The Beast From the East

IT’S many years since Hethersett was turned into a Winter Wonderland as was experienced in March.

With minds turning to Spring and Easter, it was the so called Beast from the East which struck, to turn Hethersett into almost a ghost village as residents were snowed in and roads became impassable. The photograph above was taken by Associate Editor Gary Wyatt and has the feeling of a 19th century scene.

For the story of the big freeze and many more photographs, turn to page three.
## INDEX

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herald Beast of the East weather special</td>
<td>3</td>
</tr>
<tr>
<td>The Hethersett Spirit - Herald Comment</td>
<td>12</td>
</tr>
<tr>
<td>Fighting to Retain a Green Belt</td>
<td>13</td>
</tr>
<tr>
<td>Another Road Closure Courts Controversy</td>
<td>15</td>
</tr>
<tr>
<td>Neil’s 50 Years in the Print Business</td>
<td>18</td>
</tr>
<tr>
<td>Dance Show at Norwich Theatre Royal</td>
<td>20</td>
</tr>
<tr>
<td>New Charges at Recycling Centres</td>
<td>21</td>
</tr>
<tr>
<td>Women’s World Day of Prayer</td>
<td>22</td>
</tr>
<tr>
<td>Signs of Confusion - Those Road Works and Diversions</td>
<td>23</td>
</tr>
<tr>
<td>Fighting Dog Mess in Hethersett</td>
<td>26</td>
</tr>
<tr>
<td>Hell In Paradise - Hethersett’s Connection with a Wartime Massacre</td>
<td>30</td>
</tr>
<tr>
<td>Crufts Win For Hethersett Pupil</td>
<td>33</td>
</tr>
<tr>
<td>Hethersett Health - Coping with Chronic Pain</td>
<td>34</td>
</tr>
<tr>
<td>Colourful Art at Hethersett Old Hall School</td>
<td>37</td>
</tr>
<tr>
<td>TT Races and a Park Superintendent - From the Church Archives</td>
<td>39</td>
</tr>
<tr>
<td>Fantastic Ice Sculptures in Hethersett</td>
<td>42</td>
</tr>
<tr>
<td>Hethersett Village Screen</td>
<td>44</td>
</tr>
<tr>
<td>Media Watch - Stories from the Newspapers</td>
<td>47</td>
</tr>
<tr>
<td>Hethersett Matters - Working to Stop Scams</td>
<td>48</td>
</tr>
<tr>
<td>Countryside Wander with Gary Wyatt</td>
<td>52</td>
</tr>
<tr>
<td>The Angling Bug</td>
<td>54</td>
</tr>
<tr>
<td>Feather Beds and More - Answering Your Questions</td>
<td>56</td>
</tr>
<tr>
<td>Hethersett Herald What’s On</td>
<td>59</td>
</tr>
<tr>
<td>Numbers Full at Hethersett Academy</td>
<td>62</td>
</tr>
<tr>
<td>News From Hethersett Parish Council</td>
<td>63</td>
</tr>
<tr>
<td>April in Hethersett Library</td>
<td>65</td>
</tr>
<tr>
<td>Groups and Societies</td>
<td>67</td>
</tr>
<tr>
<td>Hethersett Hedgehogs Update</td>
<td>71</td>
</tr>
<tr>
<td>Of Roman Importance</td>
<td>73</td>
</tr>
<tr>
<td>Cricketers of the Future</td>
<td>75</td>
</tr>
<tr>
<td>Dementia Group Update</td>
<td>77</td>
</tr>
</tbody>
</table>
Hethersett White Out

THE so called “Beast From the East” brought the worst weather conditions that Hethersett has experienced for many years.

The end of February and the start of March saw deep snow, strong winds and freezing temperatures with wind chill making it feel like minus 10. The snow started on February 27th and then turned up with a vengeance on the last day of February. Ironically there was little improvement on March 1st which was technically the first day of Spring.

All four Hethersett schools were shut for days and it wasn’t until over a week later that the weather improved significantly before a mini Beast turned up over the weekend of March 17th and 18th. Hethersett was a virtual ghost town on
the last day of February as our photographs show. Some of the photographs had a 19th century rather than a 21st century look to them.

The roads were virtually deserted with only a handful of cars slipping and sliding to their destinations. The post office was shut, the doctors’ surgery was badly affected with staff unable to make it in, the car parks were empty and Tesco Express ran out of milk and got very low on other provisions.

Many organisations called off meetings and a number of events, including a Bowls Club quiz at the Youth Club Hall, were either cancelled or postponed. The pictures on pages three to nine were taken by editor Peter Steward and Associate Editor Gary Wyatt.
The bad weather did bring out the best in many people with offers of help and support and many ensuring that the elderly were kept safe and warm.

Many took to social media to pledge their support as the following message on the Next Door site showed:

“I’m in Hethersett. Just checking if any elderly neighbours need help with food from Tesco today or just need someone to pop in on them. I’m available to walk to help. “

That entry brought the following response:

“This is why I love living in Hethersett. Wonderful people with a strong community spirit! Thank you to everyone. “

Perhaps we should label this the Hethersett Spirit.

Bin collections were also hampered by the bad weather with South Norfolk Council sending out the following message:

“As you are fully aware the weather conditions have made it impossible for us

A picture of the deserted B1172 seen from New Road junction on the first day of spring!
to deliver the refuse collection service over the past three days and also limited the service on Tuesday. We therefore have a backlog of over 50,000 bins across the district. “

This resulted in a two day delay on bin collections and a cancellation for the brown bin collections.

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Keeping Warm In The Cold

PUPILS at Old Hall School made the most of the bad weather.

With lessons called off, a number of boarders used their artistic skills to spend days constructing an impressive igloo.

“Three or four of them worked on this for three days, making solid bricks
of compacted snow and then using softer snow to smooth the outside. When it was completed it was big enough for three to sit inside, cosy and with fairy lights,” said School spokesperson Liz French.

Guess the Location?

THE photograph opposite was captured in Hethersett on Monday. But where was this picture of an amazing ice sculpture taken?

