

HETHERSETT HERALD

May 2017
Number 19



Head to Head for County Election



A CURRENT Hethersett representative on South Norfolk Council and the chairman of Hethersett Parish Council will be going head to head in the coming Norfolk County Council elections on May 4th.

As reported in last month's Herald, David Bills (pictured right) will be the Conservative Party candidate for the Humbleyard Division which includes our village.



It has been announced that Hethersett Parish Council chairman Jackie Sutton (pictured above left) will be standing for the Liberal Democrats with Bethan Gulliver from Tacolneston representing the Labour Party.

You can read more about and from the candidates taken from their official election leaflets on pages 37 to 40.

Our new county councillor will succeed Judith Virgo (Conservative) from Cringleford who has represented the Humbleyard Ward for over a decade. Judith has been a big supporter of Hethersett and a regular attendee at parish council meetings and her contribution to village life was marked at the latest parish council meeting when she was presented with a bouquet. You can read about this on page 50.

HETHERSETT Parish Council is hoping for a good attendance for the village's annual parish meeting which takes place in Hethersett Village Hall at 7.30 pm on May 3rd. The evening provides an opportunity for residents to raise matters of concern and to show their support for the village. More details and an agenda for the evening are on page seven.

INDEX

County Council election contest	1
More Accolades For Hethersett Academy	3
Good News on Parish Church Roof Appeal	4
Herald Comment	5
Annual Parish Meeting Agenda	7
Herald Questions and Answers	8
Date For Open Gardens Scheme	9
Remembering the Little Melton Light Railway	10
Face to Face with Paul Evans (part two)	14
Herald Helpline	16
Hethersett Pictorial	17
News from the Village	20
Herald Health	28
Who's Who at the Herald	34
County Council Elections Extra	35
Vote For Your Favourite Shop	39
What's On	40
May in Hethersett Library	45
News From the Parish Council	48
Coming Events at Hethersett Social Club	50
Benjamin Lake - A Busking Sensation	51
Groups and Societies	54
Hungry Hedgehogs	57
Hethersett Village Screen	59
Media Watch and News	60
Jubilee Youth Club News	64
Troops to be Commemorated Part Two	66
From Humble Beginnings - The start of cycle speedway in Hethersett	69
Hethersett Hawks Match Reports	74
Hethersett Cricket News	76
Third Place for Crusaders	78

More Accolades for Academy

HETHERSETT Academy has received a letter of congratulations from schools' minister Nick Gibb after being named one of the country's best.

The Academy received a score of 0.68 on the government's new Progress 8 score - the best result in all of Norfolk, Suffolk, and Cambridgeshire.

In a congratulatory letter Mr Gibb said: "I would like to congratulate you, your staff, and your pupils for the high level of progress your pupils are making.

"We want to ensure that every child progresses positively through their education, whatever their starting point, to broaden their future educational and employment opportunities.

"Thank you for your work in producing such high standards and congratulations again to you and your staff for your hard work and professionalism."

Gareth Stevens, principal, said: "This is fitting recognition for all the hard work that our students and staff put in and their dedication to getting the best results. What is all the more remarkable is the strength of our arts and sports alongside these fantastic academic results.

"We are very grateful for the support we receive from parents and the local community."

The score measures how much students improve between leaving primary school and doing their GCSEs.

Rogue Trader Warning

HETHERSETT residents have been warned to be on their guard against cold callers operating in the village.

Norfolk Trading Standards has received reports of a man calling at properties offering to undertake 'driveway work'.

Trading Standards advises residents never to deal with anyone who cold calls at property offering to undertake services or attempting to sell something.

Anyone sighting these cold callers in Hethersett or who are concerned about rogue trader activity in the community can contact Trading Standards through their partners the Citizens' Advice consumer helpline on 03454 040506.

Good News on Church Roof



WORK started in March on repairs to Hethersett Parish Church roof following the lead theft in October, 2015. Eastern Foundry Lead were expecting to finish the work in mid April. The work will ensure that the church is fully waterproof. The

north aisle roof lead has been replaced with specially coated steel which is much tougher and less attractive to thieves.

A new security system is being installed and work has been carried out on cutting back hedges and trees in the churchyard so the building is more visible from the road.

“We really hope we’ve made ourselves a much less attractive target for the thieves,” said Kate Wood from the parish church. The church has reached its £52,000 fundraising target:

“We would like to give a big thank you to all those who have made donations or supported our fundraising programme,” Mrs Wood added. Our photograph shows a flashback to 2015 with Hethersett Rector, the Rev Derek McClean, and Kate Wood surveying damage to the roof.

Crime Recording Update

NORFOLK Police have changed the way they record crimes which means Hethersett is now grouped with Mulbarton, so we are unable to bring you specific figures for our village.

Over the past month, crimes recorded in the area have been - Four domestic incidents, three incidents of criminal damage, two burglary dwellings and one in each of the following categories - anti social behaviour, possession of weapons and public order offences.

Police undertake street surgeries every three months to give local people the opportunity to raise concerns. The next series of surgeries will take place on: 20th June 10am - 12pm at Little Melton Village Shop and then 2pm - 4pm at Bawburgh Village Hall. 24th June 10am - 12pm at Tesco’s in Hethersett and then 2pm - 4pm at the One Stop in Mulbarton.

Please Use Your Vote

Impartiality Observed

Herald Comment

WE are always at pains to point out that Hethersett Herald is an independent publication that has no political or religious affinities. Our aim is to highlight and discuss matters affecting our village.

So we would urge everyone to vote at the coming county council elections on May 4th when two of our village's greatest contributors will be standing for election.

A good turnout will in itself show support for whichever candidate is successful - the third being Bethan Gulliver who will be standing for Labour and lives in Tacolneston.

The contribution to our village by both David Bills (Conservative) and Jacky Sutton (Liberal Democrats) has been massive. David is currently one of our two South Norfolk district councillors and Jackie is Chairman of Hethersett Parish Council. Both are also involved in numerous other village organisations and groups.

But as I say we must remain impartial and leave it up to the voters to decide who they wish to represent us at county level.

Counting Crimes

IT'S a great shame that crime statistics issued to the village by Norfolk Constabulary no longer refer to Hethersett alone. We are now grouped with Mulbarton. The fact that only 12 crimes were recorded shows that we are still a very safe area. It would be nice to know, however, how many of those crimes refer to Hethersett and how many to Mulbarton. Getting crime details down to individual parishes is a way of helping parish councils and groups to detect any crime trends.

Annual Parish Meeting

Hethersett's annual parish meeting takes place in Hethersett Village Hall on May 3rd from 7.30pm. Over the past few years attendance at these events has been dropping. The annual parish meeting gives residents an opportunity to receive

reports from the parish council, its associated groups and other groups and organisations from the village. It is also an opportunity for residents to voice concerns.

This year it has been decided to change the format slightly to make it more user-friendly with café style tables replacing the usual row of chairs. Light refreshments will also be served. So if you are reading this and want to know what makes your village tick and learn a little about what's going on in Hethersett, why not give up a couple of hours to attend? By attending you will be showing your support for the people who play an important part in our village by undertaking volunteer roles. The village is always looking for more volunteers as well.

Avoid the Scams

ONCE again this month we carry details of a number of scams and how to avoid becoming a victim of unscrupulous criminals. In this edition there are details of a current scam which has visited our own village. Scammers are becoming ever more clever. So all residents need to be on their guard for hoax callers at the door and scam telephone calls. I have found the number of cold callers at my front door has virtually stopped since putting up a small sign close to the doorbell emphasising that I do not buy at the door and anyone trying to sell me a product could be committing an offence. These door stickers are available from Norfolk Constabulary and I noticed on my latest visit that there are a quantity in Hethersett Library.

Cycle Paths

News in the local press that a project for a shared cycle path along Eaton Street between Eaton and Cringleford has been postponed due to budget constraints makes me wonder whether the proposed extension of the cycle path between Hethersett and Wymondham might also fall foul of financial mismanagement. Watch this space as they say in all the best publications.

April Fool

I am sure you won't be surprised to learn that the advert for freezing pets in the April edition of the Herald was an April Fools' joke.

Peter Steward

As mentioned on the front page and in our comment section, this year's Annual Parish Meeting takes place on Wednesday, 3rd May, with a change in the format to make it more user friendly.

Below is the agenda for the meeting where there will be plenty of opportunity for residents to make comments or raise any concerns they may have with regard to village life.

All residents are invited to

HETHERSETT'S ANNUAL PARISH MEETING

On Wednesday, 3rd May, 2017

At 7.30pm in the Village Hall,

Back Lane, Hethersett

J Sutton - Chairman

AGENDA

1. Apologies.
2. To agree the Minutes of the Annual Parish Meeting of 4th May, 2016.
3. i) To receive the accounts and report of the Memorial Playing Field Committee.
ii) Nomination & election of four residents to the Memorial Playing Field Committee.
4. i) To receive the accounts & report of the Village Hall Management Committee.
ii) Nomination & election of four residents to the Village Hall Management Committee.
5. To receive reports & accounts from the Parish Council
6. To consider local issues

Only persons registered as electors of Hethersett are entitled to vote

Refreshments will be provided

Questions and Answers

In association with Able Community Care who answer some of the questions you may be asking:

Question - I am a pensioner and my bungalow does not have central heating. I have been told that I will be able to have it installed free. Do you know anything about this?

Answer – The affordable warmth scheme has a government created funding system for central heating grants for people that need it most. The scheme will provide free central heating for individuals or families that are ‘most at risk’ visit www.affordablewarmthgrant.co.uk to see by completing the 60 second questionnaire if you are eligible.

Question - I am in my eighties and still fit and well apart from the embarrassing problem of often needing the toilet when I am out. In my local town this is not a problem as I know where the toilets are, but in other places less well known to me, I am in a constant state of worry until I can find out where the toilets are located. A friend has told me that she thinks there is a card which I can get which will allow me to use toilets which are not normally available to the public, such as in a small shop, which has the facilities for their staff only. Do you know anything about this?

Answer – The Bladder and Bowel community have a ‘just can’t wait’ credit card size card which you can purchase for £5. The card will assist you with the access to your nearest toilet and uses universally recognised symbols. Purchase from www.bladderandbowelfoundation.org

Question - I am concerned about my father’s ability to drive as he seems quite forgetful at times. He says he is perfectly fit to drive but to please me will go somewhere to prove it, if I can arrange it for him. What can I arrange to give me peace of mind?

Answer - MAVIS - Mobility Advice and Information Service, provides an information and assessment service to older motorists who may have a disability, including dementia. They can arrange a driving assessment service, suggest adaptations that may help and give advice and guidance on a person’s ability to drive safely. Give them a call on 01344 661 000 and they will be able to help you.

Question: - Is it possible to buy a shopping bag that can be fixed to a wheelchair?

Answer: - Betterlifehealthcare.com, based in Preston, sell a large, spacious, shopping bag with strong leatherette hoops, which attaches to the handles of a wheelchair. Buy online or contact them by telephone on 0800 328 9338

Question: 'I am ninety this year and want to go to visit my grandson in Italy. Is it true I can get a free passport?'

Answer: Yes, you can get or renew a British passport for free if you're a British national and were born on or before 2nd September 1929.

Able Community Care

The Old Parish Rooms, Whitlingham Lane, Trowse, Norwich, Norfolk, NR14 8TZ

Tel: 01603 764567 E Mail ablemg@aol.com Web site: www.uk-care.com



A NUMBER of gardens in Hethersett will be open to the public on Sunday, July 9th.

The Open Gardens event will, as usual, be organised by the Hethersett Environmental Action Team (HEAT) and will run from 10am to 3pm. It will see Hethersett residents opening their gardens for the day.

Previous events have illustrated the variety of gardens that exist in our village from relatively small walled spaces to expansive gardens utilising considerable amounts of ground.

The 2017 event will also include plant sales. Tickets and maps will be available on the day from the ticket office in Hethersett Social Club Car Park.

Proceeds will go to local charities. We will take a look back at previous events in the next edition of the Herald, along with having further details of this year's event.

Remembering the LMLR

Roger Morgan remembers one of his children's favourite places to visit in the summer and finds out more about its all too brief history.

When we moved to Hethersett in the late 1980s we would often sit in the garden on the warm summer weekends, and hear the distant sound of a train whistle drifting on the breeze.

For several months we wondered where the sound was coming from until we realised that, right on our doorstep, was an attraction



which our children grew to love. Less than a mile up the road was the LMLR or Little Melton Light Railway.

The LMLR was the brainchild of Robert 'Bob' Burton Brett. Bob lived at Vine Cottage on Green Lane in Little Melton and worked at Heigham Sawmills, having a great knowledge of wood and woodland preservation. One of my abiding memories of the LMLR set up was the barn area complete with wood drying kiln and



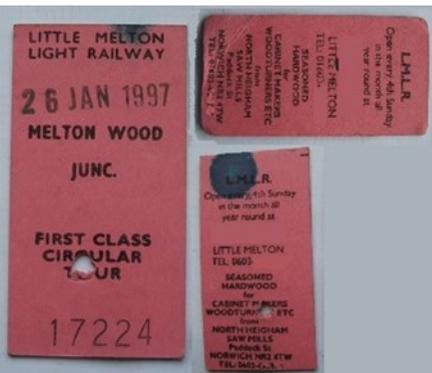
the numerous stacks of wooden planks naturally drying in the air. Bob's original idea was to build his railway entirely out of wood with wooden trains running on wooden rails and sleepers. After some initial trials he quickly abandoned this idea realising that changes in temperature caused the rails to split along the grain and scuffing caused rapid wear to the wheels.

