



More Mayhem at Thickthorn

AUGUST brought more mayhem at Thickthorn Roundabout with motorists complaining about being stuck in traffic jams as far back as Wymondham.

Trouble came at the height of the summer holiday season with one of the main problems coming at the beginning of the month, primarily affecting traffic travelling towards Norwich.

On August 1st, problems with the phasing of the traffic lights led to queues of over two miles, leaving motorists angry and exasperated. The problem comes just months after Hethersett Parish Council asked for a meeting with Highways England after labelling the roundabout “confusing and dangerous.”

The latest problem saw defective timing allowing only a few cars onto the roundabout at a time before traffic lights changed back to red.

One driver explained in the local media what had happened. Peter Lloyd was travelling back to Norwich from London and was stuck at the traffic lights waiting to get through.

He said: “We were fifth from the front of the line and waited ages for the lights to turn green. When they eventually did

they only let three cars through before they turned red again.

Other motorists took to social media to complain: Nathan Everitt tweeted: “A11 queued all the way back to Wymondham, due to the Thickthorn traffic lights letting five cars through.”

Fraser McKay wrote: “The worst it’s ever been tonight, would have been quicker to walk.”

And Michael Williment said it had taken him 30 minutes to travel just two miles.

(Continued on Page Three)

See Page Five to find out just where the eagle is landing

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(From Page One)

Highways England claimed that the problem was sorted out quickly with an engineer being sent to the scene.

The latest problem comes just months after Hethersett Parish Council complained to Highways England that markings on the roundabout were confusing.

This was borne out by hundreds of messages and e-mails sent to our Hethersett web site highlighting the obvious confusion and dangers caused by the markings. The following comment was sent to the Hethersett Village Web Site at the time and sums up the feeling of so many people:

“I use the Thickthorn roundabout every day. On my journey home from work in Norwich, I approach the Thickthorn roundabout in the right hand lane. There is never a journey without somebody using the middle lane to go straight over to Hethersett despite the markings to go left only.

“I feel very strongly that this needs to be sorted as the other day I had my two year old granddaughter in the car and a car came up my left hand side. A near miss! Please sort this soon.”

Hethersett Parish Council wrote to Highways England about the lane



markings, stating that those coming off the A47 from Great Yarmouth were of particular concern.

But a letter from the highways authority said no crashes had happened as a result of poor use of the lanes.

The letter, written by Roger Chenery, said: “I understand that you and your parish members will be disappointed though, as I explained at our meeting, if injury collision savings cannot be demonstrated I have no justification for public funding.”

Parish council chairman Jacky Sutton said at the time that the council was disappointed with the response.

“The roundabout is not fit for purpose, particularly in the light of new development in the area that will increase the amount of traffic considerably,” she said.

If you have views on the roundabout that you would like to see featured in a coming edition please send them to us.

An Accident Waiting to Happen

THICKTHORN Roundabout is an accident waiting to happen, of that there can be no doubt.

Many local people feel road markings have made the roundabout dangerous and a number have contacted us to say that they avoid it whenever possible.

Highways England continue to turn their backs on the roundabout, despite a meeting a few months ago with members of Hethersett Parish Council. They claim that accident figures do not bear out claims that Thickthorn is dangerous. They fail to take into consideration, however, the views of people who find just negotiating the roundabout stressful.

Once again it is a case of people who don't know the area making decisions on local matters and ignoring the views of local residents and those who use the roundabout on a regular basis.

Nothing will be done until a serious accident takes place or until somebody is killed on the roundabout and there is a feeling locally that it will only be a matter of time before this happens.

The main area of concern is the lane markings coming off the A47 from the Great Yarmouth direction. Previously the middle lane of three was marked Hethersett, but it was changed so that drivers going towards either the village or Thickthorn Services are now expected to take the right hand lane. Many drivers already admit that they ignore the signs and still take the middle lane.

There is no doubt that restoring the signs to what they were previously would help the situation. Highways England refuse to do this, sighting the fact that they do not have the money. This is a facetious argument as presumably they must have had the money to change it in the first place. As one resident has said "I'll take a pot of paint out and do it myself."

This may have been said in jest but there is no denying that negotiating Thickthorn can be something of a nightmare and that's without the traffic lights playing up as they seemed to do on a number of occasions in August.

Herald Comment

HETHERSETT ONLINE

December 2015

Number 2



No Change at Thickthorn

NO CHANGES are being made to what are considered to be dangerous lane markings on Thickthorn Roundabout. Hethersett Parish Council has again expressed its concern over the existing markings which members consider to be dangerous. The council's latest comments follow a meeting with Highways England which has been followed by a letter from the agency stating that no changes will be made to the junction.

Councillors agreed that lane markings



continue to be a concern, particularly those coming off the A47 from the Great Yarmouth direction which indicate vehicles going towards Hethersett should take the right hand lane.

The council has asked for the markings to be reset back to allowing vehicles going towards the village to use the middle of the three lanes. A letter from Highways England states that "no collisions have occurred as result of the poor use of the A47 lane 2 of the west-bound or slip". The letter goes on to say that the erection of new vertical indicator signs on the slip road to reinforce the surface marking advice "would only be put in place if 'injury collisions occur in sufficient numbers'."

"I understand that you and your parish members will be disappointed though, as I explained at our meeting, 'injury collision savings cannot be demonstrated'. There is no justification for public funding," the letter from Roger Cheney of Highways England concludes (continued on page 2)

Graham Pugh - Another ...

Village: msg Dec 2015...

Schools' Stunning Results

A stunning set of GCSE results has put both Hethersett Academy and Hethersett Old Hall School in the top 10 of county secondary schools.

Hethersett Academy saw 86% of its pupils gaining A*-C grades in English and Maths, while Old Hall School were just one point behind with 85%.

Those results placed Hethersett Academy in sixth place and Old Hall School seventh in Norfolk. Only Norwich School (100%), Norwich High School for Girls (99%), Greshams (92%), Thetford Grammar (90%) and Wymondham College (89%) had better results. Both schools were way ahead of the Norfolk average of 60.8%. Hethersett Academy's results the previous year were 79% and Old Hall School's 81%.

Gareth Stevens, principal of Hethersett Academy, told the Eastern Daily Press newspaper that he was ecstatic about the outcome: "We are absolutely thrilled with the results this year and congratulate all our students on their hard work, outstanding levels of attainment and achievement - 86pc A*-C at English and Maths is phenomenal. Our Year 11 pupils have been a fantastic year group with many talented students who deserve the excellent results they have achieved. They have exceeded all the targets set for them and have been superb ambassadors for the school in many ways. They have all made a tremendous effort to succeed in partnership with a committed staff team and highly supportive parents."

Dame Rachel de Souza, head of Inspiration Trust, which runs the Academy said: "Hethersett Academy has rounded off a phenomenal year with another increase in GCSE results to a record high. In January the academy was rated outstanding by Ofsted after achieving the best mainstream GCSE results in Norfolk, and its students are some of the best in the county for 2016.

Stephen Crump, headmaster of Hethersett Old Hall School said: "Another good year for the school with 60% of passes at the highest three grades. The total percentage of pupils with both Maths and English has risen by just under 5pc. Hethersett has its youngest-ever GCSE candidate – a girl in Year 8 has taken German GCSE and gained a grade A – and she is not a native German speaker!"

There's more news from Hethersett Academy on page 23.

Coming to a Cinema Really Near You

SEPTEMBER



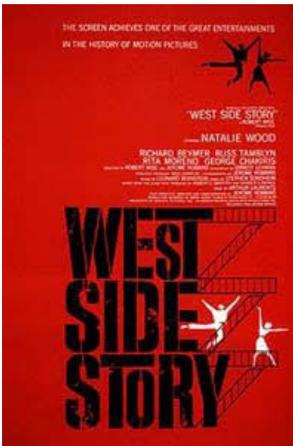
HETHERSETT'S new cinema group will spring into action with two of the best comedies around and a well loved classic.

The first film to be shown by Hethersett Village Screen will be "Eddie the Eagle" on September 25th. This will be followed by the classic "West Side Story" on November 13th and the comedy "Absolutely Fabulous - The Movie" on December 4th. All

DECEMBER



NOVEMBER



films will be shown in Hethersett Village Hall.

Eddie the Eagle is inspired by true events. It is a feel-good story about Michael "Eddie" Edwards (played by Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself - even as an entire nation was counting him out.

With the help of a rebellious and charismatic coach (played by Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics. There will also be a short supporting feature.

The show starts at 7 pm with doors open at 6.30 pm.



Hethersett Village Screen

Community Cinema

“West Side Story” will be the featured film on November 13th (doors open at 2 pm for a 3 pm screening).

This is the classic Leonard Bernstein/Stephen Sondheim musical, inspired by Shakespeare's “Romeo and Juliet”. It is set on the streets of New York and features gang warfare involving the Sharks and the Jets.

“West Side Story” stars Natalie Wood, Richard Beymer, Russ Tamblyn, Rita Moreno, and George Chakiris, and was first released in 1961. The film won 10 Oscars including Best Picture and has remained popular ever since thanks to wonderful songs like “America,” “Tonight,” “Maria,” “I Feel Pretty” and “Somewhere.”

It's a return to comedy on December 4th with “Absolutely Fabulous - The Movie” (doors open at 2 pm for a 3 pm showing). It stars all the characters from the hugely popular television show including Jennifer Saunders, Joanna Lumley, Julia Sawalha, June Whitfield and Jane Horrocks.

Hethersett Village Screen is an exciting new entertainment idea for the village and it is expected that films will be shown monthly throughout the winter. We will have full details of films as and when they are announced. Refreshments will also be available at all films.

Village Screen is organised and run by a group of volunteers and is designed to be self financing. Equipment has been provided through a grant from South Norfolk Council. The group is made up of film enthusiasts who aim to provide top class films for local people in a local venue. It is likely that future films will feature a mix of new releases and classics.

The films are suitable for family viewing and tickets will be priced at £4 on the door. The initiative is supported by Creative Arts East and Hethersett Village Screen will join a number of similar groups in other parts of Norfolk.

You can get the latest news from the group on its Facebook page at <https://www.facebook.com/events/1072242422864034/>

Tributes Flood In For Brave Finnbar

TRIBUTES have been flooding in for a brave Hethersett youngster who has lost his fight for life.

Finnbar Cork's battle against a brain tumour united the Hethersett and local community with numerous fund-raising events being organised to support him. Finnbar was diagnosed with the rare tumour after he began having dizzy spells and periods of unsteadiness.

The Woodside Infant School pupil received treatment at Addenbrooke's Hospital in Cambridge and Great Ormond Street Hospital in London but, despite intensive chemotherapy, has died.

His grandmother Sharon Penska announced the news on the Fundraising for Finnbar Facebook page, saying: "Our little fighter Finnbar fell asleep last night and didn't wake up. He will be treasured in our hearts for ever."

His parents Tristan, 34, and Claire, 32, and Mrs Penska began fundraising after his diagnosis, aiming to raise £5,000 for his future treatment and needs.

Support for the schoolboy sky-rocketed, with fundraisers held in his name including a charity football match in Dereham and the auctioning of a signed Norwich City shirt.

A group of Norfolk police officers also took on the Three Peaks Challenge and 10 Hethersett Explorer Scouts completed a 440-mile trek to raise money.

There was also a crowdfunding page set up in his name, which raised £12,600 in two months.

Fundraising events including a Fete for Finnbar at Woodcote Sheltered Housing complex on August 20th and the Finnbar 500 cycle race went ahead as planned with funds going to a special research project.

His parents have launched a campaign for greater research and funding into brain tumours, which they say are "woefully under-funded and under-researched."

Paramedic Mr Cork, 34, said: "Finnbar fought this with every ounce that he could give and so did we. We fought everything with 24/7 care and made sure he had as nice a life as we could.

"He didn't lose a fight. He didn't lose a battle. He didn't not fight hard enough. The fact is that he was given a death sentence. When you are swimming against a tide like that, there's no hope.

"It's an example of how unjust the world is – brain tumours are one of the most common cancers in children and young adults, yet there is so little research into them."

The couple – who also have four-year-old daughter, Nell, and 12-year-old son Alfie – said in the nine months from November, when symptoms began, the Woodside Infant School pupil lost much of his speech and the ability to walk, eat or even sit up.

“He was such a sociable, happy little boy,” Mr Cork said. “He loved being outside and doing things and loved being with his family, just like every other five year old.

“I don’t think you can even describe the pain of watching your child go from well, running around and happy, to being as he was within just a few months.”

Finnbar’s rare grade two astrocytoma was unusual in someone so young and, unlike many tumours which form in a single lump, was diffuse – spread out, making it more complex to treat.

After 10 weeks of chemotherapy, doctors admitted that the tumour, initially diagnosed as low grade, could instead be high grade – and that there was nothing more they could do.

Refusing to give up, the couple pushed for radiotherapy, which began in June and not only extended Finnbar’s life, but led to signs of improvement in his final weeks.

The couple are now urging other parents to educate themselves on brain tumours and the symptoms – and, if they have concerns, not to take no for an answer.

Mrs Cork, a nurse, said: “Tristan had this niggle that things weren’t right and you have to trust your instincts.

“People have to be strong enough that if you are worried, fight for it. Don’t be afraid to ask for a second opinion.

“We both work in the field and felt like we knew the system pretty well, but we were completely unarmed. We had to learn quickly and try to understand what it was we were dealing with.”

She said it was also about reminding healthcare professionals that “rare things do happen”. If you go through 100 cases and in only one of them it’s the worst case scenario, but you’ve caught that early, think of the difference you’ve made to that person, and their loved ones.”

Mr and Mrs Cork – who praised the “amazing” support of the Sick Children’s Trust and East Anglia’s Children’s Hospices – one day hope to channel their grief into supporting other families dealing with brain tumours.

“The pain you feel is awful, we are absolutely devastated, but we have been grieving all year,”

Mrs Cork said. “I was grieving in March that he wasn’t going to school. We have

spent the last eight months of our lives stressed, in tears, devastated. But we were just so lucky to have him.

“He held all the cards – he could have said I’ve had enough at any point, but he didn’t. He was so brave.”

A memorial service open to the public is being planned as a celebration of Finnbar’s life in St Remigius Church, Hethersett at 2 pm on Friday September 2nd.

Most of the material for the story above was taken from the Eastern Daily Press newspaper.

