



# Natural Hethersett

A NEW nature reserve for Hethersett could shortly become a reality thanks to the efforts of the Hethersett Environmental Action Team (HEAT) and the biennial annual village open gardens' scheme.

Members of HEAT, who had taken part in the open gardens' event, gathered in Hethersett Methodist Hall on September 23rd to reminisce about the day, enjoy a slide show and hear about plans for the reserve from leading environmentalist and Hethersett Parish Councillor Dr Anne Edwards.

The open gardens' event raised just over £880: "The money will go towards securing a green open space and nature reserve for Hethersett," Dr Edwards said. Negotiations are currently underway with a landowner and for that reason the exact location of the site is not being revealed at the moment.

The area in question is a piece of meadowland: "It is also very wet in some areas and has some rare and very interesting ground flora including



orchids, bedstraws and vetches. It also has many old tress and hedgerows and some ponds which are likely to support Great Crested Newts. It has already been granted county wildlife status on the basis of its flora.

"Funds raised from the open gardens' event will be used to cover the legal costs of securing the land for Hethersett, developing a management plan and fencing it off so grazing animals can be used for mowing at certain times of the year, Dr Edwards added.

We will bring you details of the location of the new nature reserve as soon as they are announced.

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# Fightback Against Cuts Goes On

A DECISION by Norfolk County Council to cut funding for “essential services” at Woodcote Sheltered Housing in Hethersett could end in disaster it has been claimed by a leading member of an action team fighting the proposed cuts

In last month’s Herald we highlighted the fight by the Woodcote Residents against the withdrawal of a scheme manager and emergency call system for residents.

Now leading campaigner Richard Headicar has labelled the proposed cuts “a potential disaster” for residents with health problems. Residents have written to the Eastern Daily Press newspaper and Hethersett Herald pointing out the dangers of the proposed cuts being implemented. The full letter is printed on page four. It points out:

“We are entirely supportive of all vulnerable people receiving the level of help they need and deserve, but quite apart from the issue of safety, withdrawing funding from Sheltered Housing Schemes is woefully crass economics.”

The letter once again points out that it costs 71.5p per day for each resident at the sheltered housing complex: “One resident, now successfully and happily a member of our community, was previously kept in hospital at a cost of £80,000 per year.”

The letter goes on to underline the value for money of providing the daily lifeline call system and the physical presence of a scheme manager four days a week.

Mr Headicar adds that residents would be prepared to meet some of the costs themselves.

“At times the least little thing can upset some of our vulnerable residents and we have some very vulnerable people living here now. The whole thing has turned into a nightmare and my fear is that there will be a tragedy because of the cuts. The county council just do not understand what is happening and how dangerous the cuts will be. More and more vulnerable people seem to be pushed aside in our country. Here at Woodcote we are a transforming community and not an isolationist one. We give back to the community through our work with dementia and bereavement groups and many other areas.

On a personal level I love the place as it changes people’s lives,” Mr Headicar added.

## **Letter to Hethersett Herald and the Eastern Daily Press.**

Dear Sir

Thank you for the coverage you have given concerning the proposal by Norfolk County Council to withdraw the funding currently supporting the Sheltered Housing Schemes and for continuing to highlight the social housing crisis.

At a meeting of Woodcote residents on 9th August, we were emphatically informed by Chris Scott of NHS Great Yarmouth and Waveney Clinical Commissioning Group that this decision would not be changed however valid the points we raised against it.

A review to ascertain the future provision of replacement support on an individual basis and the costs involved is now being undertaken. Surely such a review should have taken place in advance, rather than after, the decision by the council to withdraw funding.

We are entirely supportive of all vulnerable people receiving the level of help they need and deserve, but quite apart from the issue of safety, withdrawing funding from Sheltered Housing Schemes is woefully crass economics.

Your readers may be interested to know that the annual amount allocated to Woodcote from the Supporting People funding (rounded up) is £15,600. Divided between 60 residents this equates to 71.5p per day each. One resident, now successfully and happily a member of our community, was previously kept in hospital at a cost of £80,000 per year.

Have we arrived at a situation where it is not worth spending the 71.5p each a day needed to maintain the security and reassurance afforded to our vulnerable residents by daily lifeline calls and the physical presence of a scheme manager? What alternative could possibly provide such exceptional value for money?

Could not a prior proposal have been offered, for example, by which our residents would absorb half the cost? Have we really elected a County Council that cannot amend or reverse this potentially disastrous decision when presented with such compelling evidence against it?

Yours Faithfully

Woodcote Residents

# How Woodcote Has Changed a Life

DEBORAH (not her real name) is one of the residents at Woodcote who will be particularly affected by any cuts.

## Interview with a Resident

She has been a resident at the sheltered housing complex in Firs Road for almost exactly one year and in that time believes that Woodcote has transformed her outlook on life. Deborah suffers from “borderline personality disorder” with its associated anxieties. This means she is very uncomfortable outside the comfort zones of her flat where she feels safe. She only ventures outside in daylight hours and cannot cope with crowds.

She is prone to bouts of anxiety that can be triggered by ordinary although problematic events such as something not working in her flat or someone who has an appointment to see her being late.

Scheme manager Stephen Baxter believes that with re-assurance and support Deborah’s problems can be managed but, without the proper support, she would experience an alarming spiral that could end up with hospital admission.

“It is due to the supervision and support she receives at the moment that she is able to function,” Mr Baxter said.

Deborah told us about how she has learned to cope with life thanks to the kindness, friendship and understanding she has found at Woodcote.

“I am more independent now than at any point in my life. I am a different person and that’s because everybody here has been so welcoming and friendly - something I haven’t been used to,” she said.

Deborah was born in Stepney in London to a birth mother who herself had major psychological problems. As a result she was abandoned as a baby and fostered in Basildon before moving to Norfolk at the age of two and living firstly at Methwold and then Hunstanton on the coast.

She disliked school where she had behavioural problems which ended with her being admitted to Hellesdon Hospital at the age of 16. There was a subsequent move to the high security unit at the notorious Rampton Hospital in Nottinghamshire where she spent 18 years as a patient.

“I didn’t like school and I had a fear of authority. I suppose I was something of a

rebel," Deborah said, adding that she suffered a considerable amount of harsh treatment at Rampton which included having her hands and feet tied and spending days without food.

Eventually she was transferred to Broadmoor as part of a two year rehabilitation process and then spent two years at the Norvic Clinic in Norwich where she received excellent support from psychiatrist Dr Adrian Ball. From there she moved to a residential home in Silver Road, Norwich, and then to a flat in Bowthorpe just outside Norwich where she stayed for 12 years.

Feeling more confident about living in the community, Deborah put her name down on the South Norfolk housing list and a flat was soon offered to her in Woodcote. She moved there at the beginning of October, 2016, and has never looked back:

"I didn't know that Hethersett existed but I soon settled in and now I love it here. Above all I feel safe. In the previous places I have lived, I hardly ever joined in with anything. At Woodcote I go to coffee mornings and bingo and I feel wanted," she said.

Deborah even decorated her flat. Now it is a lack of money rather than her medical problems that often prevent her from becoming even more involved in the Woodcote community:

"I have become much more confident and I would love to go on more trips but a lack of finance means I often can't. I would love to stay here. Everybody has been brilliant. It is the first time I have lived somewhere where I have felt wanted and I feel I fit in. I feel I belong here. I am very positive now which is not something I have been in the past. People were so welcoming that at first I was frightened by their friendliness because it wasn't something I was used to," she said.

But Deborah admits that she would be concerned if the proposed cuts go ahead:

"I would hate to lose the scheme manager. He has been so supportive. He helps me when I'm feeling down and helps with all the forms I have to fill in. If the scheme manager is taken away, I feel I would need to move into a residential home where there is the full level of support. I would then feel lost as I have been much more independent here although I still don't like going out on my own," she added.

# Frustration on the Roads

IT'S been a frustrating time for motorists using Colney Lane and the B1172 with the time for what has been described as

## Herald Comment

"major gas works" seemingly being extended at will leading to huge frustration for motorists who are, quite rightly, fed up with what they saw as unreasonable delays.

One of the biggest problems for motorists using the road seemed to be the lack of activity at the site. Below are just some of the many comments made on social media, many of which point out a complete lack of action and a lack of information regarding the actual finish date. Thankfully shortly before we went to press on this edition the road was returned to its proper state and the traffic lights were taken away.

Once the work began in earnest it seemed to take such a short amount of time to complete, rather making a mockery of the weeks of disruption that we had to put up with. Initially we were told the work would be finished on September 1st and then this was extended to the 15th and then to October 6th. Thankfully the work was completed by September 27th. I'm just wondering whether the contractors will have the nerve to claim it was finished ahead of schedule?

Anyway back to some of the comments on social media which included the following:

"Has anybody any idea when these works will be finished, horrendous today, queued back to the King's Head?"

"I don't think there is a traffic light in Colney Lane because on my way out and on my way home there were a couple of near misses because people were coming from Colney Lane straight into the oncoming traffic."

"How can they set a date to finish when you never see anyone working there and that's if they turn up?"

"Who thought it was a good idea to remove the traffic lights on Colney Lane.

I was involved in a near miss there this morning, a car overtaking traffic at a red light heading towards Norwich, to turn into Colney Lane?

Will common sense only be restored after a fatal accident? Health and safety is more often than not ridiculous in the extreme, here it's non-existent."