He contacted Peter Way in North Walsham who had a 7½in gauge railway in his garden and he agreed to lay a track for Bob. He started in November, 1987 and by April, 1988 around 5,000 feet of aluminium track had been laid on hardwood sleepers. A station, a platform and a signal box were designed and by September, 1988, Edwin Peck, a self-employed carpenter, had built them adding a footbridge of his own design. Signals and landscaping quickly followed but there was still no train to run on the tracks.



Bob approached a steam engineer from Suffolk, David King, to build a train and carriages. The first locomotive called Thunderbox was completed in March, 1988. It was powered by a Honda 200cc motor-cycle engine and, much to Bob's delight, the body was made from sweet chestnut wood while the carriages were all in elm. More track was laid and everything was ready for the railway to be opened to the public.

The opening ceremony was arranged for the weekend of the 22nd and 23rd April, 1989, and at 2 o'clock on the Saturday afternoon Bob's mother cut the tape allowing Thunderbox to trundle through. The weekend was well attended despite the rain on the Sunday and around £600 was raised to be shared between two charities, the Little Melton Church Organ Fund and the West Norfolk Seal Rescue.



So began more than a decade of fund raising and fun at Vine Cottage. The railway was opened on the fourth Sunday of each month to raise money for different charities with the help of a small group of willing enthusiasts.

The Old Piggeries Tea Room, extra lines and other attractions were developed with more engines like the 'Sir Matthew Pilgrim'

and the electrically driven 'The General' taking to the tracks. Steam started to run on the line in 1997 with the introduction of the engine 'Hotspur'. My children particularly remember the Easter egg hunts and the Father Christmas specials when Santa was present handing out gifts. Over the years numerous charities benefited from the LMLR and close to 35,000 people took rides on the trains.



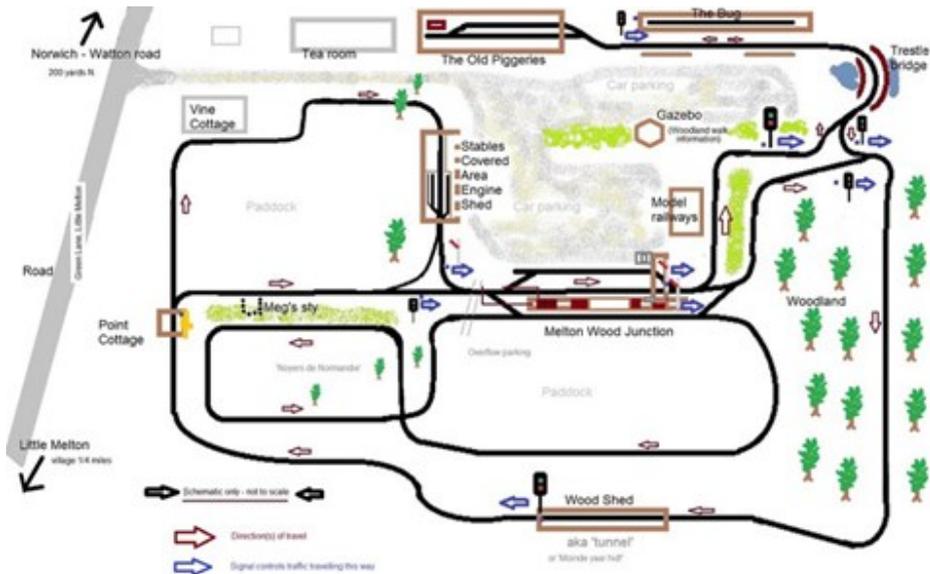
Sadly, all of this came to an end in 2001 when Bob Brett died at the early age of 64 on the 8th July after a long battle against cancer. It proved to be impossible to carry on without Bob's input and the engines and some of the track were taken

over by the Ashmanhaugh Light Railway near Wroxham where Thunderbox, The General and Hotspur are still running. Details of their open days can be seen on their web site: ashmanhaughlightrailway.blogspot.co.uk



Bob Brett came from a large family and his great grandfather, Jonathan (1841-1921) had 10 children. Jonathan's eldest

son, John, started the North Heigham Cabinet Works in Norwich while his son Bert, Bob's father, ran the sawmill part of the business. It was clearly here where Bob developed his love of timber. Other members of the Brett family ran antique and furniture businesses in the city.



You can find out much more about the LMLR by visiting 'littlemeltonlightrailwaytribute.wordpress.com' I am very grateful to Michael Fish for allowing me to use some of his photographs in this article. He would love to hear from anyone with memories or photos of the LMLR. You can e-mail him at 'recreationalrailways@yahoo.com'

End of the LMLR

In April, 2002, the village magazine (Good News) included the following report:

The railway will run on March 24th for the Busy Bees Charity, but sorry to report that this will be the last time unless or until, new arrangements can be made for track, site and building maintenance/repairs.

These things were much different twelve years ago when the railway began and Bob was there to take overall responsibility. But this no longer applies of course and we must wait and see what future division of responsibilities can be arranged, including the (all too vital these days) provision of public liability insurance. So, with regret, no more LMLR as such for the present.

Not Bad For a Skinny Runt From Norfolk

IN the second part of our feature on Norfolk Olympian Paul Evans, we take up the story with Paul having qualified for the Barcelona Olympics in the 10,000 metres.

Face to Face

PAUL achieved the qualification time to represent Great Britain in the Barcelona Olympics and went with a smile on his face:

“I didn’t feel under any pressure. I didn’t take up athletics until I was 25. If I had been a better footballer I would probably have stuck with that sport.

“I felt really lucky because I seemed to have the right breaks at the right time. At Barcelona I was just a skinny runt from Norfolk with a Norfolk accent who had qualified by his boot straps and nobody expected anything of me. They thought I was just there to make the numbers up.”

But Paul was preparing well for the games: “I knew that in the summer Barcelona would be hot. So I decided to train there and stayed with a family who were friends of my coach and I spent three weeks training there. By the time I went into the Olympic village I was very fit and used to the climate and the food.”

Paul knew that the first seven in each of the two heats qualified for the final, along with a number of the fastest losers.

“I really wanted to be recognised as Britain’s number one. I was drawn in the



first heat against the two athletes likely to take gold and silver. My coach told me to treat the race as if it was my final. He probably thought I wasn't good enough to think any further than that race. When I walked out into the stadium it was late at night but still very warm. My aim was to ensure that no more than six runners finished ahead of me. Halfway through the race I felt very tired and was sure I would be overtaken by many of the other athletes. I knew I didn't have a sprint finish, but I just kept telling myself to hold on for one more lap and then one more after that. I couldn't think any further ahead than the next lap.

"I could see the large screen in the stadium and suddenly saw that a gap had opened up behind me and I finished third. My coach told me that I had already exceeded all expectations."

Paul certainly didn't disgrace himself in the final, finishing a creditable 11th in a field of 18. More importantly he was the first British runner home and that's when his life changed:

"Nike started to sponsor me and I became a full time athlete and that's when my life really changed."

We conclude our series of articles on Paul in the next edition of Hethersett Herald as he goes in search of more Olympic glory and takes on the ultimate challenge of marathons..

Running Course On Its Way

PAUL Evans will once again be leading a six week social running course leading up to the annual Hethersett Funrun. This will be suitable for 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 8pm 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.

No need to book, just turn up on any of the evenings.

Herald Helpline

Hethersett Herald - working with Norfolk Trading Standards to help you avoid scams.

Blue Badge Fraud

Norfolk Trading Standards are reminding local residents to be aware of 'copycat' websites when looking to make a Blue Badge application online.

This follows a successful prosecution made by the National Trading Standards eCrime Team (NTSeCT) against a man and his company for misleading consumers into paying £49 for Blue Badge applications. Further information on this prosecution can be seen on the NTSeCT website.

Anyone looking to apply for or renew a blue badge application online is advised to ensure they are using the correct website:

Norfolk residents can apply online at <http://www.norfolk.gov.uk/bluebadges>

Outside of Norfolk visit <http://www.gov.uk/apply-blue-badge>

Telephone Cold Calls

Norfolk Trading Standards are warning residents about recorded message telephone cold calls and online adverts on social media sites claiming to be offering 'Government backed vouchers' and 'green schemes' for replacement windows.

The recorded message calls includes the opportunity for the recipient to 'press 5 to speak to an agent' and the online adverts include a 'contact me' form.

Trading Standards are concerned that both approaches do not clearly identify the businesses you are giving your details to or which business may receive them.

Trading Standards advises people to always be very wary of any approach made in a telephone cold call and NEVER give or confirm any personal details or agree to someone visiting your home if approached in this manner.

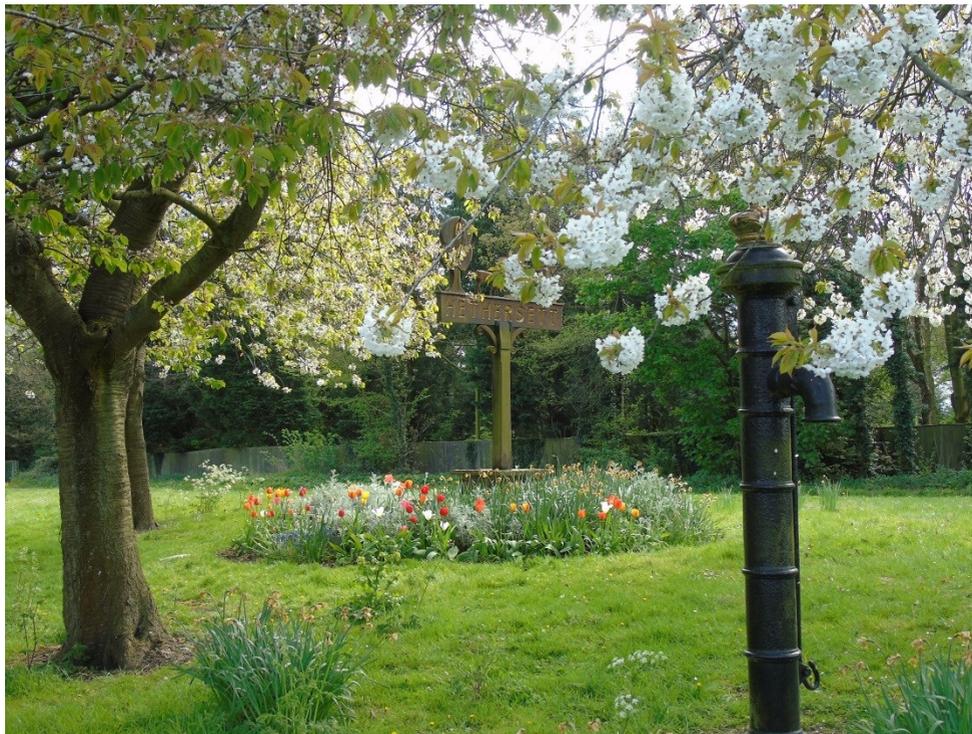
They also advise consumers to think carefully before putting personal details onto an online 'contact me' form unless you are completely sure who you are providing them to.

If you have received one of these calls, or responded to an online advert and have agreed to a salesperson visiting you at home contact the Citizens Advice consumer helpline via their online reporting form or telephone 03454 04 05 06.

Hethersett Pictorial



Hethersett Pictorial



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 Herts award.

The team of Hethersett Development Group, were nominated and shortlisted in the community group of the award category for the South Herts Community Award. The award will be presented at a special evening at Queen's Hall in February 2017.

The team of Hethersett group consists of Carol (organiser), Susan (chair), and a group of volunteers who have been working on the award for several months.

The award is a recognition of the group's achievements in the community and the award is presented to the group at a special evening at Queen's Hall in February 2017.



More Accolades for Hethersett Academy

HETHERSETT Academy has gained a further accolade for its work in the community.

The school has been awarded the award for its work in the community and the award is presented to the school at a special evening at Queen's Hall in February 2017.

The award is a recognition of the school's achievements in the community and the award is presented to the school at a special evening at Queen's Hall in February 2017.

Hethersett Herald

HETHERSETT HERALD
December 2016
Number 14



Remembrance Special - Pages 16-20

Major Honour for Mike

HETHERSETT Hethersett group has been awarded a major honour for its work in the community.

The group has been awarded the award for its work in the community and the award is presented to the group at a special evening at Queen's Hall in February 2017.

The award is a recognition of the group's achievements in the community and the award is presented to the group at a special evening at Queen's Hall in February 2017.

More Development?

HETHERSETT Hethersett group has been awarded a major honour for its work in the community.

The group has been awarded the award for its work in the community and the award is presented to the group at a special evening at Queen's Hall in February 2017.

The award is a recognition of the group's achievements in the community and the award is presented to the group at a special evening at Queen's Hall in February 2017.

Hethersett Herald

Supported by

The co-operative
funeralcare

News From The Village

The list of items that can be donated include: Long life milk, long life fruit juices, long life puddings, tinned meats and pies, instant mashed potato, cereals, cereal bars, tinned vegetables and tinned fruit, instant coffee, small packs of washing powder and liquid, toiletries, sanitary goods and nappies.



Sandi says that a number of local people make regular weekly and/or monthly donations. The goods are collected by the Norwich Foodbank on a regular basis:

“It all started quite slowly, but as soon as I registered collections with the Norwich Foodbank, things began to take off. Hethersett people have been and are incredibly generous, but I’m sure many residents still don’t know about the collections.

“I recently watched the film ‘I Daniel Blake’ and it really highlighted the importance of foodbanks and made me realise that even in today’s modern society there are people starving and people who cannot make ends meet.

