – please book.
1530 New after school craft group.
- Monday 20th** 1030 Just A Cuppa coffee morning.
- Wednesday 22nd** 1030 Colour Yourself Calm colouring group meets.
- Friday 24th** 1030 Bounce and Rhyme for babies aged 0-18 months.
1115 Bounce and Rhyme for children 18 months – 5 years.
- Monday 27th** 1030 Just A Cuppa coffee morning.
- Wednesday 29th** 1030 Colour Yourself Calm colouring group meets.
- Friday 31st** 0930 Family Learning Event for under 5s – please book.

Just a Cuppa - and a Chat

The library has introduced a new weekly 'Just a Cuppa' coffee morning as part of Norfolk County Council's 'in good company initiative' tackling loneliness in Norfolk.

Come along on a Monday morning 10.30 to 11.45 am and enjoy a hot drink and biscuit, for a small donation, and a chat! .

Extended Opening

Extended opening hours will be coming soon to Hethersett Library. We still don't have a start date for this but will keep you informed.!

Friends' Group

Hethersett Library friends' group is up and running and looking for more volun-

teers. If you are interested in finding out more please call the library on 01603 810188. The Friends' Group's next meeting will be on April 19th at midday.

The Friends Group will be providing refreshments for a number of film shows featuring material from the East Anglian Film Archive (see below)

Historic Films

HETHERSETT Library will be hosting a series of free film shows featuring material from the East Anglian Film Archives.

The films will be shown on the last Thursday afternoon of three months from April to June at 2.15 pm.

Features on April 27th focus on agriculture. On May 25th, it's wartime and post war Norwich and June 29th will feature the seaside.

Crafters Club

A new monthly after school craft group for children starts on Friday, 17th March from 3.30 to 4.30 pm. Crafter Club will take place on the third Friday of each month and will cost £1 per child with siblings being charged 50p

New Walking Group

A new weekly walking group will be starting soon on a Monday morning. Ask in the library for details. Walks will finish with a hot drink and biscuit at the library.

* * *

Our 2 for 1 DVD offer is available on Thursdays 16.00 – 19.00. Don't forget that DVDs/Blu-Rays/Box Sets/Music CDs are all free to reserve. Have a browse on our online sound and vision catalogue at www.norfolk.gov.uk/libraries.

Check out our Information Hub – leaflets and information on 'what's on', health, education and a whole lot more!

Are you involved in a local club, society or group? Call into the library and book your free monthly slot on our "Village Story" noticeboard to promote awareness, recruit new members or advertise a specific event.

Do you need general computer support? Ask in the library to book an appointment with Bob our computer buddy who is available on Mondays from 10 am. to 12 noon.

Free Wifi available in the library - just log in with your library membership.

"Like" us on Facebook and find out everything that is happening in the library - www.facebook.com/HethersettLibrary

Hethersett Library - Queen's Road - www.library.norfolk.gov.uk. Email: libraries@norfolk.gov.uk. Telephone 01603 810188.

Just a Cuppa in good company

Time to meet, to chat or
Just share a hot drink together

Hethersett Library

Monday mornings, 10.30am - 11.45pm
Starting 6th February

For more information speak to the library
staff or call 01603 810188



Have good old fashioned
chatter with a cup of tea
and biscuit

Borrow Discover Connect

www.norfolk.gov.uk/libraries

 **Norfolk** County Council

Affecting Our Village

Police Warning on Fake Police

Norfolk Constabulary has issued advice to motorists after a woman was approached by a man driving a car with blue flashing lights on a quiet country lane in South Norfolk.

The female driver was driving along Kenninghall Road on Friday evening when the car pulled up behind her.

The male driver of the car then approached her passenger door and gestured to her to put her window down. He then asked her to get out of the car but the woman refused as she did not feel comfortable and agreed to get out of the car in a well-lit area of East Harling. But the man never met her and officers later told the woman the driver was not a policeman.

Police have now issued advice to motorists on what to do if they are in a similar situation.