It does seem to have taken a ridiculously lengthy time for the work to be completed. So many people commented on the inactivity at the site day after day after day.

It is not acceptable to just extend completion dates, heaping more and more misery on motorists. In addition the delays meant that work to put in a safe crossing area to help people cross the B1172 to the shops at Church Farm has been put back and now looks like going ahead in October rather than September when it was scheduled. At least this time the work is for the benefit of and with residents in mind.

### **Woodcote Cuts**

We have written a considerable amount about Woodcote Sheltered Housing complex's fight against proposed Norfolk County Council cuts in funding which would almost certainly take away a precious emergency call system and a scheme manager.

In this edition of Hethersett Herald, we meet one of the residents who talks about how living at Woodcote has transformed her life over the past year. Another resident and campaigner points out that making cuts at Woodcote is a case of "crass economics."

There is genuine fear at the complex that cuts in support could lead to a disaster. Let's hope that common sense leads any discussions on this matter and that for once human life is valued more than money.

### **Happy Birthday To Us**

We are pleased to say that this edition of Hethersett Herald completes two years of this e-magazine. During that time we have tried to bring you news, views and features from the village with plenty of nostalgia as well. We are now planning for our third year and would love to receive news items, articles, photographs and features from you.



# Pauline Rules Again

HETHERSETT and District Horticultural Society held its annual show in the Village Hall.

The day was another triumph for Pauline Harper who took many of the major awards including the Emily Knights Memorial Trophy for most points in the vegetable, fruit and flower sections, the Charles Tudor Challenge Cup for most points in the vegetable section, the Deacon Senior Cup for best exhibit in the fruit section, the Burton Fanning Silver Challenge Cup for the best exhibit in the flower section, the Deacon Junior Cup for most points in the fruit section, the Silver Challenge Cup for most points in the flower section and the Abra Trophy for most points in the arrangement and domestic sections.

Ted Hallett took the President's Cup and Norwich and Norfolk Horticultural Medal for the Best Exhibit in the show, The Royal Horticultural Society Banksian Medal, the Peter Bond Memorial Trophy for runner-up in the vegetable, fruit and flower section and the Chairman's Trophy for best exhibit in the vegetable section.

Mrs J. Ramsbottom took the Benjamin Trophy for the best exhibit in the arrangement section and the John Howard Memorial Cup for best exhibit in the domestic section.

Mrs H. Moulton was presented with the Jack Logue Vase for a rose competition held at the Horticultural Society meeting on June 21st.

Christine Dale won the Peggy Crowe Memorial Plate for best exhibit in the photographic section and Matthew Siddell won the Junior Plaque for eight to 11 year olds for making and decorating a salt dough monster.

Organiser Marilyn Savory heralded the show "a great success". The Wymondham-based Star Throwers cancer charity and the Norfolk Wildlife Trust both had stalls and raised money for their charities. A plant sale and refreshments also helped to swell the coffers and a popular raffle saw society chairman Chris Morriss win the first prize.

# Monitoring Blood Pressure



PATIENTS In Hethersett could soon have improved blood pressure monitoring thanks to a gift from the village's sheltered housing complex. Kind-hearted members of Hethersett Woodcote Sheltered Housing in Firs Road have presented a cheque for £500 - part of the proceeds from their Forties Day earlier in the year. It is likely that the money will be put towards individual blood pressure monitoring machines which can be loaned out for patients to monitor their own blood pressure. Up to 20 machines can be bought with the donation.

Our picture shows chair of Woodcote's social committee Chris Trennerry presenting the cheque to Dr Nicky Morris from Hethersett Surgery. Also in the picture from left to right are social club member Richard Headicar, practice manager Edwina Wilson, and Jackie Laker, member of the event organising committee. "We are absolutely delighted to be able to help our local surgery from what was such a fun day," said Chris Trennerry, adding that the event will be repeated in 2018.

# An Artist of Many Styles

**IN the latest in our series of Face to Face articles, Peter Steward meets a Hethersett resident who has overcome personal tragedy with the help of his outstanding art.**

## Face to Face



**John with his unfinished painting of Wymondham**

JOHN Watson is a man of many parts with an extraordinary talent that helped him when his life hit rock bottom through tragedy and financial difficulties.

At the age of 78, John, who lives in Southcroft, is enjoying golden years with art that crosses boundaries and defies description.

For John is as equally at home with pastels as he is with pencil drawings. And when it comes to subject matter, there seem to be no borders and virtually nothing that John isn't prepared to turn his hand to. Motorbikes, birds, animals, the

## John with the Tower of London



Royal Family, Norfolk scenes, pubs, churches, London and even Norwich City footballers are just some of the subjects he has worked on.

John has produced murals, large landscapes, postcards, calendars, scrapbooks and much more and worked with breweries and many other organisations.

He was born in Lakenham, Norwich, in September, 1939, and enjoyed drawing from a very young age - regularly copying cartoons from comics such as The Dandy and Beano and also from those small western magazines that people of a certain age will remember.

At the age of 13, John went to Norwich Art School for two years before undertaking what was meant to be a five year apprenticeship with a printing company in King Street, Norwich. There he felt more like an errand boy than an apprentice and so decided to join the Navy at the age of 18. He stayed in the Navy for nine years, spending three of those as a sub mariner.

After leaving the Navy he worked for Betabake for 13 years and then became the Man from the Pru despite admitting that he knew nothing about insurance.

It was while in the Navy that John struck up correspondence with the lady who was to become his wife: "I met Carol through a colleague who was her brother

## Diana, Prince William and Prince Harry



and he suggested I wrote to her. We were corresponding for 14 months before we actually met. Now we have been married for 54 years,” John said.

The couple went on to have four children - three boys and a girl. But tragedy was soon to strike. On August 14th, 1982, John’s youngest son Adrian was killed in a road accident at the age of 11.

“We were really struggling and I couldn’t cope with my job with the Prudential, so I resigned. I began to potter about and doing various things within art,” John said.

One of his projects was to put together a scrapbook style publication on Norwich City Football Club’s 1984-1985 season when they won the Milk Cup and got relegated from the top flight of English football.

John has been a life-long Canary fan and both he and Carol are season ticket holders in the South Stand at Carrow Road. He used his artistic ability, along with scores of press cuttings, to produce a wonderful reminder of that up and down season when I, as sports editor for the Norwich Mercury Series of weekly newspapers owned by Eastern Counties Newspapers (now Archant), reported on club matches from the press box.

That book sold 2,000 copies and proved therapeutic as John and Carol tried to



make some sense of their lives after the tragedy of losing a son.

John's next venture was to go into the retail trade: "In the 1980s it was very easy to borrow money and so we did just that and took over a general store in Earlham Green Lane in Norwich. We built that up into a profitable concern but eventually recession and competition from new and larger outlets took its toll. A number of break-ins didn't help and by Christmas 1991 the business was really struggling.

"We became very stressed and in 1992 we hit rock bottom and went bankrupt. We had a house at Honingham and realised that we were so low that the only place to go was up.



"It was at this point that I began to take art seriously as a way of providing an income," John said.

With Carol having regular employment with Marks and Spencers, the couple began to pull their lives round.

They decided to swap their three bedroomed house in rather remote Honingham for a smaller property in a town or village with good facilities that included doctors, dentists and shops. And that is how four years ago they settled in Hethersett - a move they have never regretted but one that also had a very interesting and altruistic twist as John explained:

"At the age of 71 Carol donated a kidney to the National Health Service so some person could enjoy a better life. We went to Addenbrooke's Hospital in Cambridgeshire on August 20th, 2013, and she had the operation the next day. On the 29th we moved to Hethersett."

Today John works from a studio in his



**John and Carol Watson**

garden. You may have seen examples of his work in cafes in both Hethersett and Wymondham. He keeps the memory of his son Adrian alive by inserting the letter A into the signature on all his work.

One of his proudest moments was when he sent a portrait of Princess Diana to her brother The Earl Spencer and received a letter of thanks (opposite) in return.

Dear Mr Watson

Thank you very much for giving me the portrait of my sister, Diana, during my brief trip to Norwich. This was unexpected generosity on your behalf and I am most grateful for it.

Having read the brief biography of yourself on the back of the portrait, I would like to add how very sorry I was to learn that you lost your son, Adrian, in an accident. With thanks again for your kindness

Yours Sincerely

Spencer



# The Day Leslie Crowther Came to Hethersett

WELL loved comedian, actor and compere Leslie Crowther paid a flying visit to Hethersett in the 1970s to open a Middle School fete.

The special day for the school is remembered in an article by Jean Richardson in the September edition of the village Good News magazine.

Jean reminisces about the building of the swimming pool at the school which is now known as Hethersett Junior.

“When our family came to live in Hethersett in 1966, both our young sons attended the local school under the headship of Bernard Jones.

There was good support for the Parent Teacher Association and a very go-ahead committee,” she said.

A number of fund-raising events took place as Jean remembers: “We had an annual firework night, a mile of pennies with people placing donations along the path of old fire brigade hoses laid from the centre of the village to the school, collecting newspapers for scrap, a Donkey Derby when somebody managed to transport the donkeys from the seafront in Yarmouth to the school, with well supervised children taking turns to ride them.”

Leslie Crowther, who is still remembered for compering the game show “The Price is Right” and legendary children’s show “Crackerjack,” was appearing in Great Yarmouth and came to the Hethersett school’s sports day.