“I am so grateful to everyone who contributes to our regular collections and the support I receive from the Co-Op,” Sandi said.

Goods can be dropped off at the Co-Op any day between 10am and 3pm.

The Norwich Foodbank helps to feed over 10,000 local people every year, providing food for those in crisis. More information is available from the following web site:

<http://www.networknorwich.co.uk/Group/Group.aspx?ID=109369>

News From The Village



Memories of Being an Au Pair

SIXTY years ago Irene Mairhofer was an au pair in Hethersett. In April she returned to visit some of the places she remembered as a 19 year old.

Irene, from Austria, lived with Humphrey and Jean Back and their daughters Diana and Caryl at Church Farm, Hethersett, for a year, and still remembers the family well.

So in 2017 she paid a return visit. Sadly Humphrey and Jean have died but thanks to a stroke of luck Irene was able to meet Caryl Wright - one of the Backs' daughters.

It was a dream come true for 79 year old Irene. Her granddaughter Barbara Reuch contacted a number of people in the village including district councillor David Bills and chairman of Hethersett Parish Council Jackie Sutton. Jackie used to work with Caryl Wright and was still in touch with her. So it was a simple matter to arrange a meeting.

"I met Caryl whilst working in Norwich Cathedral. She lived in London until 2002 when she returned to care for her mother Jean," Jackie Sutton said. So a meeting and a look round Hethersett was arranged.

Afterwards Barbara said it was a dream come true and her grandmother had enjoyed a wonderful visit. Irene is on the left of the photograph.

News From The Village

Easter Bonnets



On the last day of the Spring term, Hethersett Old Hall School's Lower and Upper Prep Departments provided some hat-tricks by taking part in an Easter bonnet competition.

"Thanks to all the parents who helped the children make these sumptuous creations at home – it was a visual feast and they were all winners," said school spokesperson Liz French.

Diamond Challenge

Certificates and diamond pins were awarded to pupils and



News From The Village

staff who raised over £1,100 for the Duke of Edinburgh Diamond Challenge. The challenge was set up in the scheme's 60th year to give more disadvantaged and vulnerable young people locally the opportunity to benefit from the D of E scheme. Each of the participants set a personal challenge and raised sponsorship to achieve it.

These included Sara Edwards (parent) a cycling challenge. Chloe Sadler (Year 1) learning 10 to 15 words in French, Rosamaria Elsley (Year 9) learning Portuguese, Anna Reed (Year 13), Charlotte Harding (Year 12), Emily Edwards (Year 13), Isabel Kingston (Year 12), Kami Onalaja-Rabiu (Year 12), Lilyella Ayers (Year 13), Molly Morris (Year 12), Olivia Culling (Year 13), Paisley Simpson (Year 12), Tami Nkhata (Year 13), Zai Zimpita (Year 13) all for running a charity event., Thalia Silver (Year 1) learning to ride a bike and cycle three miles, Lucia Denham (Year 2) cycling a five mile track at Thetford Forest, Maisie Alger (Year 11) learning sign language, Kelly Kan (Year 11) giving up her phone for a week.

Efforts from members of staff included learning Polish, learning the breaststroke and swimming 1 km, getting fit and learning to play the piano.

Academy Full

Hethersett Academy is full according to latest figures. It is one of 19 high schools in Norfolk without places available. Places exist at 19 others.

Forties Day

Woodcote Sheltered Housing Social Club will be holding a Fun Forties Day on 8th July with games, food and drink and numerous stalls. Proceeds will go to the Hethersett Dementia Group and the village's GP Surgery. We will have further details in future editions.

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

News From The Village

EASTER PARADE



THE annual Easter procession took place on Good Friday. Our photograph shows the Rector of Hethersett, the Rev Derek McClean, carrying the cross from Hethersett Parish Church. The procession started at St Remigius Church and through the Steeple Tower estate and down Henstead Road to finish at Hethersett Methodist Church.

There followed a special Easter Service at Hethersett Methodist Church which was led by the minister the Rev Matthew Olanrewaju with members of the two churches also taking part with readings and prayers..

News From The Village

Garage and Boot Sale

The Friends of Hethersett Academy will be holding a garage and car boot sale on Sunday, 11th June, from 9am to 1pm.

Pitches (either garage or car boot) are £7 and maps and refreshments will be available at Hethersett Village Hall. The car boot sale will take place at Hethersett Academy. The closing date for securing a pitch is Friday, June 2nd. They can be booked via e-mail at garagesale@dbw1.co.uk.

Pitches can also be booked by sending a cheque payable to Friends of Hethersett Academy to Friends of Hethersett Academy, Hethersett Academy, Queen's Road, Hethersett, NR9 3DB.

Additional Hours at Hethersett Library

Hethersett Library is now open additional hours for residents signed up to a new scheme.

By signing up, local people will be able to access the library at certain times when it isn't staffed by using their library card and a key number. Our table shows the extended hours for registered users. Registered users will have access to the building for an additional 17 hours a week. CCTV cameras have been set-up at the library to help with the new system. The library will be holding a special launch information day in June but registration is already open.

DAY	Staffed Hours	Open Library Additional Hours
MONDAYS	10 am-1 pm and 2-5 pm	8-10 am and 1-2 pm
TUESDAYS	CLOSED	CLOSED
WEDNESDAYS	10 am-1 pm and 2-5 pm	8-10 am and 1-2 pm
THURSDAYS	2-7 pm	8 am to 2 pm
FRIDAYS	10 am-1 pm and 2-5 pm	8-10 am and 1-2 pm
SATURDAYS	10 am-2 pm	8-10 am
SUNDAYS	CLOSED	CLOSED

News From The Village



AUTHOR SIGNS IN

HETHERSETT King's Head was the venue for a special book signing on April 9th to mark the publication of a local author's second novel.

The novel is set following the Battle of Bannockburn between the Scots and the English in 1314.

"Saint Robert and the Devil" by Geoff Martin recounts the story of the knight, Richard De Mauville, amongst a backdrop of battle, love, lost treasure and a mini ice-age.

Geoff said: "It's about a young boy's journey to manhood at that time in history."

Geoff took up creative writing after he retired from breeding and breaking horses. His first novel, "Conquest: The First Horseman," was published last year.

He said Saint Robert and the Devil was the first of a trilogy, and he has already finished the first draft of the second volume.

HERALD HEALTH

IN the latest of our series of health related articles run in conjunction with Rowan House Health and Fitness Centre, we look at something that affects millions of people - back pain. We begin with Richard Morford looking at the subject of physiotherapy self-management advice for lower back pain.

Physiotherapy Self Management Advice for Lower Back Pain

By Richard Morford

The recent National Institute for Health and Care Excellence (NICE) guidelines on low back pain put a strong emphasis on teaching people how to look after themselves and their backs in order to encourage the body to heal and prevent re-occurrence.

It is important to keep moving. It is true that some movements can be uncomfortable when you have back pain. It is well established that returning to movement and work as soon as you are able is better for recovery and preventing reoccurrence than bed rest. All muscles, ligaments, joints, nerves and discs need to move and be loaded in order to heal, so the sooner you move, the quicker you heal. We often use the term motion is lotion in order to encourage movement again.

Exercise is accepted to be the best model for treating low back pain in both the acute and chronic phases. Studies have shown great benefits and long term safety of various types of exercises including high load resistance training.

Interestingly, no one type of exercise proves to be better or worse, so simply do what you enjoy and can tolerate! Gradually build up as your confidence and ability improves. We often encourage our patients to focus on strength based training with the motto of "Stronger For Longer."

Should I have a scan if my back hurts?

There is a large and growing body of research that shows that not only do results of scans correlate poorly with symptoms in people with low back pain but also that most people without low back pain have changes on scans and x-rays that do not cause any symptoms at all.

For these reasons and more, imaging alone isn't capable of telling us exactly why someone is experiencing pain.

Often the pain experienced is due to local inflammation or stiffness in the soft tissues in the back. By moving and loading these tissues in the right way, it is shown to promote quicker healing and prevent recurrence.

HERALD HEALTH

Osteopathy for back pain

By Emma Broom

Osteopathy is an established manual therapy that focuses on the diagnosis, management, treatment and prevention of musculoskeletal and other related disorders. Techniques include soft tissue massage, joint articulation (stretching and mobilising joints to improve quality and range of movement) and spinal manipulation.

Visiting your GP to rule out any serious illness related to your back pain is recommended – thankfully for the vast majority of patients this will not be the cause. Whilst your doctor can rule out some potentially distressing origins, it may not solve what, for many, is a debilitating and life-altering pain.

Osteopaths deal with both acute and chronic pain. We aim to prevent pain recurring, giving treatment and advice on self-help.

The skeleton is beautifully evolved (or designed) to protect vital organs and move efficiently. Every part of the body has a function; if one part is dysfunctional another part will compensate and work harder. Acute musculoskeletal pain that suddenly occurs for no apparent reason usually occurs as a result of dysfunction elsewhere in the body, and that last ‘lean over’ is “the straw that breaks the camel’s back” – an overworked muscle throws in the towel and spasms in protest at another muscles’ long term lack of function.

So, when you present yourself to an osteopath, we will take a full case history, asking you all sorts of questions about what you’ve done with your body over the years. We are particularly interested in injuries – even old ones in a different area to the pain. We need to decide whether your pain is arising from something that requires urgent medical attention, or if it is likely to respond to osteopathic treatment. We are not allowed to treat unless we can form a diagnosis and management plan.

Spinal Manipulation – What is the ‘crack’?

Although not the main osteopathic technique, the ‘crack or High Velocity Thrust (HVT) is a manipulation carried out to restore normal function to a joint. An HVT is a short, fast motion precisely in the right direction. A satisfying pop, like a cracking knuckle, is sometimes heard and considered evidence of success.

Muscle tension can result in joint surfaces being held so closely together that the fluid (which normally aids the gliding of the joint) has been pushed to the edges of the joint capsule, resulting in the joint having reduced range of movement. The

HERALD HEALTH

HVT is performed to restore normal mobility to the joint.

Does it cause arthritis? There is no evidence to suggest that HVT's will cause arthritis. In fact, restoring normal movement to joints will decrease strain on soft tissues and balance joints to reduce wear and tear. Joints that repeatedly crack on their own indicate that there is imbalance in the joints and soft tissues which could lead to strain and increased wear and tear.

Do I have to be “cracked”?

No! Osteopaths have many techniques, and we will always ask your permission before manipulating you.

Will I need ongoing Maintenance Treatment?

Osteopathy is very focused on the cause of a problem. If the cause of your problem cannot easily be rectified – a stressful and/or physical job or an underlying problem such as arthritis, then regular maintenance can be a really good way of improving your general sense of well being. People are frequently shocked and frightened by how debilitating back pain is and are keen to never be in the same pain. Exercises and improving posture and lifting techniques should be enough to keep you out of trouble and although regular sessions won't do any harm, the best time to consult an osteopath is when you know you have hurt yourself, or within five days of having muscular type pain that isn't getting better. The tendency if you already have something booked in a few weeks, is to wait until that appointment, by which time your problem may have got more complicated, needing more than one treatment.

Emotional stress and chronic back pain

By Guy Thorold

About 80% of us will experience back pain at some point, and for many people this becomes a long-term problem.

After a visit to the GP, they'll probably take painkillers and anti-inflammatories, and try to get on with their lives. Some chronic sufferers may be offered surgery to help deal with the pain.

However, despite the advances in diagnostics, medications and surgery, many people are never free of back pain. Around 1.6 million Britons develop chronic back pain each year, and about half of them find the pain disabling.

Most pain specialists accept that when pain moves from a short-term problem to becoming chronic and long term, psychological factors can then be part of the

HERALD HEALTH

problem, and often make things worse. In fact, guidelines from NICE recommend that a Cognitive Behavioural approach is part of the treatment for low back pain and sciatica, especially when the pain is persistent, or other methods have not worked.

However, some professionals working with chronic back pain go much further. Professor J. Sarno in the 1990s, and more recently physiotherapist Nick Sinfield, argue that while our attitudes can certainly make the pain worse, the primary cause of much chronic back pain is emotional stress and tension.

Medical professionals are trained to see back pain in terms of injury or damage to the spine. They have sophisticated technology and techniques to detect any abnormalities in the physical structure of the back, which are then assumed to be causing the problems. Because the pain is physical, the cause is also thought to be physical.

However, most of us over the age of 20 will have structural abnormalities in our backs. This is due to normal wear and tear, and the inevitable degeneration caused by aging. These do not necessarily cause any problems; our backs are essentially robust. The messages that we are given, however, encourage us to view our backs as fragile and easily damaged. We may worry excessively about any back pain.

Another factor is that when many individuals suffer emotional disturbance or trauma, they experience a range of emotions that they can't easily deal with. These emotions are then repressed and avoided. Over time, these repressed emotions can cause anxiety and defensiveness. Whenever this anxiety is exacerbated, it can create a range of physical symptoms such as gastrointestinal problems, skin disorders, and chronic tension and pain, especially back pain.

Years of chronic tension in the back cause the structure of the back to tighten and change – restricting blood and oxygen supply. Muscles deprived of oxygen can build up deposits of lactic acid, triggering pain, spasms, tingling and numbness. This pain can also be confused with the pain experienced during previous episodes of back injury. Because of this widespread view that our backs are fragile, and that the cause of back pain is only physical, many people may be reluctant to recognise that emotional factors could also be important. There may also be the sense that this would somehow indicate they are emotionally weak. This is just another aspect of the pervasive stigmatisation of any form of mental disturbance or illness.