A spokesperson for the force said: "The law states motorists have to stop for a police vehicle displaying blue lights; however, the officer must be readily identifiable as a police officer in uniform.

"If you do get pulled over but you are suspicious, lock your doors, close your windows and ask for the officer to show their identity. You can then call the police on 101 to confirm that identity. However, always dial 999 in an emergency."

The woman involved in the suspicious incident, who does not want to be named, said she instantly knew something was wrong when the vehicle pulled up behind her.

"I had a gut feeling as soon as it happened that it was wrong as he had done it out of way so people would not have seen and the only light was my head light and the light from my CD player," she said.

"But when he came up to me it didn't appear to me to be obviously sinister.

"He wasn't what I would described as old, maybe in his early 30s. He sounded very official and didn't have what I would describe as a Norfolk accent. He was just really nice and polite."

Theft From Vehicles Warning

Police in South Norfolk are urging motorists to be vigilant following a number of thefts from vehicles.

A number of vehicles have been broken into in recent weeks, particularly work vans where power tools have been stolen.

PC Jim Squires said: "Thieves are targeting works vans. We are finding no forced entry to the vehicles. It could be that thieves have some sort of master key. With this in mind I would advise owners of works vans to remove valuable tools from the vehicle at night".

I would also give the follow advice on vehicle security:

- Don't leave anything on display in your vehicle
- Take your belongings with you when you leave the car - if you can't, lock them in the boot before you start your journey
- Get an alarm installed
- Consider marking all your valuables that you frequently leave in your vehicle
- If you have a garage, use it. If you don't always try and park in a well-lit open place
- Always lock your vehicle and garage

Anyone with information concerning the thefts should contact police on 101 or Crimestoppers anonymously on 0800 555 111.

We Are Now On Facebook

Hethersett Herald is now on Facebook. You can follow us at

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

Bright Future For Run



Shane Hull receives the cheque from Lucy

THE future of Hethersett's popular annual two mile fun run event looks extremely rosy after the presentation of a £1,000 grant as part of the Persimmon Homes Community Champions Scheme.

The event is organised annually by Hethersett and the Meltons' Sports Association and their treasurer Shane Hull, who launched the event eight years ago, is pictured above receiving the cheque from Lucy Woodhall, Field Sales Manager for Persimmon Homes.

"Hethersett Run the Square is now in its eighth year and the money from Persimmon Homes will help with the running costs of the Community Olympic Legacy Event which this year will be held on Sunday, 16th July," Shane said.

The grant will ensure the future of the event and also allow organisers to keep entry fees to their current low levels. The event annually attracts over 200 runners/walkers of all ages and all finishers receive a special Hethersett Funrun commemorative medal.

Hethersett Hedgehogs – Spring Awakening.

By Connie Tindale

SPRING is officially here even though the nights are still longer than the days and the weather forecast is all doom and gloom. Garden plants take no notice of forecasts and, if not already in bloom, are poking their shoots above ground level. Daffodils, crocus and primroses are already brightening up the borders and bluebells are burgeoning their way in the light.

In all of this you may be thinking about tidying up your garden by mowing the lawn or strimming away the long grass at the bottom of a hedge. Perhaps you are feeling really energetic and want to stick a fork into your compost heap ready to mulch those growing blooms. **BEWARE** and **TAKE CARE**. There may well be a sleeping hedgehog curled up in that pile of leaves or tucked away in that long grass.

Have you ever seen the horrific injuries that a strimmer inflicts on those small prickly bodies? It almost slices them in half and leaves them in agony. You can avoid this terrible outcome by walking over the ground first and checking the grass before you



clear it. The same with the compost heap or log pile, check it before you stab it with that fork. Hedgehogs are now nearly as endangered as red squirrels. Just a small amount of care can help preserve them.

As spring progresses, hibernating hedgehogs wake up. For many, the first signs will be small black droppings on the lawn. When they wake after sleeping, for weeks the hedgehogs will be hungry and thirsty. You can help there too. A little bit of meat-based cat or dog food (not fish-based as it upsets their stomachs) and a bowl of water will be manna from heaven for a hedgehog that is trying

to build its weight up again.