“He made a short speech to open the event and said he wished he had brought





his shorts with him so he could join in. A youngster in the front piped up that he had a spare pair to lend him. Being a good sport Leslie accepted the offer taking part in the Walking Backwards race.”

Jean left the PTA in 1972: “It was a grand experience to share the plans and plots to raise money and to feel we had helped in some way.” Jean told Good News.

Substantial improvements were made to the swimming pool in the 1990s thanks to grants and again the PTA of the day raising money through fetes and many other events.

At one point the pool was under serious threat due to the substantial funds needed to update it and carry out repair work. The Governors of the time decided it was worth saving and a considerable amount of work by a considerable amount of people managed to save and improve it.

Today the pool remains an integral part of the village and has been responsible for many youngsters learning to swim - including the editor who learnt at the rather advanced age of 40!

Back in 2010, the pool staged a 24-hour swimming marathon as part of the inaugural Hethersett Olympic weekend. The photograph below was taken at that marathon.



# slanted dance classes

THE Autumn sees lots of children from across Hethersett signing up for new classes and clubs. Every Friday at 4.15pm, local children aged between three and 11 thrive from the opportunity to get fit, get active, get creative and have lots of fun in a weekly dance class.

Slanteddance has been running children's street dance classes at the village hall for several years and has been overwhelmed by the energy, work ethic and talent in the village.

As part of a commitment to encourage young people to increase their physical activity Slanteddance is offering to fund 20 free dance classes to young people living in the Hethersett area.

To register email

[admin@slanteddance.co.uk](mailto:admin@slanteddance.co.uk)

and they will send you a confirmation of the date and time of the class.

Slanteddance was founded by professional dancers and teachers Meg Sharland and Bryony Moore. Working across East Anglia, the company works with over 350 children per week in schools and the community.

For more information on classes and workshops visit:

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



# CAVELL FLOWER FESTIVAL 2017

**A special flower festival to commemorate the life of Nurse Edith Cavell is being held in St Mary's Church, Swardeston, on Saturday, 7th and Sunday, 8th October from 11am until 5pm.**

Every other year Nurse Cavell is commemorated in her home village of Swardeston. She is one of Norfolk's most famous women and people come from far and wide for the festival held just before the date of her death (October 12<sup>th</sup>).

She died in front of a German firing squad in Brussels in 1915 for having helped over 200 allied soldiers out of occupied Belgium.



Visitors can enjoy one of South Norfolk's finest flower festivals in the church, along with a selection of refreshments. There is extensive material about Edith Cavell's life and work and her art including new items discovered in the last two years. There will be live music over the two days. At the Village Hall on the common there will be a variety of stalls including produce, crafts, books and bric-a-brac.

Entry is free with donations and profits going to the upkeep of the lovely church where Edith's father was vicar for over 40 years and where Edith and her three siblings grew up. The Sunday school room, for which she raised funds in the 1880s, will be open by special permission with materials about her on display.

More detail will be posted on the website [www.edithcavell.org.uk](http://www.edithcavell.org.uk): More information is also available from Nick Miller on 01508 578468 or from [nickmiller906@btinternet.com](mailto:nickmiller906@btinternet.com)..

Parking will be available on the common by the Village Hall. Disabled passengers can be dropped off at the church.

## Letter to the Editor

Re - Hethersett Memorial Playing Field.

Dear Sir

There is a lovely play area for young children and a nice area for older children but what about older people who just want to go for a walk round the park.

There is only ONE suitable seat for the elderly and it's plonked right in front of the dog bin. There is a need for at least another three seats.

Carol Watson

We have passed Carol's letter onto the Memorial Playing Field Trustees for discussion at a future meeting.

# Village Screen Springs to Life

*By Roger Morgan*

Hethersett Village Screen held its first screening of the Autumn season on Sunday, 3<sup>rd</sup> September at the village hall. The show, which was attended by around 40 people, began with a short 20 minute film from the Britain on Film series which showed seaside holiday destinations in the East Anglian region.

This was followed by a showing of the 2016 film "Their Finest" starring Gemma Arterton and Bill Nighy. It tells the story behind the making of a British wartime propaganda film in the 1940s, set against a backdrop of the London Blitz. Gemma Arterton steals the show, brilliantly playing Mrs Cole a secretary turned script writer who battles to make her mark as a woman in a largely male dominated industry. Much of the humour is provided by the excellent Bill Nighy who plays the ageing British actor Ambrose Hilliard who deems himself to be too important for such a mundane production, only to be won over by the persuasive Mrs Cole.

The film also describes the growing love affair between Mrs Cole and fellow script writer Tom Buckley (Sam Claflin). It is both amusing and moving at the same time.

# Village Screen Coming Films

Coming films are listed below. All films are held in Hethersett Village Hall on Sunday afternoons at 3pm.



## **My Cousin Rachel (12A)** **Sunday 15th October, 3pm**

A young Englishman plots revenge against his late cousin's mysterious, beautiful wife, believing her responsible for his death. But his feelings become complicated as he finds himself falling under the beguiling spell of her charms. Rachel Weisz stars in this adaptation of the classic Daphne Du Maurier novel.



## **Viceroy's House (12A)** **Sunday 12th November, 3pm**

The final Viceroy of India, Lord Mountbatten, is tasked with overseeing the transition of British India to independence, but meets with conflict as different sides clash in the face of monumental change. A strong ensemble cast features Hugh Bonneville, Gillian Anderson, Michael Gambon, Manish Dayal and Simon Callow.



## **Whisky Galore (PG)** **Sunday 17th December, 3pm**

Whisky Galore is a remake of the classic British comedy in which Scottish islanders attempt to steal whisky from a wrecked ship. It features a rich cast of comic talent, including Ellie Kendrick, James Cosmo, Eddie Izzard, Sean Biggerstaff, Tim Pigott-Smith, Naomi Battrick and Gregor Fisher.

# HETHERSETT MATTERS

## **Working with Norfolk Trading Standards to make you aware of some of the latest scams to avoid.**

Norfolk Trading Standards is warning residents to be on their guard after Norfolk Police received reports of a cold caller in the South Norwich area offering 'Le Creuset' cookware.

The cold caller was reported to speak with a foreign accent and to be driving a saloon car with foreign number plates. The items offered are likely to be poor quality counterfeits of the genuine items.

Trading Standards advise: "Never deal with doorstep cold callers and never be pressurised into buying on the doorstep no matter what claims are made about the items."

It is possible this cold caller may move on to other parts of Norfolk.

Anyone sighting this seller or anyone concerned about rogue trader activity in their community can contact Trading Standards through their partners the Citizens' Advice consumer helpline on 03454 04 05 06 or Norfolk Constabulary via 101.

Trading Standards is again receiving reports from local people being targeted with doorstep and telephone cold calls about solar panels.

In the first incident, a resident was doorstep cold called by a man stating he was from a 'solar company' and needed to carry out 'maintenance' on the property's existing solar panels.

In the second incident, a resident was telephone cold called by a company offering to install solar panels at the resident's home. The call recipient described the cold caller as 'very pressuring and persistent' in attempting to arrange an appointment at the resident's property.

"We always advise people to be very wary of any approach made in a doorstep or telephone cold call. Never agree to have work done to or around your property or for someone to visit your home if approached in these methods.

"If you have solar panels on your property and you have concerns about their safety or are looking to have any maintenance done to them, we recommend using a Norfolk Trusted Trader or a member of the Solar Trade Association.

"If you have received one of these calls, have agreed to a home visit or an installation following this type of call, please contact us through our partners the Citizens Advice consumer helpline on 03454 04 05 06," said a Trading Standards' spokesman.



# HETHERSETT MATTERS

Facebook users are being warned to be wary of a message asking them to click to get free airline tickets with Easyjet.

This post is fraudulent and is in no way associated with Easyjet. There are no free tickets available and the post is a typical Facebook scam designed to trick people into spamming friends with the same fake promotion and then divulging personal information on suspect third-party survey websites.

Always remember the adage: If it sounds too good to be true it probably is.

## Winter Wonderland Time

**HETHERSETT Old Hall School is holding a Christmas Fayre on November 18th and has stalls for hire.**

**The school's Winter Wonderland Fayre will run from 10am until 3pm.**

**"Stalls cost £25 and can be booked through me at [salshog@hotmail.com](mailto:salshog@hotmail.com)," said chairman of the school's parents association Joy Elsley.**

## Minibus for Community Use

HETHERSETT Methodist Church has a 16-seater minibus which is available for community use.

The vehicle, which has been partly funded by grants and the support of Methodists from Norwich and Hethersett, can be borrowed on an ad hoc basis. The church stress that the vehicle is not for hire. Those using it will be asked to replace the diesel they use and also to make a donation.

Drivers must have D1 status on their licence. Anyone wishing for more information or to borrow the vehicle should contact Jacky Baker on 01603 811725.

# Council/Government Contact Numbers

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

## **Member of Parliament**

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: [www.richardbacon.org.uk](http://www.richardbacon.org.uk)

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

## **Norfolk County Council**

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

## **South Norfolk Council**

Our South Norfolk Council representatives are Leslie Dale and David Bills. Leslie can be contacted on 01603 810952. David can be contacted on 01603 813041.

## **Hethersett Parish Council**

Clerk to the council Ian Weetman can be contacted on 01603 810915. Parish council chairman Jackie Sutton can be contacted on 01603 811170.