To find out and see more photographs turn to page 42.
The Hethersett Spirit

THE Beast from the East hit Hethersett with a vengeance at the end of February and beginning of March and then returned later in the month. But we can’t claim that we weren’t warned. Thankfully what we call the Hethersett Spirit soon surfaced, proving that we have what one resident called “a wonderful community spirit.” The village may be growing out of all proportion but one thing you can’t destroy is the kindness and public-spiritedness of the majority of residents. We came across random acts of kindness from residents visiting the elderly, some offering to go shopping for essentials and others helping to dig cars out of drives and much more. Adversity always brings the best out of people and we call it the Hethersett Spirit.

There are a number of grit bins strategically placed throughout the village. One resident pointed out that during the cold snap they hadn’t seen anybody using them. The bins are supplied by Hethersett Parish Council and are kept topped up and can be used by any community-minded person who wants to make the roads and paths safer. Hopefully by the time this edition of Hethersett Herald is published the cold weather will be a thing of the past and we will be celebrating daffodils and crocuses rather than snow and ice.

Last month we gave extensive coverage of dog poo problems in the village and listed the locations of dog bins provided by Hethersett Parish Council. In this edition we list them again in a more user-friendly format on page 23. If you have dogs please clear up after them and pass on details of where the dog bins are.

Finally a few words to motorists. My wife and I were at the centre of an unpleasant incident at the top of New Road close to the B1172 when a car, in total disregard for us, drove through a puddle and drenched us with muddy, unpleasant water. Please motorists be aware, when it’s wet you should avoid going through puddles if there are pedestrians on the pavement. If you cannot avoid ploughing through puddles please cut your speed to walking pace. It really isn’t very pleasant being covered in dirty water.
Fighting For A Green Belt

THE Campaign to Protect Rural England (CPRE) is fighting to maintain a green belt around the city of Norwich and has set-up an online petition calling for this.

“Unlike many other major cities, Norwich does not have a Green Belt. The Fine City may historically have been relatively compact and surrounded by countryside, but this is becoming threatened and lost to continuing massive development proposals. The recent Greater Norwich Local Plan (GNLP) consultation included a question about whether Norwich should have a Green Belt. CPRE Norfolk currently has a petition calling for this at www.cprenorfolk.org.uk which has nearly 1,800 signatures.

“CPRE Norfolk's vision for a Norwich Green Belt takes the form of 'green wedges' radiating from the city into the open countryside. These would follow existing green corridors such as river valleys, railway lines (used and disused) and major footpaths and cycle ways, giving protected access to rural tranquillity for residents of the city, as well as routes into the city for those living outside.

“This form of Green Belt would still allow for much-needed development for houses and jobs, but would also help to protect Norwich's special character for generations to come. CPRE Norfolk has produced an initial proposal map for the Planners of the GNDP to work with and hopefully incorporate in the new Local Plan,” said Chris Dady, CPRE Norfolk Chairman.

The CPRE map on page 14 clearly shows a green belt extending into South Norfolk and taking in the Hethersett area.

“'As our local authorities begin the process of reviewing the adopted local plans for Norwich and its surrounding districts, with the likelihood that they will have to accommodate even more growth beyond 2026, it is now more urgent than ever that Norwich protects its green corridors for people and wildlife for the future. A Green Belt, in the form of green wedges, is the way to achieve this long-term protection whilst not standing in the way of future development and giving the opportunity for more links between houses and the countryside.'

“CPRE Norfolk urges residents of Norwich, Broadland, South Norfolk and beyond to add their voices to the campaign for a Green Belt for Norwich. We all benefit from the rural open character of the hinterland around Norwich and its loss would be a tragedy for us all. That's why we must show Local and National Government...
how important it is to us and why it needs better protection," Mr Dady added.

You can read more about the campaign for a Green Belt around Norwich at http://www.cprenorfolk.org.uk/planning/policy-statements/green-belt-for-norwich/

Another Road to Close

ANOTHER Hethersett road will be closed in the near future.

New Road from its junction with the B1172 Norwich Road for a distance of 75 metres northwards will be shut from April 3rd until May 25th for work on the new cycle path going towards Wymondham

The road will be temporarily closed (except for access) and the work is expected to take place on 39 days during the 53-day period outlined. The alternative route for traffic will be via the B1172 Norwich Road, C185 Norwich Road, Queen’s Road, Great Melton Road and Mill Road and vice versa.

In the event of the start date being delayed the new date will be displayed on-site in advance. It is expected that the new cycling and pedestrian link from Hethersett to Wymondham will be fully completed by June.

During the closure, buses will be re-routed and a temporary shuttle vehicle service will be in place at peak times on Mondays to Fridays. This will operate every 15 minutes from 7 until 9 am and again from 5.05 to 6.35 pm. The service will pick up at bus stops along Mill Road and outside Tesco’s, connecting with buses at the village hall bus stop on Back Lane. The shuttle vehicle is an eight seater with wheelchair access. The bus services affected by the work will be First Buses 13/13A/13B/13C/14/15 and 15A and Konnectbus service 9.

When the work is complete it will provide a new 3.3km pedestrian/cycle path between Hethersett and Wymondham along the B1172 and will link with other projects to provide a 7km route from Tuttles Lane at Wymondham to Thickthorn Roundabout.

The junction at New Road will be re-aligned and narrowed in an attempt to reduce entry and exit speeds.

The announcement has been met with concern by both Hethersett Parish Council and local residents as we discuss on the next page.
Concern Expressed At Road Situation

CONSIDERABLE concern has been expressed over perceived problems a road closure will create in the village over a two month period this Spring.

New Road will be closed for work on the cycle path from Hethersett to Wymondham from the beginning of April to the end of May (for details of this see page 15). This brought an immediate response at the March meeting of Hethersett Parish Council.

Resident Tony Olson voiced his concern about safety issues:

“The majority of traffic leaving the village in the morning goes out towards the B1172. By shutting New Road, all traffic wanting the B1172 (which I would suggest would be the majority) will be channelled down Great Melton Road and Queen’s Road.

“Some may use Steeple Tower, but you are still generating more traffic down roads that children use to get to school. If the gas works are still at the top of the road, then it will just create even more of an issue and a queue of traffic.

“As drivers get frustrated, the driving tends to get faster. What assessment has been done on this and why are they not just putting in a three way stop at the top of New Road?”

Tony also expressed concern about the safety of young people:

“Anyone who has navigated down Great Melton Road and Queen’s Road during the busy periods will know how congested it already is. More often than not, the coaches make the decision to mount the pavement near the Queen’s Head and opposite Hethersett Academy as everyone navigates the gridlock.