Early risers have already started courtship routines ready for mating. Courtship involves the larger male walking around the female nudging her. He can keep this up for a long time. If she objects she will run off or curl into a ball, but if not then she will just stand there and let him sniff her to see if she is ready to reproduce.

Not all hedgehogs hibernate. I have had three visiting my garden for their supper every night for the entire winter. While food was plentiful there was no real need for them to sleep. I have six hibernation homes in the garden but I think that only one of them has an occupant. I cannot check as I have no wish to disturb anything that might be inside one of them. I will clean them out and put in fresh straw next month (April) so that they are once again ready for occupation – this time for the rearing of babies.

Apart from the hedgehogs in the garden, I had five autumn juveniles living first in my study and then in my shed until they reached a weight where life could be sustained should they start to hibernate. A hedgehog has to weigh at least 450 gm before it has a hope of winter survival. The five that I picked up when the cold weather started weighed around 250 gm. While they were living inside the house it smelled permanently like a

zoo. Hedgehogs produce a lot of poo and it smells dreadful.

As they had to be weighed every day to check their progress they were marked with nail varnish and so we had red, blue, green, yellow and white. I try to resist giving wild creatures names as it infers they are pets, which they most certainly are not, but it was not long before Blue became Bluebell and the others took on flower names. I had no idea what sex each one was as I had seldom seen them uncurled. They were not sick; they were simply underweight and needed fattening up. I am pleased to tell you that all five thrived. First they were released into a large enclosed rabbit run and then later into a larger fenced off area of the garden. When they started patrolling that fence to find a way out it was obvious that they were ready to make their own way. I rolled back the fence and next day most of them had gone.

I have three motion-activated infrared cameras out every night and eagerly check on the footage each morning. I will keep you posted on how this year's tribe progress.

You can also follow the progress of the hedgehogs on Connie's Facebook page at:

<https://www.facebook.com/search/top/?q=connie%20tindale%20posts>

From Vandals to Shoes

Associate Editor and village resident Roger Morgan looks at the Norwich Boot and Shoe Industry and a success story that continues to this day but which started in Belarus.

IN its heyday, the Norwich boot and shoe industry employed about 15% of the local workforce involving over 10,000 people.

However, by the end of the 20th century most of the companies had either failed or moved their production overseas in order to take advantage of the abundant cheap labour. The exception to this is The Florida Group, which manufactures the Van Dal range of shoes. They still operate a factory in Dibden Road, Norwich, which is responsible for around 15% of the company's total output.

The story begins in a small village near Minsk, Belarus, where in 1873 Adelman Goodman was born. He arrived in London in 1889 and got a job as a clicker in an East End shoe factory. A clicker is the person who cuts out the leather for the upper part of a shoe. In 1896 he married Rebecca Ireland, the daughter of a Hackney publican, and became a naturalised British subject in 1897. He was very successful and in 1910, together with two colleagues, Caiden and Kissin, he opened his first shoe factory. This association



Adelman Goodman

did not last and by 1915 Adelman was running his own company from a factory in Hackney. The business thrived during World War One as it manufactured boots for the British Army.

After the war it was sold and in 1920 Adelman was joined by his son David and the pair opened a retail shop called Goodfit Shoes in Ealing. However, Adelman's real skill lay in manufacturing and by 1925 he was producing high end ladies' shoes primarily for Thomas

Lilley who went on to form Lilley and Skinners.

By the 1930s Lionel, Adelman's other son, had joined the retail side of the business and it needed to expand. In 1936, the company bought the almost bankrupt Florida Shoe Factory Ltd in Norwich, taking on its 85 workers in the process. This was a former aircraft hangar situated on Salhouse Road.

The Goodmans gradually rebuilt the factory but sadly Adelman died in 1938 at the age of 65. His two sons, David and Lionel, carried on the rebuilding process. In World War Two, production was moved to the W H Clarke factory in Northumberland Street allowing aircraft manufacture to resume at Salhouse. This was then destroyed by German bombers and the factory had to move back.