Dealing with chronic back pain:

- Accept that emotion and anxiety may play an important role in your chron-

HERALD HEALTH

ic back pain, deal with any unresolved issues and unhelpful beliefs, and learn a more relaxed and confident attitude, both emotional and physical –CBT and hypnotherapy can be very effective here.

- Deal with muscular imbalances and stiffness, and develop better posture and body use – physiotherapy, osteopathy, massage and other bodywork techniques are very useful.
- Daily appropriate stretching exercises – get professional advice, and gentle yoga and Pilates classes will be very helpful.
- I'd be very pleased to give you more information, and to answer any questions and can be contacted on 01263 587652

Clinical Massage Therapy and Back Pain

By Clare Corcoran

A tremendous amount of low back and lower extremity pain originates from muscle overuse and dysfunction, so it makes sense to look at muscle structures as a potential cause, this is where Massage Therapy comes in.

Occupational activities and motions place a significant load on many low back muscles. The key stabilising muscles of the low back that are frequently injured from overwork include the quadratus lumborum and the paraspinal lumbar extensors. These muscles are not designed for power lifting activities. They also respond poorly to being held in static positions for long periods.

Some low back pain can also be accompanied by radiating leg pain. In these situations a massage therapist will need to investigate further using various muscle tests as to whether this radiating pain is from disc herniation or nerve compression for example, Sciatica.

Compression of the sciatic nerve can be caused by tight gluteus muscles and can create the referring radiating leg pain. Massage Therapy is a fantastic way of treating this type of pain by using, amongst other techniques, Trigger Point Therapy.

Trigger Point Therapy is the application of localised pressure (comfortable pressure) to an area within the muscle that creates the pathway of the referral pain. Pressure is held here with good therapist/client communication until the radiating pain has reduced. Thorough loosening of the muscle in question and surrounding muscle groups is required (in this case the gluteal muscles and lumbar muscles). This technique can be used for any kind of muscular tension and possible nerve compression and is incredibly successful.

HERALD HEALTH

Along with thorough loosening of the muscles involved, massage is a great way to boost circulation, stretch the muscles actively and passively and create better muscular posture.

The relationship between client and therapist is very important in order to agree on a treatment plan for the injury and for general maintenance. Appropriate homework will be given so that you are being proactive, for example you are taught how to do certain stretches and to encourage a new daily routine at home. Your treatment plan will also involve each session's goals, this is for both of you to see your improvement.

Find your own support system to help you with your pain.

A great therapist and a great Pilates instructor are a terrific way to start your journey to being pain free and happy! We will be looking at the benefits of pilates in relieving back pain in the next edition of Hethersett Herald.



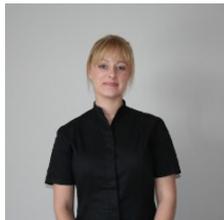
About the specialists

Richard Morford (top left) qualified from the University of East London in 2002 and worked at the Royal London Hospital, Whitechapel and Royal National Orthopaedic Hospital before moving to East Anglia in 2008.



Richard has worked throughout the region establishing close links with surgeons, physiotherapists, health professionals and employers of companies of all sizes. He specialises in rehabilitation in a number of fields including occupational health, sports injury, and post operative orthopaedic surgery

Richard works between the Rowan House clinic and Gorleston establishing Colney Physio as one of the leading Physiotherapy providers in the region.



Osteopath **Emma Broom** (middle left) has a broad experience of treating pain in all ages. She offers evening appointments and usually keeps some appointments for emergencies. She is happy to discuss any queries by phone. To contact Emma, ring 01603 813987.

Clare Corcoran (bottom left) is a Norwich-based massage therapist who specialises in remedial/clinical and deep tissue massage as well as postural analysis. Clare is a licensed massage therapist and member of The Council for Soft Tissue Injuries. She has extensive international clinical massage training and aims to educate in maintaining healthy muscles and posture.

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@lineone.net.

Everyone who works or contributes to Hethersett Herald does so on a voluntary and unpaid basis. We are happy to hear from anyone who would like to help us increase and improve our coverage of village life. 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.

County Council Elections

JACKY Sutton will be representing the Liberal Democrats in the County Council elections on May 4th. The following is taken from her official campaign leaflet: "Finding and funding good care for our ageing relatives has never been harder. My own mother suffered with dementia and I have first hand experience of the stress on families as we juggle care, work and family life. The new blame culture "too many old people" must stop.

Liberal Democrats support the move towards community based care and support for patients within their own homes. We will continue campaigning against cuts to the budgets for vulnerable people. The vulnerable and elderly must be cared for with dignity."



LIBERAL DEMOCRATS **FOCUS**
Election special

Jacky Sutton
Your Lib Dem candidate for Humbleyard

Printed by Wayport PBF, Unit 10, Searaven Road, Long Stratford, Norwich, NR15 2NZ. Published and provided by John Peterson on behalf of Jacky Sutton, 53b Dennis Road, Old Street, Newton Flotman, Norwich, NR15 3PD.

Jacky is a great user of library services, a vital support to our communities, providing access to literature, films, music and IT plus a venue for community activities.

"Mobile libraries provide a vital link for our rural communities and further cuts will be catastrophic for users and staff. Liberal Democrats will continue to support the development of libraries offering a wide variety of services ranging from computer training to dementia awareness.

Hethersett has struggled to retain a youth centre against a background of funding and staffing cuts. As the village continues to grow it is more important than ever that we meet the needs of our young people providing a safe space to socialise. Liberal Democrats will work to continue to support and develop our county's Children's Centres and will fight to maintain ring-fenced funding for what remains of Youth Services."

The impact of the exponential growth in new housing in Hethersett and Cringle-

County Council Elections

ford is a challenge for the delivery of local services. As Chairman of Hethersett Parish Council Jacky is constantly asked how our GPs and already oversubscribed schools will cope. How will the increase in traffic be managed?

Liberal Democrats accept there are no easy solutions but will continue to campaign to ensure there is no slippage in the provision of promised new facilities.

Jacky has been working hard for the local community since 1999.

She has served as both a South Norfolk District and Parish Councillor.

She is currently Chairman of Hethersett Parish Council.

She has worked for the Department of Work and Pensions for 35 years, on the front line delivering Social Security benefits to those in need.

She served as a Trustee of the Norwich and Norfolk Race Equality Council for 8 years.

In her spare time she works as a volunteer at Norwich Cathedral.

Dear resident

We continue to see the withdrawal of hard fought for services across our county as cuts in public sector budgets continue unchecked. The effects of reduced services always falls disproportionately on those least able to cope. The care of the vulnerable whether young or old is the mark of a good society, who knows when we all may need that care?

Strong, caring, healthy communities need leadership, vision, support and investment from our local authorities. They also need strong representation, reflective of the diversity of our community, representatives not afraid to challenge the status quo and ask the difficult questions.

We need change at County Hall, currently of 84 county councillors only 20 are women. Is that representative of the communities they serve?

Time for a change. I hope you can support me on May 4th.

Yours Sincerely

Jacky Sutton

County Council Elections

DAVID Bills will be representing the Conservative party in the County Council elections on May 4th.

As Chairman of the Hethersett Dementia Support Group, David is proud of the facilities available thanks to a team of dedicated volunteers. Its café provides a welcoming atmosphere for all and is open on the third Tuesday of the month, 10am till midday, in the Methodist Hall, Hethersett.

David had the privilege of attending a tour of the Bob Champion Research Building to see the work being carried out there together with that at the

UEA with the support of the BIG C charity. He was very impressed by the quite remarkable research work being done right here in Norfolk.

David was delighted to have helped Cringleford Lodge Cricket Club purchase a new Noticeboard and Scoreboard with support from the Northern River Valleys Area Fund. By supporting sport, health and wellbeing, better at-

Norfolk County Council 4 May 2017

“Caring and campaigning for our community”



DAVID BILLS

Your local Conservative candidate in
Humbleyard

 **Vote Conservative**

tainment levels and teamwork are all promoted.

David has represented Hethersett Ward for 10 years as a District Councillor, including 8 years as a cabinet member and one year as Chairman of Council.

As Chairman of South Norfolk Northern River

Area Community Fund, David has supported projects and will continue to do so in Bawburgh, Cringleford, Hethersett, Little Melton and Keswick and Intwood with funding for worthy community projects. These include Village Halls/Venues, Sports Clubs, Senior Citizen travel and Farmers Markets.

David is also Chairman of the Hethersett Dementia Support Group and

Help me to protect our beautiful county for everyone to enjoy - David Bills

Vice Chairman of Hethersett Athletic Football Club. He is a member of Hethersett and Meltons' Sports Association and of the Hethersett Village Screen. He is Secretary of the Woodhall Residents' Association.

David is very aware of local problems and how to help solve them. For example, he worked with local residents to oppose successfully the Hethersett

Paddock planning application for 27 houses.

David will continue working with residents, listening to their concerns and acting where possible or advising them on the way forward.

AT the time of going to press, we had received no information from the Labour party candidate

Avoiding The Fraudsters

Did you know that fraudsters need just three pieces of personal information to steal your identity, most of which can be found on a Facebook profile.

All it takes according to Norfolk Police is your name, date of birth and address for fraudsters to steal your identity and access your bank accounts, take out loans or take out mobile phones in your name. Recent YouGov research from Equifax has revealed that a high proportion of social media users risk identity theft by giving fraudsters easy access to this type of personal information. The survey found that almost 30% of adults with a social media account include their full name and date of birth on their profile pages. Even if you don't publically show your age on your Facebook profile, fraudsters can still work it out from people wishing you well on your timeline. Once they have your date of birth, they can find out where you live too.

John Marsden, head of ID and fraud at Equifax, said: "People must act now to protect their finances for the long term. More adults in the UK are engaging with social media than ever before, especially on their smartphones, and a high number are readily sharing their personal information on these platforms.

Fraudsters get hold of this type of information so they can impersonate an individual, either by setting up accounts in their name or accessing existing accounts and stealing from them. The extent of damage can run to thousands of pounds worth of debt being racked up in your name. My advice to consumers is to be social savvy and avoid unnecessarily sharing personal details and risking your identity on platforms that can so easily be exploited."

Vote For Your Favourite Shop

HETHERSETT residents are being given the opportunity to vote for their favourite village retailers in a Norfolk-wide competition.

The district's unique range of shops, eateries and salons are being celebrated with the launch of the Independent Retailer Awards.

It is the third year of the awards but this year, for the first time, shoppers can nominate their favourite independent retailers from across the whole of the South Norfolk district.

The awards celebrate local retailers and the exceptional quality of service they provide. The competition was originally organised as part of a market towns' Initiative but due to its popularity has been opened up to business across the district.

Businesses entering the competition can be nominated by customers in any of the following categories:

- Excellence in Customer Service
- Perfect Pit Stop
- Most Creative Window Display
- Helping the High Street Thrive
- Best Charity Shop
- Shop I couldn't live without (Diss, Harleston, Loddon and Wymondham)
- Independent Retailer 2017 (All finalists)

Further information can be found at the website:www.south-norfolk.gov.uk/south-norfolk-independent-retailer-awards-2017

Varied Programme for Singers

HETHERSETT Singers will be featuring works by George Gershwin, Bob Chilcott and John Rutter in their Spring concert in Hethersett Methodist Church at 7.30pm on Saturday, 13th May.

The concert will be conducted by Rob Goodrich with Florence Liu on piano, Alex Herring on violin, Simon Rumsey (baritone) and Harry Sullivan (organ). Tickets are £7 and available from Hethersett Butchers. They can also be booked on 07949 533253 or via e-mail at hethsing@btinternet.com. They will also be available at the door.

Hethersett Herald What's On

The following are just some of the events taking place in Hethersett in May. 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@lineone.net.

Wednesday 3rd - Rheumatoid in Norfolk Group (The RiNG) - Debbie Larson, occupational therapist at the Norfolk and Norwich University Hospital, talking about hand therapy - Hethersett Village Hall 2 pm.

Wednesday 3rd - Annual Hethersett Parish Meeting. Hethersett Village Hall from 7.30pm

Saturday 6th - Old Hall School Fete - 11am to 2.30pm

Sunday 7th - Hethersett Village Screen presents Roald Dahl's The BFG, Hethersett Village Hall, 3pm.

Monday 8th - Hethersett Society - Rupert Redington on "How the Internet Works and What Governments are Doing to Stop It." - Hethersett Church Hall 7.30pm

Monday 8th - Hethersett Athletic Football Club committee meeting, Park Farm Hotel, 7.30pm

Saturday 13th - Hethersett and Tas Valley Cricket Club v Bradenham, Flordon, from 1pm.

Sunday 14th - Hethersett and Tas Valley Cricket Club v Holkham in the National Village Cup.

Monday 15th - Hethersett Parish Council meeting, Hethersett Village Hall at 7.30pm. Preceded by planning committee meeting at 7pm

Wednesday 17th - Hethersett and District Horticultural Society - Professor Williamson on the "History of Norfolk Gardens."

Monday 22nd - Cringleford and Hethersett Flower Club members' evening. Hethersett Village Hall, 7.30pm.

Thursday 25th - Film on wartime and post war Norwich from the East Anglian Film Archive, free show at 2.15pm

Sunday 28th - Karaoke in the lounge at Hethersett Social Club.

LATER IN THE YEAR

June 8th - Hethersett Social Running Group, week one of six week course, Memorial Playing Field, 7pm. Free course

June 11th - Friends of Hethersett Academy garage and car boot sale, 9am to 1 pm.