Finnbar’s Legacy



WOODCOTE sheltered housing complex organised a fete to raise funds in memory of Finnbar Cork and raised an astonishing total of over £2,600.

The event on Saturday, August 20th, ran from midday to 4 pm and featured numerous games for children, refreshments, a tombola, raffle, lucky dip, face



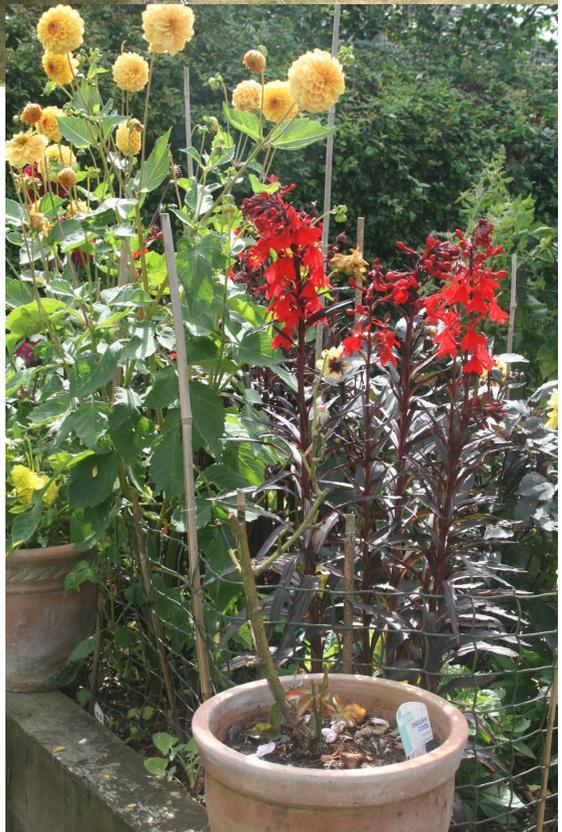
painting and entertainment.

Homemade cakes proved a popular choice inside and youngsters were also able to climb aboard a fire engine.

Scheme manager Stephen Baxter said everyone was delighted with the result which saw £2,638.62 raised for children's brain cancer research.

"Hundreds of people got to hear about Finnbar and took him to their hearts. It made for a very successful event," Mr Baxter said.

The money has already been passed to Finnbar's family for presentation to the charity.



Cycling for Finnbar

A team of medics will be riding 500 miles in September to raise money in memory of Finnbar Cork.

Paramedic Duncan Saunders and six colleagues will be taking part in the Finnbar 500 from Cork in Ireland to Hethersett and will be aiming to raise £10,000 for tumour research charities. They will be looking to travel 100 miles each day. St Finnbar is appropriately the patron saint of Cork.

The septet will be travelling from Cork to Duncannon and then onto Rosslare where they will catch the ferry to Fishguard in Wales and then onto the Brecon Beacons, Royal Leamington Spa and eventually back to Hethersett.

They will be making the journey between September 6th and 10th

The Things They Say

A new section where we check social media and the internet to find out what people are saying about our village.

We start with an extract from an article written by Norwich Evening News editor and Eastern Daily Press deputy editor David Powles who wrote an article on the death of Norwich stalwart Tim Stapleford. His piece included the following:

“I know that in the village where I live, Hethersett, we are lucky to have the sports facilities and groups to choose from that we do because of the efforts of a handful of people.

The type of people who share the same can-do attitude that Tim had. They do it for no money, no praise and often no recognition. Just out of a desire to make things better for people around them.”

The above comments are dedicated to the army of volunteers that put in time and effort to make Hethersett the place that it is with something for everyone irrespective of their age.

Groups and Societies

On The Slide

WHEN youngsters from First Steps Playgroup in Hethersett grew out of their indoor slide, South Norfolk Councillor and Hethersett resident David Bills stepped in with a grant from the council's members' ward fund much to the gratitude of the playgroup's organiser Holly Lambert-Flude

"I'm in my second year of running First Steps and I have seen the children grow. Some of the children have grown out of the small slide we have at the group; leaving them without a slide to play on. Having the new slide means these children are able to continue the fun safely and they have benefited greatly. We can't thank David enough," she said.



First Steps for babies, toddlers, parents and carers meets in Hethersett Village Hall in Back Lane on Mondays from 9.45 until 11.15 am during school term time. Different activities are organised each week from painting to singing and free play. It is a chance for babies and toddlers to play and explore with lots of different activities and toys and also for parents and carers to meet up over a tea or coffee whilst their children enjoy a safe playing environment.

Horticultural Society's Annual Show

Hethersett and District Horticultural Society's annual show. will take place on Saturday, September 10th from 2 pm to 4 pm in Hethersett Village Hall in Back Lane

There will be a number of classes for non members with an entry fee of 10p per item. These classes include: Heaviest marrow, life-size scarecrow, nine tomatoes (small fruited or cherry cultivars), five dessert apples, one specimen rose, a digital photograph, a single bloom and jam filled Victoria Sandwich cake.

There are also classes for young people in various age groups as follows with

free entry. **Up to and including seven year olds:** - Decorate three biscuits, make a face mask

Eight - 11 year olds - Make a monster from fruit and/or vegetables, draw a cartoon character (max A4 size)

12 - 14 year olds - Make a computer generated poster for a pop concert (max A4 size), Make and decorate three cup cakes.

Entries must be made on Thursday, 8th September at Hethersett Methodist Church between 7 pm and 8.30 pm.

Contact the Show Secretary Marilyn Savory, on 01603 811271 for entry forms and further information.

The RiNG

The Rheumatoid in Norfolk Group (The RiNG) meets on the first Wednesday of each month between 2 and 4 pm in Hethersett Village Hall. The group had a summer outing to Wroxham which included a boat trip. On September 7th, Nicola Dalzell will bring members up to date on the latest research into rheumatoid arthritis. It will also be the group's agm. The group charges £3 a visit with annual subscriptions £6. More information is available on the web site at www.thering.org.uk or by phoning 0800 072 9597 or 07769 635281.

Hethersett Women's Institute

Rachel Duffield gave an amusing and thought provoking talk on the many stages of life entitled "All the World's a Stage." She illustrated her talk with quotes from Shakespeare, Hillaire Belloc, Jane Austin and from the musical Oklahoma. The evening celebrated Hethersett WI's 98th birthday.

Horticultural Society

Hethersett Horticultural Society meet on the third Wednesday of each month at 7.30 pm in Hethersett Methodist Church Hall. Everyone is welcome and visitors are charged £1.50 which includes refreshments.

Messy Church

St Remigius Church's regular messy church event took place in June when youngsters created many different things linked to the seaside. The next messy church event will be on Saturday, 24th September.

Probus Club

Christopher Mallett spoke to Hethersett Probus Club on his life as a male nurse which saw him work in a number of hospitals including Bristol, Peterborough,

Norwich and King's Lynn. He described his work with patients and colleagues, especially with matrons! He eventually became Director of Nursing for Hospitals in West Norfolk. He is now a non stipendiary priest for Hethersett Parish Church. The club previously met in Wymondham as Wymondham and District Probus Club but have moved to Hethersett Jubilee Youth Club and renamed themselves the Probus Club of Hethersett, Wymondham and District.

Hethersett Society

Linda Scholes gave an entertaining account on the life of an American in East Anglia. She arrived in 1971 with her husband, an American Air Force Officer, and their three children, settling in a small Suffolk village near Bury St Edmunds.

Youth Club News with Gillian Saunders

Firstly I would like to welcome Rose Coppard to the club as youth worker. We are delighted to have Rose on board and we look forward to her new and exciting ideas and plans as she works with the young people to build a bigger and better club with new activities and games. Rose and Susan will work together with the 11-14 group and have an exciting half term's programme planned.

Club restarts on Wednesday, 14th September 5:45-7:30 pm for years five and six (9-11 years) and 7:30-9:15 pm for years seven to nine (11-14 years)

There is no need to let us know you are coming just come along with your £1.50 subs and tuck money if you want any tuck! Remember if after your initial week you bring a friend you don't pay subs that week!

The tuck shop will be restocked ready for the new term and we hope to be able to offer some additional items from the traditional tuck! Possibilities are toast, fruit and maybe toasted sandwiches.

We are also looking to get funding to enable us to get the 14+ group going again with a new leader, Gemma, hopefully from January. Gemma wants to hear from you now as the group is very much in the planning stage and she wants your ideas and suggestions as to what it should be like. We know it will be a Thursday evening other than that the canvas is blank. Get in touch with me and I will pass everything onto Gemma.

We desperately need at least two more volunteers who are able to help out once a month on the third Wednesday in the month and also on the fifth Wednesday in the month for those who would prefer less often. Please consider giving a couple of hours once a month for the younger group.

The other plea is for a treasurer. Our current treasurer only took the job on as a stop gap measure to help the club out as we had to have one. He would now like to pass it onto someone else. If you are interested to know more please

Speak to Norman Saunders on 01603 607566

We have been advised that the guttering on the club hall is not in a satisfactory state as it has been patched so many times and isn't really suitable for the roof. So we need to replace it at a cost of about £300.



To start the fundraising we will be holding a quiz and chips evening on October 8th, details of which are below. Let's see if we can make at least £100 from this event and get the gutter fixed before the end of the year.

Saturday 8th October
6.30-9 pm
Jubilee Youth Club Hall,
Back Lane, Hethersett

Tickets in advance from:

Gillian 01953 607566 or from club on
Wednesdays.

£5 adults, children £3 (includes chips)
(Teams of up to 6)

Picture Perfect



WE love to see your pictures of the village and are always happy to feature them in Hethersett Herald. The wonderful colour display on this page was taken along the fence of the Jubilee Youth Club by Angela Eden. Angela also took the photograph on Page 19 of the new World War One commemorative seat in the centre of the village provided by Hethersett Parish Council from money raised by the Hethersett Environmental Action Team (HEAT) from the 2015 Open Gardens Day.

The glorious sunset on Page 18 was taken by Jo Adcock and posted on Facebook and used with her permission. If you have interesting pictures of the village that you would like to see featured, you can e-mail them to petersteward@lineone.net or post them on the Hethersett Herald Facebook page at <https://www.facebook.com/Hethersett-Herald-196216690775010/>

Hethersett Sunset by Jo Adcock





Photograph by Angela Eden and used with permission

Methodist Church Craft Fair

HETHERSETT Methodist Church will be holding a craft fair on Saturday, 17th September from 10 am until 2 pm.

Proceeds from the event will be shared between church funds and the church's mission project. The event will feature a variety of crafts and also a tombola. Light lunches will also be available.

Tables can be booked by contacting Juliet Lomas on 01603 811726. Gifts for the tombola are also welcome and can be donated by contacting Tina Greenhalgh on 01603 810364.

The church's singing fellowship will be entertaining with a harvest music and tea afternoon on September 23rd. This will feature music, readings and poems followed by tea and home made cakes.

Caring Hethersett

New Venture for Village

Heart of Hethersett Bereavement Group'

Listening to those who have lost
loved ones

Deep in earth my love is lying
And I must weep alone.”

— Edgar Allan Poe

Not alone any more



Please come along and share a tea or
coffee with us. For all ages

Anyone wanting more information or to be part of the group can contact Sandi on 01603 812016 or via e-mail at hethersett@co-operative.coop or turn up to our first meeting on **Tuesday, 27th September from 5.30 pm - 6.30 pm at Woodcote Sheltered Scheme Lounge, Firs Road, Hethersett. NR9 3JD**

<http://heartofhethersett.weebly.com/>



Heritage Open Day

September 10th

Come and visit the tower, see bellringing in action and have a go yourself!

Where: - St. Remigius' Church,
Hethersett,

When: - Tours at 2pm and 3pm.

No booking required.



A medieval door to the stairs gives access to eight bells cast between 1607 and 1904. Climb the stairs to see the bells on their wooden frame and the working mechanism of the clock which was installed in 1937 to commemorate the Coronation of King George VI and Queen Elizabeth.

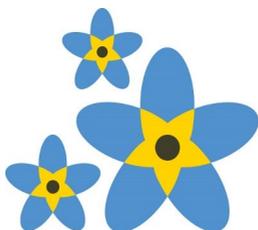
Access:

Visitors will need to be physically able to climb stone steps.

Event not suitable for children under the age of 8.

Hethersett Hub Café Meeting

HETHERSETT Hub Café organised by Hethersett Dementia Support Group continues to prove popular, meeting on the third Tuesday of each month in Hethersett Methodist



Working to become
**Dementia
Friendly**
2016-2017

Church Hall. The next café will take place on Tuesday, 20th September, from 10 am until midday and will feature entertainment along with light refreshments.



HETHERSETT PAROCHIAL CHARITY

Set up to help our residents

Have your living circumstances changed suddenly, and you now need help?

Are you struggling to pay for food, bedding or clothing?

Is your partner sick and you are juggling with the bills?

**We can offer financial assistance to you,
or someone you are concerned about.**

All enquiries are treated in the strictest confidence

Don't be afraid to get in touch...

Mrs S Clarke

Clerk to the Trustees

c/o 43 Lynch Green, Hethersett, NR9 3JT

Tel 811589

Or speak to any of the Trustees (details in Library)

Inspiring Times at Hethersett Academy

Over the past few months we have featured reports made to Hethersett's annual parish meeting in May. We continue with the report of Hethersett Academy

The Inspiration Trust group of schools has steadily grown over the past 12 months and now encompasses (Secondary Schools) Thetford, Cromer, Jane Austen, East Point and Sir Isaac Newton Sixth Form as well as (Primary Schools) Great Yarmouth, Norwich Primary, Cobholm, Charles Darwin and Stradbroke.

Examination results - Last year's exam results topped an impressive 75% of students achieving five A* to Cs in subjects including English and Maths, a huge improvement on the previous year and making us one of the highest achieving schools in the county. This is testimony to the hard work of staff and pupils alike and, with current predictions, we are confident that we will be equally proud of our results this summer.

Post OFSTED - It has been well documented that Ofsted revisited the school in January this year and we are all very proud with their verdict of outstanding in all areas: leadership and management, quality of teaching and learning, personal development, behaviour and welfare and outcomes for pupils. A copy of the full Ofsted report is available to view on the Academy website.

Year Six Transition - Our year six transition process has extended further since last year in that, in addition to the three successful transition days in the preceding summer term, students are invited to participate in a two day residential at Hautbois Activity Centre in Coltishall. This was new for September, 2015, and proved to be a great teambuilding, fun, 'getting to know you' exercise with students and staff alike.