## **Coming Event**

## **Sale at Village Hall**

A mum2mum market is being held at Hethersett Village Hall on Saturday, October 7th.

The franchise business, which featured on Dragons' Den last year, runs pop-up sales of nearly new baby, children's and maternity clothes, and toys, books and equipment.

Mum2mum is the brainchild of sisters Katie Heathcote and Claire Frisby.



## 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**



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# News From The Village

## Christmas Concert Planned

Hethersett Singers' next concert will have a festive flavour and will take place on Saturday, 2nd December, at 7.30pm.

The evening will consist of a mixture of short classical works and popular music with a Christmas theme as well as some less well known and new carols. There will also be instrumental pieces with guest musicians, along with fun music.

"One of the great joys of singing with Hethersett Singers is that we perform in concert with talented young local musicians," the organisers told the village Good News Magazine.

The group is looking for new members as well and currently has vacancies in its tenor, bass and alto sections. The group is open to anyone 18 and over and has members from a broad spectrum of ages, backgrounds and musical ability.

Singers rehearse on Wednesdays from 7.30pm to 9pm at Hethersett Old Hall School during school term time. Terms run from September to December and then from February to May with a concert in Hethersett at the end of each term. The group is also taking part in a charity Christmas concert at St Peter Mancroft in Norwich on the last Thursday before Christmas.

The group has been in existence for over 50 years and is now under the direction of Rob Goodrich.

More details about the group are available by calling 07949 533253 or e-mailing [hethsing@btinternet.com](mailto:hethsing@btinternet.com). The group also has a Facebook page.

# HERALD HEALTH



**THIS month we continue our look at wellbeing in conjunction with Rowan House Health and Welfare Centre in Queen's Road.**

Wellbeing isn't just about being happy, wealthy and successful or in good physical health and wellness. It is about a combination of our love for what we do each day, the security of our finances, the quality of our relationships, the vibrancy of our physical health and our role and contribution to communities (Rath & Harter 2010).

The medical approach to healthcare tends to see each of these areas separately; however in reality they are completely intertwined and cannot be separated. It might seem easier to treat the critical areas in our lives as if they are independent, however an intense focus on one area of wellbeing can actually be detrimental and lead to feelings of frustration and even failure.

One good example of this is weight loss; where we are quick to buy into diet and exercise programmes that promise to help us lose weight but will likely give up if they conflict with other areas of our lives.

American psychiatrist, Dr. George Engel first expressed the need for a new med-

# HERALD HEALTH

ical model in 1977 suggesting that physicians, instead of separating the body from the emotional make-up of patients, should adopt a biopsychosocial model. He believed it was important to examine all areas of life, including body-mind health, interactions with your environment and others, with these interactions being interdependent not independent of one another.

With so much interest recently into the field of epigenetics (factors that switch on and switch off our genes), Dr Engels' theory is proving correct. If our genes can be silenced or activated over time by chemical changes caused by lifestyle modification; diet, exercise, social interactions, stress levels and even levels of happiness, our approach to healthcare needs to take an holistic approach and address all areas of wellbeing. The good news, however, is that epigenetics is reversible and we therefore have more influence over our wellbeing than we are often led to believe.

The role of a holistic therapist is to do just this and look at their client as a whole person rather than a collection of symptoms. Gill Wright, Holistic Therapist at Rowan House Health and Wellbeing Centre, tells us about the skills a holistic therapist needs and how she approaches her clients:

"A Holistic therapist takes into account that everyone is unique and tailors the treatment to that individual; developing their physical, mental, spiritual and emotional awareness and wellbeing. The holistic therapist needs many skills in order to assess and help individuals develop these aspects of wellbeing. The key to a successful therapeutic relationship is about building a rapport based on trust.

"To do this a therapist needs to 'tune in' to their client from the moment they meet by observing their body language and nonverbal communication, being attentive to the individual and interested enough in the client to explore all aspects of the client's life. Being able to ask the right questions in the most appropriate manner i.e. being interested but not prying is also vital to building a trusting relationship.

"The idea is to assess the physical ailments of the client and to relate this to the individual's life. This could be anything from stressful situations, work life balance, past experiences, diet, exercise, family life, social life and personality type. Holistic therapists will then use a combination of treatment techniques most appropriate to that individual to work with their client to help improve their wellbeing. This may include massage techniques, Reiki, reflexology and meditation and mindfulness techniques amongst others.

"Another key element to being a holistic therapist is to understand other approaches to health and wellbeing that could support the client and ensure they

# HERALD HEALTH

achieve their potential as well as encouraging them to be proactive in their well-being. Other treatments may include nutritional advice, counselling or physiotherapy.”

## Messy Play Area



WE have been sent the picture above from a resident who wanted to point out an ongoing problem in the play area next to Admirals Way. We have highlighted this problem before but it seems to be an ongoing scenario.

“The mess above is just an example of what is usually there and which is often worse. Youngsters congregate there around 8pm. It is so sad to see such a mess, which is often dangerous to animals,” the resident said.



# Hethersett Pictorial



# Can You Solve This Mystery?

CAN any of our readers solve the mystery of this silver token which recently turned up?

The small but very attractive insignia has the name Hethersett in capital letters on the right hand side and what looks like laurel leaves around the outside.

The inside features a bird in flight. First suggestions were that it had something to do with Hethersett Hawks Cycle Speedway Club so our first port of call was club founder and current secretary Mel Perkins. Mel turned out to be as confused as we were and says that to his knowledge the club never had a silver insignia.

So it's over to you. We would love to know where this comes from and what it represents. Any information to the editor at [petersteward@lineone.net](mailto:petersteward@lineone.net).



## Youth Club Appeals For Help

HETHERSETT Jubilee Youth Club is appealing for new volunteers to help out at the club.

"We urgently need new volunteers. They play such an important role in the club, sitting and chatting with the young people, making drinks, selling tuck or even baking cakes," said Gillian Saunders from the club.

Ms Saunders said the club is also looking for other helpers prepared to work behind the scenes:

"We need a new treasurer and can't function without one. We are also looking for people to join us as trustees or committee members to help with the day to day running of the club and hall. We try and meet twice a term, so there's not a huge commitment," Gillian added.

# 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](http://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](mailto: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 to friends and relatives so that we can increase our readership.



# Hethersett Herald What's On

*The following are just some of the events taking place in Hethersett in October and further ahead. 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.***

**October 9th** - Hethersett Society. The Lindisfarne Gospels with historian Margaret Forrester. Methodist Church Hall, 7.30pm.

**October 10th** - Hethersett Writers' Group, 8pm, venue to be announced.

**October 15th** - Hethersett Village Screen presentation "My Cousin Rachel." Hethersett Village Hall, 3pm.

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

**October 17th** - Hethersett Dementia Group café at Hethersett Methodist Church Hall, 10am to midday.

**November 12th** - Hethersett Village Screen presentation "Viceroy's House," Hethersett Village Hall, 3pm.

**November 14th** - Hethersett Writers' Club, 8pm. Venue to be announced.

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

**November 21st** - Hethersett Dementia Group café at Hethersett Methodist Church Hall, 10am to midday.

**November 26th** - Hethersett Art Group's annual show in Hethersett Village Hall 10am to 4pm.

**December 1st** - Hethersett Velo Club Christmas Party and Awards Ceremony, Cellar House, Eaton, 7pm.

**December 12th** - Hethersett Writers' Club, 8pm. Venue to be announced.

**December 17th** - Hethersett Village Screen presentation "Whisky Galore," Hethersett Village Hall 3pm.

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

**December 19th** - Hethersett Dementia Group café at Hethersett Methodist Church Hall, 10am to midday.

## Aspiring Artists' Display

**Hethersett Art Group** (formerly Hethersett Aspiring Artists) will be holding an exhibition in Hethersett Village Hall on November 26th from 10am to 4pm.

Entry and car parking is free and all are welcome. Refreshments will be available for a small charge. Paintings and cards by the individual artists will be on sale with payment either by cash or cheque.

The group has been in existence for over a decade, being an informal, social group. Artists use their various painting talents to produce a wide variety of work - often over a cup of tea or coffee.

Everyone is welcome whether they are complete beginners or have considerable experience. The group is currently close to full membership but does have a few places available and the first session is free.

The group meets on Thursday afternoons in Hethersett Village Hall beginning at 1.30pm and finishing by 4pm.

## Literary Lunch For Charity at Park Farm



Soroptimist International of Norwich is organising a literary lunch at Park Farm Hotel on October 8th at midday.

Local authors Susan Curran and Benjamin Scott will be talking about their works and books and the art of writing and publishing.

Tickets for the event are £30 which includes a welcome drink, a two course lunch and coffee. The event will raise funds for club charities - Opening Doors of Norwich and Neat Feet and Happy Hands.

Full details can be found on the group's website at

<http://sigbi.org/norwich/charity-literary-lunch/>

Soroptimist International is a club for women aimed at networking, socialising and discussing important issues of the day. The Norwich club meets twice a month on the first and third Mondays at 7pm at Norwich Girls High School in Newmarket Road.

# Thousands Support Finnbar



THOUSANDS of people and a television celebrity turned up for a special adventure day to raise money for a very worthy charity set up in memory of Hethersett youngster Finnbar Cork.

Over the past year, we have carried a number of reports of events being held for the Finnbar Force charity but these were overshadowed as thousands of people turned out for a day of adventure at the Eaton Centre.

Those taking part included television presenter Jake Humphrey.