June 15th - Hethersett Social Running Group, week two of six week course, Memorial Playing Field, 7pm. Free course

June 17th - Hethersett Jubilee Youth Club Fete and Fun Dog Show from mid-day.

June 19th - Hethersett Parish Council meeting in Hethersett Village Hall, 7.30 pm

June 22nd - Hethersett Social Running Group, week three of six week course, Memorial Playing Field, 7pm. Free course

June 29th - Film on holidays at the seaside from the East Anglian Film Archive, free show at 2.15pm.

June 29th - Hethersett Social Running Group, week four of six week course, Memorial Playing Field, 7pm. Free course

July 6th - Hethersett Social Running Group, week five of six week course, Memorial Playing Field, 7pm. Free course

July 8th - Woodcote Sheltered Housing Social Club Fun Forties Day with games, food and drink and numerous stalls. Proceeds will go to the Hethersett Dementia Group and village's GP Surgery.

July 9th - Hethersett Environmental Action Team Open Gardens Day

July 13th - Hethersett Social Running Group, week six of six week course, Memorial Playing Field, 7pm. Free course

July 16th - Hethersett annual two mile run the square funrun. Run starts from Hethersett Junior School at 11am.

July 17th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30 pm.

September 18th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30pm.

October 16th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30pm.

November 3rd - Hethersett and Tas Valley Cricket Club junior presentation awards evening and fireworks.

November 20th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30pm.

December 18th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30pm.

HETHERSETT OLD HALL SCHOOL PARENTS' ASSOCIATION

FUN PACKED

SUMMER FETE

11.00am - 2.00pm

ON SATURDAY 6TH MAY

Maypole Dancing

Lots of Fun & Games

Second Hand Book Stall

Bouncy Castle

Tombola

Fun Fair Rides

Grand Raffle

Entertainer

Plant Stall

Barbecue

Refreshments

Cake Tent

Tea

PLUS Donkey Rides

FREE ADMISSION

EVERYONE WELCOME!

Hethersett Old Hall School,
Norwich Road, Hethersett
NR9 3DW 01603 811698

THE READING AGENCY AND LIBRARIES PRESENT

ANIMAL AGENTS

SUMMER READING CHALLENGE 2017

animal-agents.org.uk

Volunteer



with us during the
Summer Reading Challenge

We are looking for volunteers aged
13-25 to help us with **Animal Agents**
The Summer Reading Challenge

*Find out more and pick up a recruitment pack from
your local library*

*Alternatively, email volunteercontact@norfolk.gov.uk
for further information and to request a pack*



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**SUMMER
READING
CHALLENGE**

**THE
READING
AGENCY**



Norfolk County Council

South Norfolk INDEPENDENT RETAILER AWARDS 2017

VOTE FOR YOUR FAVOURITE BY 22 MAY

- ★ **Excellence in Customer Service**
Open to All businesses
- ★ **Shop I couldn't live without (Diss)**
Retail only
- ★ **Most Creative Window Display**
Open to Retail Only
- ★ **Shop I couldn't live without (Harleston)**
Retail only
- ★ **Helping the High Street Thrive**
Open to All businesses
- ★ **Shop I couldn't live without (Loddon)**
Retail only
- ★ **Perfect Pit Stop**
Open to Non- Retail only
- ★ **Shop I couldn't live without (Wymondham)**
Retail only
- ★ **Best Charity Shop**

HOW TO VOTE

Visit our website www.south-norfolk.gov.uk/retailerawards

OR pick up an entry form in one of the participating shops

*Terms and conditions apply, please visit www.south-norfolk.gov.uk for details.

VOTE TODAY
AND YOU COULD WIN
A £50 VOUCHER*


MARKET TOWNS
OF CHARACTER


South Norfolk
COUNCIL

May in Hethersett Library

with Rebecca Warner

'What's On' in your Library in May!

Monday 1st	Bank Holiday – library closed
Wednesday 3rd	10.30 – Colour Yourself Calm Group 14.00 – Library Book Group
Thursday 4th	14.00 – Norfolk & Norwich Association for Blind in the library
Friday 5th	14.00 – Tablet Course
Monday 8th	10.30 – Just A Cuppa coffee morning 14.00 – Craft Group 14.00 – Parish Pop In
Wednesday 10th	10.30 – Colour Yourself Calm Group
Monday 15th	10.30 – Just A Cuppa coffee morning 14.00 – Craft Group
Wednesday 17th	10.30 – Colour Yourself Calm
Friday 18th	15.30 – Crafter School Club
Monday 22nd	10.30 – Just A Cuppa coffee morning 14.00 – Craft Group
Wednesday 24th	10.30 – Colour Yourself Calm
Thursday 25th	14.15 – Film Archive Showing – wartime and post war Norwich
Friday 26th	10.30 – Bounce and rhyme for babies 0-18 months 11.15 – Bounce and rhyme for toddlers 18 months – 5 years
Monday 29th	Bank Holiday – library closed
Wednesday 31st	10.30 – Colour Yourself Calm

Full details of all our events are on our Facebook page - www.facebook.com/HethersettLibrary

Looking ahead:-

Calling all Hethersett residents! Come and join us on Saturday, 17th June, 8.30am onwards for coffee and a Danish pastry. Find out what the library has to offer including our extended opening hours. Play on a Wii. Borrow DVD's and games at a bargain price!

Have you heard about the strange goings-on at your local library this summer? Meet the Animal Agents, and join the Summer Reading Challenge – it's your chance to solve a mystery and catch a crafty crook! Sign up at Hethersett Library on Monday 24th July where you'll receive a collector folder to start you off

As you read over the summer, you'll use your wits and power of observation to sift through the clues. You'll even pick up some stinky stickers along the way And there is an Animal Agent adventure for pre-school children too

Enjoy your library this summer – reading and sharing books

You can also join on the mobile library during the summer to start the adventure. There is something for all the family at your library this summer.

Hethersett Library Friends' Group is up and running and looking for more volunteers. If you are interested in finding out more please call the library on 01603 810188.

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 10am. to 12 noon.

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

Photocopying now available at the library – 10p per black and white sheet, 50p for colour.

Hethersett Library
Queens Road, Hethersett
www.library.norfolk.gov.uk

Inconsiderate Parking



HETHERSETT Parish Council has been campaigning against vehicles being irresponsibly parked on paths and grass verges, but any problems so far have been trumped by the following car which was left on the green space close to the village sign with a sale notice on it. The picture above was taken on Good Friday.

The car had been removed by Easter Sunday but not before both the parish council and Hethersett Environmental Action Team had made complaints and vowed to fight any attempts for similar inconsiderate parking.

People on social media took to the airwaves to complain about the car being placed irresponsibly on the green area. Comments included the following:

“Is this the future of our village, car sales on road side in front of the village sign. What sort of person does this with no thought for their actions?”

News From The Parish Council

Flowers for Judith

A SPECIAL presentation was made to retiring Norfolk County Councillor Judith Virgo at the April meeting of Hethersett Parish Council.

As reported in last month's Herald, Judith, who lives in Cringleford, has represented the Humbleyard Ward on the county council for 11 years.

She will be retiring at the county council elections at the beginning of May and parish councillors showed their appreciation of her support for the village with the presentation of a bouquet. Our picture above shows Judith (right) receiving the flowers from parish council chairman Jacky Sutton.



"I would just like to say how much I have enjoyed meetings of Hethersett Parish Council over the past 11 years. I will continue to take a keen interest in what is happening in the village in the future. I would like to thank you all for the work that you do on behalf of the village," Ms Virgo said.

Café Style Meeting

THERE will be a café style set-up for this year's annual Hethersett parish meeting which will take place in the village hall on May 3rd at 7.30pm. Refreshments will be provided and there will be reports from the council, local schools, the memorial playing field and village hall trustees and a number of other groups and organisations. There will also be the opportunity for residents to discuss village matters and any areas of concern.

News From The Parish Council

Trustees Needed

There are a number of vacancies for volunteers on Hethersett Memorial Playing Field Trust. Chairman Peter Hoults will be retiring in May along with parish council representative Dr Anne Edwards. The parish council has three representatives on the body and Stephen Slack and Rob Reeve will continue to serve on the body. Anyone interested in joining the group should contact parish clerk Ian Weetman on 01603 810915.

In Favour of Thickthorn

Hethersett Parish Council has voiced its support for the proposed changes to the Thickthorn junction as outlined at a recent public consultation event in the Jubilee Youth Club Hall.

The proposed £300 million scheme would see motorists heading towards Great Yarmouth from the A11 northbound avoid using Thickthorn. In addition a new slip road would also take drivers joining the A11 southbound from the Great Yarmouth direction away from the major bottleneck.



THIS seat in the centre of the village commemorates the fallen of World War One and was made possible thanks to a partnership between Hethersett Parish Council and Hethersett Environmental Action Team (HEAT).



Coming to The Social Club

Coming events at Hethersett Social Club include the following:

Sunday 28th May - Karaoke in the lounge.

Saturday 10th June - Scotland v England live on screen. Kick off 5pm.

Saturday 17th June - Music with Revival Duo in the lounge

Saturday 19th August - Music with What's Up Band.

Sunday 27th August - Karaoke in the lounge.

Events may be subject to change. Details can be checked on the club's web site at:

www.hethersettsocialclub.co.uk

ANNUAL MEMBERSHIP RATES

Adults 18-59 -£10

Adults 60 years plus - £7.50

Junior membership (16-17) - £7.50

Parent(s) must be full members of club

Family membership - £15

Members may bring in up to two guests at one time. The guests must be signed in at the door. Each guest will have to pay a £1 entrance fee and guests may only be signed in twice in a month. All guests must be over 18.

A £3 guest entrance fee applies on Saturday nights with entertainment and for football screenings.

OPENING HOURS

Monday Closed

Tuesday To Thursday 7-11 pm

Friday 5-11.30 pm

Saturday Midday to Midnight

Sunday Midday - 6 pm



Ben Causes a Stir

FORMER Hethersett resident Benjamin Lake has been causing quite a stir on the streets of Norwich and on social media.

Tenor Ben, who now lives in Cringleford, has teamed up with fellow singer Hayley Moss who was discovered whilst busking on the streets of Norwich. Ben, who has appeared in the West End and many other concert halls throughout the country as well as on TV talent show *The Voice*, told a web site:

“The busking with Hayley is great. We love the feedback, try out new songs, and get a lot of work from it too.” The pair are often found on Thursday and Friday near the Jarrold store and were recently featured on BBC television’s local news programme *Look East*.

A number of years ago we spoke to Ben as he prepared for a concert in Hethersett Village Hall when the photograph at the top of the page was taken outside the Queen’s Head. Our story is re-printed below:

“Hethersett based tenor Benjamin Lake is a mere shadow of his former self which is good news for his fans.

For Ben has slimmed down from a monster 26 stone to just over 14 stone and reckons his voice improved as the weight fell off during a strict diet regime.

Now local people will be able to enjoy Ben's music and personality in Hethersett Village Hall once again following his successful appearance there a year ago. "I am sure that my singing has improved since I lost the weight. I used to get very hot and breathing was difficult at times. As I lost the weight I had to learn to control my voice again and that proved difficult for a while, but I now think I am a better singer," he said.

Despite being born and having lived for much of his life in London, Ben is very much at home in his adopted county of Norfolk and is enjoying village life with his partner and two year old son.

He got both the singing and acting bug at an early age. His grandmother was quite a well known entertainer in the London area and he often accompanied her and even appeared on stage. It was thanks in part to the encouragement of one of his head teachers that he went to Trinity College of Music in London to study

voice under singing teacher John Noble. Ben's career seems to have taken many twists and turns from appearances in contemporary operas by Goldschmidt and Poulenc to appearances on Michael Barrymore's "My Kind of Music" where he performed "Vesti La Giubba" from Pagliacci and that proved to be his big break with a part following in the dance show "Spirit of the Dance" and then a new show "One World" in Reno, Nevada.

At this point in his career Ben became the darling of sporting stadiums, opening events in America and Europe and famously singing the National Anthem, Jerusalem and Land of Hope and Glory at the opening of the Rugby League World Cup at Twickenham.

Then followed his favourite role. He was cast as serial adulterer Dwight in "Jerry Springer The Opera" and made such a success of the part that he was invited to double up in the part of God.

Although very controversial, "Jerry Springer The Opera" won numerous awards and Ben won 'Best West End Newcomer of the Year' for his work on the show. Later he toured with the show around Britain. He feels that the controversial Springer show gave him the opportunity to express himself and to make the part his own and of course not many people get to play God.

Ben has also appeared in the West End in "Phantom of the Opera" before moving away from the London stage and more into the concert and corporate area, entertaining at company functions throughout the UK and in many foreign countries and appearing in an engagingly titled "12 Tenors" show in Monte Carlo. It keeps him both busy and fit although he admits he has to avoid the lavish buffets that usually come with these events.

"It would be so easy to pile the weight on again," he laughs.

NOTE: The Hethersett concert included a wide spread of music from opera to shows and ballads, and was reviewed in the following terms:

Mixing serious and light-hearted music and delivering it in an almost cheeky manner with bags of enthusiasm and personality is an art that Hethersett-based tenor Benjamin Lake seems to have mastered.

In what seems to have become an annual concert in Hethersett Village Hall, Benjamin once again illustrated that big ballads, showstopping tunes, lighter numbers and operatic arias can rub shoulders on the same stage.