After the war, the company made two very important decisions. Firstly, they decided to make shoes which had the brand name of Van Dal rather than allowing retailers to add their own brand names to them. According to Simon Goodman, Lionel's son, the two boys chose the name after a rather heavy night out. They called themselves 'The Vandals' and this was then split to form the brand name Van Dal. In the 1950s



the second decision was to make narrow-fitting shoes to be called 'Norfolk Narrows'. However, according to Simon, a designer called Billy Waller made a small mistake and the lasts came in as wide fitting rather than narrow.

This error turned out to be a stroke of genius as at last women with wider feet could get the more fashionable 'Italian Look' shoes and they proved to be extremely popular. The name had to be changed of course and they were imaginatively renamed 'Norfolk Broads'.

But this name didn't last long, as in some parts of the world like South Africa the word 'broads' had a far more sleazy connotation. This gave the Florida group a unique place in the market place and the firm went from strength to strength.

In 1959, the company bought the long established Norwich firm of Chittock and Sons and its Eagle Shoe Works in Dibden Road. During the following two

years all production was moved from Salhouse Road to Dibden Road giving Van Dal an additional 15,000 square feet of production space, allowing them to double their production to over 8,000 pairs of shoes a week. They had to set up smaller works in Holt and Gorleston where the sewing of the shoe uppers took place.

The Goodman's were extremely good employers and were well loved by much of the workforce. They regularly joined the staff on outings and at dinners. Their flexible approach paid off and workers would always be willing to help out when needed. In the 1970s the Norwich shoe industry faced stiff competition from cheaper foreign made shoes and many factories were forced to close.

Van Dal was the exception. It was determined to remain competitive and invested in modern plant and equipment, concentrating on making quality footwear and expanding the range of its shoes.

David died in 1972, leaving Lionel to take over as chairman and, in the same year, his son Simon, who was a qualified accountant, joined the company. The business continued to flourish as it had cornered a niche market, making wider fitting shoes look stylish. They designed lasts which made the shoes appear narrower than they actually were.

In 1983 they invested £700,000 in new machines and extended their product range. When Lionel passed away in 1984 he was succeeded by Simon who is still involved with the firm today.

Throughout the 1990s, Van Dal continued making its shoes in Norwich and, although the workforce had dropped to around 300, the company was turning out over 600,000 pairs each year. But it found itself forced to consider manufacturing overseas. Labour costs were significantly less in India and China and the decline of the UK shoe industry had been accompanied by the disappearance of many of the suppliers who provided raw materials such as leather and fittings. In 2001, Van Dal reluctantly began making shoes in India and four years later in China.

Recent years have seen a management buy out and Van Dal invest in new technology ensuring that they stay competitive. Wherever they are made, all of the company's shoes are designed at the Norwich offices using the latest computer aided design techniques.

All overseas factories are visited regularly by Norwich based operatives to ensure high standards. The company makes extensive use of new materials such as plastics, and new techniques such as the screen printing of intricate patterns on the goat skin used for the shoes. One of the most innovative de-

velopments has been the Ion Mask water repellent treatment which attaches a thin polymer layer to the shoe. This repels water and assists in keeping the surface clean but allows the foot to breathe. The company continues to make shoes in Norwich and the 'Made in Britain' label has become increasingly popular. Their shoes can be purchased in many retail outlets all over the country, online and from the well stocked factory shop at Dibden Road.

Regular free tours of the factory still take place and these can be arranged by visiting www.vandalshoes.com/vandal-tour



This article first appeared in Norfolk Ancestor, the official magazine of the Norfolk Family History Society. Membership of the society costs £10 a year and gives access to thousands of Norfolk records on a dedicated web site, as well as four copies of the magazine each year.



HETHERSETT Environmental Action Team (HEAT) held its latest litter pick on Saturday, February 25th when 11 people (pictured above) took part.

The group's next pick will be on 8th April. Many thanks to HEAT for supplying the photograph above

Have You Missed an Edition?