“Many people use the New Road exit to avoid Queen’s Road and the schools during their busier times. They will now add to that build-up, frustration and danger to students around the schools.

“Canns Lane will also not cope as a diversion to reduce traffic at the schools. As a single lane it will just get clogged up or result in nobody being able to get into the village down Queen’s Road or Canns Lane as there will be a line of traffic trying to get out!” Road works are inevitable but it is ridiculous to have to shut New Road for two months.”

The question of what kind of bus service will be available during the closure has also been brought up with a suggestion that virtually half the village will be cut off from any service at all.

Chairman of the parish council Jackie Sutton said: “I am staggered that there is a possibility that buses will be taken away from 50% of our population without any public consultation. The shuttle bus idea at peak times is just laughable.”
Tony Olson said: “My understanding is that the bus service will not run through the village for two months.

“There are a lot of elderly and less mobile members of the parish who need the transport in off peak hours. Looking at the village, there are probably more elderly members of the community on the New Road side of the village as opposed to Steeple Tower. They will lose a link, just because we can’t have a three way stop sign!” he said.

Another member of the public also voiced his concern at the council meeting:

“My wife and I live in New Road. We are pensioners and shop in Wymondham and have frequent need to visit Norwich by car or bus. We are most concerned about the consequences for ourselves and others living in our neighbourhood from the two month closure of New Road.

“The bus services in Hethersett are well used outside peak hours for visits to Norwich or Wymondham and, importantly, for visits to the Norfolk and Norwich Hospital. A large percentage of the population of the village are pensioners. The proposed shuttle bus (0700-0900) will be no use to those who use bus passes. There are usually queues for the first buses after 09.30 when bus passes become valid. The lack of any bus service nearer than the village hall between 0900 and 1705 is not satisfactory. When a recent closure was necessary in New Road, the bus service was maintained serving Mill Road. This should be possible for the latest works.

“Road access to New Road and the other roads in the neighbourhood will only be possible either through the village or, for Wymondham, via Great Melton. This will cause considerable lengthening of journeys and congestion in the village centre. I wonder if two months are necessary to carry out the works? Having seen the morning and evening queues when traffic lights and single line working are in force on the B1172 I appreciate the desire to keep two way traffic on the B1172 but I wonder if some single line working would enable the total closure of New Road to be shortened.

“Some rebalancing between causing inconvenience on the B1172 or causing inconvenience to people living in this village is necessary.”

First buses have posted the following on their web site which will help to alleviate some of the concerns with the number 14 bus servicing Mill Road in a loop. This does mean, however, that the service to Mill Road will be cut by 50% with only the number 14 calling there. Obviously there will be no service at all along New Road.

“Due to the closure of New Road in Hethersett from Tuesday 3rd April for about seven weeks, all buses will be diverted via B1172 and Queen’s Road.

“Green Line 14 buses will call at Mill Road, turning at West Croft, then returning via Great Melton Road to Henstead Road and Churchfields.
Ink In His Blood

By Peter Steward

HERETSETT resident Neil Haverson has clocked up over 50 years working in the print industry and has turned many of his reminiscences into a book “Ink in my blood” which was launched at Jarrold’s Department Store in Norwich on March 28th.

“Ink in my blood” takes readers through a half century journey through the Norfolk and Suffolk newspaper industry with the emphasis on the lighter side of life as illustrated by Neil’s columns in a variety of newspapers and magazines, primarily owned by Eastern Counties Newspapers, now Archant.

Neil spent much of his life working for the commercial arm of Eastern Counties Newspapers, but soon showed that he had a talent for the irreverent and slightly off-the-wall side of life.
This he used to good effect, firstly in the ECN staff magazine Prospect and then as a sports writer of a humorous column in the Norwich Mercury. Neil’s in print career continued to blossom with his family-based weekly columns in the Eastern Daily Press featuring his family - known as Mrs H, Brat Major and Brat Minor and their home known throughout Norfolk as Fortress H.

The book is a mixture of autobiography and reproduction of columns, including his later work on behalf of the highly popular Let’s Talk magazine, of which he served as editor from 2009 to his retirement at the end of 2016. He still contributes regular columns for the EDP and Let’s Talk from Fortress H.

Former EDP editor Peter Franzen paid tribute to Neil at the launch, pointing out that they had joined Eastern Counties Newspapers in the same year - albeit on different sides of the newspaper fence, he in editorial and Neil in advertising.

Mr Franzen referred to Neil as a “celebrated columnist” who had managed to bridge the often wide gap between the demands of the advertising department and the wishes of the editorial. Neil’s success had come from his readers’ ability to identify with the family situations that he “wove into his weekly columns.”

“I would like to thank my family for bearing the brunt of my writings over the years and in doing so giving up any hope of anonymity. I would also like to thank the readers, many of whom sent lovely letters saying how much they have enjoyed the columns.

“I thought writing a book about my career would be difficult but as soon as I started, the memories came flooding back,” he said.

On a personal level I am pleased to have played a very small part in Neil’s success in asking him to write a humorous sports column when I was working as sports editor of the Norwich Mercury series of newspapers - something that Neil graciously acknowledges in the book. The picture on this page shows Neil at the launch.

We will have an extract from “Ink in my blood” in next month’s Herald.
Bring on the Show

THE biennial show by a Hethersett dance school will take place in Norwich Theatre Royal on Sunday, May 6th.

The Stella School of Dance (formerly the Yvonne School of Dance) will be performing “Lights, Camera, Action” for two shows.

Tickets are available from the Theatre and are priced from £10 to £18.50. Our photograph above is taken from rehearsals for the 2014 show.

More details of this year’s shows are on the poster opposite.

More information on the dance school is available from its official website at: www.stellaschoolofdance.co.uk

We will bring you a full review of the show in the June edition.
New Charges at Recycling Centres

HETHERSETT do-it-yourself enthusiasts will be hit by a charge when they leave certain items of waste at recycling centres from the beginning of April.

The Ketteringham recycling centre, in keeping with others throughout the county will be charging for the following:

• Timber - including kitchen units, fitted furniture, doors, laminate flooring and floorboards, sheds, fence panels, decking, garden structures.
• Rubble - including sinks, toilets, bricks, concrete, stones, tiles.
• Flat glass - including glass from windows and doors, greenhouses, shower screens.

Plasterboard - all plasterboard and plaster.