Trips and Visits - Our full programme of extra-curricular trips and visits continues to expand with even more opportunities arising, e.g. we have now successfully organised two trips to Cern to see the large Hadron Collider, a trip is underway to NASA next year and we are in the early stages of looking at a possible trip to Iceland the following year. This is all in addition to our ongoing trips closer to home to the Norfolk Broads, North Norfolk coast and Royal Norfolk show etc.

Fundraising - Students continue to raise funds for a wide variety of causes and over the course of the past year we have been fortunate to make charitable donations of some £1800 to Bullying UK, Kim, Movember, Diabetes UK, Make a Wish, RNIB, Headway, Help for Heroes, Water for Africa, Friends of Hethersett, Mind, Cancer Research, Tommy's, Scope, Blue Cross, WWF, Alzheimer's UK, RSPCA and Great Ormond Street Hospital.

Community - Year five and six literacy and maths sessions go from strength to strength. Over 60 of the most able pupils from our cluster have attended a ten

week programme held at our Academy. The aim of these sessions is to give pupils that are gifted in mathematics and literacy, the opportunity to stretch themselves in these subjects. Chess tournaments have been well attended by all ages. Over 50 pupils took part in the last competition. Over 80 Academy pupils have now completed their sports leaders award. As part of this course, pupils help out at the local primary schools, as part of their Sports Day. Students at Hethersett Academy rocked the school with an outlandish musical this February. Bizarre, anarchic and very funny, the Rocky Horror Show was a riotous mix of the Addams Family, Young Frankenstein and Phantom of the Opera. Baron Frankenstein's descendant, and ex-pop star turned professor of Genetics, creates DNA moulds of people in his computer. How these moulds come to life as the ultimate Rock Group, headed by a clone of Elvis himself is the highlight of the hilarious plot. More traditional monsters also add spice to the explosive mixture, backed by a rock 'n' roll score much of which is an affectionate send-up of the 60s. Next year the music and drama departments will be performing Annie, a more traditional drama production. Our choir and string ensemble continue to impress.

At Christmas, our string ensemble performed at Norwich Cathedral and in March they performed at the Aldeburgh Music Festival. Each Wednesday morning 15 pupils practice and this is expertly orchestrated by our fabulous strings peripatetic, Mrs Peterson. Members of Norfolk's newest school cadet force were out on exercise in the Spring. Fifteen pupils from Hethersett Academy took part in the school's new Combined Cadet Force's first major manoeuvres, held at RAF Barnham Camp near Thetford. Pupils spent the weekend at the camp, which is used as a training ground by the armed forces and was once used to store nuclear weapons.

The exercise saw the cadets - boys and girls from Years eight, nine and 10 - learn a range of new skills, including building shelters, guard duty, and cooking their own ration packs. They also learnt how to apply camouflage cream, experienced a sniper stalk, and took part in night exercises including navigation and identifying nocturnal noises and lights. Students from Hethersett Academy got a taste of university life during a special trip to Cambridge. Twenty-four students visited Jesus College in September to mark their graduation from the Scholars Programme, which helps pupils develop independent learning skills in a style similar to that used on degree courses. Run by the award-winning Brilliant Club, the course sees students visit a university, work through a six week programme of tutorials, and then write a final assignment of up to 2000 words. Students then receive a degree-style mark for their work, such as a first or 2:1. Assistant principal Hannah Crane said "The group is the second cohort to have graduated from Hethersett and so far we have had 100% of students complete the programme successfully". To conclude, it has been another exciting year with increased opportunities for our students and I look forward to reporting to you about our progress next year.

Gareth Stevens Principal, Hethersett Academy

An Important Hethersett Hub

Anne Steward describes what goes on at Hethersett Methodist Church and how it is at the hub of village life.

HETHERSETT Methodist Church remains at the centre of village life, offering a home to numerous groups, clubs and societies, including the Women's Institute, Hethersett Society, yoga groups, Hethersett Pensioners' Club, Rainbows, Hethersett Dementia Café, slimming clubs, a table tennis club and many more.



Although many of these are independent of the church, many of our members either lead, support or attend the groups.

The Wednesday morning art and craft group run by Tina Greenhalgh has attracted many new members recently and provides a base for creative activities of various kinds.

The bi-monthly men's breakfasts and more sporadic ladies breakfasts, which provide a cooked meal followed by speakers from all walks of life, provide a popular meeting place for residents and others from surrounding towns and villages. Organised by William Twist and myself with the organisational and catering skills of Basil and Bonnie Vautier, between 20 and 40 people can be found enjoying friendship and fellowship. In July over 40 people enjoyed a combined breakfast with Keith Lilley speaking.

We work closely with our Anglican friends in the village and, over the last few months, have shared worship before the annual village fun run. This worship was held in the junior school where the race warm up takes place,

A 'Simply Christianity' course led by the rector, the Rev Derek McClean, and Methodist Minister the Rev. Matthew Olanrewaju, attracted small numbers but was well received by those attending.

On Monday, 25th July, a service of thanksgiving for the life of Marjorie Cranefield

was held in the church. Marjorie, who was in her 101st year, and her husband Ken have been members of the Methodist Church in Norwich for 50 years, first at Park Lane and in later years here at Hethersett.

On Saturday, 17th September from 10 am to 12 noon we have an art and craft fair where refreshments will be available. Please pay us a visit. Should you want to book a table to sell your own crafts please contact Juliet Lomas on 01603 811726.

On Saturday, 24th September, our inter-church barn dance takes place in Hethersett Village Hall with the Shinanikins leading. We would welcome any members of the circuit who would like to join us on this occasion. Tickets, including supper, are available from me on 01603 811052

A History of Methodism in Hethersett



AS early as 1792, there were Wesleyan Methodists in Hethersett. The Society was one of 17 which formed the Diss Circuit. At first there was no chapel and, complying with the conditions of the 1689 Toleration Act, the house of Robert Baley (probably in Mill Road) was licensed as a preaching place.

On 1st October, 1817, a Wesleyan Chapel was licensed, erected it is said by a Methodist Builder who rented it to the Society for £8 a year. It was what is now called the School-room but without the extensions.

The Tithe Map of 1846 describes it as a “meeting house.” The Hethersett Society had now been transferred to the Norwich Circuit.

In the years following the death of John Wesley, there were various secessions from the Wesleyan Methodists; the most notable were the Methodist New Connexion (1797), the Primitive Methodists (1810) and the Bible Christians (1815). Others made attempts for reform from within, particularly the Wesleyan Methodist Association (1835) and the Wesleyan Reformers (1849).



These two came together in 1857 to form the United Methodist Free Churches. In 1858 the Calvert Street Circuit, including Hethersett, separated from the Wesleyans and joined this body. The disagreements which brought about separation were not really concerned with matters of doctrine; they were largely about practice and the government of the churches.

Some objected to too much power being in the hands of the ministers and the denying of responsibility to lay people. Others sought to combine the independence of the congregational system with the supportive role of connexionalism.

One wonders how in those days of widely scattered societies it was possible to succeed in the latter objective. The quarterly meeting minutes of the Calvert Street Circuit do not give the impression that local societies were even represented. There are notes about village societies that had failed to pay their dues; on one occasion representatives were appointed to visit Hethersett and Weston to "improve the organisation."

Since services had to be sustained in the villages by an itinerant ministry and local preachers, the local society steward was a person of some influence and importance. In Hethersett he paid the rent, kept the key and was said to have power to admit and exclude from the building whom he would.

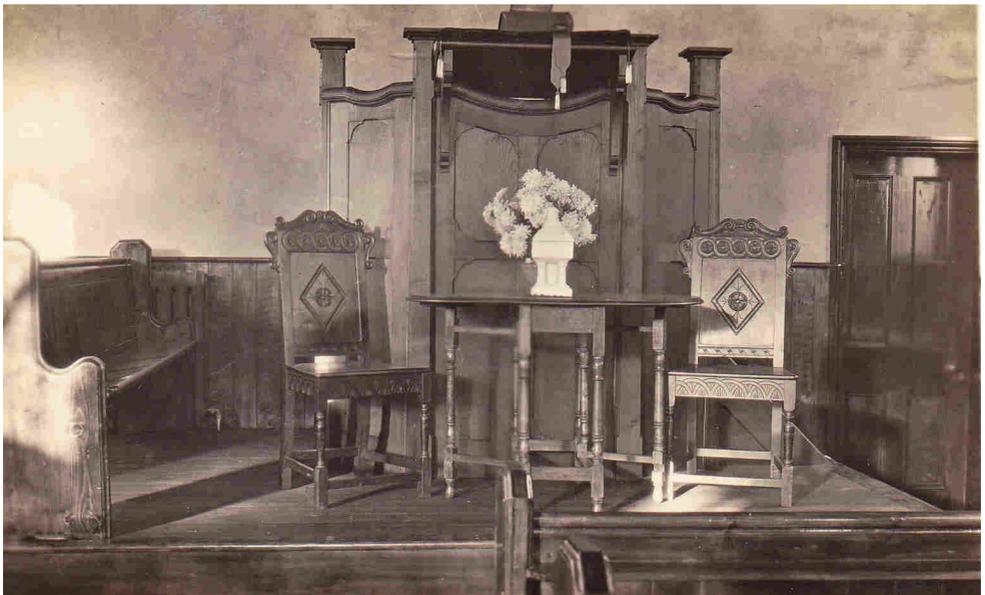
Mr Robert Richardson was steward from 1872 to 1909. In 1880 he allowed a temperance lecturer to use the building. To the objectors he said: "I pay the rent

and I hold the key, and the teetotaler can have his meeting. Them that don't like it will have to lump it."

As has always been the case, local self help was important in maintaining the work. George Bunn, a Methodist ploughman who came to live in the village, preached twice a quarter and conducted a weekly class meeting. In 1910, William Wade, a local coach builder, became society steward. He helped to form the first Chapel Trust. It owned the organ, the pulpit Bible and the lamps. It also purchased some land in the corner of Queen's Road and Lynch Green, for it was feared that the rented site on which the chapel stood might be lost when the land was auctioned on the death of its owner. In fact, it proved to be an unnecessary precaution.

On 7th July, 1920, the site including chapel with pitch pine pews, gallery, platform and pulpit together with four cottages was purchased by the Methodists for £250. Incidentally the notice of sale described it as a Wesleyan Chapel. In fact, there had been no return to the Mother Church. In 1907, three break away connexions had come together as the United Methodist Church. Together with the Primitives and the Wesleyans they were to amalgamate in 1932 to form the Methodist Church.

The previous chapel, which now forms the basis of the extended building of the



1980s, was built in 1922 at a cost of £1,814. The pulpit was made of native oak by C.W. Wiles and John Harvey and the wrought iron gates by C.L. Smith. The 50th anniversary services were held on the 28th and 29th October, 1972 and in February the following year there were other events to mark the completion and rededication of the schoolroom rebuilding. This included storage facilities and a kitchen with classrooms above.

By 1981, numbers of worshippers were increasing and it was felt that the church needed some sort of extension. "Operation New Look" - the fund-raising venture - with grants from bodies in Methodism, and other gifts, raised £123,000 to finance the project.

The church as it is at present was turned from North/South to East/West by removing the East wall and building on an extension to the worship area, a General Purposes Room (which can be added into the worship area), toilets, two entrance areas and a vestry. The old vestry and toilet area at the North end was included in the worship area.

A balcony was created and the organ from the Chapel at Keswick Hall was brought in. The old pulpit was used to create a smaller pulpit and the lectern. The new apse on the West side forms the back of the sanctuary area and the communion rail and the communion table of oak were crafted by Edmund (Teddy) Forster of G.W. Gooch and Sons of Norwich who were the contractors for the alterations.

The pitch pine pews were removed and chairs are now used in varying formations. The re-opening of the extended and modernised premises took place in October 1983.

More About Operation New Look

Gradually as the population of the village grew there was disquiet regarding the space available. The space had seemed so adequate in 1922 but its shoe box shape with narrow central aisle from narrow door to pulpit and organ, prohibited expansion at the entrance and circulation and cloakroom space were quite inadequate.

Matters came to a head in 1970. Even before that date a detailed survey of the premises had made it clear that about £800 a year for the next five years would have to be spent to avoid deterioration. The result of further discussions showed that a radical solution was necessary.

On April 1st, 1980, Kenneth James, a local architect, presented a report to a special meeting of the church council. Even minor modifications and improvements would cost £6,000. A more revolutionary scheme, involving enlargement to a capacity of 175, meant adding length and breadth to the existing church. This, it was said, would cost about £45,000. The meeting gave general approval, but referred the matter to the property committee for further discussion.

On November 4th, the council approved a more detailed scheme. One side of the church would be extended into the car park, giving more circulation and cloakroom space and an extra meeting room. On the wall opposite would be the communion table, flanked by a pulpit and reading desk made from the existing large pulpit. The congregation would be seated in a semi-circle facing the table.

A small gallery was to be provided for the organ. Later an anonymous donor was to present a fine instrument, made available on the closure of Keswick College of Education. Additional gifts of a wooden cross behind the table and an enlargement of the window looking out to the road added to the beauty of the building. As the work began, the amount of the appeal had to be raised to £70,000.

Work started towards the end of 1982. On Saturday, March 19th, 1983, the stone laying took place. Stones were laid by Mr David Richardson in memory of his parents, Robert and Hilda, who, over the years, had done so much for the church and by Mr Herbert Thrower and Miss Sian Evans to represent the older and younger members of the congregation.



Robert Richardson

The formal re-opening and dedication took place on Saturday, October 22nd, 1983. This was performed by Mr Paul Bartlett Lang, Vice-President of the Methodist Conference. Others taking part were the Chairman of the East Anglian District, the Superintendent of the Norwich Circuit, two members of the congregation and the minister, the Rev Brian Dann who had been an inspiration throughout.