HETHERSETT ONLINE
November 15
Number 1

Church Counts Cost of Theft

HETHERSETT Parish Church is counting the cost of a well organised and professional crime which has seen a considerable quantity of items taken from the roof.

On the night of Tuesday 27/09/15 outdoor there was a major theft of lead from the raised chancel roof of St Regulus Church. The intruders broke down the fence next to the local search gates and dove across the churchyard to collect the lead as it was stripped off the roof.

Heavy rain late in the night and the following day caused damage and disruption inside the building. Hector, the Reverend Derek McQueen, said: "Events like this impact on the spiritual and community life of the church in many ways. It's distressing for the congregation to see the effect of water damage in the church itself after just one day of heavy rain. There's a great deal of work involved sorting out the mess, and we thank all those members of our congregation who helped



round to sort things out."

He added "Such incidents hurt not just our regular worshippers but the whole village, especially those coming for baptisms, weddings and funerals or, as many people do, just to spend quiet time in church".

Churchwarden Kate Wood said "Apart from the damage and distressing effect on the church community, this theft will have an enormous impact on church finances. We've only just finished a £100,000 repair on the chancel section of the nave roof, a three-year project involving our community in a proactive financing. We now face missing contributions on a large scale."

Hethersett Online Magazine 1 November 2015

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 issue sees Hethersett Parish Councilors taking up proposals to improve the village shop with a Monday afternoon to answer queries from residents on various subjects. The first session on January 11th saw parish council chairman Jackie Sutton and fellow councillor Marilyn Savory taking questions on subjects as diverse as road design, parking problems, the allocation of grass verges and the possibility of setting up a short teners club in the village. Parish council chair Jill Jackie Sutton is pictured on the page with resident Mike Jones at the Pop In.

"This is a further step in our drive to improve our community and we are delighted. We have managed our quarterly meeting 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". Jackie Sutton said.

Pop In events continue on the second Monday of each month from 2.30 to 4 pm. The next session will be on February 15th. Meanwhile the library hosts a number of regular and special events including book club, a special morning and meeting, a book sale on afternoons and a baby loan and more to come. "Our own voices are our page line."

Hethersett has received an assurance from its county council representative Judith Vignar that there were no plans to close Hethersett Library, despite proposals from Government cuts



HETHERSETT HERALD
May 2016
Number 7

Duncan's Special Day

DOZENS of letters to the Herald and not countenanced by Hethersett, although a name mentioned in the Hethersett Parish Church.

Over 200 invited guests gathered to celebrate Duncan Piggie 60th birthday on April 10th. The evening featured a concert by the British and Spanish Brass with music ranging from pop and show classics to brass band favourites.

Following the evening, John Piggie from the parish church past Hethersett Duncan's special day.

The day's official activities included an afternoon of music in the village. The church will host the service for many things in Hethersett and in the future.

"It's nice that Duncan's birthday should be celebrated in the village."



Hethersett Herald 7 May 2016

YOU can catch up on previous editions of the Hethersett Herald by going to <http://hethersett.org.uk/emags.htm> and following the links. Hethersett Herald is an community publication for news, views and features about Hethersett. It is currently only available online.

News and Features Needed

We are always happy to receive articles and news for publication.

With limited resources, it isn't possible for us to cover everything that is going on in our village. We hope that the Herald reflects just some of the things that are taking place in Hethersett, but, with your help, we can expand our service.

We are looking for news and reports on any aspect of village life. Also news of coming events that you would like publicised.

We are also happy to carry features on topics not strictly related to the village providing they are written by a resident of either Hethersett, Great Melton or Little Melton.

Reports, news, features and photographs can be sent by e-mail to petersteward@sky.com or dropped off at 12, Karen Close, Hethersett

Sports Coverage Starts Here

Back in the Saddle

MARCH sees the official start of Spring and Hethersett Hawks Cycle Speedway Club is well into its training for the new season which starts in April.

Sponsored by Myhill Decorators, Saturday morning training sessions began at the beginning of February.