This time Benjamin ran through many of his favourite numbers. There were tried

and trusted operatic pieces from “Pagliacci” and Puccini’s “Nessun Dorma” but also some more unexpected material such as Neil Diamond’s “Love on the Rocks.” Benjamin is a big showman in more senses than one – focussing on material from “Phantom of the Opera,” “Les Miserables” and “Whistle Down the Wind” with a powerful voice that he admits is still trying to come to terms with using a microphone in larger halls. Certainly his voice is comfortably strong enough to get away with no amplification.

Benjamin admits that he now feels totally at home in Hethersett and that came across in the fun way he introduced his songs and the laughter that ensued throughout the audience when he firstly surprised the audience with his rendition of Benny Hill’s “Ernie (The Fastest Milkman in the West)” and then surprised himself by accidentally repeating one of the verses.

Then he had the audience laughing with him in mixing up his set list and mixing up his words in introducing a big Barry Manilow ballad by telling us the songwriter had met with “success after sex” rather than “success after success.” “I bet that one gets into the newspapers,” he quipped.

Above all Benjamin provided over two hours of exceptional entertainment – strong voice, strong emotions but always with a big dollop of fun and more than a hint of devilment. I suspect he enjoyed it as much as the audience.

The Force Will Be With Them

THERE will be a Star Wars theme to this year’s Little Melton Primary School May Fair which takes place at the school from 11am to 3pm on Saturday, 13th May.

There will be a special Star Wars fancy dress competition as well as an appearance from Darth Vader.

Other attractions include a bouncy castle, pony rides, maypole dancing, circus tricks, stalls and tombola.

It all starts at 11am and continues until 3pm and admission is £1 for adults with children under-16 free. The event will raise funds for the school and the Nelson’s Journey charity.

Groups and Societies

The RiNG

On May 3rd Debbie Larson, occupational therapist at the Norfolk and Norwich University Hospital, will be talking to the next meeting of the Rheumatoid in Norfolk Group (The RiNG) in Hethersett Village Hall. The group usually meets on the first Wednesday of the month between 2 and 4pm in Hethersett Village Hall. Further details about the group are available at www.thering.org.uk or by ringing Freephone number 0800 072 9597 or 07769 635281.

Croquet Club

Hethersett Croquet Club meets twice a week throughout the spring and summer. There are two pitches on the Memorial Playing Field. The club meets on Wednesdays from 3pm and Saturdays from 2.30pm.

Parish Church

St Remigius Parish Church has a regular cleaning rota with volunteers working in pairs. Currently the commitment is two to three hours about every 11 weeks. More helpers are needed to replace those who drop out from time to time. Anyone interested in helping should contact Vic Redington on 01603 811136.

Youth Club

Hethersett Jubilee Youth Club's fete and fun dog show takes place on June 17th. This is the group's main fundraiser of the year. Donations are required for the various stalls and pick up can be arranged by contacting Gillian Saunders on 01953 607566. Items can also be dropped off at the youth club hall on Wednesday evenings.

Dementia Café

Richard Headicar was the guest speaker at the monthly Dementia Café in Hethersett Methodist Church Hall. Richard talked about music hall stars including Max Miller and George Formby and his memories of growing up in the days when music halls were held throughout the country. The Dementia Café is or-

Groups and Societies

ganised by Hethersett Dementia Support Group and meets from 10am until mid-day on the third Tuesday of each month. The May café will take place on the 16th.

Heart of Hethersett Bereavement Group

Rachelle Wolfe and Rachel Marrs from the charity Dying Matters were the guest speakers at the group's meeting on April 18th. They explained that the mission of the charity is to help people talk more openly about dying, death and bereavement and to make plans for the end of life. The covered topics including writing wills, applying for power of attorney and how communities and individuals can help people to make various choices.

Rachelle and Rachel are connected with the Wymondham Group of Dying Matters and invited Hethersett residents to attend a series of events in Wymondham being held from May 8th to May 13th. These include the following:

Monday May 8th - A performance evening "Are You Ready For It? In the Tiffey Room in Central Hall, 7.30pm. Includes a short play reading followed by information on making wills and obtaining a lasting power of attorney. There will be a discussion with a panel which will include a solicitor, a civil celebrant and a representative from the Colney Woodland Burial Park.

Tuesday May 9th - The charity will be in the foyer of Morrison's Supermarket from 10am until 6pm.

Wednesday May 10th - An opportunity to discuss end of life matters at Postmill Surgery from 10am to 12.30pm and 2 to 5.30pm.

Thursday May 11th - Griefwalker film and discussion in the Tiffey Room at Central Hall from 7.30pm.

Friday May 12th - Volunteers talking about Dying Matters in Wymondham Market Place from 9.30am until 12.30pm.

Saturday May 13th Volunteers talking about Dying Matters in Wymondham Central Library from 10am until 4pm.

Groups and Societies

Hethersett and District Horticultural Society

By Leslie Dale

At Hethersett Horticultural Society's April meeting our member Dr Anne Edwards asked the question and discussed "What did the Romans do for Us and Horticulture?".

Before the Romans brought their version of civilisation to Britain, our native forefathers were "hunter gatherers." The Romans brought plants, tools, techniques; plus garden design and introduced gardening as a leisure pursuit.

Whilst there were already local roses, pears, parsnips, mint, crab apples and turnips, the Romans introduced us to white carrots, onions, garlic, chives, leeks, figs, medlars, grapes, walnuts, fennel, lemon balm and parsley. They also used many of these and other herbs for medicinal purposes. Dyes could be obtained from several plants. Was Roman made turnip wine any better than that from grapes?

We meet on Wednesdays at 7.30pm in the Methodist Church Hall, Great Melton Road, Hethersett. All are welcome - occasional visitors are charged £1.50; refreshments are included.

Our next meeting is on Wednesday, 17th May, when Professor Tom Williamson will outline the "History of Norfolk Gardens" and on 21st June, Kristopher Harper will talk about Fuschias. On Wednesday, 19th July, Richard Hobbs will talk about Winter Gardens.

Familiar Music at Singing Fellowship Event

HETHERSETT Methodist Church's Singing Fellowship held a music and tea afternoon which was attended by about 80 people.

The event featured a programme of music and verse including familiar favourites, new hymns and worship songs. Refreshments were also provided.

The church's next men's breakfast will take place on Saturday, May 6th, from 9am.

The speaker will be Robert Moorhouse on "Op Telic 8 - The Basra Air Base Support Unit - Iraq May 06-August 06.

Hungry Hedgehogs

Connie Tindale updates us on the progress of her Hethersett Hedgehogs

THE changeable temperatures this Spring have upset the hedgehogs' natural pattern of hibernation with many waking up before they were really ready to face the new year. My garden had several hungry hedgehogs visiting during April, trying to replenish their energy with food stocks that are not yet there naturally so it is very helpful if they can find a plate of food in the garden to help them along.

One of the autumn juveniles I cared for last year has been back as a large somewhat aggressive male ready to mate with any female who will tolerate him and to fight with any other male that might come near him. Sadly Tinkerbell, who was the smallest hoglet that was picked up, came out of hibernation before she was ready and has mainly refused to eat. Having tried many different kinds of food, we could find nothing that she would eat except for a few live mealworms. These are ideal as additional supplements but as they are

75% protein with no calcium and few calories, it has not let her flourish. A spell in the hedgehog hospital confirmed that she had been suffering from intestinal worms and lung worms but even once they were treated and eradicated she still failed to gain weight and was fading fast as her weight plummeted.

It was doubtful whether she would survive but, as with most animals where there is no serious disease or injury, whether it lives or dies can be a matter of choice. Tinkerbell decided at the last minute that life was OK and started to eat. She is not out of the woods yet but is on the road to recovery with a specialised kitten recovery food.



Homemade hedgehog feeding station

In my last article I said that I would give instructions on how to make a low cost feeding station which would protect the hedgehog food from greedy cats and rodents. All it needs is (1) a medium sized plastic crate – I bought the one shown over the page from Tesco for £4 but they can be even cheaper at discount stores. (2) a sharp knife or small saw to cut an entrance at one end and (3) a length of duct tape to cover any sharp edges.

Remove the lid of the crate and turn it upside down. At a narrow end draw a CD sized box or archway that will serve as an entrance. Cut around the shape and discard the waste. You may need to cut slowly as the plastic can have a tendency to shatter. Put duct tape around the cut edges of the entrance to ensure that there are no sharp edges to harm the hedgehog. Presto you have a feeding station.

However, cats are cunning creatures and will stick a front leg inside the station to hook the dish and pull it out. This can be overcome by placing a couple of house bricks or a large stone about six inches away from the entrance. As the cat is basically lazy and can no longer just stretch out and lean inside, it gives up. Placing another brick on top of the station to give it weight and stop it being overturned makes it even more secure. I spray painted the outside of mine to make it opaque as the hedgehogs could see food through the clear plastic but found it hard to locate the entrance to get to it.

As mating started in April, you may soon see pregnant females waddling about with their tummies almost drag-

ging on the ground. The pregnancy lasts about 40 days so you could start seeing the babies in late June or July. There can be up to six hoglets in a litter and when they are first born the mother stays with them for over a week without food or water.

Please remember to put out some water for the hedgehogs in your garden and create a gap that they can travel through from garden to garden. Norfolk has been very dry during the last few weeks and there are very few puddles for them to drink from. If you have a garden pond, they may try and drink from there so please try and leave a pile of stones at the side so that they can scramble out if they fall in.

Next month I will try and give advice on what to do with first aid for a hedgehog that is in distress.

NEWS SHORTS

THE annual plant sale in aid of Hope and Homes for Children will take place on Saturday 27th May from 8.30am until noon on the forecourt of Hethersett Methodist Church.

* * *

Christian Aid Week this year will take place from May 14th to 21st.

Hethersett's Big Friendly Giant

HETHERSETT Village Screen's film for May will be Roald Dahl's "The BFG." It will be shown at 3pm on Sunday, May 7th.

This will be followed by a summer break with films starting again in September. The main features are usually preceded by short films of local interest from the East Anglian Film Archive.

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.



THE Friends of Hethersett Library group provided refreshments for the first in a series of film shows from the East Anglian Film Archives.

Agriculture and farming was the subject for the first film on April 27th with a number of residents enjoying a 45 minute show that featured archive film from Norfolk and Suffolk from the 1920s through to the 1960s.



Subjects included harvest, milk production, sheep shearing, automation and the 1963 Royal Norfolk Show. The focus on Thursday 25th May will be wartime and post war Norwich and on Thursday 29th June the feature will be "Beside the Seaside." The films are free but donations for the refreshments are welcome.

Media Watch

The following stories appeared in the Eastern Daily Press, Norwich Evening News and/or the Wymondham Mercury newspapers

Inquest on Hethersett Man

The Eastern Daily Press reported on the inquest of 32-year-old Duncan McPhee who was found dead at his home in Westcroft on January 4th.

Mr McPhee was found dead when his wife woke to feed their child. The inquest found that death was due to the drug ecstasy in his system.

Area coroner Yvonne Blake told Norfolk Coroner's Court at the opening of the inquest that Mr McPhee, who was unemployed, "had been feeling ill for a few days" before his death.

The medical cause of death for Mr McPhee was given as MDMA amphetamine-derivative compound toxicity.

The inquest was adjourned for further inquiries to be made and is due to recommence on September 19th at Norfolk Coroner's Court.

Tributes to Hethersett Hall Resident

Tributes have been paid to popular teacher and musician Elizabeth McBeath, of Wymondham, who has died aged 89 and who spent the last three years of her life living in Hethersett Hall Care Home.

Mrs McBeath was a teacher at Wymondham College for 25 years and was described as a 'formidable character' who contributed in many ways to the life of the school.

Mrs McBeath, whose maiden name was Mair, founded the school's Mair Cup, which has been given to the school's house presenting the best musical entertainment annually for the past 50 years.

Mrs McBeath first joined the college in 1961 as an English teacher, and left five years later when she married Barry McBeath. She returned in 1971 with her husband also being appointed director of music at the school.

She was a talented violinist and played in several orchestras and led the

Media Watch (continued)

college orchestra in many productions.

Mrs McBeath also taught in the history and modern languages departments, was a founding member of the school's parents-staff association and a member of its library committee for 23 years.

In her later years at the college she assumed responsibility for children with special needs, helping many overcome writing and spelling problems.

Mrs McBeath retired in 1993, having also been senior mistress, house warden and senior deputy principal.

She lived her final three years at Hethersett Hall, and died on March 1st.

VIP Treatment for Lifelong Fan

A lifelong Norwich City fan - who attended matches her whole life until old age prevented it - was given the VIP treatment at a recent Norwich City match.

Madge Fox, from Hethersett, has been a loyal supporter of Norwich City ever since she was a little girl, attending matches regularly, but over recent years has only been able to watch them on TV, as her ability to attend matches independently has gone.

But for the home match against Blackburn Rovers, she was picked up by All-care team leader Jacky Hill, with no idea where she was going.

On arrival Mrs Fox was treated like royalty and made to feel very welcome with complimentary champagne in the Legends' Lounge and a three-course meal.

Norwich City legend and former goalkeeper and manager, Bryan Gunn, addressed the diners as their guest speaker and announced Mrs Fox's 90th birthday, and thanked her for being such a devoted and loyal supporter of the club.

A Strange Smell

The Eastern Daily Press newspaper carried a very unusual story about a foul smelling fungi that has pitched up in Hethersett. The newspaper referred to the foul smelling black fungi as "scarcely a looker."