By this time the cost had risen to £126,000. It took four years to reach that target. Grants were obtained from charitable trusts such as the Joseph Rank Benevolent Trust. There were donations from the circuit and some of its churches. There was a generous loan from the Chapel Aid Department and also

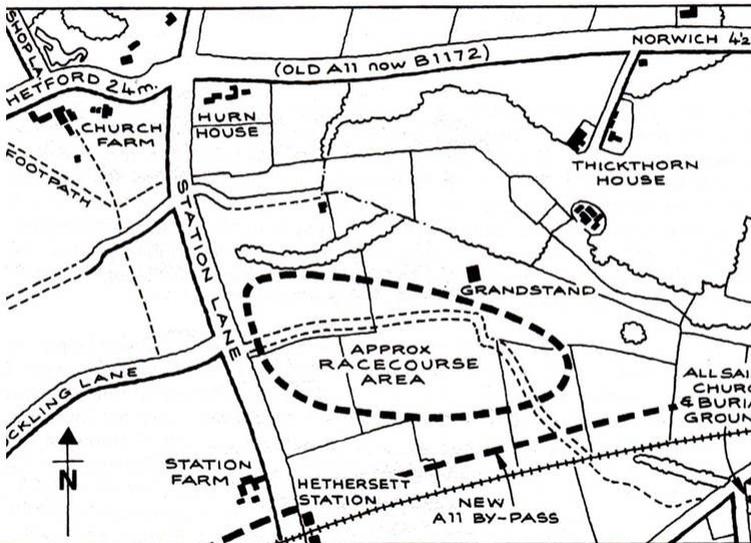
interest free loans from members and friends. Events were organised by the "New Look" Committee and individual and group efforts such as dinners, coffee mornings, sales of work (under various names) were just some of the ingenious means of raising money.

This history is based on notes written by H. Trevor Hughes 1979: Operation New Look written by H. Trevor Hughes July 1987: Revised and added to by Barbara Holmes 1989: Edited by Peter Steward 2000.

Racecourse Map

FOLLOWING our feature on horse racing in Hethersett in a previous edition of the Herald, Hethersett Archivist Gary Wyatt produced a map from the archives to show the exact location of the course. We reproduce this below.

Location of Hethersett racecourse



Source: study by Sue Wright, Cantley House, 2009

September in Hethersett Library

With Rebecca Warner

Below are dates for Hethersett Library in September and the beginning of October

Thursday 1st	1400 – Norfolk and Norwich Association for the Blind
Monday 5th	1400 – Book Group
Wednesday 7th	1030 – Colouring Group
Thursday 8th	1600 – Summer Reading Challenge Medal Ceremony
Friday 9th	1400 – Tablet Course – sorry course is full
Monday 12th	1400 – Parish Pop In with Hethersett Parish Council 1400 – Craft Group
Wednesday 14th	1030 – Colouring Group
Friday 16th	1400 – Tablet Course – sorry course is full
Monday 19th	1000 – Family History Course – booking essential 1400 – Craft Group
Tuesday 20th	1700 – Bedtime Stories for Under 5s and their families - book with Wymondham & Hethersett Children’s Centre 01508 533831
Wednesday 21st	1030 – Colouring Group
Friday 23rd	1400 – Tablet Course – sorry course is full
Monday 26th	1000 – Beginners’ Computer Course – booking essential 1400 – Craft Group
Wednesday 28th	1030 – Colouring Group
Monday 3rd Oct	1000 – Online Basics Course – booking essential
Wednesday 5th Oct	1000 – Online Basics Course – booking essential
Monday 10th Oct	1000 – E-mail Basics Course – booking essential
Wednesday 12th Oct	1000 – E-mail Basics Course – booking essential

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

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

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

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

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

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

Hethersett Library
Queen’s Road, Hethersett
www.library.norfolk.gov.uk
Email: libraries@norfolk.gov.uk
Tel: 01603 810188

Coming Events in September

Below are just some of the events taking place in the village in September. Our listings are updated regularly on the village web site at www.hethersett.org.uk

September 5th - Hethersett Parish Council Planning Committee in Hethersett Village Hall at 7 pm.

September 7th - The Rheumatoid in Norfolk Group (The RiNG) - Nicola Dalzell, research co-ordinator on "An Epic Story" plus group's AGM

September 16th - An evening of clairvoyance with Carole Wilson and Michelle Cremin in aid of SANDS (the Stillbirth and Neonatal Death Charity) and EACH (East Anglian Children's Hospice). Park Farm Hotel, 7.30 pm. Tickets £10 can be booked on 07912 665 347

September 19th - Hethersett Parish Council Planning Committee in Hethersett Village Hall at 7 pm, followed by full council meeting at 7.30 pm.

September 23rd - Hethersett Methodist Singing Fellowship harvest music and tea afternoon from 2.30 pm

September 24th - St Remigius Messy Church event for young people of all ages and their families 4-6 pm

September 24th - Hethersett Churches Together Barn Dance, Hethersett Village Hall, 7.30 pm,

September 25th - Film “Eddie the Eagle.” Hethersett Village Hall, 7 pm. Doors open at 6.30 pm. £4 a ticket

Coming Events in September

September 27th - Heart of Hethersett Bereavement Group's inaugural meeting at Woodcote Sheltered Housing complex lounge from 5.30 to 6.30 pm. Everyone welcome.

September 30th- An evening of illustrated poetry and pictures will be presented by Paul Binney at St Remigius Church on Friday, 30th September at 7pm. Paul will explore a variety of themes, both serious and humorous, from his widely appreciated book of poems 'Learning the Language', of which the poet Edward Storey wrote: "I've thoroughly enjoyed your collection, which is full of things to admire. The brevity of language allows space for what is not said; the art of suggestion." There will be light refreshments and donations on the evening will be in aid of St Remigius Church Funds.



Original Music

Hethersett composer Ken Crandell (pictured opposite), is producing some original music for the six new radio plays being performed this month by local play writing group, Four by Four.

Ken's compositions will be played live by Val Cartmell.

The performance will take place at the Fairland Church Centre, Fairland Hill, Wymondham, from 7.30 pm, on Monday, 12th September.

Tickets are £6 and can be booked in advance by telephoning Richard on 01953 861336. They can also be purchased on the door.

Four By Four playwright Tony Vale explained that the group has been working closely with Ken who offered to compose incidental music for the plays.

Hethersett Pantomime

MUSICAL DIRECTOR REQUIRED

Due to a change in circumstances, Hethersett Pantomime Group is looking for a Musical Director to join the group starting with our January 2017 production of Sleeping Beauty.

Who are we?

The Hethersett Pantomime Group was established in 1970 and has been raising money for charity for nearly 50 years. Each January we put on the annual village pantomime.

Our well-established group includes a cast of about 40 with ages from five to 80 and at least an additional 40 people backstage, front of house and volunteers. We are a friendly and dedicated group with the aim of putting on the best pantomime possible!

Show Dates

Nine performances (Saturday 21, Sunday 22, Tuesday 24 – 28 January 2017)

Rehearsals

Tuesday nights (End of September until end of November), then two rehearsals a week in December increasing to three a week in January in the lead up of the show.

Who are we looking for?

The MD will be part of a close production team working closely with the director, choreographer and producer. Whether experienced or someone wanting to be a first time MD then we would love to hear from you.

Contact

Anyone interested in the role can contact the producer Lloyd Parfitt at lparfitt@rocketmail.com and the Director Sarah Wright at louison3@yahoo.com for further discussion on the scope of the role.

Find out more about us at: <http://www.hethersettpanto.org.uk>

Lynne's 20 Years as a Chief

GREAT Melton woman and former teacher at Old Hall School, Hethersett, Lynne Symonds has celebrated 20 years as a chief of a Ghanaian tribe.

Lynne was made chief after founding a charity after meeting a teacher from Ghana in Japan. That meeting led to decades of charity work, beginning with the pair setting up a pen pal scheme.

The Wulugu Project went on to deliver schools, a hostel for young women and a library and also led to Lynne being named Chief of Enlightenment and Education of the Mamprusi Tribe.

Even today in North Ghana, girls continue to be married when very young and without any education. The Wulugu project has saved many young girls from slavery, given them somewhere safe to live and given them an education. The press cutting on this page is taken from the Wymondham Mercury newspaper.



Tidy Hedges Plea By Council

Hethersett Parish Council is once again asking residents to ensure hedges are cut back and asking motorists not to park on grass verges.

The rain and sun of this summer has seen hedges grow quickly and some residents are allowing them to overlap paths, making it difficult for pedestrians, pushchairs and wheelchairs.

Councillors regularly monitor the situation and send residents a letter asking them to take action when it is felt appropriate. Similarly parking on verges can make it difficult for pushchairs and wheelchairs.

The next parish council meeting will be in Hethersett Village Hall on Monday, September 19th at 7.30 pm.

Made In Hethersett

A Hethersett Herald Picture Special



A special Made in Hethersett event was held in St Remigius Church in aid of the roof repair fund.

The day featured a number of local artists, crafts and groups with a Hethersett connection including jewellery, artwork, handicrafts and much more. The Wymondham nature group of the Norfolk Wildlife Trust, which includes a number of members from Hethersett, was also present to hand out advice

There were games for youngsters and refreshments were served throughout the event.

Proceeds will go to the fund to repair the church roof after the theft of lead last year.



Top of this page and on the previous page are general views of the Made in Hethersett event in St Remigius Church. In the middle local artist Stephen Collett gives some advice and in the bottom picture Dr Anne Edwards and Bea Ewart look after the Wymondham Nature Group of the Norfolk Wildlife Trust.

News From The Village

Gas Emergency

Norfolk Fire Service and the National Grid were called to Cann's Lane on the afternoon of August 3rd after contractors dug through a gas pipe.

The incident took place at about 2.25 pm when contractors damaged a gas service pipe to a property while doing landscaping work.

Norfolk Fire Service sent appliances from Hethersett and Carrow and they made the area and scene safe until the arrival of the gas board.

The National Grid carried out the repairs which were completed and the gas supply was restored to the property shortly after 4.30 pm.

Guilty of Drink-Driving

A man has been found guilty of three charges relating to a car collision incident in Hethersett on November 23rd, 2015. The guilty verdict came after his saliva was found on an airbag which went off after his car hit four stationary vehicles.

Joe Spencer, 22, had left the scene of the accident but his saliva was later found on the airbag. Spencer, of Woodhaven Way, Wymondham, hit the vehicles in Ullswater Drive, Hethersett, at about 6.15 am on November 23rd, Norwich Magistrates' Court heard.

Spencer was not in court in July to answer the charges of drink-driving, failing to stop after an accident and failing to report an accident because he had a "panic attack" and ran off before his case came up. But District Judge Nick Watson decided to proceed in his absence.

Spencer had pleaded not guilty to the charges at an early hearing, and Luke Brown, defending, said there was not enough evidence to prove he was at the wheel of his Saab 9-3 Sportwagon at the time.

But prosecutor Oliver Haswell said Spencer's DNA – from his saliva – was found on the car's airbag, which went off during the collisions.

Mr Brown said Spencer's saliva had got onto the airbag after he bought the car in October, when he removed the airbag cover to replace it with a new one.

But the judge said that claim was "quite fanciful". He said: "There is no sugges-

News From The Village

tion that anyone else's saliva was on the airbag."

Spencer's mother, Allison Campbell, of Upper Cliff Road, Gorleston, brought a Saab airbag to court to show just how easy it was to remove the cover from the device.

Giving evidence for the defence, she said Spencer bought the 2007 Saab at auction for about £2,000, and he had got a good deal because the airbag light was faulty. She said she bought him a new airbag online, but Spencer discovered he could fix the car's existing device, and merely replaced its cover as it looked newer. The defence claimed this was when Spencer's saliva – later found by crime scene investigators – got on the airbag.

Mr Haswell said it was folly to have bought the airbag to court, as it was activated by an "explosive device" and could be dangerous.

Spencer was arrested at 7 am on the morning of the incident at his girlfriend's address in Petunia Court, Wymondham.

When he was then tested by police, he was found with 63 microgrammes of alcohol in 100 millilitres of breath – almost twice the legal limit of 35 microgrammes.

Spencer has been disqualified from driving until his sentencing next month.

Couple Forgiven

A young couple, so desperate for cash they snatched a student's bag as she walked through Chapelfield Gardens, in Norwich, late at night, have been forgiven by their victim when she found out their plight, a court heard.

Emilija Urkaite, 19, grabbed the victim's bag breaking the strap and made her getaway in a car being driven by Audrius Janulis, 22.

Lindsay Cox, prosecuting at Norwich Crown Court, said the victim's scream was heard by a passer-by who came to her aid and managed to get the number plate of the car, which was traced to Janulis.

But before the pair could be arrested, the next day Janulis attempted to steal the bag of another victim in a car park in Westwick Street, but she managed to hold onto her bag and Janulis was arrested.

News From The Village

Mr Cox said Urkaite and Janulis admitted the offences and said it was because they were desperate for cash as they were both out of work. Mr Cox said when the student, who lost credit cards, keys and cash in the robbery, found out how desperate the pair had been, she said she felt sorry for them and did not want to make an impact statement.

Urkaite and Janulis of Camelia Close, Hethersett, who had the help of a Lithuanian interpreter in court, both admitted robbery on May 17th, and Janulis admitted attempted robbery the next day.

Urkaite was given six months custody in a young offenders' institution and Janulis was jailed for nine months.

Sentencing them, Judge Katharine Moore said that they had targeted the student as she was on her own late at night and praised the victim for her attitude.

"It is to her credit she declined to make a victim impact statement when she heard about your circumstances. She felt sorry for you. It says a very great deal about her."

Judge Moore said she accepted the pair were both sorry for what they had done and were desperate but said: "You must not repeat this behaviour."

Gavin Cowe, for Urkaite, said the couple had sold everything they could to try to raise money as both were unemployed and had been desperate.

Peter Spary, for Janulis, said: "It was amateurish. They lacked any understanding as to how serious these offences are." He said they did not have any intention of causing harm to anyone: "He had lost his job and that led to him being in dire financial straits."

Teenagers' Walk to Raise Funds for African Trip

Four teenagers and their friends walked from Hethersett to Norwich to raise money for their trip to Tanzania. .

The youngsters took part in the fundraising walk which saw them carrying 20 litres of water over more than six miles.

The teenagers, all pupils at Diss High School, organised the walk to raise money for their trip to Tanzania next summer.

News From The Village

There they will help to improve the quality of life for local communities.

Freya McKeating, Rebecca Hindle, Lauren Armour, Rebecca Timson-Sheppard and Oliver Niblett (who could not take part in the walk) will spend four weeks in the East African country as part of CAMPS International.