General waste - including roofing felt, plastic guttering, fibreglass and items such as doors, sinks and fence panels will be subjected to the charge.

The charges will be £3 for rubble and timber, £5 for flat glass, £9 for plasterboard (£15 at Mile Cross), £5 for general waste, £4 per tyre. Metals will be free.

The costs are per item or 80 litre bag or equivalent.

Nice Weather For Pigeons

NICE weather for ducks is the phrase usually used when we have a wet day. In Hethersett it’s more a case of nice weather for pigeons as we found out with the photograph opposite.

Needless to say they were captured by our lens from a bedroom window so that we didn’t get wet as well!
WOMEN’S World Day of Prayer was celebrated in Hethersett with an afternoon service in St Remigius Church led by a team of representatives from the village churches under the direction of Margaret Askew.

The service was prepared this year by the Christian women of Suriname in South America.

Entitled “All God’s Creation is Very Good,” it explored the environmental issues facing Suriname and indeed the world. The Creation story from Genesis was read and items representing each day of creation were brought forward and displayed whilst the packaging from each item was thrown on the church floor, representing our failure to care for the world in which we live.

Seven local women represented the multi-ethnic diversity of Suriname and spoke about their lives, the riches and beauty of their country but also the problems they face because of man’s irresponsibility in not caring for creation.

Songs and responses were offered in Stanan (Creole language) as well as in English. Although only a small number were able to attend the Hethersett service due to the appalling weather conditions, those that did were rewarded by being able to hear and see something of the beauty and abundant riches of the people of Suriname and reflect, as they do, on our responsibility for creation, the importance of recycling and clearing up our own rubbish and showing a determination to minimise waste and pollution through our human activities.

The Women’s World Day of Prayer took part throughout the world. The service brochure had the following to say:

“As we pray with and for the people of Suriname today, we will be part of a great wave of prayer encircling the globe - starting as the sun rises over Samoa, continuing as it makes its way around the Earth and ending some 36 hours later as the sun sets over American Samoa. The service we are participating in will have been translated into over 60 languages and 1,000 dialects and will be celebrated in 170 countries and islands. Here, in the British Isles, some 6,000 services will be taking place.”
Signs of Confusion

Associate Editor Roger Morgan looks at the confusion caused by road closure signs during March

VISITORS to Hethersett in early March may have been tricked into believing that the village was closed for business following the recent snow and ice.

The reason for the confusion was that drivers coming in from the B1172 were greeted by road closed signs which were placed at both the start of New Road and Queen’s Road outside the Queen’s Head pub. In addition the back road in from High Green, Great Melton Road, was also marked ‘road closed’ at the other end of New Road.

There was also a series of confusing diversion signs directing traffic in different directions from one blockage to the next. One such diversion in Mill Road sent drivers left, straight into the blocked road sign!

The reason for the closure in New Road was a collapsed culvert under the road which needed to be replaced. The houses in New Road were experiencing flooding as a result of the blockage in the drain. The Great Melton Road blockage was to enable workmen to repair a burst water main.
It remains a mystery as to why the road closure sign needed to be sited at the Queen’s Head junction.

Bus passengers were not spared the confusion with both the 14 and 15 services being re-routed for a week while the New Road repairs were being carried out. The No 14 buses came through the village, making a loop round Park Drive and West Croft while the No 15 came through Steepletower and along Henstead Road before turning left down Queen’s Road. Signs saying this were placed at the bus stops but unfortunately, because of the bad weather, the New Road work was delayed and the signs were removed. They were not replaced when the road was later closed which led to a number of slightly bemused passengers waiting for the arrival of non-existent buses.

The ongoing work on the cycle lane construction, which leads to long delays on the B1172 during the morning rush hour, led to further confusion. Many drivers coming from Wymondham were trying to turn left into New Road to cut through Hethersett only to be met by the road closure sign. This meant that they then had to find their way back onto the B1172. All this, coupled with the additional delays due to the continuing gas main repairs further up the road, must have caused so much more stress to the morning commuters.
Those Road Works

ROAD works in the village caused consternation, confusion and, at times, anger during March. Gas works on the B1172, a new cycle lane on the same road with two sets of traffic lights and closures of New Road and Mill Road have all combined to make travelling through and around the village difficult and at times seemingly almost impossible.

We all accept that road works have to be carried out and nobody can foresee problems caused by the bad weather, but much of the confusion caused in March came from a lack of communication and problems with road signs. On the previous two pages Associate Editor Roger Morgan highlighted some of the problems that arose by confusing diversion signs - one of which informed motorists that they were approaching the end of a diversion. This was placed immediately in front of a large hole! Many residents took to social media to complain about all the work coming together at the same time. Comments included the following:

“Does anyone know when the major gas works will finally be completed on Norwich Road? It must be the third time that same piece of road has been dug up!”

“It’s crazy and the closing of New Road too. The signs were really poor today and you could turn in and almost hit the barriers. Not impressed with any of it.”

Signing for the three day closure of New Road caused considerable confusion, particularly for vehicles turning left from the B1172 from the Wymondham direction with cars turning into New Road to be met with closed road signs and a road block and having to turn round in the mouth of St David’s Road. Similarly the latest in a whole string of closures of the B1172 for gas works caused consternation with residents who pointed out the number of times the same piece of road has been dug up, the lack of activity at the site most of the time, the length of time the work is taking and the disruption it is causing. During the closures, buses were re-routed although there was plenty of confusion over which service was going in which direction. Would it be very naïve to suggest that the people involved in all these different closures should speak to each other and have consideration for the problems they cause?
Doodoowatch Aims at a Clean-Up

IT appears that Hethersett is by no means alone in its fight to clean up its streets from dogs’ mess.

Shortly after our last edition of the Herald was published, there was national publicity for a village in Cambridgeshire which is highlighting problem areas by asking people to report sightings of dog excrement left on areas throughout the village.

Responsible dog owners in Wimblington have decided “enough is enough” and came up with the intriguing map idea which immediately gained national publicity as the BBC website reported with the following words: "Fed-up village residents have come up with a "poo-shaming" map in a bid to tackle dog fouling.

“Dubbed Doodoowatch, the scheme allows locals in Wimblington, Cambridgeshire, to mark dumping spots on an interactive map.

“Amanda Carlin, who dreamt up the idea, said it was ‘not for the squeamish’ as users can also upload photos of any unwanted deposits. She said it was a ‘fun way of addressing a serious issue’. Where poo is reported, she marks it on a map of the village using a smiley poo emoji.