The structure of the sport has undergone some changes for the 2017 season with the South-East League taking on more importance in a revised plan put together by British Cycling. Hawks

will be looking to finish in the top four in order to progress to regional and possibly national play-offs for the British Team Championships.

Team manager Dan Chambers is hopeful that all of last year's riders will sign up for the coming season.

March will see a number of pre-season inter-regional challenge matches.

Many of the youngsters at the club will be coached this year by Kevin Wells who has successfully completed a British Cycling Level 2 Course.

Running Course On Its Way

A NEW six week social running course is on its way. The annual course will once again be led by qualified coach and former British Olympian Paul Evans and will be suitable for people of all ages and abilities from raw beginners to advanced runners.

The group will meet on Hethersett Memorial Playing Field on six Thursday evenings leading up to this year's two mile family funrun which is scheduled for July 16th.

The group will meet from 7 until 8 pm on June 8th, June 15th, June 22nd, June 29th, July 6th and July 13th. It will be organised jointly by Active Norfolk and Hethersett and the Meltons' Sports Association

Ollie's Milestone

Ollie Hudson-Church (pictured right) has become only the 14th player in the history of Hethersett Athletic to complete 250 league and cup appearances for the club.

Ollie currently plays for a number of the club's adult teams and also the Under-19s. Ollie's next aim is to become one of only 10 players to complete 300 games which will give him honorary life membership.



IN ALFIE'S MEMORY

OVER £143 has been donated to Hethersett Athletic Football Club's youth teams in memory of former player Alfie Brighton

Alfie played for Hethersett Men's team during the 1980s before Hethersett Athletic was founded. Alfie died suddenly in January this year after he had a growth on his lung and it was his wish to donate any monies from his funeral to HAFC youth teams.

As a result of Alfie's kindness, a total of £143.30 has been donated to the football club.

Football Shorts

ONE of Hethersett Athletic's main fundraisers is a 100 Club which has been running for two years with monthly prizes of £100, £75, £50 and £25.

The 100 Club costs just £5 per month and full details and an entry form are available from the following web site address:

<http://www.hethersettathletic.co.uk/100%20Club.pdf>

James Rice is all set to become only the second player in the club's history to play 400 league and cup matches. He should reach the landmark early in March. We will have a full report in the March Herald.

Hethersett Athletic February Results

| | | | | | |
|-----------|------------------|---|--------|------|--|
| Men Sat | Rocklands | A | League | 2-1 | Folkard, Gray |
| Sat OB | BGS | A | Cup | 7-2 | Smith 3, Thurston 2, Wright, Peacher |
| Under-8 | Wymondham | A | League | 4-11 | Basham 3, Petherick |
| Sun Res | Hellesdon | H | League | 0-5 | |
| Under-19 | Attleborough | A | League | 2-4 | Hudson-Church, Watts |
| Under-15 | Taverham Tigers | A | League | 9-0 | Jones 3, Abu-Elmagd 2, Rich, Thorpe, own goals 2 |
| Under-14 | St Andrew's Eagl | A | Cup | 2-4 | Watts 2 |
| Under 11 | Diss Town | H | League | 1-5 | Swift |
| Under-10 | Queen's Hill | A | League | 2-3 | Wright, Rich |
| U-9 Lions | Tasburgh | A | League | 2-6 | Benton, Wright |
| Men Sat | Billingsford | H | Cup | 3-4 | Gray 3 |
| Sat OB | Heartsease | A | League | 3-0 | Smith, Sandle, Wright |
| Men Sat | Tacolneston | H | League | 0-3 | |
| Sun 1st | Briston Wand | A | League | 2-5 | Buxton, B. Luther-Veitch |
| Sun Res | Blofield | H | League | 1-0 | Gregory |
| Under-19 | Grasshoppers | A | League | 3-3 | Curran 2, H. Denny |
| Under-15 | Aylsham Orange | H | League | 2-3 | Rich, Abu-Elmagd |
| Under-14 | Aylsham | A | League | 5-1 | Delf 3, C. Watts 2 |
| Under-12 | Scole | H | League | 4-2 | Scott, Smith, Johnson, Desira |
| Under-11 | Hellesdon | A | League | 1-6 | Cox |
| Under-12 | St Andrew's | H | League | 3-0 | Scott, Attfield |
| Sat OB | Heartsease | H | League | 8-0 | Smith 4, Thurston 3, Sandle |
| Men Sat | Shipdham | A | League | 5-1 | Smith, Lance, Watkins, Mardell, Folkard |
| Under-15 | Norman | H | League | 2-3 | Banks, Rich |
| Under-14 | Old Catton | H | League | 5-3 | Delf 3, Bradford, Dean |
| Under-11 | Attleborough | A | League | 3-2 | B. Harvey, Nair |