They chose to carry the water from Park Farm Hotel in Hethersett to The Forum in Norwich as it represents what the average Tanzanian has to do every day.

Freya, 15, said: "It went really well and we were really impressed with how many people turned up.

"It was really enjoyable and it was nice for people to see what 20 litres of water is.

"It was a big eye opener for how heavy it is for people over there to carry and how precious water is."

The teenagers set off at 10.30 am and were joined by 12 of their friends and family.

The pupils are aiming to raise £4,000 each to pay for their trip and their charity walk raised £400.

Protected Status For Queen's Head?

A few months ago we reported that Hethersett King's Head had been included on the South Norfolk Community Asset Register. Now the Queen's Head has also been nominated as an "Asset of Community Value."

The nomination has been made by the Campaign for Real Ale (CAMRA) which believes that: "the building has been an important part of the village for a significant number of years" and more than fulfils the criteria of being used for social wellbeing or the social interests of the community as laid down for the register.

Under the Localism Act of 2011, community groups have the oppor-



tunity to nominate land or buildings in their area they think are of 'Community Value.' To be included on the asset register, a building must either currently or in the past have been used for social wellbeing or social interests of the community. Examples of this includes its use for cultural, recreational or sporting activities. It must also be realistic to think it will continue to be used in these ways in the future.

Community groups can make a bid for buildings on the asset register if the owners decide to sell them.

Cycle Path To Extend to Wymondham

Hethersett residents will be receiving correspondence in the near future asking for views on a proposed extension to the cycle path and footpath from Hethersett to Wymondham.

The project will be split into two phases. Phase one will cover the section between David James Cars and the existing cycle facility by Haconsfield. Phase two will feature the section between The Drive, Wymondham, and David James Cars. The scheme is split into two phases due to land issues adjacent to Kett's Oak.

Hethersett Parish Council is backing the scheme and feels it will improve safety for cyclists and also enhance people's fitness and well being by giving them a direct cycling and walking route to Wymondham. The work will necessitate the end of a filter lane from the B1172 at the New Road junction and also further down at the second junction leading to the Queen's Head.

School A Level Results

Sixty one per cent of A levels taken by pupils from Hethersett Old Hall School were graded between A* and C this year. Twelve students sat the exams

Business Success

The local Media have featured Mosaic Spa and Health Clubs in their business section. The company, begun by Dave Courteen and Steve Taylor almost 30 years ago, has its headquarters in Hethersett. You can read the story by going to http://www.eveningnews24.co.uk/news/business/hethersett_spa_and_health_club_management_firm_stretching_out_across_the_country_1_4669061

Hethersett Connections World-Wide

Continuing our series of Hethersett connections from around the world - **No 3 - Hethersett Australia**

PRESBYTERIAN Ladies' College Melbourne was founded in 1875 and is one of the first independent schools for girls in Australia still in existence. The college was situated in East Melbourne, and its initial enrolment was 60 students. Among its students in that first year were Catherine Deakin, sister of future Prime Minister, Alfred Deakin, and Helen (Ellen) Mitchell who was to become Dame Nellie Melba.

When the University of Melbourne opened its doors to female students in 1881, many were from the College: Constance Ellis, the first Victorian woman to receive the degree of Doctor of Medicine, Flos Greig, the first woman to be admitted to the Victorian Bar; Ethel Godfrey, Victoria's first woman dentist; and Vida Goldstein, suffragette and the first woman to stand for election to Federal Parliament.

In 1939, with 600 pupils and 40 teachers, accommodation at PLC East Melbourne was at maximum capacity and the College Council began the search for a new site for the School. 'Hethersett', a residence in extensive grounds in Burwood, a developing residential suburbs 15 kilometres to the east, was purchased.

The Junior School moved to Burwood that year and in 1958 both the senior school and boarding house, also relocated.

In 1980, the college was incorporated, retaining its links as an educational institution affiliated with the Presbyterian Church of Victoria.

The college maintains its tradition of educational leadership. Many of today's prominent Australian women were educated at Presbyterian Ladies' College. Two former students of the college have been awarded the Rhodes Scholarship in the past ten years.

Hethersett played an important part in the welfare of Australian troops in the First World War. Many Australians joined British forces to fight and returned home suffering a range of symptoms including fatigue, panic attacks, sleeplessness, confusion and shell shock.

Dr Ramsay Mailer made his home and garden "Hethersett" available. At the outset of war, Mailer was 48 years of age. The staff at Hethersett were all volunteers eager to help and Hethersett had a relaxed atmosphere. One soldier wrote to the Media in fairly glowing terms about his treatment.

"I am writing on behalf of the patients of Hethersett and we are satisfied that we could not receive more nor better attention than we are receiving at present."

Mailer attended psychological cases but later, when the defence department sent surgical cases to Hethersett which he couldn't treat, Mailer and his family decided to close the rest home.

Dr Mailer died in 1943 at the age of 78. He was a man of many talents, a keen cricketer and cricket administrator, a specialist in nervous diseases and a leading cattle breeder.

Coming In October

WE end the first year of Hethersett Herald with another bumper edition of news, views, photographs and comments about our village.

There will be more stories from the archive, a review of Hethersett and Tas Valley's cricket season along with a full report on the charity cricket match in aid of the Wymondham based Star Throwers charity.

There will also be a special feature on the new bereavement support group, the latest news on village development, updates from groups and clubs and more health tips from Rowan House.

All this and much more in the October edition which will be online on October 1st.

Road Closure

Shop Lane, Hethersett, will be closed for urgent gas main replacement work from August 30th until 4 pm on September 7th. During this time an alternative route to avoid Shop Lane will be Grenville Close, Churchfields, Norwich Road, Colney Lane and Back Lane

Voyage of Undiscovery

Peter Steward goes on a strange voyage of Undiscovery.

I love weird and wonderful stories and they don't come much stranger than the tale of a Norfolk explorer, a Hethersett man and a strange North American ritual which links them all.

EVERY year at the end of April a small community in Washington State in the USA seems to take leave of its senses as residents wade into the water in an attempt to resurrect the ghost of a long dead Norfolk adventurer.

The place is a little heard of city of about 3,000 people engagingly called Ocean Shores. Some claim that Ocean Shores doesn't actually exist due to the fact that the aforementioned Norfolk adventurer, Captain George Vancouver, when sailing up the west coast, missed the settlement completely.

And frankly that has piqued the good citizens of Ocean Shores - so much so that they have a designated Undiscovery Day which is closely linked to The Fog Festival and a primeval shout known engagingly as The Holler.

Stick with me and all will become clear (hopefully). We have to turn the clock back to the year 1792. It was on a night towards the end of April that Captain Vancouver sailed past the Ocean Shores settlement, having discovered many other towns in the area.

The reason the redoubtable Captain missed Ocean Shores was quite simple - it was bathed in and obscured by thick fog.

Fast forward to the 21st century and on the last Saturday in April the otherwise relatively sober citizens of Ocean Shores celebrate what they call "Undiscovery Day" to commemorate the night when Vancouver sailed straight past. Vancouver, who was born and bred in King's Lynn, was en route to Nootka Sound on what is now Vancouver Island, to settle a controversy between Spain and Great Britain.

In October 1986, a mere 194 years, but who's counting, after that fateful night, the Ocean Shores city council passed an edict that each year the event should be marked in a rather bizarre way.

Local citizens gather at the romantically named "Lumpy's Tavern" between noon and 2 pm and, not to put too strong a point on it, get tanked up. At midnight, presumably after an afternoon siesta, they gather on the shore and apparently "giggling and shrieking" shout out the words "Hey George, over here" and other appropriate instructions, hoping that Vancouver's ghost will answer and explain his oversight. To date apparently there hasn't been a response.

Or rather a few years ago there was when the local mayor resplendent in George Vancouver style garb stood erect from the boat in which he had been lying low and announced to those present that Vancouver had returned. Of course nobody believed him and it is quite likely the whole thing ended up with more libations in Lumpy's.

A number of years ago the whole idea of Undiscovery Day, the Holler and the Fog Festival came to the attention of members of King's Lynn's Vancouver Round Table. The charity-based group for young professional men under the age of 40 were intrigued in a kind of let's get to the bar kind of way.

They felt ever so slightly miffed that the good name of Captain Vancouver had been tarnished. So the only thing they could do was contact the good people of Ocean Shores (hopefully before a session in Lumpy's).

The result was a bit of bravado and a transatlantic challenge which resulted in a telephone call between Ocean Shores and King's Lynn to see who could produce the best holler.

One of those involved in this effort to outdo "The Yanks" by strangely yelling down a telephone line was John Head, who now lives in Hethersett. John admits that it was all a "bit of fun" but of course when Britain and the USA get together in competition there is always the spectre of colonialism present.

So the two groups hollered at each other down the telephone line. It isn't recorded who actually hollered the loudest due to the fact that they were all so busy shouting that nobody listened to what was coming down the telephone wires.



There is no doubt, however, that Ocean Shores still holds a friendly grudge against our fair county and Captain Vancouver in general.

Incidentally the town and harbour was eventually discovered by American adventurer Robert Gray, who was acclaimed by the Yanks as "one of our own."

Historical Note: George Vancouver (pictured below) was born in King's Lynn on June 22nd 1757 and is best known for his 1791-1795 expedition which explored and chartered the North American north western Pacific coast region. The Canadian city of Vancouver was named after him.

Today Ocean Shores has a population of just under 6,000 (similar in size to Hethersett).

At The Turn of The Millennium

By Peter Steward

Sunday January 31st

Hethersett Diaries Part Two

Whilst part of the family takes to the football fields on Sundays, Anne keeps up her attendance at the Methodist Church. Tonight there was a special service featuring a number of children. After the service the minister and his wife - the Rev Gerald and Lynne Cole - open up their doors to a number of youngsters aged up to 15 which they call the 999 club. The name comes from the last three digits of their telephone number. This evening the group (which meets every two weeks) was ahead of itself - making early Valentines' cards.

There have been a number of Methodist ministers in the village since we have lived here.

When we first moved here the Rev Brian Dann was the incumbent with his wife Margaret. They subsequently moved to the Newcastle area and were replaced by John and Rosemary Dean who never really settled into the Norfolk way of life which I think was too quiet for them. They moved to Runcorn in Cheshire and were replaced by William and Lynne Booker who were the first to live in the village manse in Richardson Crescent. They eventually moved to Oxford and their place was taken by the Coles.

The church itself holds two services - one in the mornings at 10.30 am and one at 6.30 pm - both of course on Sundays.

Over the years, attendance at the services has fluctuated but is currently very healthy. The types of service over the years have varied from the solemn to the modern.

A youth club ran for many years on Friday evenings but closed a few years ago due to lack of people prepared to run it. For a number of years myself and Anne helped at this. Many of the children who attended have long since grown up and I am sure many have children of their own.

The Wymondham and Attleborough Mercury is a free newspaper which circulates in Hethersett. Copy from the village is usually provided by a village correspondent who at the present time is Liz Thetford who lives in Priory Close.

The front page of the edition for January 29th ran a story about pantomime dame Barry Foster who played throughout this year's event despite having chopped the top off a finger by catching it in a door at rehearsals.

Apparently it didn't hamper him too much apart from the scene where he is supposed to hang out washing on a line.

It did prove a problem in his working life, however, as he's a painter and decora-

tor.

The latest edition of the Hethersett Handbook has been published by the parish council. It is a directory of Hethersett organisations and businesses and includes maps. It acts mainly as a contacts list, but also gives another idea of the large number of groups which exist in the village and also an insight into village life at this turn of the century.

So here are some facts and figures for posterity.

Hethersett Parish Council meets on the fourth Monday of each month in the Humphrey Back Room of the village hall. The chairman is Dr Geoff Brownsey who lives in Park Close. The parish clerk is Mrs Diana Dring who lives in Barford - a village about five miles away.

The village doctors at Hethersett surgery are Drs Signy, Beeby, Press and Morris.

The dental surgery is situated in Great Melton Road and the branch library is in Queen's Road. It has story time sessions for under-5s on the second Wednesday of the month from 2.15 to 2.45 pm. The library itself opens on Mondays from 2.30 to 7.30, on Wednesdays from 10 am to 1 pm and 2 to 5 pm, on Thursdays from 2.30 to 7.30 pm and on Saturdays from 10 am until 1 pm.

There are a number of village charities. The Hethersett Parochial Charity assists those in need, hardship or distress and clerk to the trustees is Mrs S. Clarke from Lynch Green. The Caroline Lindley Trust gives further education grants for young people of the parish aged between 18 and 25.

The Hethersett and District Nursing Association assists those who are sick and in financial need and Hethersett and District Lions provide help to the community as a whole.

On the publications front, the local correspondent for the Wymondham and Attleborough Mercury and the Eastern Evening news is Liz Thetford, whilst the Good News Parish Magazine is organised by a number of people through the parish church.

Community and support groups include Age Concern, the Friendly Club, the Good Companions Club for the Over-50s, the Happy Circle, Meals on Wheels organised by the Women's Royal Voluntary Service, Books on Wheels also or-

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

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

ganised by the WRVS and a Pensioners' Association.

A millennium committee has been set-up to co-ordinate millennium celebrations/ commemorations in the village and there is a voluntary services co-ordinator who recruits volunteers and liaises with voluntary groups to offer help and support to the community.

The handbook lists a large number of sports and recreation clubs. These include:

Badminton (Thursday evenings at the High School), Bowls (Wednesday and Saturday afternoons from May to September at the Memorial Playing Field and also at Hethersett Social Club), Cricket (at the Memorial Playing Field from April to September), Cycle Speedway (Hethersett Hawks at the Memorial Playing Field on Tuesdays at 6 pm from April to October), football (in a variety of guises at the high school, middle school and memorial playing field on Sundays), table tennis (Village Hall on Wednesdays from 4 to 6 pm for those aged eight to 16), swimming (adult education courses for family and adult classes at Hethersett Middle School and Old Hall School). There are also aquafit classes.

As far as recreation areas are concerned there is the Memorial Playing Field and an all weather pitch at the village hall which is available for tennis, basketball and five-a-side football although it has to be said that it has been built in the wrong dimensions and is not used for any of these purposes much to the annoyance of the sports clubs who were not consulted before it was built.