“The reports are then passed to the local council or, in some cases, cleaned up by the village's most dedicated faeces fighters. Former parish councillor Mrs Carlin said she hoped people would be ‘shamed’ into bagging their pets' poo.

“The map will show people where it is safe and clean to walk with their children and pets,” she said. She plans to monitor the scheme to see if the public posts result in fewer cases in the village.

Meanwhile the fight to clean-up Hethersett continues with local residents being urged to report deposits to South Norfolk Council. The next page gives details of the 30 dog bins supplied by Hethersett Parish Council in the village.

A number of new messages have been posted during the month via social media with the following from a Hethersett resident being fairly typical: “Thanks to what I believe is a small number of dog owners in the village my 3 year old has just walked straight through a pile of dog mess on Queen's Road. Hope something can be done to try and stop this. We seemed to be constantly dodging dog mess near both the junior and infant school.”
## Hethersett Dog Bin Locations

<table>
<thead>
<tr>
<th>STREET NAME</th>
<th>LOCATION</th>
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<tr>
<td>OUTSIDE NUMBER 8</td>
<td>NEW ROAD</td>
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<tr>
<td>JUNCTION OF MILL ROAD</td>
<td>NEW ROAD</td>
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<tr>
<td>JUNCTION OF RICHARDSON CRES</td>
<td>CHILDS ROAD</td>
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<tr>
<td>JUNCTION OF NEW ROAD</td>
<td>GREAT MELTON ROAD</td>
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<tr>
<td>FOOTPATH AT NUMBER 91</td>
<td>GREAT MELTON ROAD</td>
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<tr>
<td>OPPOSITE MALTHOUSE ROAD</td>
<td>GREAT MELTON ROAD</td>
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<td>JUNCTION OF PARK DRIVE</td>
<td>MILL ROAD</td>
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<td>MEMORIAL PLAYING FIELD</td>
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New Danger on Playing Field

IN the previous edition of Hethersett Herald we highlighted the danger and anti-social behaviour caused by dog mess. Now a new danger has come to light on the Memorial Playing Field.

Thankfully an eagle-eyed member of the public detected over 100 drawing pins that had been placed on one of the football pitches with the intention of causing damage to footballers, children using the field and animals.

The finder took to Social Media to warn people of the dangers and had no doubt that they had been placed there deliberately with the intention of causing injury:

“This is a deliberate act to harm footballers and dogs. If you see more pins please pick them up and be careful,” the message said.

Easter Bin Changes

THERE will be a few changes to bin collections over the Easter holidays.

The Good Friday rubbish collection on March 30th will take place one day late and will be moved to Saturday March 31st.

Brown bin collections for Good Friday (March 30th) and Easter Monday (April 2nd) will both be one day late and now take place on Saturday (March 31st) and Tuesday (April 3rd).

More information is available on the South Norfolk web site at www.south-norfolk.gov.uk

Darrin Says Farewell

OUR Police Community Support Officer Darrin Soar (pictured opposite) has said farewell to the village.

Darrin, who regularly attended Hethersett Parish Council meetings, has been a victim of Norfolk Constabulary’s decision to do away with PCSOs.
Celebrating Mothers

ON March 11th, Hethersett, along with every other city, town and village in the country, celebrated Mothering Sunday.

This has become an important annual event when mums are celebrated for all their love, care and support. But Mothering Sunday has its roots in the Christian Faith as the Rector of Hethersett, the Rev Derek McClean, explained in the March edition of the village Good News magazine.

“Mothering Sunday is about, primarily, Mother Church. This is the role that the Church plays in bringing about our spiritual birth and consequent nurture in the faith. It is a time to give thanks to God for the Church, however flawed it may be.

“Whilst Mothers and Mothering have always played a part in Mothering Sunday - allowing us to give thanks for all those who have played the role of a parent in our lives - it is fair to say that this underwent a change in the last Century and has simply become celebrating Mums.

“In the past, servants were given a day off to spend with their Mums and attend their local mother Church. As part of that celebration, a Simnel cake was made for the family dinner. One big thank you to the Mums for all that they had done in their children’s lives.”

Moaning Minnie Has Her Say

Welcome to our regular monthly comment piece from
Hethersett’s Moaning Minnie

Today the news is all about the lack of funds for repairing pot holes in Norfolk roads. There are many pot holes around. Local people know where they are and suddenly swerve to avoid.

Lack of funds?

So why spend Millions of pounds on a local cycle track that will be used by so few (the gallant few that actually use the track and not the road) and leave pot-holes for lack of money? Do you think this is bureaucracy gone mad?

Answers on a postage stamp.
ON May 27th, 1940, 99 soldiers from the Royal Norfolk, the Royal Scots and various other regiments were lined up against a barn wall in Northern France and machine gunned by members of the German SS.

The atrocity at the small hamlet of Le Paradis near the town of Lestrem in the Pas de Calais area close to Dunkirk has become accepted as a case of mass murder which resulted in the German officer who gave the order to fire, being hanged after the war.

The majority of the soldiers killed in cold blood at Le Paradis were members of the Royal Norfolk Regiment. A new website - Le Paradis Massacre: Hell in Paradise - has been set-up to commemorate those who died and also to highlight the heroism of Norfolk man Bill O’Callaghan (pictured above) who was one of only two men to survive the massacre and helped to bring the German officer to justice.

The website has been put together by the editor of Hethersett Herald Peter Steward along with Hethersett-based historian John Head. They have been working with the son of one of the survivors, Dennis O’Callaghan, and Norfolk historian Nick Smith.

Below is the story of the massacre and the two men who survived and their fight for justice.

TODAY the French hamlet of Le Paradis (literally Paradise) is a quiet and peaceful rural setting that belies its stormy past.

In 1940 Le Paradis was the site of one of the most evil acts of war ever committed when members of the German SS Tottenkopf massacred 97 soldiers on the orders of Fritz Knoechlein.

The soldiers were part of a rearguard action ordered to fight to the “last man and
last bullet” to hold back the German advance and allow hundreds of thousands of British troops to escape off the Normandy beaches at what has become known in history as “the evacuation of Dunkirk.” The original aim was to repatriate 30,000 troops but over 10 times that number made it back to England.