Finnbar died last year after suffering a brain tumour. His parents set-up Finnbar's Force to support children and families affected by brain tumours.

Afterwards, Finnbar's parents described the day as "absolutely incredible" with 4,000 people taking part. Those attending took part in abseiling, canoeing, axe-throwing, high ropes, shooting, grass sledging and archery. It is likely the day will have raised more than £9000

# News From the Parish Council

## Welcome For New Councillor Mike

MIKE Stark has joined Hethersett Parish Council to bring its numbers up to the maximum complement of 13.

Mike (pictured right) was co-opted onto the council at its September meeting. He takes up the vacancy brought about by the retirement of Jim Bartram. Mike has lived in Hethersett for just over three years after a career working for a variety of financial services companies.



He came to Norfolk in 2000 from the West of Scotland and has worked in many parts of the United Kingdom and also has experience of charities such as Citizens Advice and the Prince's Trust.

"I believe that my experience and skills will be of benefit to the parish council and the community of Hethersett as a whole," he said.

## Stickers on Bins

The council's plans to have speed indication stickers on household bins has moved a step closer following backing from Norfolk Police and county highways.

The stickers will be displayed on refuse bins in 20 mph limit areas in the village. It is hoped that they will prompt drivers to cut their speed and the parish council will be working in partnership with the police in what is a road safety initiative.

The parish council is awaiting support from South Norfolk Council before launching the initiative which will be effective on bin collection days.

## Trustees Needed

New trustees are needed for both Hethersett Memorial Playing Field and Hethersett Village Hall Management Group. Anyone interested in applying or wanting more information should contact parish council clerk Ian Weetman on 01603 810915.

# News From Hethersett Library



MORE children than ever took part in the Norfolk Libraries summer reading scheme at Hethersett.

This year's Animal Agents scheme saw 120 youngsters completing the assignment of reading or having read to them six books during the summer.

A special ceremony was held at the library on September 14th with the certificates being presented by Norfolk County Councillor and South Norfolk Councillor David Bills who represents Hethersett on both bodies.

Librarian Helena Last thanked parents and library staff for their involvement:

"It was another fantastic response from Hethersett Library children," she said.

**Our photograph shows Councillor Bills with Helena Last and some of the children with their certificates.**

# October in Hethersett Library

*with Rebecca Warner*

What's On in your Library in October

- Monday 2nd            0930 - Walk and Talk Group departs from library.  
                             1030 - Just A Cuppa Coffee Morning.  
                             1400 – Book Group.
- Wednesday 4th      1030 – Colour Yourself Calm Group.  
                             1415 – Bounce and Rhyme Time.
- Thursday 5th        1400 – Norfolk and Norwich Association for the Blind stand.
- Monday 9th           0930 – Walk and Talk Group departs from library.  
                             1030 – Just A Cuppa Coffee Morning.  
                             1100 – Online Family History Session (please book).  
                             1400 – Craft Group.
- Wednesday 11th    1030 – Colour Yourself Calm.  
                             1415 – Bounce and Rhyme Time.
- Monday 16th        0930 – Walk and Talk Group departs from library.  
                             1030 – Just A Cuppa Coffee Morning.  
                             1400 – Craft Group.
- Wednesday 18th    1030 – Colour Yourself Calm Group.  
                             1415 – Bounce and Rhyme Time.
- Thursday 19th       1800 - Author Talk – Marion Andrews.
- Friday 20th          1530 – Crafter School Club - £1 per child 50p for siblings.
- Monday 23rd        0930 – Walk and Talk Group departs from the library.  
                             1030 – Just A Cuppa Coffee Morning.  
                             1400 – Craft Group.
- Wednesday 25th    1030 – Colour Yourself Calm Group.
- Monday 30th        0930 – Walk and Talk Group departs from the library.  
                             1030 – Just A Cuppa Coffee Morning.  
                             1400 – Craft Group meets in the library.

Like and follow us on Facebook – [www.facebook.com/HethersettLibrary](http://www.facebook.com/HethersettLibrary).

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

Hethersett Library

Queen's Road, Hethersett

[www.library.norfolk.gov.uk](http://www.library.norfolk.gov.uk). Email: [libraries@norfolk.gov.uk](mailto:libraries@norfolk.gov.uk). Tel: 01603 810188

Hethersett Library Opening Hours: The library is staffed on the following days and times:

Monday: 10am-1pm and 2-5pm

Wednesday: 10am-1pm and 2-5pm

Thursday: 2-7pm

Friday: 10am-1pm and 2-5pm

Saturday: 8am-2pm

## Change of Telephone Number for Hethersett Surgery

We have been contacted by Hethersett Surgery to inform residents of a change of telephone number.

The number - 01603 977 477- covers all three surgeries in the practice - Hethersett, Cringleford and Mulbarton.

Patients phoning the number will be directed to the relevant surgery.

“The new telephone system will enable us to answer more calls at once which will allow more patients to get through at busy times. If your call cannot be answered immediately, it will be placed in a queue which will give patients the choice of waiting for the next available member of staff or trying again later.” the surgery said.

The previous telephone numbers will continue to work in the short term before being withdrawn.

## FLU JABS

Hethersett Surgery will be closed on October 5th to allow staff to move to Hethersett Village Hall to administer flu jabs. The injections are available to those over 65 and younger people with certain medical conditions.

# Groups and Societies

## Women's Institute

Danielle Gravestock from the charity BREAK talked to Hethersett Women's Institute and outlined the success of the charity which next year will be celebrating its golden jubilee.

BREAK provides residential and community-based services for children over the age of eight and their families, providing a safe and creative environment.

## Probus Club

Tony Diamond talked to Probus Club about the life of author Rudyard Kipling. Kipling was born in Bombay in 1865 and became a newspaper editor at the age of 19. He went on to write many well loved books including "The Jungle Book," "Kim" and the "Just So Stories" for children, along with many adult novels.

He was awarded the Nobel Prize for Literature and was involved in the Boer War and the Siege of Mafeking. He became Chief of the War Graves Commission and his son Jack was killed at Loos in the First World War.

## Mothers' Union

Hethersett Mothers' Union visited their Sheringham counterparts for Evensong at St. Peter's Church. The service was followed by afternoon tea.

## Methodist Church

Hethersett Methodist Church continues to organise a number of regular weekly events. An art and craft group meets on Wednesday mornings from 10am. Further details of this are available from Tina Greenhalgh on 01603 810364.

Shoppers' Coffee is held every Saturday morning from 10.30am until noon and is open to everyone.



# Groups and Societies

## Australia for a Tenner

*Herald Associate Editor and Hethersett Society member, Gary Wyatt, reviews the society's September meeting.*

The talk at Hethersett Society's September meeting was given by long-standing society member David Abra and was entitled "The £10 Pom". This refers, of course, to the assisted passage scheme operated by Australia during the 1950s to encourage people to emigrate there.

To take advantage of this subsidised travel scheme (by ship, of course, in the 1950s) it was necessary to have a trade or profession, and one had to stay for a specified period of time. There was also (as David said, "whisper it") a 'whites only' policy.

David had a desire to take advantage of the scheme but this ended when he met his wife, Daphne. However, together they did much later visit Australia a couple of times, albeit by flying with Qantas rather than via the three-week sea journey (and, David hinted, at rather greater cost).

David described the history of the 'discovery' of Australia in the 18<sup>th</sup> century by the Dutch and our own Captain Cook, although it was of course known by non-Europeans long before that. He mentioned that when his own parents were born in 1890, the country was still very young in European eyes. He then went on to show slides of his visits, concentrating on the very diverse climatic zones, ranging from the sub-tropical northern territories to the often very cold south coast, where penguins are to be found.

He touched on the vast distances involved and how initial exploration was inhibited by the dryness of the 'outback' as it is known. A north-south railway was started in the 1890s and not completed until 2004. He mentioned something that I was not aware of, that the famous Sydney Harbour Bridge was modelled on the Tyne Bridge in Newcastle. Perth was his favourite city of all those they visited. The talk was well received by society members.

This was the first meeting of the 2017/18 programme. Next month's talk (Monday 9<sup>th</sup> October) is on the Lindisfarne Gospels and will be given by historian Margaret Forrester. Visitors are welcome at any meeting for a £2 fee, or the society subscription for the whole year is only £7.

# Groups and Societies

## Hethersett Dementia Group

Harvest was the theme at the September meeting of Hethersett Dementia café. The café meets on the third Tuesday of each month from 10am until midday in Hethersett Methodist Church Hall.

The group is currently looking for a volunteer to take on marketing and promotion. An advert was recently placed in the Eastern Daily Press newspaper appealing for a volunteer with the following words: "Hethersett Dementia Support Group require a motivated volunteer to move forward our communications and marketing strategy i.e Facebook page, liaison with the Media etc for a fixed period of a year. Anyone interested should contact group secretary Stephen Baxter on 01603 811505.

## Heart of Hethersett

The Heart of Hethersett Bereavement Group re-started after a summer break with a meeting at Woodcote Sheltered Housing complex in Firs Road and a decision to widen its scope to include people suffering from depression, isolation, loneliness or anxiety.

The group was launched in September 2016 and has already supported a number of people through difficult times. It is now looking to extend its scope to support even more local people.