There are numerous halls and buildings for hire in the village including the church hall in Henstead Road; the Jubilee Youth Club in Back Lane; Hethersett Middle School which offers rooms, hall, swimming pool and playing fields; Hethersett High School; Old Hall School which lets out a sports hall, barn, swimming pool and tennis courts; the Methodist School Room and the Village Hall in Back Lane which has a large hall, committee room, stage, kitchen and bar facilities.

In addition to the above the high school tennis courts are left open for village use free of charge throughout the summer.

Equal opportunities, sexism - all buzz words of the late 20th century where it is politically incorrect to have groups excluding people by race or gender.

Nevertheless in a village like Hethersett, the past is still in play. There are several groups in the village for women. These include the mothers' union which meets on the fourth Monday of the month at the Church Hall in Henstead Road, the women's fellowship which meets on alternate Thursdays in the Methodist Schoolroom, the women's meeting which meets on alternate Thursdays in the Baptist Church in Henstead Road and the Women's Institute which meets on the third Monday of the month in the Methodist Schoolroom.

Continuing the trawl through the village organisations, there are a number catering for mums with young children including the Mother and Baby Group on Fri-

days in the Church Hall, the Under-5s which meet on the second and fourth Tuesdays in St Remigius Church and offer worship and activities for the under-5s and their carers. The Chimes Pre-School music group meets in the Methodist Schoolroom during term time. First Steps for toddlers, babies and parents meet for play and chat at the Village Hall on Fridays. Next Steps is for those from 18 months and takes place on Tuesdays.

The Playgroup for those aged 2 1/2 to 5 meet on Monday, Tuesday, Thursday and Friday mornings in the Methodist Schoolroom whilst the Ducklings Activity Group for those aged 2 to 2 1/2 meets on Wednesdays. Little Fishes meet on the first and third Tuesdays in the Methodist Schoolroom for under-5s. In addition there is a baby sitting circle which organises mutual babysitting without the need to pay and a parent and baby clinic which meets twice monthly in the Methodist Schoolroom.

Youth organisations (all of which meet in the Scout and Guide Hut off Queen's Road) include Rainbow Guides (girls 5 to 7 years of age), 1st Hethersett Brownies, 4th Hethersett Brownies, 1st Hethersett Guides, 1st Hethersett Beavers (boys of pre-cubs age), Woodhall Cubs, Cromwell Cubs and Scouts. The Jubilee Youth Club in Back Lane opens its doors to seniors (aged 14 and above) on Mondays and Wednesdays and juniors (12 to 14) on Fridays.

There is a whole host of leisure groups including the following: Art and Craft Group, Hethersett Choral Society, the St Remigius Church Guild, Hethersett Society, Hethersett and District Horticultural Society, Jigsaw Library and the Pantomime Group.

Then there is Probus which is a club for retired professional and business people, the Hethersett branch of the Royal British Legion, the Tuesday Club, the Hethersett branch of the Workers' Educational Association (WEA) and a Yoga group.

I would like at this point to list the roads in the village: Admirals Way, Aldborough Loke, Ambleside, Anson Close, Arneside, Ash Close, Back Lane, Bailey Close, Benbow Close, Birch Road, Buccaneer Way, Buckingham Drive, Cann's Lane, Cartmel, Cedar Road, Central Close, Central Crescent, Childs Road, Churchfields, Collingwood Close, Coniston Close, Cromwell Close, Curson Close, Deacon Drive, Drake Close, Exmouth Close, Firs Road, Flint House Gardens, Flowerdew Close, Glengarry Close, Grasmere, Grenville Close, Grove Road, Great Melton Road, Haconsfield, Hall Close, Harman Close, Harmer Close, Harvey Close, Hawk Close, Henstead Road, Howes Close, Hubbard's Loke, Hughes Court, Jaguar Road, Karen Close, Kendal Close, Ketteringham Lane, Kett's Close, Lakeland Way, Linden Drive, Lindley Road, Long View, Lynch Green, Lyngate Close, Malthouse Road, Marion Roberts Court, Meadow Close, Melton Court, Mill Close, Mill Road, Muriel Kenny Court, Myrtle Road, Nelson Close, New Road, Nimrod Close, Oak Close, Old Norwich Road, Orchard Way, Park Close, Old Norwich Road, Orchard Way, Park Close, Park Drive, Pond Close, Priory Road, Queen's Road, Recreation Road, Richardson Crescent, Rowan

Gardens, Shop Lane, South Croft, St David's Road, St John's Close, Stuart Close, The Crescent, Thirlmere, Trout Beck, Ullswater Drive, Vulcan Close, West Croft, Whitegates Close and Woods Close.

Shane Takes to the Road

HETHERSETT Parish Councillor and treasurer of Hethersett and the Meltons' Sports Association, Shane Hull, will be pounding the roads on September 11th when he takes part in the Great North Run half marathon in aid of the Alzheimer's Society.

Shane (pictured opposite with the 1948 Olympic Torch underneath the Hethersett village sign) will be running 13.1 miles in memory of his father Ronald who suffered from the disease. Shane is aiming to raise £1,000.



“My father died following a long and painful battle with Alzheimer's for him, his family and friends. As things stand, many of us and our loved ones could suffer a similar fate in the future. That is why I have committed to taking part in the Great North Run - the world's largest half-marathon - and at the same time raising money for Alzheimer's Research. This in many ways will constitute quite a personal challenge as I have not run this distance for almost 30 years!

“Alzheimer's and dementia sufferers are supported locally in Hethersett which has been designated a dementia friendly village. The money raised through my run will be put to good use by the Alzheimer's Society to help in vital research, “ Shane said.

“I have set up a 'Just Giving' page for donations which automatically and securely will transfer the amount raised directly to the charity. Just a pound or two from a number of friends and work colleagues, (past & present) and even total strangers, will help me achieve my fundraising goal of £1,000,” Shane added.

You can support Shane and the Alheimers Society by making a donation at <https://www.justgiving.com/fundraising/Shane-Hull>

Have You Missed an Edition?

HETHERSETT ONLINE
 November 2015
 Number 1

Church Counts Cost of Theft

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

On the night of Tuesday 27/09/15 outdoor there was a major theft of items from the ruse shell roof of St Regulus Church. The intruders broke down the heavy roof to the local search and dove across the churchyard to collect the loot as it was stripped off the roof.

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



round to sort things out."

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

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

Hethersett Online Magazine 1 November 2015

HETHERSETT ONLINE
 February 2016
 Number 4

Hub of the Community

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

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

This is a further step in our drive to improve our community services and sports. We have revamped our quarterly newsletter which has been well received and now wish to provide an opportunity for residents to raise issues outside the more formal structure of council meetings. Jackie Sutton said "Pop In" events continue on the second Monday of each month from 2 to 4 pm. The next session will be on February 15th. Meanwhile the library hosts a number of regular and special events including book club, a special morning and meeting, a book sale on afternoons and a baby loan and more to come. "Pop In" dates are on page nine.

Hethersett has received an assurance from its county council representative Judith Vigns that there will be plans to close Hethersett Library, despite pressure from Government cuts



HETHERSETT HERALD
 May 2016
 Number 7

Duncan's Special Day

DOZENS of letters to the Herald and not countenanced by Hethersett, allege that a new exhibition in the Hethersett Parish Church.

Over 200 invited guests gathered to celebrate Duncan Pigg's 60th birthday on April 10th. The evening featured a concert by the local band and a special treat for the guests as the church choir performed a special service. It was all handed to some music from our local 'The Music Store'.

Following the evening, John and Helen from the parish church past Hethersett's 60th birthday party. The day's events included a number of regular and special events including book club, a special morning and meeting, a book sale on afternoons and a baby loan and more to come. "Pop In" dates are on page nine.

Hethersett has received an assurance from its county council representative Judith Vigns that there will be plans to close Hethersett Library, despite pressure from Government cuts



Hethersett Herald 7 May 2016

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

News and Features Needed

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

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

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

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

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

Charity Walk Along Hadrian's Wall

HETHERSETT man Rick Palmer has undertaken an 84 mile walk from Bowness on Solway in the west to Wallsend/Newcastle in the east and raised £1,258.76 which is being split between the St Remigius Church roof appeal and Norwich Multiple Sclerosis Centre.



Rick takes up the story:

"My friend Chris and I planned to complete the walk in eight days, to give ourselves time to enjoy some of the historical sites en route. Most walkers start in the East and feel it's better to walk out of the city into the countryside and rolling hills, but for convenience we decided to do it the opposite way, and I'm pleased we did. There were six (well signed) diversions, five due to earlier floods in Cumbria and one in Newcastle, so we think we walked much farther than the normal 84 miles!

We averaged about ten miles a day, but this varied to fit in with our accommodation which had to be planned well in advance - it ranged from the luxury of a four star B and B to the basics of bunk beds in bunk barns, or a camping barn (quite an experience, especially for someone 6ft 4in). But on the whole, it was a place to rest our weary bodies for the night.

We also had to check the maps daily, to plan where we could stock up on provisions, or get our next hot meal (all of which were few and far between) without walking miles off route. This did happen one evening, but we treated ourselves to a taxi back. We felt we had earned it!

Ten miles doesn't sound much, but when you are carrying a full, large rucksack, even with just the bare essentials, believe me it is and it's heavy. Some walkers did it the easy way, by having their rucksacks/bags transported from one accommodation to the next, only carrying what was needed for the day. A luxury for sure! The toughest part of the walk was two and half days walking over the Pennines and steep crags that seemed to go on forever. But we were rewarded with the most breathtakingly panoramic views, seeing the wall snake behind us, as far as the eye could see. Like the Great Wall of China. An awesome sight. We walked through fields and pastures of cattle and endless sheep happily



grazed. One particular day we heard a lamb bleating as we were about to go over a stile. There, on the other side of the fence, we saw a lamb that had somehow got through and was separated from the flock and its mother. Both were calling each other but, alas, the lamb couldn't get back to the fold. We did attempt to catch it to try and reunite it with its mother, but as expected, it ran off, and we had to leave it where it was. It reminded me of the parable of "The Lost Sheep".

Because of our timing and our overnight accommodation in Newcastle, we had the luxury of finishing the last five miles of the trail without the burden of our heavy rucksacks and walking boots, walking mostly on tarmac paths by the Tyne, in our trainers - a welcome relief from walking boots.

Brenda (my wife) saw this as an allegory of "Pilgrims Progress" - how we started out on our journey carrying a heavy burden on our shoulders, being diverted several times away from our path, but being brought back on track again and how towards the end this heavy yoke was lifted from us on those last few miles. A truly eventful and wonderful experience, something I will always remember and treasure. I would like to sincerely thank all who so generously sponsored me for this walk. The total sum raised was £1,258.76, including Gift Aid, which will be split equally between the Church Roof Appeal and Norwich MS Centre.

The above article was first published in the Hethersett Good News magazine and is re-produced here with the permission of the editor and also of Rick Palmer.

Herald Health

EACH month, Hethersett Herald in conjunction with Rowan House Health and Welfare Centre will look at a different aspect of fitness and well being. We start with one of the most important aspects of a fit lifestyle - sleep

Nutritional Therapist Dr Rafe Bundy discusses the link between diet and sleep and gives his tips for good sleep ranging from Ayurveda (the ancient health care tradition practised in India) to modern science



Sleep is viewed by experts to be as important to health and wellbeing as nutrition and exercise. It is reported that one in three adults will at some point in their life experience some form of sleeping disorder and its prevalence is on the rise.

Yet, it is often one of the first things to go when people feel pressured for time as it is deemed as unproductive and a luxury. Getting enough high quality sleep is however viewed by experts to be as important to health and wellbeing as nutrition and exercise.

Determining the risks posed by lack of sleep is complicated as many chronic conditions develop over time and have multiple risk factors. However, research shows that sleeping fewer than eight hours a night on a regular basis increases the risk of developing obesity, diabetes, CV disease, hypertension and reducing immune function. Sleeping well is alone not a guarantee for good health but it does maintain many vital functions including the opportunity to recover from wear and tear. As a nutritional therapist, I always look at a new client's daily routine and sleep pattern before I go into detail about what they eat. I find the Ayurvedic approach really useful in this regard. It stresses the importance of good daily routine, including sleep plus it can be tailored to suit one's indi-



vidual constitution or tridosha. So, using Ayurvedic science as a basis, I have listed below my top three tips to promote a good night's sleep that should suit most people.

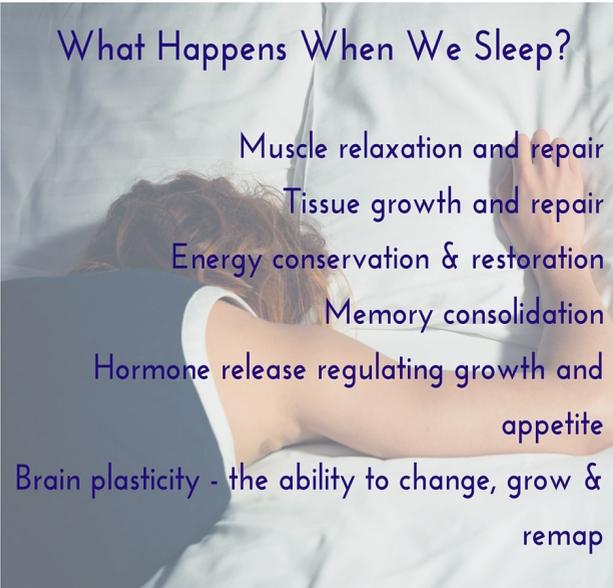
You shouldn't be surprised to find a lot of 'parental wisdom' in there; after all, Ayurveda has been around for about 5000 years and has influenced a lot of medical science!

1. Early to bed, early to rise.

Ayurveda suggests that most people should wake at 6 am and go to sleep by 10 pm for good health (although there is no guarantee for good wealth and wisdom). That's your often-quoted eight hours sleep; but importantly it is the timing of that sleep that also matters. In Ayurveda, the time between 10 pm and 2 am is when the body regenerates pitta (the fire element). So, burn the midnight oil and stay awake until the small hours, and you'll be tired the next day (actually between 10 am and 2 pm, when the pitta is most active), even if you sleep in. My nan once told me "One hour's sleep before midnight is better than two after" and this now makes sense to me.