During our research for the website it became obvious that the troops were completely unaware that the aim of “Dunkirk” was to evacuate troops back to the United Kingdom. Indeed they believed they were holding up the enemy for the landing of reinforcements onto the French beaches.

This was just one of the startling discoveries that came to light from a variety of sources, including diaries from one of the survivors and also from senior officers in the area at the time.

Ironically the two survivors - Privates William “Bill” O’Callaghan and Albert “Bert” Pooley were born within four miles of each other in Middlesex (O’Callaghan in Brentford and Pooley in Southall). Bert was brought up in Southall and returned there after being repatriated in 1943. Bill, on the other hand, left London around 1920 and made Dereham his home for the remainder of his life.

The 99 soldiers were holed up in a farmhouse and were given the chance to fight on or surrender by their commanding officer Major Lisle Ryder. They decided on the latter action and
came out of the farmhouse under a white flag, expecting to be taken as prisoners-of-war only to be rounded up, marched along the road and lined-up along a barn where they were initially shot and then bayoneted under the orders of Knoechlein.

Bill O’Callaghan and Bert Pooley were both injured but “played dead” and survived. But that was only the start of the story. Bill who was slightly built and only about 5ft 5in tall managed somehow to carry six-footer Bert to a pig sty where they survived by drinking muddy water and eating raw potatoes until they were discovered by a Frenchwoman who owned the farm where they were hiding.

Madame Paulin Creton fed and looked after the duo until it was decided they should be handed over to the more humane German troops. As a result Bill spent the remainder of the war moving around various German POW camps until returning to the UK at the end of the war. Bert was repatriated earlier due to his serious leg injuries and the work of the Red Cross who arranged a prisoner exchange. Such were Bert’s injuries that he had to have both legs amputated and spent the rest of his life in constant pain - both mentally and physically.

In the next edition of Hethersett Herald we look at how the two soldiers brought about the downfall of the man responsible for ordering the massacre.

The Art of Charles Long

Captain Charles Long avoided the massacre by going out of the back door of the farm and being taken a prisoner of war.

Born in Attleborough, Long kept a comprehensive diary of events which is reproduced on the website. He was also an excellent artist who later sketched the build-up, the massacre and the aftermath. His depiction of the massacre is reproduced on page 29 with the permission of his family.

Charles’ artwork has never before been in the public domain and is just one of the original documents to be featured on the website. We will have more examples of his art work and more information about him in the May Herald.
Demi And Rescue Pup Pip Are Best In Class

By Nathalie Colvey

A HETHERSETT student and her rescue dog are on cloud ca-nine after winning an agility trophy at Crufts.

Hethersett Academy student Demi Wright, 11, and seven-year-old Pip took first place in the Under-18s Jumping Dog Of The Year category at the prestigious show, held at the Birmingham NEC in March.

It's the second year in a row the pair have won the cup, which will be proudly displayed alongside many other trophies and rosettes at the family's home.

It was puppy love at first sight for Demi and Pip when her family re-homed him from an animal sanctuary six years ago, and she decided to train him herself as an agility dog.

Demi and Pip were soon competing at the highest levels on the agility circuit, qualifying for Crufts for the first time in 2015.

Demi said: “It was lovely to be part of this year’s Crufts, I enjoyed the day immensely. When they presented the awards for our category I had butterflies in my stomach.

“When they called my name as the winner, I felt really happy and very proud of my dog. He got a lovely tasty bone as a reward!”
HETHERSETT Herald, in conjunction with Rowan House Health and Welfare Centre, brings you health tips and information. This month Mary Green (pictured opposite) gives a physiotherapist’s view on the misery of chronic pain.

Chronic Pain is less to do with tissue injury and more to do with our Central Nervous System. It’s like the volume button on the Pain System has been left turned up.

Over 28 million in the UK are affected and 70% of these people are under 60 years old. If you are one of the lucky ones not to suffer, chances are you have a close friend or family member who does.

Back and neck pain, arthritic pain and fibromyalgia are all commonly related. As pain is “invisible” it can be hard to communicate what you are going through and the impact on mobility, emotional health and relationships.

GPs may treat pain with medication and this can be necessary and helpful, but an even better strategy is a combination of exercise and reducing stress, allied with physiotherapy such as gentle manual therapy or acupuncture.

Walking, swimming, cycling and exercises such as Yoga and Pilates are well recognised as being helpful for Chronic Pain. However, often when you have been experiencing pain for a long time, even small amounts of exercise may seem overwhelming and unachievable. You may have tried exercise and found it made things worse. This is because pain is a protector and when you have had
pain for a long time it is not an accurate measure of tissue damage. So movement may hurt when it’s not actually causing you harm – your body has become overly sensitised.

Therefore, when you have chronic pain, it’s really important to get tailored advice to help you understand that a lot of the aches and pains with exercise are not harmful or causing additional damage.

Your physiotherapist can give you one to one advice to help you to steadily and safely re-train your pain system, build confidence in exercising and improve your joint mobility, muscle strength and overall body fitness.

Helping with these initial smaller steps may help you to be able to get to a Yoga, Tai Chi or Pilates class, or help you to walk the dog or whatever goal you may have in mind. Chronic pain triggers depression and anxiety so all these exercises can have reversing effect, thereby helping chronic pain symptoms long term.

The On-Line Pain Tool Kit (paintoolkit.org) written by chronic pain sufferer Pete Moore, is a really helpful resource, full of detailed tips to help those with chronic pain to improve their life.
“Tame The Beast – It’s time to rethink persistent pain” is an excellent five minute video available on You Tube. This is the work of leading chronic pain research scientist, Lorimer Moseley and is a really helpful resource to help our understanding of chronic pain.

Next month we take a look at some ways that may help you to deal with chronic pain.

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**Time to Mardle**

HETHERSETT Methodist Church is looking for men who enjoy a good chat.

A regular men’s breakfast has been held at the church for a number of years. Now the church is setting up a Men’s Mardle group.

“Men’s breakfast has been a great success. Before the talk an enjoyable time has been had mardling while enjoying breakfast. To build on this success there is now an opportunity for men to mardle twice a month over a cup of coffee,” the church says.

The Mardle will take place on the second and fourth Thursday of each month from 10 am to midday and all men are welcome. The first Mardle will be on Thursday 26th April and will give those present a chance to chat on anything from the weather, local matters, DIY, football, gardening and anything else that comes to mind.