Anyone interested in finding out more about the group can contact Stephen Baxter on 01603 811505. The group has a web site at [www.heartofhethersett.weebly.com](http://www.heartofhethersett.weebly.com)

and a Facebook page at

<https://www.facebook.com/heartofhethersett/>

The group meets on alternative Tuesdays from 5.30 until 6.30pm in the lounge at Woodcote Sheltered Housing complex in Firs Road. Meetings for October will be on the 10th and the 24th

# Hibernation Time Approaches

*Connie Tindale updates us on the progress of her Hethersett Hedgehogs*

THE equinox has passed and the nights are now longer than the days which will further shorten for several more months before they start to grow longer again.

Autumn appears to have arrived early this year as, although they have not fallen yet, the leaves are already turning yellow and gold. The days are still mild though and there are no signs of an early frost.

The longer nights should give the hedgehogs more time to eat so that they can fatten up, but in reality food is harder to find as it gets colder. Temperature is



important to hedgehogs and the colder it gets the greater their desire to avoid it by hibernating. Some hedgehog experts have been advising people not to feed the larger hedgehogs as it puts them off hibernating and that we should only

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

feed the smaller ones that need to reach at least 450gm before they have any hope of surviving even a mild winter. I do not know how they go about this selection as my feeding stations attract hedgehogs of all sizes from large healthy males down to tiny autumn juveniles. Am I supposed to put a little sign there written in hedgehog-hieroglyphs that says "Hoglets only" or do they think that the big boys will give way to the tiddlers. No chance.

Many hedgehogs did not start hibernation until January or February last year but I believe that was more to do with the mild weather than with the food that was being provided. Whether or not you put food out each night, please put out water which is vital for survival.

In last month's Hedgehog Notes in the Hethersett Herald we asked for help finding release sites for recovering hedgehogs. The response was wonderful. Six Hethersett residents contacted us with details of their gardens; all of which had the attributes needed to sustain hedgehogs throughout the year – large areas with bugs and beetles plus places they could make their nests and an absence of badgers.

At present we have no hedgehogs to release but I have kept details of all the offers and cannot thank the volunteers enough for their kindness. I shall list everyone as a 'Hedgehog Champion' in my records.

We recently had a large patient (Clarence) brought in by two children from Mill Road. They had spotted him looking lethargic in their garden in daylight and so popped him in a box with some bedding and brought him along to be cared for. Hedgehog Champion badges for them.



He did not appear to have any breathing problems or tummy troubles but he was infested with ticks.

Ticks are horrible bluey/grey things that swell up like little balloons while they suck blood from their victims leaving them anaemic. We have a special tick remover which lifts the ticks without leaving mouth parts in the hedgehog's skin which could cause infection. We can remove all the visible ticks but it can be hard to get a wild hedgehog to uncurl so that we can remove the ticks on its stomach and ruff.

Pouring water on its back or putting it in shallow water is thought an almost infallible way of getting them to uncurl but Clarence had decided that he would rather drown than reveal his underside and totally refused to spread out. The ticks will drop off him of their own accord before long but that only sets up their breeding cycle again as they lurk in wait for the next stage of their cycle.

While you are busy raking up leaves when they begin to fall, please leave some for the hedgehogs to drag into their winter quarters which could be in your log pile, under your shed, in your compost heap or, heaven forbid, in your waiting bonfire. Please check you heaps before you stick a fork into them and check your bonfires before you light them.

There are autumn juveniles about. If you see any really tiny hedgehogs in your garden once it turns cold please pick them up and take them to a rescue centre which will keep them warm and bring them up to weight before they sleep.

A reminder that you can read more about Hethersett Hedghogs at

[www.Hethersetthedgehogs.com](http://www.Hethersetthedgehogs.com)

I can be contacted at [connie@connietindale.com](mailto:connie@connietindale.com)

## Social Media

**Here's a salutary lesson for any would-be prankster. We came across this sad tale of a joke that went horribly wrong which just proves that in the Hethersett of 1741 acting like a ghost could have tragic consequences.**

*Norwich, Jan. 24* Last Week a very odd Accident happened at the Queen's Head at Hethersett, about four Miles from this City, after the following Manner, viz. Some Persons being drinking there, among whom was a Chimney-sweeper, who liv'd at Wymondham; and the Conversation turning upon Ghosts or Apparitions, the Chimney-sweeper thought on a Method that might frighten the rest of the Company: Accordingly he withdrew, went up a Chimney in another Room, and design'd to come down that Chimney in which all the Company were then drinking; but driving the Soot down before him, it took fire, and fired his Clothes, so that he was forced to return back to the Chimney he went up, which also taking fire from his Clothes as he went down it, he was scorch'd in so miserable a Manner that the Skin of his Hands came off like Gloves, and he died while the Surgeon was dressing him.

# Media Watch

**The following stories have appeared in the local newspapers - the Wymondham Mercury, the Eastern Daily Press and the Norwich Evening News**

## Mia's Exam Success

THE Eastern Daily Press featured a Hethersett youngster who has enjoyed outstanding exam results at a school which educates the county's excluded and vulnerable children The Short Stay School for Norfolk (SSSfN) saw 77% of its year 11 class achieve one or more GCSEs this summer, up from 59% last year and 38% in 2013.

Highest achiever was Mia Stebbings, from Hethersett, who achieved an A\* in art, an eight in English - roughly equivalent to an A - and, overall, more than five GCSEs at grade C or above.

Mia is now studying an apprenticeship and one day hopes to complete a nursing degree. She joined the Locksley School, in South Norwich, last summer after having difficulties at school.

She said: "Locksley has been a really great experience for me and everyone there really helped me a lot. I've made amazing friends and have been able to start an NHS apprenticeship because of the help given to me."

The SSSfN has four main schools across Norfolk and two specialist centres and educates children who are excluded by mainstream schools.

### Art Display

From mustard making to brewing, the industrial past and iconic buildings of Norwich has inspired an exhibition by celebrated Norfolk printmaker Sally Hirst, reported the Eastern Daily Press. Sally was formerly Head of Art at Hethersett High School.

You will have to hurry to catch Sally's exhibition which is at Norwich Theatre Royal until October 2nd. For more information on this story visit the Eastern Daily Press web site at <http://www.edp24.co.uk/home>.



# Hethersett Schools' Update

THE Wymondham and Attleborough Mercury reported that changes to primary school education in Hethersett have moved a step closer.

Norfolk County Council has moved to the next stage in its plan to transform the current infant and junior schools by making them all-through primary schools.

Under the plans, the village's infant school would move to a site on a new estate and the junior school would undergo significant expansion.

Matt Dunkley, interim director of children's services, said: "Hethersett is doubling in size and it is important that we plan for the future so that there are enough school places for children in the community.

"This proposal will mean we can retain and build on the brilliant schools that already serve the village, moving the current infant school to a new site and expanding the junior school.

"Children would also be able to stay at one school throughout their primary years, which we know benefits teaching and learning."

## Inquest Result on Duncan McPhee

An inquest on Hethersett man Duncan McPhee has established that he died from a drugs related condition.

McPhee, 32, had been clean of drugs for two months but was discovered dead at home in Hethersett on January 4th. Senior coroner Jacqueline Lake concluded it was a drug-related death.

If you want to read a full report of the inquest from the Eastern Daily Press newspaper visit: <http://www.edp24.co.uk/news/father-of-four-who-died-after-taking-ecstasy-was-crying-out-for-help-1-5201705>

# Have You Missed an Edition?



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 independent publication for news, views and features about Hethersett and general articles written by residents. It is currently available only 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](mailto:petersteward@lineone.net) or dropped off at 12, Karen Close, Hethersett**

# Sports Coverage Starts Here

HETHERSETT Hawks/Myhill Decorators had three representatives at the British Individual Championships' weekend in the Midlands.

## Cycle Speedway with Mel Perkins

Harley Hamill had his first taste of the Open Championship and scored eight points in each of his semi-finals at Birmingham and East Park, the highlight being a heat win.

Glyn Morgan contested the Over-50s' Final and finished joint 10th with 11 points. He also had a heat win but a shed chain in a later heat handicapped his score. Owen Wells battled through tough qualifying heats in the Under-16 Championship but just fell short of the qualifying places in the final, ending up as second reserve.



The matches were all good experience for the Hawks .

The Norfolk Go-Ride Series reached its conclusion at the little-used Harford Park circuit that was in amazingly good condition after persistent rain. Sixteen riders braved the damp, cool conditions to put on some excellent racing. These included three more debutants swelling the total number of competitors for the season to 40.

Race of the night was the senior final in which Harley Hamill swept round the outside for victory.

Full results -

Under-10 : A Final - 1st George Larter, 2nd Kieron Alton, 3rd Tabi Nierop, 4th Will Blackmore. B Final - 1st Harry Wells, 2nd Connor Jarrett, 3rd George Wells.

Under-13: A Final - 1st Tom Blackmore, 2nd Krishna Yogeswaran, 3rd Cain Fox.

Under-16: A Final - 1st Owen Wells, 2nd Paul Delaiche.

Senior: A Final - 1st Harley Hamill, 2nd Danny Machin, 3rd Jamie Medler, 4th

Owen Wells. B Final - 1st David Blackmore.

Final overall positions: Under-10 -1st George Larter, 2nd Will Blackmore, 3rd Tabi Nierop.

Under-13 - 1st Tom Blackmore, 2nd Krishna Yogeswaran, 3rd Max Rainbow.

Under-16 - 1st Owen Wells, 2nd Paul Delaiche, 3rd Ayrin Larter.