March Fixtures

| DATE | TEAM | OPPONENTS | VENUE | TYPE | TIME |
|------------|-------------|--------------------|----------------|-------------|--------|
| Sat 4 | Men sat | Mulbarton Wand.A | Memorial Field | League | 15.00 |
| | Men Sat OB | Norman Wand | Away | STC2(1) | 14.00 |
| | U8 | Brandon Blues | Junior School | Trophy | 10.00 |
| Sun 5 | Men Sun 1st | Binham Village | Away | League | 10.30 |
| | Men Sun Res | Harleston Town | Memorial Field | League | 10.30 |
| | U19 | Reepham Town | Away | League | 10.30 |
| | U15 | Mattishall | Away | League | |
| | U12 | Taverham | Away | League | |
| | U11 | Newton Flotman | Junior School | Development | 10.00 |
| | U10 | Diss Tigers | Away | Development | |
| | U9 Lions | Attleborough | Away | Development | |
| | U9 Tigers | Mulbarton Eagles | Away | Development | |
| | Sat 11 | Men Sat | Marham Wand | Away | League |
| Men Sat OB | | Dussindale Rovers | Memorial Field | League | 14.00 |
| U8 Flames | | Brandon Yellows | Junior School | Development | |
| U8 Sparks | | Wymondham | Junior School | Development | |
| Sun 12 | Men Sun 1st | Phoenix | Away | League | 10.30 |
| | U19 | Grasshoppers | Memorial Field | League | 10.30 |
| | U14 | Harling | Lt Melton | League | 10.30 |
| | U12 | Thorpe | Away | SC Grp C | |
| | U10 | Thetford Bulldogs | Memorial Field | Development | 10.00 |
| | U9 Lions | Scole Utd | Academy | Development | 10.00 |
| | U9 Tigers | Mattishall | Away | Development | |
| Sat 18 | Men Sat | Sporle | Away | League | 15.00 |
| | U8 Flames | Mulbarton Pumas | Junior School | Development | |
| | U8 Sparks | Attleborough | Junior School | Development | |
| Sun 19 | Men Sun 1st | Silver Fox | Away | League | 10.30 |
| | Men Sun Res | Sprowston Athletic | Memorial Field | League | 10.30 |
| | U15 | Poringland | Away | League | |
| | U14 | Toftwood | Away | League | |
| | U12 | Mattishall | Junior School | SC Grp C | 10.00 |
| | U10 | Harling Colts | Memorial Field | Development | 10.00 |
| Sat 25 | Men Sat OB | Norman Wand | Memorial Field | STC2(2) | 14.00 |
| | U8 Flames | Thetford Town | Junior School | Development | |
| | U8 Sparks | Brandon Blues | Junior School | Development | |
| Sun 26 | Men Sun 1st | Trimingham | Memorial Field | League | 10.30 |
| | Men Sun Res | North Washam | Away | League | 10.30 |
| | U15 | Surlingham | Away | League | |
| | U14 | Morley | Lt Melton | League | 10.30 |
| | U12 | Morley Stallions | Junior School | SC Grp C | 10.00 |
| | U9 Lions | Rocklands | Academy | Development | 10.00 |



PRE-SCHOOL RUGBY @ "TINY TRIERS"

Classes each Friday starting 9.30am & 10.30am

JOIN US FOR 6 BRILLIANT MORNINGS OF PRE-SCHOOL RUGBY. #TinyFridays

As part of our successful Mini-Rugby programme we are once again running our "Pre-School TINY TRIERS" for children aged from 2 to 4. Classes are now available to book at just £13 a term (6 weeks).