For those not from Norfolk, to Mardle simply means to chat.

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**Extending Our Service**

READERS can find out when a new edition of Hethersett Herald is online via Facebook, Twitter and Next Door Social Media sites and also on the front page of the Hethersett Village Website at www.hethersett.org.uk

We are now also setting-up an e-mail group for anyone who would like to receive e-mail notification of new editions.

If you would like to avail yourself of this service simply send an e-mail request to petersteward@lineone.net

We will not pass your e-mail address onto any third party.

THE next edition of Hethersett Herald will be published exclusively online at the beginning of May. Back copies are also available on the website.

Hethersett Herald began publication in November 2015.
Colourful Art

THE standard of art work at Hethersett Old Hall School is consistently high with exciting projects always in evidence around the school.

Year Five pupils recently created pieces of art inspired by famous pop art pieces – wonderfully bold and colourful.

Just a few of the pieces of art are featured on this and the next page. Images are reproduced with the permission of the school.

Hethersett Old Hall School is also involved in the GoGo leveret project. GoGo Hares will be taking to the streets in Norwich this year. Local schools have been given the chance to decorate smaller versions - Leverets.

The school asked pupils to put forward designs for their leveret.

“A wonderful array of designs were submitted for the leveret which had been sitting patiently in the main entrance hall waiting to be painted. The winning design came from Year 11 pupil Laura who depicted Norse symbols with a dramatic tree of life and sun, moon and stars.

“It will be both challenging and fun to paint onto the hare. Our leveret will join many others from
schools across the area in the trail around the city this summer. The leveret was excitedly unwrapped when it arrived. The picture below shows the Hethersett Old Hall School Leveret’s winning design.
TT Races and Parks

By Peter Steward

WORK is progressing towards producing a full survey of Hethersett St Remigius Churchyard.

It is anticipated that by early Spring a full index and details will be available. During the research, a number of very sad stories have come to light and we will be featuring some of these in future edition of Hethersett Herald.

We start with a grave in memory of the victim of a tragic racing accident and his father who transformed public open spaces in Norwich.

Simon Sandys-Winsch was born in Brundall and became the 48th person to be killed on the Snaefell Mountain Course when he died at the 1954 Isle of Man TT races. A professional racer, he crashed on the first lap of the Senior TT on June 18th.

He was 28-years-of age. He joined the RAF in 1947 and was stationed in Germany where he became a well known competitor in various competitions and finished fifth in the 1951 Junior Dutch TT at Assen.

The 1954 Isle of Man TT race was an accident waiting to happen. The senior race was delayed for over 90 minutes due to bad weather and poor visibility. It eventually started but Sandys-Winsch came off his 350cc junior class Velocette machine due to his speed and the wet conditions.

Despite his death, the race went ahead over a shortened distance. Eight other
people were seriously injured. The Coventry Evening Telegraph reported the death on its front page of June 18th, 1954, under the heading: “Senior TT Rider Dies From Crash.” It reported that Simon crashed into a wall and died on the way to hospital. He was unmarried and his address was given as Station Lane, Hethersett, hence his burial in the graveyard at St Remigius. Simon served as a sub lieutenant in the Royal Navy in the Second World War from 1942 to 1945.

Simon’s father Arnold Sandys-Winsch (pictured opposite), who died in 1964, at the age of 76, is also buried in the same grave and was probably more famous in Norfolk than his son. Born in Knutsford, Cheshire in 1888, he became parks superintendent in Norwich in 1919 and continued in that role for 34 years. During the First World War he served with the Royal Field Artillery and was then attached to the Air Service as a pilot.

When he was appointed to the Norwich position, the city had very few open spaces but, by the time he retired, Norwich had about 600 acres of parks and open spaces. He also created allotments and had 20,000 trees planted in parks and streets. He was responsible for changing the appearance of Norwich and creating open spaces on a large scale. He was also an authority on daffodils and an active member of the Norfolk and Norwich Horticultural Society.

Captain Sandys-Winsch was at the forefront in designing Heigham Park, Waterloo Park, Eaton Park and Wensum Park.

The previous page has an image of the front page of the Coventry newspaper reporting on the death of Simon Sandys-Winsch.

Shortly after completing this article I placed a piece on Facebook Social Media and was delighted when Sue Prutton responded with the following message: “I have researched the Sandys Winch family a little as the three sons, Simon being
the youngest, were all former pupils at Town Close Prep School where I am the Archivist. What was also attributable to the Captain as well as the layout of the Norwich Parks, was the design of the Norwich Ring Road. Mrs Sandys Winsch was the President of Hethersett WI when I joined as a junior member in the early 50s.”

Life-long Hethersett resident Mel Perkins also remembers Captain Sandys-Winsch as “a very kind man who was something of a character and president of a Hethersett football club.”

Mel remembers “the Captain” being a big supporter of local groups and causes and regularly sharing a drink with others in Hethersett Social Club.

All The Fun of the Fair

Hethersett Old Hall School Parents’ Association will be holding a seaside summer fair on 12th May between 11 am and 3 pm.

The fun-filled day will have a seaside theme with Punch and Judy entertainment, fairground rides, pony rides, a raffle, craft and business stalls, a barbecue and a full range of homemade cakes and refreshments. Entry is free.

The association is taking bookings from local businesses and organisations. Stalls cost £25 which includes a table and chairs.

Anyone interested in booking should email pa@hohs.co.uk.

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at https://www.facebook.com/Hethersett-Herald-196216690775010/
Fantastic Formations

THE so called Mini Beast Form the East which hit Hethersett and most of the rest of Norfolk over the weekend of March 17th and 18th left behind an artistic display in Ketteringham Lane. As the thaw began ice sculptures were left by the roadside verge. More photos on the next page.
OVER 30 people attended the March Village Screen showing of the Limehouse Golem.

Due to another booking at the hall, the film was shown at 1 pm. It was preceded by an archive film from the East Anglian Film Archives about the rock music scene in Southend in the 1960s and 70s.

The Limehouse Golem on Sunday, 18th March, told the intriguing story of a serial killer in Victorian London with some rather gruesome scenes and a number of plot twists. It was based on the novel “Dan Leno and the Limehouse Golem” by Peter Ackroyd. The author is probably better known as a writer of non fiction history books including a multi-volume history of England. The fifth book in the series “Dominion” is due out in October.