Senior -1st Paddy Wenn, 2nd Owen Wells, 3rd Leigh Cossey.

The series has been a tremendous success thanks mainly to the Go Ride coaches Gary Coldy, Jamie Medler and Kevin Wells and admin support from Lisa Wells.

Hawks rounded off their South-East and Eastern League campaign with a re-arranged Division Two match with Norwich. The visitors had a makeshift team on the day who, to their credit, never gave up, but they were no match for the Hawks who were even able to rest more experienced riders and give extended runs to Ayrin and George Larter, the ever improving Paul Delaiche and recent recruit Danny Machin.

The victory for Hethersett B ensured the runners-up spot in the final table and the side had Machin, Liam Webster and Glyn Morgan unbeaten.

Hethersett B 94, Norwich B 66. Hethersett scorers - G. Morgan 15, A. Larter 14, P. Delaiche 13, L. Webster 13, D. Machin 11, O. Wells 10, G. Larter 9, L. Hulcoop 9.

Morgan's performance was even more significant given that he had been racing in Glasgow the previous day in a Eurovets round where he did well to score 13 points to earn a place in the Over-50s B Final and was well pleased with a second place there after drawing the unfavourable outside starting position.

Hawks contested the inaugural regional play-offs in the British Knock-Out Cup. After much uncertainty in the weeks leading up to the event, the new format proved to be a resounding success with some exciting, competitive racing. Hethersett had to call up some late replacements and it was clear that Ipswich and Great Blakenham were favourites. In the first half these were neck and neck in the lead with Hethersett and Hellingly in their own battle for third place.

In the second half, as the pressure mounted, the two lesser sides started to have more influence and it was Great Blakenham who cracked with just four points from heats 26 to 29. Ipswich were the most consistent team and deservedly go forward to the national final at Coventry. Liam Webster finally got the Hawks' elusive heat win in heat 27 but Hellingly had just enough strength in

depth to take third place. However, the squad can feel proud of reaching the play-off and contributing to some excellent racing.

Result: Ipswich 100, Great Blakenham 92, Hellingly 67, Hethersett 59. Hethersett scorers - L. Cossey 10, L. Webster 10, D. Chambers 9, H. Hamill 7, D. Machin 7, G. Morgan 6, P. Delaiche 6, K. Adams 4.

One of the riders missing was Owen Wells who had suffered a fractured thumb in a heavy crash while contesting the D Final at the British Junior Grand Prix at Sheffield.

Two club champions have been crowned - George Larter in the Under-10s and Katie Adams in the Ladies.

Hawks member Glyn Morgan had a good day of veterans' racing at Eaton Park in Norwich. He represented the Orchid Eurovets Select against the British Lions squad going to Australia in November. He scored 11 points from four rides and also featured in the only Eurovets 7-3 win with Paul Timms. The Lions won 104-94.

Immediately after, in horrendous conditions on a flooded track, he contested a Norfolk Veterans' Grand Prix in which he scored 17 points to finish joint fourth and picked up an award as the top over-50 rider outside the top three. The events were sponsored by About2bounce Inflatable Hire.

Morgan also won the Hethersett Veterans' Club Championship in midweek with George Later wining the Under-13s.

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Hawks successfully staged round seven of the South East and Eastern Grand Prix. A total of 41 riders took to a near perfect track on a splendid September afternoon and there was some excellent racing.

Suffolk riders dominated the younger age groups as usual with wins for Luca Woodhouse (Kesgrave Under-8s), Charlie Parr (Kesgrave Under-10s), Noah Woodhouse (Kesgrave Under-12s), Lewis Brinkhoff (Kesgrave Under-14s) and Reece Johnson (Ipswich Under-





18s). Home rider Owen Wells took care to take third place in the Under-18s nursing a broken thumb.

Home riders finally made a big impact in the Seniors and Veterans competitions. Leigh Cossey, Harley Hamill and Danny Machin took first, second and fourth in the seniors while Glyn Morgan held off stiff challenges to win the veterans.

Morgan will resume his challenge in the Eurovets Series travelling to Hellingly in Sussex for the penultimate round.



Meanwhile Daniel Longlands won the Hethersett Under-16 title with a maximum in midweek.

The pictures on this page were taken at the South East and Eastern Grand Prix on the memorial playing field. The top picture shows Harley Hamill leading one of the heats.

The photograph on the previous page is of veteran winner Glyn Morgan.

October sees the cycle speedway season draw to a close with the final club night on Tuesday, October 24th. Membership numbers for the year have soared past the 50 mark, including 17 under-10s and 25% of the members are female.





**Hawks riders, members and volunteers are pictured above with their recently awarded clubmark which they have been working towards for sometime.**

**The clubmark recognises the excellence of the club and the efficient way in which it is run. The award runs until July, 2020.**

**Hethersett Hawks will be holding its annual charity cup and senior club championship at 2pm on Sunday, October 15th.**

**We will have results and reports in the November edition of Hethersett Herald.**



# Academy Facilities Available

LAST month we featured details of Hethersett Academy facilities available to the community after school hours, at weekends and during school holidays.

We have been sent a list of available booking slots at the centre which are as follows.

**Sports Hall** - Tuesdays 7-9pm, Wednesdays 5-9pm, Thursdays 5-6pm, Fridays 7-9pm, Saturday 10am-4pm, Sunday 10am-4pm.

**Gymnasium** - Tuesdays 5-6pm and 8-9pm, Wednesdays 5-6pm, Thursdays 5-6pm, Fridays 5-6pm, Saturday 11am-4pm, Sunday 10am-4pm.

**Tennis Courts** - Tuesdays 5-9pm, Wednesdays 5-9pm, Thursdays 5-9pm, Fridays 6-9pm, Saturday 10am-4pm, Sunday 10am-4pm.

## Athletic Season Underway

HETHERSETT Athletic Football Club got its season underway at the beginning of September with the adult Saturday and Sunday teams in action. The youth teams' fixtures began on September 18th.

Below are reports of matches played in the opening weekends of the season.

### September 3rd and 4th

The senior teams had a disappointing start to the new season, taking just one point from four games in two leagues.

This season sees Hethersett Athletic Saturday and Hethersett Athletic Old Boys both competing in Division One of the Barnes Print Central and South Norfolk League following its amalgamation with the former Norwich Saturday League.

It was a shaky start for both, however, as Saturday went down 4-1 at home to Longham and Old Boys lost 2-0 at Mulbarton A. Saturday's scorer was Danny Gray.

Athletic Sunday Firsts were well beaten by Woolpack 6-0 in the Norwich Sunday League Division Two, whilst the reserves were the only club team to take a

point following a 1-1 draw at home to FC Viking in Division Four with their goal coming from Dion Hill.

### **September 10th and 11th**

Hethersett Athletic's senior teams got their first wins at the weekend after a disappointing start to the season the previous week.

There was mixed fortunes in Division One of the Barnes Print South and Central Norfolk League, however, with Athletic Old Boys recording a good 4-1 win at home to Shipdham but Athletic Saturday going down 6-3 at Sporle. Saturday scorers were Danny Gray, Paul Grimwood and Mark Lance.

Athletic Sunday Reserves hit form to move to the top of Division Four of the Norwich Sunday League with a 6-1 victory over Nelson Athletic to make it four points from their opening two games. Adam Waters led the way with a hat-trick and other scorers were Chris Brownbridge, Matt Pummell and Sam Payne.

Athletic Under-19s began their season with a 3-0 home defeat at the hands of Scole

## **Sports Association Meeting**

THE next meeting of Hethersett and the Meltons' Sports Association will take place at Park Farm Hotel at 7.30pm on Wednesday, October 11th.

Hethersett and the Meltons' Sports Association was founded in February, 2011, to bring together sports and leisure groups along with individuals involved in fitness and well being, either in a professional or volunteer capacity.

It meets quarterly to celebrate sport, recreation and well being in Hethersett, Great Melton and Little Melton.

Club membership is just £5 per year and individual membership is free. For more information visit the association's web site at:

<https://handmsa.weebly.com>



## Presentation Time for Stalwart Mel

HETHERSETT Athletic founder, former secretary and village sporting stalwart Mel Perkins was honoured at the club's September committee meeting.

Mel, who founded the club in 1991 as Hethersett Jubilee FC, was presented with the Lee Thompson Memorial Trophy for outstanding contribution to the club. Mel is the first person to win the trophy twice

- having previously been the recipient in 2009.

In addition he was made honorary club president and presented with wine and train vouchers to mark over 25 years with the club, helping to build it up from one youth team to become one of the largest youth and adult



set-ups in the county.

“Mel has made an outstanding contribution to Hethersett Athletic and its only fitting that we honour his contribution to the club,” said chairman Neal Luther who is pictured on the previous page presenting the Lee Thompson Trophy to Mel:

“I am overwhelmed by all the presentations,” Mel said.

**The club recently presented last season’s golden boot trophy to Saturday Old Boys player Leigh Smith who notched 43 goals for the club in the 2016/2017 season. He is photographed on the previous page receiving his trophy from team joint manager Michael Lemmon.**

# Focus on Youth



**HETHERSETT Athletic Under-13s are pictured with new jackets given to them by their sponsor Peter Graves and Liberty Build Homes.**



**#TinyTuesdays**  
**Starts 19<sup>th</sup> September**

**JUST £25 FOR 12 SESSIONS**

**PRE-SCHOOL RUGBY CLASSES @ 9.30 & 10.30am**  
**To Book: email [crusadersrugby@hotmail.com](mailto:crusadersrugby@hotmail.com)**  
**or message us on Facebook**  
**Crusaders Rugby Club, Little Melton Rd, Hethersett. NR9 3NP**

CRUSADERS Rugby Club has re-started its Tuesday Tiny Tryer sessions at its headquarters in Little Melton Road, Hethersett. The sessions run at 9.30 and 10.30 am and are intended to be an introduction to rugby for children aged two and over.