It isn't exactly a looker being coated in foul smelling slime which attracts flies. The fungi was found by Dr John Alban and, for him, there was an instant attrac-

Media Watch (continued)

tion. The species, spotted in the village, is Australian basket fungi (*Ileodictyon gracile*). Dr Alban, Norfolk's former county archivist, said he was out in Hethersett when he saw what he thought was "discarded plastic packaging". He said: "I realised that it was soft and might be something more natural. I then saw more of the structures emerging from gelatinous 'eggs' in the ground."

He said his searches on the internet led him to suspect that they might be basket fungi so he contacted the Norfolk Biodiversity Information Service, the county's Biological Record Centre, at County Hall. They passed the enquiry on to Tony Leech, chairman of the Norfolk and Norwich Naturalists' Society, who initially thought that they were specimens of the New Zealand basket fungus which had been found previously in just two places in Britain.

Careful examination revealed, however, that they were actually Australian basket fungi, never before recorded in this country. This has been confirmed by mycologists at the Royal Botanic Gardens, Kew.

Like the stinkhorn fungus, commonly found in British woods, basket fungi emerge coated in foul-smelling slime that attracts flies. The slime contains the fungus' spores which are dispersed by the flies to new places.

Mr Leech said: "Basket fungi feed on organic material in soil and are quite harmless – but how they got from Australia to Norfolk is a real mystery."

Dr Alban said: "I was amazed by these intriguing structures, which resembled small footballs with the panels missing, and had almost an alien feel about them.

"I had never seen or imagined anything quite like them and not for one moment did I think that they had never previously been recorded in the UK. It's incredible that they should have arrived in Hethersett from the other side of the world – another first for Norfolk."

NEWS from the village appears regularly in the Wymondham Mercury, the Norwich Evening News and the Eastern Daily Press newspapers.

Media Watch (continued)

Thursday, April 22 2017 | **Diss Mercury**

New Twitter drive to support struggling Norfolk youngsters

Teenagers and young adults in Norfolk will be able to get instant access to practical and emotional support through a new social media project.

The Respect Yourself charity, set up by Claire Burke, of Hethersett, is aimed at people aged 13 to 25 and tackles a range of issues from mental health, including self-harm and eating disorders, to problems faced at school including coping with dyslexia.

It started out in September 2011 with a text messaging advice service, which has since stopped. The charity now runs a Twitter page, website and smartphone app.

These online services offer links to charities offering support and inspirational stories of people who have survived issues facing young people.

18

SOPHIE WYLLIE
sophie.wyllie@archant.co.uk

dedicated Respect Yourself Norfolk Twitter page in the next few weeks, followed by a new Respect Yourself Facebook page.

Mrs Burke was inspired to set up the charity after helping her then 15-year-old half brother Adam Faulkner, who moved from Burton upon Trent to Norfolk nine years ago after getting involved with gangs.

She said: "Every day my husband and I would send Adam a text message and we thought if we could help Adam we could help other young people.

"At Respect Yourself we work together with other charities. We are like a family. We are telling



Claire Burke, of Respect Yourself charity, which is launching a Respect Yourself Norfolk Twitter page.

Pictures: ANTONY KELLY

"I want to know that people are talking about issues because if we are not talking about them that is when problems happen.

"The information via the Respect Yourself Twitter page goes straight into young people's hands. It makes sense to use the technology."

Mrs Burke, 44, added: "It is about self-development. We are helping people who are struggling. If a young person has the knowledge on how to deal with an issue they

The mother-of-two, who has a 12-year-old boy and 11-year-old girl, said she is "passionate" about the charity and sees things through young people's eyes.

As well as the main @RespectYourself Twitter page there are separate Twitter pages for young people in Yorkshire, Dorset and Kent.

For more information, visit www.respectyourself.org.uk where you can download the

Thursday, April 22 2017 | **Diss Mercury**

NEWS

Royal memory as Edie celebrates her 109th birthday

STUART ANDERSON
stuart.anderson@archant.co.uk

When Edie Wilkinson was young she remembers seeing King George V on horseback as she ambled through London's Hyde Park on her way to work at Harrods.

Mrs Wilkinson, who lives in Hethersett, said: "He was lovely. He would wave to the people when they were walking to work, and if any men were there they would raise their caps to him."

The fascinating encounter is just one of many from a rich and remarkable life - Mrs Wilkinson has just marked her 109th birthday.

She said the secret to longevity was hard work - Mrs Wilkinson spent her working days making chair covers for Debenhams - and a daily glass of Guinness with her dinner.

Mrs Wilkinson celebrated the

April 13 milestone with family - including one brother who she had not seen for 71 years.

Her two children were there and she also received several bouquets - including one from the team of Wiltshire Farm Foods, which has delivered food to her for six years.

Mrs Wilkinson can also remember growing up in London during the First World War, when her mother would tell her and her eight siblings to hide under the table during bombing raids by German Zeppelins. She said: "There were plenty of bombs about but I never got hurt."

She first married when she was 21 to a bricklayer called Wally Lawrence - a partnership which lasted 50 years.

Her second husband was Leslie Wilkinson, who she married when she was 90.

She said of their first meeting: "He wanted to sit at my table. I said: 'this is my table, but you can sit down', and I married him!"

Mrs Wilkinson moved up to



Edie Wilkinson celebrates her 109th birthday at her home in Hethersett.

Pictures: DENISE BRADLEY

Norfolk after she retired at 73, and has lived in both Wymondham and Hethersett.

She said she used to love reading - but now cannot see as well as she used to - and also used to enjoy going dancing with her first husband, which is how they

met.

The mantelpiece of her home is crowded with birthday cards, including some from the Queen - Mrs Wilkinson has received a message from the monarch each year since turning 100.

She has seven grandchildren,

six great-grandchildren and three great-great-grandchildren.

Some members of her family emigrated to Australia, and she had a famous aunt - Edna Best - an actress from cinema's golden age of the 1930s and 1940s, who was her mother's sister.

Jubilee Youth Club Fete and Fun Dog Show

By Gillian Saunders

We are fast approaching the Dog Show and fete on 17th June from midday to 3:30pm at the youth club hall and outside. Entry is free. The front of the programme will have been designed by one of the club members and sponsored, like the boards, by T.W Gaze of Wymondham.

We have a number of stalls booked from cards, cup cakes, Bodyshop and crafts. Come and enjoy the BBQ or the filled rolls for lunch and stay and try tea and cakes and an ice cream!

Bring the dog and enter the fun dog show and even play musical sit. The Best in Show not only has the title for the year but will receive a lovely rosette (which is being donated like all the rosettes by The Premier Rosette Company of Wymondham) and a small cup to keep.

Classes include: prettiest bitch, handsomest dog, dog and owner lookalike and others.

We also have games such as splat the rat, hook a duck, treasure hunt, beat the goalie and there will be a bouncy castle.

The club is having a number of stalls which we need items for. We urgently need bottles for the bottle stall, wine, squash, water, ketchup etc are all needed and any bottle bags you have would be gratefully received as would anything for the tombola, White Elephant stall and books. We also need cakes for the refreshments.

Most of all we need your support on the day. Come and have lunch and stay for tea.

OVER the past few decades Hethersett has won numerous awards for its community spirit.

Much of the infrastructure of the village has been organised and run by an army of volunteers. But is that army getting smaller? A number of groups in the village have struggled and continue to struggle to keep going through a lack of people to run them.

In the June edition of Herald, we look at the village's successes, ask what makes Hethersett tick and pose the question: How can we recruit more volunteers.

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

Troops To Be Commemorated

CONTINUING our series on soldiers who may be commemorated by having roads on new village development named after them.

This month we look at the careers of William Bishop and Frederick Blake

Private William Bishop of the 1st/5th Norfolk Regiment died in hospital on November 4th, 1917. He was taken prisoner at the Battle of Gaza on April 19th, 1917, and for about five months was able to write home regularly. Suddenly in September, 1917, his letters stopped and nothing was heard of him until the War Office announced that information had been received that he died of Enteritis in hospital at Nigde in Turkey on November 4th, 1917. He left a widow and three sons.



When William was 21 he was living in Beckhithe with his parents Arthur and Mary. In the 1901 census his father is shown as a farm worker and William was employed as a groom. At the time he had three brothers and four sisters.

To his family, the steady stream of letters must have been re-assuring, but the ongoing silence must have increased his family's anxiety. William was 37 when he died. Conditions for prisoners of war in Turkey were often harsh. The climate, conditions, poor food and contaminated water contributed to the illness that led to his death.

His widow Vera Beatrice (nee Livick) lived at The Bungalows in Mill Road with their three sons who were all baptised in St Remigius Church - Victor William (20th August, 1905), Edwin Albert (13th January, 1907) and Russell Arthur (24th May, 1908).

William was buried in Baghdad.

Private Frederick Stephen Blake of the 7th Battalion Yorkshire Regiment was killed in action on 14th May, 1917, aged 35. He is remembered on the Arras Memorial in France. The Hethersett Parish Magazine reported his death in these words.

Frederick Stephen Blake 2/5Yorks Regt, son of Mr and Mrs

Blake, Hethersett, who has been missing since May 14th, 1917, is now reported to have been killed in France on that date.

The son of William James and Elizabeth Blake of Cann's Lane, Hethersett, Frederick was born in Little Melton in 1882 and in the 1901 census is shown as aged 19, a stock feeder on a farm.

His name is remembered on the Arras Memorial to the missing, as one of the many with no known grave. Many thousands of soldiers fighting on the Western Front were never found or identified. It is quite common in war cemeteries to see the words "A soldier of the Great War Known Unto God."

The details above have been taken from the web site "Hethersett A Village at War" which covers the period between 1910 and 1950 in Hethersett and takes in both world wars. The site can be viewed at www.hethersettatwar.weebly.com

Sports Shorts

Hethersett is looking for people interested in setting up a tennis club. The latest meeting of Hethersett and the Meltons' Sports Association heard that courts will soon become available for hire in evenings and at weekends at Hethersett Academy. This could facilitate the launch of a tennis club: We would love to hear from anyone wanting to either join a new club or who would be prepared to help organise one," said chairman of the Sports Association Peter Steward who can be contacted on 01603 811052 or via e-mail at petersteward@lineone.net.

* * *

Crusaders Rugby Club is planning another fireworks evening in November at its headquarters in Little Melton Road. We will have more details of this in future editions of the Herald.

* * *

More sports news is available on pages 69 to 79.

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 ruse shelter on 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 Woodcock, 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 are helping 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 Woodcock 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 screen on the nave roof, a three-year project involving our community in a proactive fundraising. 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 group and activities.

The latest one sees Hethersett Parish Councilors taking up residence once again with a Monday afternoon to answer queries from residents on numerous subjects. The first session on January 11th saw parish council chairman Jackie Sutton and fellow councillor Marilyn Savory taking questions on subjects as diverse as road verges, parking problems, the allocation of grass verges and the possibility of setting up a short tennis 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 services. We have revamped our quarterly newsletter which has been well received and now wish to provide an opportunity for residents to raise issues outside the more formal structure of council meetings," Jackie Sutton said.

Paulie: Pop in events continue on the second Monday of each month from 2 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 afternoon and a baby lounge and more to come. "Pop in" dates are on page nine.

Hethersett has received an assurance from its county council representative Judith Vignar that there will be plans to close Hethersett Library, despite pressure 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 more positive outlook is shared by the Herald.

Over 200 invited guests gathered to celebrate Duncan Pigg's 60th birthday on April 10th. The evening was a success for the host and the guests. Plans will now be made for the next few weeks to raise funds for the charity.

Following the evening, John had the party at the local pub where Duncan's special day was celebrated.

Duncan himself reflected on the night as a "wonderful day" but he

thought and with many thanks to the local community for their support. He has been in contact with many friends and family members of the past and it was a pleasure to see them all together for the first time in many years. He has also had to bring music from our past for the occasion.

Duncan Pigg and his wife are pictured with a number of family members at the party. Duncan is pictured with his wife and children. He is also pictured with his wife and children. He is also pictured with his wife and children.

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 and general articles written by residents. It is currently available exclusively 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@lineone.net or dropped off at 12, Karen Close, Hethersett

Sports Coverage Starts Here

From Humble Beginnings

Continuing our occasional series looking at the early days of sports clubs in Hethersett. This month we turn the focus on the birth of cycle speedway.

CYCLE speedway in Hethersett evolved from humble beginnings

with a few mates “scratching out a track” at the old gravel pit. Their reasons were simple as one of them explains over 60 years later:

“What boy in those days didn’t want to hurtle around on a bike?”

Bernard “Barney” Platford and Brian Denmark are now both well into their eighties but still remember the thrill they got from riding home made bikes without brakes at breakneck speeds around a “scratched out track.”

It all came about because of the couple’s love of speedway. Both were ardent fans of Norwich Stars – one of the best speedway teams ever to take to the cin-



der/shale track - at their Firs Road, Hellesdon, home.

Barney and Brian called together some mates and met at Barney’s home in The Crescent, Hethersett, and formed the Hethersett Hornets Cycle Speedway





Club. They adopted the gravel pits as their home, marking out a circuit with their boots:

“Nobody gave us permission to use the gravel pit. We just went ahead and did it,” said Barney who is now a sprightly 85-year-old. Barney took on the mantle of club captain and they were joined by friends who included Ted Eaglen, Harry Dearing, Reuben Woolner, Timmy Folkard, John Poll and Willie Warnes amongst others.



Hornets started with the youngsters building their own machines, often from scrap or women’s bikes. They were given workshop facilities at the Greyhound Public House in Henstead Road:

“I think the landlord got so fed up with us hurtling around that he decided to give us somewhere we could work on the bikes rather than ride them,” Barney and Brian joked.