2. Actively relax body and mind. Ayurveda says to be asleep by 10 pm but that doesn't mean just switching off the computer or TV at 9.59 pm and Zzzzz. It is also important to have a period of 30- 60 minutes to relax before you sleep, which will help body and mind to refresh even more. Blue light from screens destroys melatonin, the sleep inducing chemical produced in your brain and tells you to wake up. Instead take a relaxing bath/shower or do some gentle stretching or breathing exercises or undertake meditation guided relaxation or self-hypnosis

3. Have a light and happy stomach. Of course food and diet are also important. Ayurveda counsels that lunchtime is the best time for your largest meal of the day. This is when the fire element is highest and so your digestion is strongest.



Evenings should be a lighter meal, which should be taken before 7 pm or sunset, so that most digestion is complete before bed. If you can change your eating patterns and eat earlier (and less) in the evenings, then I'm sure you will notice the quality of your sleep improve. And if you do find yourself a little hungry before bedtime, Ayurveda also suggests a cup of boiled milk sweetened with cane sugar and flavoured with a pinch of ground nutmeg (a relaxant), which is easy to digest and will promote a peaceful night's sleep. Just like my nan used to make for me when I was a kid.

Hypnotherapist Paul Barratt tells you how hypnotherapy can help you to sleep

It's true to say that some sleep disorders are caused by underlying medical conditions, so you should always consult with your doctor in the first instance. Once you've been given the all clear there are many things you can do to aid a good night's sleep, hypnotherapy being one of them.



Hypnotherapy seeks to discover and understand the root cause of poor sleep patterns. It sets out to tackle deep-seated issues such as anxiety that can disrupt sleep patterns. Hypnotherapy can help alter and erase negative behaviour patterns and in their place install positive ones that encourage beneficial change allowing for normal sleep patterns to resume once more.

The hypnotherapist (me in this instance), will guide you into a deep state of relaxation where you'll still be able to sense and hear what is going on around you, accompanied with an almost distant type feeling. When you're in this relaxed state, known as trance, your conscious thinking is reduced to a minimum allowing your subconscious mind to come to the foreground and become more responsive to positive change.

The number of hypnotherapy sessions required will vary from person to person. Some may require only one session to reset themselves back to their normal sleep pattern. Those with deep rooted issues, including anxiety, may require more. As you progress with hypnotherapy I like to furnish clients with the necessary knowledge to achieve self hypnosis, a skill you can take with you and incorporate into your everyday life to help continue to develop your sleep improvement.

Holistic Therapist Gill Wright discusses how meditation can help with sleep.

We have seen how important it is for the body to recover and regenerate during sleep, however when does the mind rest? The brain is able to 'recharge' during sleep but remains active as it continues to control many body functions including breathing. The brain has four levels of brainwave activity; the highest frequency being Beta waves, which are present when we are fully focused and alert. Unfortunately we tend to be in this state for most of our working day and it is no wonder we can suffer from mental as well as physical exhaustion. This highly active brain activity can then be difficult to switch off and the brain has difficulty relaxing before bedtime. The Alpha state is a slower brainwave form and is more representative of daydreaming. It is the state of consciousness where you are aware of your surroundings without thinking and analysing and is the state reached in meditation (with practice). Meditation is therefore the perfect way to relax the mind before sleeping. I would suggest a talk-down meditation, this way your mind and body are relaxed gradually before sleep. There are several talk-down to sleep meditations available on YouTube, two recommended sources are Jason Stephenson and The Honest Guys. Like any new skill meditation requires practice; give these sleep meditations a try or try a guided meditation class.



MEDITATION
SESSIONS
at
Rowan House Health & Wellbeing Centre
EVERY WEDNESDAY
7PM TO 8PM
£5.00 per person

Gill Wright is an holistic and massage therapist. Gill runs meditation classes at Rowan House on a Wednesday evening.

Next month we again hook up with therapists from Rowan House to look at running for fitness. All material used in this article is used with the permission of Rowan House. The health and welfare centre can be contacted on 01603 813999.

Night-Time Visitors

By Connie Tindale



In 2013, the humble hedgehog was voted as Britain's national wildlife emblem but it is still in severe decline as numbers continue falling. When Beatrix Potter wrote about Mrs. Tigglywinkle, there were more hedgehogs than people in Britain but now there are only about one million spread throughout the whole country. Their natural hedgerow habitat is disappearing rapidly and, as Hethersett is set for a massive building boom which involves the laying of many more roads for them to get squashed upon, they are threatened even more.

Hedgehogs can and do survive and thrive in back gardens when simple steps are taken to make their life easier. It can take up to 10 individual gardens to sustain a hedgehog which can eat around two ounces of bugs and slugs each night and so they need to be able to move from garden to garden as there are unlikely to be that many in your garden alone. All they need is a small gap under the fences of about the size of a CD case and they will form their own highway through an estate .

Norfolk is a dry county and sometimes there is little or no rain for weeks. Puddles dry up and there is nowhere for the hedgehogs to drink safely. They either drink from old stagnant pools and get flukes or they try to get water from fish ponds.

Hedgehogs can swim but many drown as they cannot get out of the water again. You can make your fishpond hedgehog safe by building up one of the ledges with stones so that any hedgehog that falls in can scramble out again. A simple solution is to put out a shallow dish of fresh water each night. The hedgehogs in my garden spend as long at the water dishes as they do at the feeding bowls.

I think that a notice has gone out on the hedgehog grapevine that there is a hedgehog restaurant in Grove Road as there are now upwards of five different hedgehogs visiting each night. I feed them on mashed up puppy food and dried mealworms. The puppy food has to be put inside a feeding station to prevent the local cats from stealing it all before the hedgehogs can get anywhere near it (a cheap hedgehog house which is held down with a roof tile). The dried mealworms are just placed in shallow dishes and dotted around the garden. Live worms would be better but they are expensive.

I have been viewing videos on YouTube on breeding mealworms but have not yet had the courage to start. If anyone knows a fisherman who breeds more worms than needed, please ask them to help out. You can get dried mealworms from pet shops and garden centres but that proves very expensive indeed when you can get them delivered from Amazon at a much lower cost. When I first started feeding hedgehogs many years ago I gave them bread and milk which they ate with gusto. It did not occur to me that I was harming them but hedgehogs are not lactose tolerant and cow's milk upsets their digestion perhaps doing more harm than good. Kitten milk is ideal but it is better not to put any milk out at all than to put out the wrong kind.

I have several hibernation houses in the garden which are situated in quiet spots. They are nothing fancy and you can easily make your own as hedgehogs are happy to settle in anything that looks like a log pile. All they need is somewhere safe and secure from predator attack. That said, please take care when Bonfire Night approaches as there may well be one asleep in the middle of your bonfire site. Many are badly injured in strimmer accidents so survey any long grass before you cut it just in case there is a prickly little ball fast asleep in there.

If you see a hedgehog out and about during the day, please do not ignore it and think that it can take care of itself. If it is seen in daylight, then it is ill and needs your help. Sometimes hoglets stray away from their mother and get lost, this leaves them prone to attacks by predators and by flies which lay their eggs among their spines. They cannot shake them off and so get infested with maggots. They are often too young to fend for themselves and starve. Hoglets from the first litter of the year are now grown and independent but any that are born later in the year struggle to gain enough weight to see them through the winter. A hoglet needs to be a minimum of one pound (450 grams) in weight to have any hope of surviving until spring.

The first thing to do with a sick hedgehog is to wrap it in an old towel or a jumper to keep it warm. Pop it in a box with a wrapped hot water bottle and if you are

unsure of what to do next then seek help. Sometimes getting them warm is enough to get them eating. There is a registered rescue centre at Wortwell near Pulham Market but there are local enthusiasts who will give assistance and appropriate care.

With a bit of thought we can make Hethersett a hedgehog friendly village, protecting our wildlife so that it is still there for future generations to enjoy. It would be a sad day if the nation's wildlife emblem became extinct.

Connie Tindale – Grove Road, Hethersett - ctindale@hotmail.com –

New Facebook Page: <https://www.facebook.com/groups/916437725144899/?ref=bookmarks>

Vandalism May Force Closure of Shelter

A village youth shelter in Ullswater Drive may be removed following a spate of vandalism.

Acts of anti-social behaviour have put the shelter's future in jeopardy. Hethersett Parish Council would like to keep it as an amenity, but won't be fighting removal plans if the vandalism continues.

South Norfolk Council has received a number of complaints from local residents about the amount of rubbish and broken glass being left around the shelter.

Signs asking for rubbish to be placed in bins, and the area and facility to be respected have been ripped down.

South Norfolk Council will be placing fencing round the facility to prevent it being used until a decision is made on its future.

Next Litter Pick

The next village litter pick organised by the Hethersett Environmental Action Team will take place on Saturday September 2nd. Volunteers will be welcome with the pick starting from Hethersett Methodist Church car park at 10 a.m. Equipment is provided.

Tickets Still Available

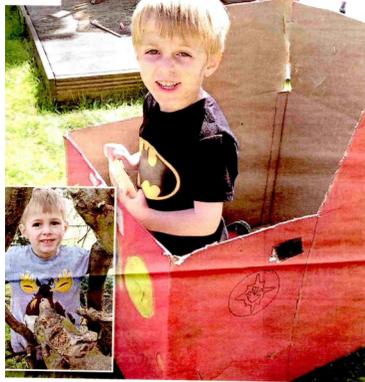
Tickets are still available for the Hethersett Churches Together barn dance in Hethersett Village Hall on September 24th. Contact 01603 811052

Media Watch

Over the next two pages we feature some of the stories covered over the past few weeks in the pages of the Wymondham Mercury and EDP newspapers.

Research in Finnbar's memory

Finnbar Cork, who will be remembered as a happy baby.



SYMPTOMS

While headaches and vomiting are common brain tumour symptoms, they are not the only ones – and in Finnbar's case, didn't appear until three months after others started.

Early on, he was still your normal five-year-old, having normal conversations. Mr Cork said, "The only odd thing, with a bit of reflection, was that his personality had changed. He wasn't quite himself. He didn't enjoy the same things that he did before. Like spending time with his friends."

It was at a party and Finnbar didn't want to go in or do anything so I took him outside to ask what was going on, and he said "I'm not like the other boys and girls, so he knew something wasn't right."

Changes in personality and seizures are other symptoms of a tumour, along with – depending on its location – weakness on one side of the body and problems with speech, vision and memory. For more information, visit www.braintumourresearch.org

Children's Trust and East Anglia's Children's Hospices – one day hope to channel their grief into supporting other families dealing with brain tumours.

Mr Cork said, "We have seen the last child in bars, so nobody's a hero."

A man planned. Hethersett.

other five-year-old. Refusing to give up, the couple pushed for radiotherapy, which began in June and not only extended Finnbar's life, but led to signs of improvement in his final weeks.

The couple are now urging other parents to educate themselves on brain tumours and the symptoms – and if they have concerns, not to take for an answer.

Mr Cork, a nurse, said: "Finnbar had this stage that things weren't right and you have to trust your instincts. People have to be high grade – and that there's strong enough that if you are worried, fight for it. Don't be afraid to ask for a second opinion."

"We both work in the field and I know the system pretty well, but we were completely ignorant. We had to learn quickly and try to improve what we were doing with Finnbar's care."

POETRY

Poetry night at village church

An evening of illustrated poetry is being presented by Paul Binney in St Remigius Church in Hethersett on September 30 at 7pm.

He will explore a variety of themes from his collection of poems published as *Learning the Language*. There will be light refreshments.

14 NEWS

Tributes paid to Finnbar

Tributes are being paid to a brave five-year-old boy whose struggle against a brain tumour prompted an outpouring of support from the local community.

Finnbar Cork, from Hethersett, was diagnosed with a rare grade 2 diffuse astrocytoma in February after he began having dizzy spells and periods of unsteadiness on his legs.

The Woodside Infant School pupil received treatment at Addenbrooke's Hospital in Cambridge and Great Ormond Street Hospital in London. Despite intensive chemotherapy, Finnbar died on Friday night.

His grandmother Sharon Penska announced the news on

the fundraising for Finnbar Facebook page, saying: "Our little fighter Finnbar fell asleep last night and didn't wake up. He will be treasured in our hearts for ever."

By Sunday, the post on Facebook had more than 220 comments and had been shared 23 times.

His parents Tristan, 34, and Claire, 32, and Mrs Penska have been fundraising after his diagnosis, aiming to raise £5,000 for his future treatment and needs.

Support for the schoolboy sky-rocketed, with fundraisers held in his name, such as 10 Hethersett Explorer Scouts completing a 440-mile trek.

Thursday, August 11

CRICKET

Valley rise to the challenge to book their place in final

Hethersett and The Valley are through to the final of the 10-over Norfolk Challenge Cup a competition they won last season.

They were overwhelmed by a display of canny bowling and some brutal hitting. They never looked like setting Valley anything like a competitive target and were bowled out for 142, with the final wicket falling in the last over. David Coyle mopped up the tail to finish with 4-20.

Valley were never in trouble, with opener Ian Bruce (56 not out) and Robbie Matthews (37 not out) putting on an unbeaten partnership to give Valley a comprehensive 10 wicket victory. They will play Swartham in the final at Sprowston on August 29 (Bank Holiday Monday).

This Sunday, Valley return to Haverhill for a Sunday League fixture.



Hethersett and Valley have a Sunday final to look forward to.

Only wins will do now as leaders deal a blow to promotion hopes

CRICKET

Home to Great Winghamham A this weekend.

The latest defeat sees Valley drop to fourth place – 21 points behind a second placed Malsbells and, with just three games to go, they must defeat Winghamham and hope that Malsbells slip up.

Valley hit 198 in their 45 overs and then found Bradford peering their innings to perfection to reply with 207 with seven balls remaining. Similarly the second team must win games when they take on bottom club Norwich II in Division Four following a nerve-jangling one-run defeat at the hands of Great Malsbells on Saturday. The loss left them just

six points ahead of Melton who currently occupy the second relegation place.

Melton batted first and scored a respectable 208 with Valley putting down a number of relatively easy catches. Hethersett started slowly but then picked up the pace with opener Richard Ellis hitting 45.

It all came down to the last over with Valley needing two runs from the final two balls, only to lose their wicket after the penultimate ball bowled by just one run. It was almost a replay of the game of Little Melton earlier in the season when Valley won off the last ball. Valley (Thurs) have an outside

chance of promotion in the North League but will need to win their last three games and rely on teams above them dropping points.

Their latest games saw them be Rockliffe by 78 runs. Valley hit 111 with Bob Jones top scoring with 4. They then bowled Rockliffe out by 100 thanks to a fine team effort with Sanjoooy Jayabod, Dave Austin, Jo Jones, Stuart East and Cameron Clarke all taking two wickets.