Meanwhile Crusaders have kicked off their season. On September 16th the first team went down 17-0 at local neighbours Wymondham while the second team beat Norwich Thirds 31-0.

On September 23rd, the first team suffered a narrow 24-21 defeat at home to Newmarket.

On 30th September the firsts were due to play Southwold at home with the seconds away to Wymondham Thirds. We will bring you the results of these games in the next edition of Hethersett Herald.

On October 7th, the firsts are away to Ely with the seconds home to Norwich Union Seconds.

The club will be holding a bonfire and fireworks evening on November 4th from 6pm. Entry is £10 per car and there will also be stalls and refreshments.



# Senior Hangs Up His Bat

HETHERSETT and Tas Valley Cricket Club president Richard Ellis has decided to hang up his bat after many years playing for the club.

Known to everyone as “Senior” to differentiate himself from his son who also plays for the club and has the same name, Richard was presented with a commemorative tankard before a recent fun match between players from the club’s fourth team.

His final game for the club was in the annual tournament involving four teams including ones put together by the president and chairman.



This resulted in victory for the chairman’s team which beat the President’s XI in the semi-final and a team led by first team skipper Damian Fahy in the final. Some of the players from the four teams taking part are photographed above.

The club will be holding its annual dinner and prize presentation evening at Park Farm Hotel, Hethersett on October 14th and this will be followed by the annual general meeting at the Flordon Headquarters on October 19th.

We will bring you reports on both events in the next edition of Hethersett Herald.





# Celebration of Youth

HETHERSETT and Tas Valley Cricket Club celebrated its youth section with a special dads v lads match and presentation event at the club's Flordon headquarters.

Youth Head Coach, Sara Worley, praised all the youngsters who have trained or played for the club this season:

“This year we started to take in children as young as five and as a result 97 youngsters have come along to the club and that is the most we have ever had,” she said.



The club fielded teams in nine competitions across five age groups:

“We achieved three second places which is a fantastic achievement given the strength of some of the clubs we compete against,” Sara said adding that the club’s work with juniors is only possible through the help and support of qualified coaches, older juniors and parents. This season’s Under-9s



and Under-17s have been managed by under-17 players Ben Woodruff and Jonny Cooper.

The Junior Player of the Year award was presented by Sara Worley to Jack Gibson:

“Jack was a unanimous and obvious decision. He has had a fantastic season and has shone not only in junior cricket but also in our senior teams. Aged only 14, he was a regular player in the second team this year and finished playing for the adults’ first team. He is a very stylish batsman who shows real promise and sits in third place in the overall club batting table with 776 runs this year behind only first team captain Damian Fahy and first team opener Ian Bryce,” Sara said.

Other awards presented were as follows:

Under-9s awards presented by Ben Woodruff and Jonny Cooper - Batting, Will English; Bowling, Ollie Last; Manager’s Award, Alfie Bird.

Under-11s awards presented by Sara Worley - Batting, Harrison Winship; Bowling, Aidan Chamberlain and James Ellis; Manager’s Award, Jacob Coglin-Hibbert.

Under-13s awards presented by Steven Hayes - Batting, Ben Way; Bowling, Ben Way; Fielding, Alex Bird; Manager’s Award, Charlie English.

Under-15s awards pre-





sented by Sara Worley - Batting, Jack Gibson; Bowling, Tom Howard; Fielding, Jack Gibson; Manager's Award, Cameron Amis.



Under-17 Awards presented by Ben Woodruff and Jonny Cooper - Batting, Jonny Cooper; Bowling, Ryan Scammell; Manager's Award, Jack Gibson. For the record the lads beat the dads in the fun match much to the delight of the youngsters.



Our photographs on this page show just some of the award presenters and winners.





HETHERSETT and Tas Valley Cricket Club has been presented with a defibrillator by club president Richard Ellis.

The machine will be kept at Valley's home ground at Taswood Lakes at Flordon and will be available to both those attending cricket and using the fishing facilities.

Our photograph above shows four of the club's members with the new machine. They are (left to right) Al Watts (who works for Norfolk Ambulance Service), Ian Harrison, Dr Nick Morton and vice-chairman Mark Worley.

Dr Morton, who is a GP at Bowthorpe, will be giving club members instructions on how to use the defibrillator in the near future.





YOUNG cricketer Luke Mathews was named Hethersett and Tas Valley's player of the month for August and was presented with a bottle of Prosecco by first team captain Damian Fahy and competition sponsor Tony Smith at the Over-40s finals day on September 3rd.

Luke won the award for his performances in the club's third team during August which saw him put together innings of 95 and 135.

The award brought to an end the first season of player-of-the-month competitions which will re-commence when the 2018 season starts next April.



## Fourth Team's Funday

HETHERSETT and Tas Valley's fourth team got together for a special fun match towards the end of the current season.

The September game illustrated the wide age range that has represented the team in the Norfolk League this season - its most successful to date. Some of the players taking part are photographed



opposite.

The cricket club will once again be fielding four adult Saturday sides next season - two in the Norfolk Alliance and two in the Norfolk League.

## Sports Reports Needed

**We are happy to carry reports and results from sports clubs from Hethersett or with connections to the village.**

**If you would like your club featured just send the details to [peter-steward@lineone.net](mailto:peter-steward@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**



# Beaten at the Last Hurdle

HETHESETT and Tas Valley's bid to become Norfolk Over-40s champions ended at the last hurdle on September 3rd when they lost to Bircham in the final at Flordon.

Earlier Valley had comfortably beaten Drayton in the semi-final but they found Bircham just too strong for them in the final.

Bircham batted first and notched a highly competitive 165-3 in their 20 overs with some lusty hitting and that proved too much for Hethersett who lost wickets at regular intervals and were bowled out for 131 to give Bircham victory by 34 runs.

Earlier Valley had beaten Drayton by six wickets in the semi-final. Drayton scored 117-6 and Valley replied with 118-4. In the other semi-final Drayton beat Tivetshall. The event featured the three geographical winners - Hethersett and Tas Valley, Bircham and Drayton - and the best runner-up, Tivetshall.

There was some consolation for Valley as they received the South Norfolk Over-40s Trophy for winning their section. The Hethersett final team is pictured above. The day also featured a barbecue and bar and it is likely that it made over £300 for club funds.





# Looking to Rejuvenate

HETHERSETT Velo Club is appealing for new members as part of a re-branding and rejuvenation drive.

**Focus on Cycling**

The successful club currently has around 45 members and has been in existence since 2013. Its aim has always been to give recreational cycling to people of all ages and abilities. That continues to be the essence of the club in 2017 but it now has a wish to expand.

The current membership ranges in age from 17 to 75 and the club has regular club runs on Sunday mornings (usually about 40 miles) and Tuesday evenings (usually about 20 miles) until mid October. But it's not all riding as the club has a number of coffee and cake stops on its various routes around South Norfolk.

Club members underline the inclusive nature and friendliness of the club: "We want to encourage people to come along and enjoy cycling in a group. Our motto is that nobody ever gets left behind," said committee member and ride leader Andy Cook.

The club is now looking for sponsorship and a re-branding exercise aimed at attracting more members.

“We would love to see more people getting into cycling and having the confidence to take it up as a hobby,” Andy Cook added.

Over the years many members have taken up cycling seriously and joined advanced groups in the county.

There is also the possibility that the club may expand into Wymondham which currently doesn't have a cycling club: “We may well become Hethersett and Wymondham Velo Club as half of our current membership comes from Wymondham,” Andy added.

The club has a Facebook page at <https://www.facebook.com/groups/HethersettCyclingClub> and a Twitter account at [www.twitter.com/HethersettVC](http://www.twitter.com/HethersettVC)

Anyone wishing to join the club or have more information should contact secretary Anneke Cook on [hethersettveloclub@hotmail.co.uk](mailto:hethersettveloclub@hotmail.co.uk)

**NEWS UPDATE:** The club has subsequently changed its name to Hethersett and Wymondham Velo Club.



## Gruelling Ride For Duo

TWO members of Hethersett Velo Club took part in a gruelling 300 mile ride to raise money for charity.



Club vice chairman Rodney Arbon (pictured above) and Alistair Barrows undertook a journey that saw them go from Norfolk to London and then onto Dunwich in Suffolk before returning to Norfolk.

The duo raised hundreds of pounds for meningitis research.

The club will be holding its pre-Christmas party and awards ceremony at the Cellar House in Eaton on Friday, December 1st at 7pm.

## Welcome For New Chairman



Stephen Andrew was appointed club chairman at an Extraordinary General Meeting called by the club at the beginning of September. Rodney Arbon was elected vice-chairman.

The club's Facebook page had the following message: "Usually found looking after the rear of the club rides, Steve now has the opportunity to lead us forwards into new and exciting times."

"Rodney will assist as required. In addition he's taken on the responsibility of sorting out our social activities."

Phil Steele has taken on a sponsorship role and Mark Randall will be looking after membership.