After two or three years of impromptu riding, Hornets joined the thriving Norwich League, one of the top leagues in the country.

Hornets proved extremely successful and it is rumoured that after 1952 they withdrew from the



league because other teams refused to ride against them – they were that good. By that time, the team had left the gravel pit for a new home at the Great Melton end of New Road:

“Kenny Woods gave us permission to use part of what was a meadow. We built a track by digging the turf out and building banks around it. At the time football was also played on the same meadow,” Brian Denmark said.

In the late forties and early fifties, cycle speedway was a “big deal” in the village. Sunday afternoon action attracted crowds of over 100 with many people coming from the Meltons to watch them take on the likes of Hellesdon and Norwich.

“The village was very much smaller in those days, so it was a good percentage of the population who came out to support us,” Brian added. “We would go round with a hat and collect a bit of money.”

Sadly by 1952, things were beginning to get in the way of Sunday afternoon cycle speedway. Brian and a couple of other club members were called up for National Service. Brian went to Korea and Japan and others to Malaysia. Then there was the question of the opposite sex which suddenly held more appeal than a home made bike with no brakes.

“We just started drifting away and I got married,” said Barney.



Today both Barney and Brian have very fond memories of their days with the Hornets. They even managed to spread their wings on one occasion when they answered a plea from a Battersea team in the Daily Mirror Newspaper for fixtures. That resulted in the Hethersett boys loading their bikes and themselves onto a coach and travelling to London – something not taken on lightly in those days.

Eventually Brian returned from the army and joined a club at nearby Wicklewood. Sadly the Hornets were no more and the village would have to wait another 14 years before a new club was born, although Rod Nickalls, who was born and bred in the village, remembers using the scratched out track at the gravel pits in the late 1950s, once again suggesting that impromptu racing was taking place.

It was in 1966, however, that a bright, shiny new Hethersett club was formed – one that would continue throughout the seventies, the eighties, the nineties and into the 21st century. This was the birth of Hethersett Hawks. Next month we look at the early days of Hethersett Hawks.



The photographs on pages 70 to 74 are taken from the archives of the early days of cycle speedway in Hethersett. Page 73 shows a reunion a number of years ago featuring those involved in the early days of the club and the picture above shows Barney and Brian pictured in 2016 in Janey's café in Mill Road, Hethersett

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@lineone.net. 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

Hethersett Hawks Match Reports

HETHERSETT Hawks Cycle Speedway, sponsored by Myhill Decorators, got the newly-named South East and Eastern League season off to the best possible start with a double victory over local rivals Norwich.

In a perfect setting on a pleasant spring afternoon and in front of a good-sized crowd at Eaton Park, Norwich, Hawks showed more sharpness and tactical awareness than the home side and quickly built up a comfortable lead which stretched to 14 points by the interval.

Home veteran Paddy Wenn tried to stem the tide and gave Dan Chambers his only defeat, but Hawks skipper Leigh Cossey was in unbeatable form, well supported by Chambers and Olly Buxton. Reserves Dan Butler and Roger Carter rounded things off with a 7-3 win in heat 16.

NORWICH 68.

HETHERSETT 92 (L. Cossey 19, D. Chambers 16, O. Buxton 15, H. Hamill 12, J. Herring 10, O. Wells 10, D. Butler 5, R. Carter 5).

After a promising first-team appearance, Owen Wells led the B team to victory with a maximum, but the star performance came from debutante Paul Delaiche who included a win in his 13 points.

Another youngster also impressed - Daniel Longlands, also notching a win in the final race. Hethersett had plenty in reserve to make it a comfortable double victory. Both matches were raced in excellent spirit and were entertaining for the crowd.

NORWICH B 73.

HETHERSETT B 86 (O. Wells 20, P. Delaiche 13, R. Carter 12, L. Hulcoop 11, D. Longlands 11, K. Adams 8, D. Butler 4, H. Hamill 4, O. Buxton 3).

Hawks rested three experienced riders for the visit of East London to give the fringe riders a chance to impress ahead of some tougher assignments and they stood up to the task to record a comfortable victory.

Steady progress saw them take a 13-point lead at the interval and no heat defeats in the second-half preserved the status quo. Harley Hamill recorded three wins in his substitute rides and there were impressive performances from Dan Butler, Lee Smith and Glyn Morgan.

HETHERESTT 93 (D. Butler 15, L. Smith 14, O. Wells 14, G. Morgan 13, H. Hamill 12, R. Carter 9, O. Buxton 9, L. Hulcoop 7).

EAST LONDON 65

After the match East London presented a silver salver to stalwart Dave Hughes to recognise his uninterrupted 50 years of racing. He seemed inspired by this in the Division 2 match to record four wins.

It was a much tighter affair with the Hawks giving debuts to Ayrin Larter and Norfolk Under-10 champion George Larter-Dixon. Scores were level for a long time as the experienced riders did their best to shepherd the novices. Heat 14 proved pivotal as the Londoners settled into a 7-3 position before Hawks' veteran Glyn Morgan mounted a challenge.

There was a dramatic crash which resulted in an exclusion for East London's Max Renna and from there Hethersett scored a narrow victory. Daniel Longlands was again impressive.

HETHERSETT B 82 (G. Morgan 15, D. Longlands 13, A. Larter 12, L. Hulcoop 9, G. Larter-Dixon 8, R. Carter 7, K. Adams 6, P. Delaiche 6, O. Buxton 6).

EAST LONDON B 77

Owen Wells competed in the first regional British Youth and Junior round at Kesgrave. In the Junior category he scored seven points, earning him a place in the "C" Final which he won.

Hawks took a squad of 11 riders to the South Coast to face Hellingly Lions near Eastbourne. A strong first-team had high hopes of keeping up their winning start to the league season but came unstuck on the tricky Sussex circuit on which the home side are so expert.

An exclusion for Leigh Cossey in heat seven saw Hellingly stretch an early lead to 11 points and it was uphill for the Hawks after that. They did improve in the second half and had their only heat win by Josh Herring and Harley Hamill in heat 13.

HELLINGLY 88.

HETHERSETT 71 (D. Chambers 14, J. Herring 12, L. Smith 10, L. Cossey 9, H. Hamill 9, O. Wells 8, D. Butler 6, G. Morgan 3).

The Division 2 fixture was a much closer affair. Both teams tracked an experienced rider at reserve and the Hawks struck early bringing in Harley Hamill to join Dan Butler for a 7-3 win.

The team rode cleverly to retain a one-point advantage at the interval but immediately struck gold straight after the break with another 7-3 from their two Daniels - Longlands and Butler.

Reserve Ed Ridley came in the following race to reverse the 7-3 and he was back in again to put Hellingly one-point up with two races to go. Hamill came in to join experienced Glyn Morgan in the penultimate race to put the Hawks three points up and Dan Butler sped home in the final heat to secure a narrow win

HELLINGLY B 78.

HETHERSETT B 81 (D. Butler 22, O. Wells 16, G. Morgan 13, D. Longlands 12, H. Hamill 9, L. Hulcoop 6, K. Adams 3).

Morgan and Wells were both in action at Ipswich the previous day in the South East Grand Prix / Youth and Junior League. Morgan came third in the Veterans A Final while Wells finished third in the Junior B Final. Hawks are next in action on Sunday May 7th at home to Kesgrave.

Valley Prepare For New Season

HETHERSETT and Tas Valley Cricket Club are ready for the new season with various leagues due to start at the end of April. We will bring you the club's first league results of the season in the next edition of Herald.

The first team were due to start their Norfolk Alliance Division Two campaign on April 29th away to Downham with the seconds home to Garboldisham and the thirds and fourths home to Hingham and away to Hardingham respectively in the Norfolk League: The following day the Sunday side were home to Old Catton whilst the Under-11s visit Garboldisham.

Over 40 club members attended a Cricket Force working day designed to spruce up the clubhouse and pitches at Flordon and repair sight screens damaged by winter storms.

The following fixtures have been arranged for May and may well be added to as the month progresses:

May 3rd: Under-13s at Swardeston.

May 6th: Firsts home to Saham Toney, Seconds at Sheringham, Thirds at Hardingham, Fourth home to Beeston

May 7th: Under-11s at Garboldisham, Sunday Adults at Swardeston, Under-13s home to Rocklands; Under-11s home to Bradenham.

May 8th: Under-13s home to Rocklands

May 10th Under-17s away to Cringleford; Under-11s home to Bradenham.

May 13th: Firsts home to Bradenham, Seconds at Hardingham, Thirds home to Norwich Association of Malayalees, Fourth away at Dereham.

May 14th: Under-11s home to Mattishall, Sunday adult home to Holkham, Under-13s at Garboldisham, Under-11s away to Great Melton.

May 16th: Under-13s away at Garboldisham

May 17th: Under-11s away to Great Melton, Over 40s home to Rocklands.

May 18th: Under-15s away to Mattishall

May 20th - Firsts away to Topcroft, Seconds home to Stow, Thirds away to Melis, Fourths home to Old Buckenham

May 21st - Under-9s home to Garboldisham, Sunday Adult away to Thetford, Under-13s home to Diss, Under-11s home to Great Ellingham.

May 23rd - Midweek 20/20 away at Saxlingham, Under-11s home to Great Ellingham

May 24th - Over-40s at Tivetshall

May 25th - Under-13s away Brooke

May 27th - Firsts home to Ashmanhaugh and Barton Wanderers, Seconds away to Bircham, Thirds home to Wensum, Fourths away to Swanton Morley

May 28th - Under-11s away to Saham Toney, Under-9s away to Thetford.

May 30th - Under-13s home to Horsford

May 31st- Over-40s home to Topcroft.

Results (Both Friendlies)

UEA 256-8 (Sam Morton 5-43), Hethersett 260-4 (Dave Cosford 82, Damian Fahy 66 not out, Richard Ellis 52). Hethersett won by six wickets.

Beccles 175 (Tom Osborn 2-5, David Matthews 2-20, Ian Harrison 2-22, Nick Burrett 2-43), Hethersett 159 (Damian Fahy 48, Ian Bryce 43). Beccles won by 16 runs.

Sports Shorts

Hethersett Badminton Club continues to expand with 58 youngsters and 35 adults now playing regularly on Thursday evenings at Hethersett Academy.

Hethersett Hawks Cycle Speedway Club has been awarded £1,000 from the Aviva Community fund and will be using the money to provide bikes and equipment for the club's youngest riders.

Third Place for Crusaders

DESPITE finishing the season with two excellent victories, Crusaders had to settle for third place in the Eastern Counties Greene King Rugby Union League Division One. Despite this it has been an impressive season for the club.

Victories over Woodbridge 20-16 on April 1st and 75-5 over Bury St Edmunds III on April 8th made up for the disappointment of consecutive defeats in March at the hands of Ipswich YM and Thetford, but consigned Crusaders to third place behind Thetford and Wymondham. Leading positions in the final table were:

	Played	Won	Drawn	Lost	For	Against	Points
Thetford	22	19	0	3	1071	266	94
Wymondham	22	17	0	5	706	335	83
Crusaders	22	16	0	6	536	301	80

Hethersett Athletic Latest Selected Results

Men Sat	Watton Res	H	League	4-0	Folkard 2, Hudson-Church, Thurtle
Sat OB	UEA	H	League	2-0	Thurston 2
Sun 1st	Trimingham Pil	A	League	0-8	
Sun Res	Bunwell	H	League	6-1	Pummell 3, Bradfield, Grimes, Stone
U-19	Attleborough	H	League	4-10	Curran 2, H. Denny 2
U-14	Holt	H	League	5-2	C. Watts 3, Delf 2
Sat OB	Wensum Alb	A	League	8-0	Craske, Curran 2, Thurston 3, Smith 2
Sun 1st	Briston	H	League	3-5	Nurse 3
Sun Res	Sprowston	A	League	1-6	Gregory
U-19	Long Stratton	H	League	2-1	Hudson-Church, Watts
Men Sat	Tacolneston	A	League	0-3	
Sat OB	Home Care	A	League	5-0	Curran, Smith 3, Wright
Sun 1st	Salhouse	H	League	1-2	Raven
Men Sat	Shipdham	H	League	4-0	Gray 2, Folkard 2
U-14	Sheringham	A	League	2-3	Watts, Delf

Supporting and Encouraging

HETHERSETT and the Meltons' Sports Association is looking for new members as it continues to grow.

The association has just completed its sixth year in existence and also incorporates the Hethersett Olympic Legacy Committee.



Its aim is to support and encourage sport, fitness, health and well being throughout Hethersett, Little Melton and Great Melton and over the past six years has provided money for many start-up groups ranging from croquet and netball to football and table tennis.

“The list of sports and leisure groups we have been able to support has been extensive and includes croquet, yoga, badminton, athletics, bowls, cycle speedway, football, cricket, rugby, table tennis and many more,” said chairman and secretary Peter Steward.

The association also supports and helps to organise the annual two mile run the square funrun which this year will take place on Sunday July 16th. Our picture shows finishers at the first funrun back in 2010.

The association’s latest meeting took place in Park Farm Hotel on April 24th with reports from all the major sports and leisure groups from the villages. Members heard that the new community facilities at Hethersett Academy have been opened and are available to the public outside school hours.

The association is also supporting grant applications for a refurbished and upgraded pavilion on Hethersett Memorial Playing Field. It will be funding the coming six week running course on the Memorial Field (for more details of this see page 16).

Membership of the association for clubs and groups is just £5 a year with individual membership free. “We would love to see more people and groups involved in the association,” the chairman said.

The next meeting will be on Wednesday July 5th at Park Farm Hotel at 7.30pm.