The popular sessions start again on February 24th and run each Friday morning, 9.30am for the youngest children & 10.30am for children moving to Reception as of September.

Our preference is to train outside but we do have indoor facilities if its wet! Children should be in suitable clothing & bring their own drinks (water-bottles). Crusaders Rugby Club, Little Melton Rd, Hethersett. Norwich. NR9 3NP.



To book your child's place please:

- *Message our facebook account,
- *Email crusadersrugby@hotmail.com
- *Contact Martin on 07952 524154
- #TinyFridays

Memorial Playing Field Pavilion Latest

A MEETING has been held of interested parties to discuss moving forward improvement plans for the memorial playing field pavilion.

Representatives from Hethersett Athletic Football Club, Hethersett Croquet Club, Hethersett Memorial Playing Field Bowls Club, Hethersett Hawks Cycle Speedway Club, Memorial Playing Field Trustees, Hethersett Parish Council, local schools, Crusaders Rugby Club and other interested parties met to discuss how to move forward plans for a refurbished, renovated and extended pavilion on the field.

Planning permission for major improvements has already been passed by South Norfolk Council, but the project has not been able to be progressed due to a lack of grants forthcoming.

The next step will be to set-up a steering group and hold a further meeting in the near future

Cricketers Reach Final



HETHERSETT and Tas Valley have reached the final of a Norfolk indoor cricket tournament.

Valley topped their section of the Wymondham Indoor League with 39 points, ahead of Brooke (38), Drayton (25) and Saxlingham (21). That gave them a place in the semi-finals where they defeated runners-up in the second group, Cringleford. They will now play either Diss or Brooke in the final on March 12th.

The winning semi-final side consisted of Crispin Clarke, Tom Worley, Matt Steward, Ian Bryce and Tom Osborn.

Sports Reports Needed

We are happy to carry reports/results from sports clubs from Hethersett or with connections to the village. If you would like your club featured just send the details to petersteward@sky.com. Photographs are particularly appreciated.

Your help will allow us to continue to expand the coverage of sport/leisure and fitness in our award winning village

Crusaders Eye Up Title

IT promises to be an exciting end to the season for Crusaders Rugby Club as they battle it out with neighbours Wymondham for the Greene King IPA Eastern Counties League One title.

Crusaders, who play in Hethersett in Little Melton Road, currently lead the division after a couple of impressive results in February which saw them beat Swaffham 31-6 and Colchester Thirds 29-15.

With five fixtures remaining, Crusaders top the division by just one point from their local rivals who have a game in hand. Crusaders are the team in form, however, after four victories in a row. Third placed Thetford are certainly not out of the title hunt either. They have 37 points and have only played 11 games. Fourth placed Woodbridge have 32 points from 12 games.

Crusaders' remaining fixtures are: Newmarket at home on March 4th, Thetford away on March 11th, Ipswich at home on March 25th, Woodbridge away on April 1st and Bury St Edmunds on April 8th.

Current positions at the top of Eastern Counties League One are:

| | Played | Won | Drawn | Lost | Points |
|------------------|-----------|-----------|----------|----------|-----------|
| Crusaders | 17 | 13 | 0 | 4 | 53 |
| Wymondham | 16 | 13 | 0 | 3 | 52 |
| Thetford | 11 | 9 | 0 | 2 | 37 |
| Woodbridge | 12 | 8 | 0 | 4 | 32 |

In Memory of Geoff

Before the Colchester game, the club observed a minute's silence in memory of Geoff Fiddler (pictured opposite)..



Geoff was a past president of both Crusaders and Norfolk Rugby Football Union. He died on February 9th.