This weekend the thirds are home to Hopton and Gals. Valley fourth home game against Brooke was cancelled when the visitors pulled out. This week they make the long journey to Southwell.

Media Watch (continued)

COMMUNITY



■ The slide has proved a big hit at the play group.

Playgroup enjoys arrival of slide at village hall

Youngsters from a playgroup are enjoying a new slide thanks to a generous grant.

When First Steps Playgroup in Hethersett grew out of their indoor slide, South Norfolk councillor and Hethersett resident David Bills organised a council members' ward fund. First Steps meets in

Hethersett Village Hall in Back Lane on Mondays from 9.45am to 11.15am during school term time.

Differen organised painting to play. It is and toddler for parent meet up.

SPORT

CRICKET

Valley suffer new setback to end hopes

It looks like being a case of as you were for Hethersett and Tas Valley's Saturday teams.

A third consecutive defeat ended the first team's Norfolk Alliance Division Two promotion hopes, whilst a 88-run victory for the seconds virtually ended any lingering relegation concerns in Division Four.

The third team recorded another victory but look likely to finish third in Division Three Central of the Norfolk League. The fourths went close to gaining their first victory of the season but fell just short.

The firsts came out on the wrong side of another very close match, but some shoddy late innings fielding allowed opponents Great Witchingham to post 212/2 from their 45 overs after being restricted to around three runs an over for much of the innings.

Valley should have been capable of reaching the total but were bowled out for 208 with three balls remaining.

The seconds knew only a win against bottom club Norwich would do and proceeded to hit a solid total of 251/5 in their 45 overs with a good all-round team effort that saw Stephen Hayes hit 66, Dean Parfitt 53, Richard Ellis 49 not out and David Matthews 40. They then restricted Norwich to 166/8, with Andy Baker taking 3/21.

by seven wickets. The visitors hit 211/7 with Dave Austen taking 2/21 and Cameron Clarke 2/36. Valley reached their target with 21/3 from 35 overs with Stuart Last hitting 80, Jonathan Cooper 35, Luke Matthews 43 and Cameron Clarke 32 not out. Ollie Kilbourn hit a fine 134 for Valley Fourth's and was well supported by Daniel Harris with 52 in a commanding total of 233/4. Unfortunately it was not enough as Southwold replied with 255/4 with opener David Woods unbeaten on 97.

This week the firsts are away to Vauxhall Mallards, the seconds are home to Martham, the thirds visit Hardingham and the fourths are home to Hales & Loddon. The Sunday side take on Reepham and Salle.

Hethersett and Tas Valley will end their season with a two-day festival in mid-September.

Saturday, September 17 will see an inter-club match when Valley take on a team put together by club president Richard Ellis Senior. The following day sees Valley wrap up their season with the annual charity match in aid of the Wymondham-based cancer charity Star Throwers. The game was originally scheduled for April but had to be postponed due to a waterlogged pitch.

There will be added poignancy this year as Valley take on a Tony Selby Norfolk Select team for the Les King Memorial Trophy. Les, who died in February, was patron of the charity and a big supporter of local cricket.

COMMUNITY

Church event boosts roof repair funds

A 'Made in Hethersett' event featuring arts and crafts from the south Norfolk village was held at St Remigius Church in Norwich Road.

The event raised money for the church's roof-repair fund which was set up after raiders stole lead from the roof last year.

Items for sale included jewellery, artwork, handicrafts, and food and drink, and members of Norfolk Wildlife Trust's Wymondham nature group were also there.

More Cuttings can be viewed on our web site at

www.hethersett.org.uk

Sports Coverage Starts Here

Festival Time at Valley

HETHERSETT and Tas Valley Cricket Club round off their season with a two day festival which will feature an inter-club match and a charity game.

Saturday September 17th will see a club team take on a side selected by club president Richard Ellis.



The following day sees Valley taking on a Tony Selby Norfolk Select XI in a charity match in aid of the Wymondham based Star Throwers cancer charity. The match was originally scheduled for April but had to be cancelled due to a waterlogged pitch.

There will be added poignancy this year with the teams competing for the Les King Memorial Trophy. Previously the annual match was contested for the Les King Patron's Trophy with Les doing much of the organisation for the match which last year was won by Hethersett. Les, who died in February, was a tireless supporter of Star Throwers and also a great supporter of local cricket.

The match will be 40 overs per team and starts at 1 pm at Station Road, Flordon.

Promotion Chances Scuppered

HETHERSETT and Tas Valley Cricket Club's promotion hopes took a tumble in August with three consecutive defeats which scuppered their chances of going up to Division One of the Norfolk Alliance.

It meant that Valley missed out for the third consecutive season after being in with a chance until late on in the campaign. Their bad run started at the end of July with a defeat at the hands of Fakenham, and then continued with losses against Bradfield, Vauxhall Mallards and Great Witchingham. A final day win

against Beccles means that the firsts finish in fourth place in Division Two.

Opener Ian Bryce was the hero of the win over Beccles, scoring 136 in his team's total of 261-6. He put on 151 for the first wicket with skipper Damian Fahy. Valley then bowled out Beccles for 199.

Results for the first team in August were:

August 6th - Hetherset 198-9 lost to Bradfield 202-7 by three wickets.

August 13th - Hetherset 208 lost to Great Witchingham 212-2 by eight wickets.

August 20th - Hetherset 224 lost to Vauxhall Mallards 228-6 by four wickets

August 27th - Hetherset 261-6 beat Beccles 199 by 62 runs.

The seconds had a fine final day, beating promotion hopefuls Garboldisham to push themselves up to a finishing position of sixth and banish any lingering relegation worries in Division Four.

They bowled out Garboldisham for just 115 and then reached their target for the loss of six wickets. Results for the second team in August were:

August 6th - Hetherset 207 lost to Great Melton 208-5 by 1 run

August 13th - Hetherset 251-5 beat Norwich 166-9 by 85 runs

August 20th - Hetherset 159 lost to Martham 160-4 by six wickets

August 27th - Hetherset 117-6 beat Garboldisham 115 by four wickets.

Hetherset Thirds finished fifth in Division Three Central of the Norfolk League and the fourths finished second from bottom of Division Four South East.



On Saturday September 3rd Valley take on touring team Old Derby from Leicestershire and the following day complete their Mid Norfolk Sunday League fixtures with a home game against Swardeston..

Our picture opposite shows skipper Damian Fahy receiving the Mid Norfolk Sunday League Challenge Cup. A report and more photographs are on pages 71 and 72.

Hethersett's Olympic Legacy

IT was 16 days that made us proud to be British.

Herald Comment

Sixteen days when we could forget about nasty politics, forget about whether we should be in or out, forget about the threat of terrorism and just celebrate who we are and what we stand for.

Sixteen days when the world focussed on Brazil and Team GB established itself as an Olympic Super Power.

After London 2012, the talk was all about Olympic legacy, about increasing participation in sport and fitness. It is likely that the same sentiments will be expressed now that the Rio Olympics have come to an end.

In Hethersett we embraced the legacy of the London games and will continue to embrace the Olympic ideals of Rio as we move towards Tokyo 2020.

Since 2010, our village has striven to become the ultimate fitness village. At times we may have fallen short in our aims and it is difficult to measure exactly what is meant by the word "ultimate." But we have tried and if you want proof of our success just pop into Hethersett Library. There you will see a display cabinet containing just some of the village's awards gained since we pledged to improve people's fitness back in 2010.

Hethersett became the first village, town or city in the country to be awarded a Prime Minister's Big Society award, we organised more events per head of population in support of London 2012 than any other place in the United Kingdom. We have also won numerous Norfolk Village Games area and county titles and there are sports clubs in the village in just about everything imaginable from rugby and football to bowls, cycle speedway and croquet. There really is something for everyone, irrespective of age. Then there are all the walking and running groups, the martial arts clubs and the yoga and exercise classes. The list really is almost endless

And our efforts to improve fitness will continue with new community sports facilities likely at Hethersett Academy in the near future. Also Hethersett and the Meltons' Sports Association continues to go from strength to strength. The next meeting will be at Park Farm Hotel on October 10th at 7.30 pm. All welcome.

More Than Just a Friendly

WHEN the two adult Saturday teams from Hethersett Athletic played a friendly match on August 20th there was more at stake than bragging rights.

Football News

The club, which runs teams from under-seven through to adult level and which has its base at Hethersett Memorial Playing Field, had a very successful Saturday team which has worked its way through to Division One of the Crown Fire South and Central Norfolk League after gaining promotion last season and winning the League's Dick Davey Memorial Ambulance Cup. Last season the club also took under its wing the former Marlborough Old Boys side, many of whose players live in the village, who were crowned champions of Norwich Saturday League and also won the Potter and Shoe Trades Cups.

The successes brought the two teams to the same level on the national league pyramid set-up, but only one of them can represent Hethersett Athletic in the Norfolk Junior Cup in the coming season.

So the only way to decide who that should be was to stage a pre-season friendly with the winners going into the Junior Cup.

It looked like being a close encounter but didn't turn out that way as Hethersett Old Boys (the new name for the former Marlborough side) ran out comfortable 5-1 winners.

Tom's Tournament for Cancer Charity

HETHERSETT Athletic footballer Tom Vosper organised a charity football day on the Memorial Field at the end of August to raise money for the Norfolk Big C cancer charity.

Tom, who is 23 and came through the local club's youth ranks, held the tournament as a way of thanking medical professionals who treated his father David after he was diagnosed with cancer.

The tournament featured six teams competing for the Big C Trophy including Hethersett Athletic Saturday, Hethersett Athletic Sunday, Brayford, Middleton Green, Micawbers Tavern and Newsman Celtic.

The teams were divided into two groups of three with the top two going through to the semi-finals.

Results in Group A were: Hethersett Saturday 2, Micawber Tavern 1; Brayford 1, Hethersett Saturday 0; Brayford 1, Micawber Tavern 2. Group winners - Micawber Tavern; runners-up - Hethersett Saturday.

Results in Group B were: Middleton Green 5, Hethersett Sunday 0; Hethersett Sunday 1, Newsman 0; Middleton Green 1, Newsman 0. Group winners - Middleton Green; runners-up - Hethersett Sunday.

The semi-finals saw Micawber Tavern beat Hethersett Sunday and Hethersett Saturday beat Middleton Green 7-6 on penalties after a 1-1 draw. In the final, Hethersett Saturday took the trophy by beating Micawber Tavern 2-0.

It is likely that the day will have raised close to £1,000 for the Big C appeal.

NOTE: Tom Vosper has made 132 appearances for Hethersett Athletic and scored 15 goals. The photo above shows Hethersett Saturday captain Danny Gray with the Big C Trophy and below is the Hethersett Sunday side.



News From The Hawks

By Mel Perkins MBE

HETHERSETT Hawks Cycle Speedway Club took a strong side to Ipswich to face the League leading Eagles but came off second best as the fast Suffolk riders forced errors out of the Hawks. Even Hethesett's Number one rider Dan Chambers had an off-day

Ipswich Eagles 88, Hethersett 70 (L. Cossey 16, D. Chambers 14, J. Herring 14, H. Hamill 10, O. Buxton 7, D. Butler 6, O. Wells 3)

There was some consolation for the travelling Hawks when they pulled off a surprise victory over the previously unbeaten Ipswich side in the Division 2 match.

Ipswich B 73 Hethersett B 84 (H. Hamill 21, D. Butler 18, O. Buxton 16, O. Wells 14, G. Morgan 10, K. Adams 5)

Owen Wells raced in Astley and Tyldesley near Manchester, competing in the Under-17 category at the British Youth and Junior League National Round Three.

He improved on his round two effort in Poole by reaching the "C" final. He had a good start but came off worst from some first-bend bunching. When no restart was called he chased hard and almost forced his way into third place but had to be content with fourth.

Later in August, Hawks welcomed Sussex side Hellingly Lions to the Memorial Playing Field for the first time in South East League action and a thoroughly entertaining and sporting fixture ensued.

Hethersett 83 (D. Chambers 21, L. Cossey 16, O. Buxton 15, J. Herring 13, H. Hamill 7, D. Butler 5, L. Smith 4, O. Wells 2). Hellingly 76

In the Division Two match, Hethersett maintained their unbeaten run since May 8th courtesy of penalty points conceded by Hellingly for using a restricted rider.

Hethersett B (73+15) 88 (O. Wells 12, G. Morgan 11, L. Smith 10, D. Butler 10, K. Adams 8, D. Longlands 8, H. Hamill 8, L. Hulcoop 6) Hellingly B 87

Next up for the Hawks is a trip to Great Blakenham on 4th September

Cup Final Triumph



HETHERSETT and Tas Valley put a disappointing end to the league season behind them to become the inaugural winners of the Mid Norfolk Sunday League Challenge Cup with a 63 run victory over Swaffham in the final at Sprowston on Bank Holiday Monday.

The final victory followed a resounding 10 wicket victory over Thetford in the semi-finals.

A dusty and hard pitch in the final made batting difficult with Valley losing in form opener Ian Bryce with just one run on the board. Further wickets fell as Valley slumped to 23-3 before two batsmen at last came to terms with the Swaffham attack.

Nick Burrett steadied the innings with a masterful 54 and John Curtis added 44 in a late flourish that saw Valley reach 152 all out in the 37th of their 40 overs.

It looked like an inadequate score, but Valley's bowlers had other ideas with a



good mix of pace and spin winning through. Opening pair Leigh King and David Coyle restricted Swaffham to a handful of runs before King took three wickets to earn the man of the match award.

He was well backed up by young leg spinner Sam Morton who also captured three victims. A mid innings partnership briefly looked like turning the match Swaffham's way but some excellent fielding and catching saw Valley bowl them out for just 89 in the 29th over.

Hethersett reached the final with a 10 wicket victory over Thetford in the semi-finals. Thetford batted first and were all out for 142. Robbie Matthews (37 not out) and Ian Bryce (96 not out) made short work of reaching the target with an unbeaten first wicket partnership of 146 in 24 overs.

Pictured above are final match winners John Curtis and Nick Burrett. Behind them (partially obscured) is Ian Bryce who hit an unbeaten 96 in the 10 wicket semi-final victory over Thetford. On the left is the new Mid Norfolk Sunday League Challenge Cup.