The current season of Hethersett Village Screen films will be rounded off by “Film Stars Don’t Die in Liverpool” on April 22nd and “Battle of the Sexes” on May 13th. These films revert back to the usual showing time of 3 pm. Further details are below.
Below are the contact details for people you may want to get in touch with on village matters:

**Member of Parliament**

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

**Norfolk County Council**

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

**South Norfolk Council**

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

**Hethersett Parish Council**

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

The Parish Council usually meets on the third Monday of each month at the Village Hall. The planning committee meets on the first and third Monday (depending on planning applications).

Agendas of meetings are displayed on village noticeboards at Churchfields, Hethersett Library, Hethersett Post Office, the Memorial Playing Field, and Hethersett Village Hall. Copies of minutes are held at the library or are available from the clerk. The parish council office is open at the Village Hall (upstairs) on Monday and Thursday mornings between 10am and 12noon.

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info
Hethersett Herald

Your Monthly E-Magazine

News, views, comment, information and photographs keeping you up to date with what is happening in our village. Hethersett Herald is published on the first day of each month exclusively at:

www.hethersett.org.uk
HETHERSETT has hit the headlines again throughout March with coverage of many of the events and stories featured in this edition.

In addition the Eastern Daily Press newspaper reported the death of Norfolk’s oldest woman

Edith “Edie” Wilkinson died at her Hethersett home at the age of 109. Mrs Wilkinson was born in London and had eight siblings:

She put her longevity down to “hard work and a glass or two of Guinness every day.”

*                    *                  *

The same newspaper reported on a court case where 67-year-old John Ward of Mill Road, Hethersett, was fined £200 and ordered to pay £330 in compensation and £85 in court costs after pleading guilty to being in charge of a dog which was dangerously out of control.

Ward’s two-year-old Rottweiler attacked a neighbour when she went round to pick up a parcel last September. The victim suffered two bite marks on her left ankle.

The court heard that Ward had not been in control of the dog at the time. He was also ordered to keep the dog muzzled at all times when outside the house and while in the garden.

*                    *                  *

The EDP also reported that leading national spokesman on rural valuations, Jeremy Moody, will speak to Norfolk farmers and land agents on changes affecting countryside businesses at an event at Park Farm Hotel on April 27th.

Tickets for the event cost £10 for CAAV members and £12.50 for non members and further details are available from sarah.lucas@brown-co.com.

*                    *                  *

The EDP featured a new war-based website which has been set-up by two Hethersett residents and which is the subject of a special feature on pages 26 to 28 of this edition of the Hethersett Herald.
ONCE again we team up with Norfolk Trading Standards to make you aware of how to avoid the latest scams. With the bad weather at the beginning of the month you may have repairs to be made around the house. You will want to make the repairs as soon as possible, but make sure you don’t end up with a rogue trader or poor quality repairs.

Trading Standards have the following advice:

**Never use cold callers who arrive at your property offering to undertake work.**

- Rogue Traders may use bad weather events as an opportunity to try to get householders to agree to them undertaking repairs. These cold callers rarely give householders proper contact details or their legal rights to cancel within 14 days. They may also claim more work is required than actually is to increase their profits and the work they do can often be of poor quality.

**Choose reputable traders like a Norfolk Trusted Trader.**

- When looking for a trader to undertake work on your property make sure they are a trader you can trust. This could be a member of the Norfolk Trading Standards Trusted Trader scheme, a business known to you that you’ve used before or by recommendation from a friend or family member. You can search the Norfolk Trusted Trader directory at www.norfolk.gov.uk/trustedtrader.

**Get three (at least) quotes for the work.**

- Try to get at least three traders to view the issue and provide proper written quotations to undertake the work required. Compare them carefully to help you choose the right trader for the job.

**Never pay the full price upfront.**

- Good businesses or tradesmen will not require payment until the work is finished to your satisfaction. Some may ask for a percentage to cover materials or specific parts if they are expensive but if the trader is asking for full payment up front don’t contract with them.

**Talk to your insurance company first.**

- It’s important to speak to your insurance company before arranging any repairs. The insurance company may require you to use a company approved by them or may want to see quotations before authorising the work and subsequent payment.
If you need further advice on choosing a trader or help in dealing with disputes with companies contact the Citizens Advice consumer helpline on 03454 04 05 06

**Scam Alert – Fake virus pop up alerts on Android devices.**

Trading Standards are warning users of Android systems about fake virus pop up alerts which are being widely reported. The message can appear when visiting websites claiming that your phone has a number of viruses which "will soon corrupt your sim card, data, photos and contacts if no action is taken. The messages often include the Google logo, a countdown timer and a button to "Remove Virus Now".

The messages are not genuine or connected with Google in any way and the claims made about viruses are false. Anyone clicking on the button will be prompted to install an anti-virus app which is likely to contain malware which could compromise the data security of your phone or continue to find further fake viruses which could involve a fee to remove. Other examples have linked to adult websites or scam survey sites.

In some cases these pop-ups can also hi-jack your browser preventing you closing it or they may re-appear when you open your browser again. If this happens still do not click on the “Remove Virus” button or any other link.

The Hoax-Slayer website offers the following advice if this happens to your Android device. Note that the exact procedure may vary somewhat depending on what type of Android phone and what browser you are using.

1. While you may not be able to close the browser tab containing the pop-up, you should be able to close other open tabs. Make sure that you close all other tabs in your browser before proceeding to the next steps.

2. Go to Settings.

3. Open Apps. Depending on your device, this menu item may be labelled Ap-
4. In the apps list, find and tap the name of the browser you are using. It may be the name of the actual browser (for example, Chrome), or it may simply be labelled ‘Internet’ or ‘browser’.

5. Tap Force Stop to completely shut down the browser.

6. Tap Storage.

7. Tap Clear Cache.

8. Once your browser cache is cleared, your browser should work normally again and the fake alert should no longer appear.

**Bogus Police Calls**

Police are urging residents to be on the watch out for cold callers claiming to be police officers. Incidents have been recorded throughout Norfolk and as close to us as Wymondham.

Victims receive a call from someone claiming to be a ‘Detective Sergeant John Carod’ or a ‘Detective Sergeant John Witmore’ either asking for help with an investigation or stating that officers have intercepted some males who have credit card details.

The suspect then asks for victims to withdraw a large sum of money from their local bank or to put together gold and jewellery items which they would arrange to be collected, mainly by taxi.

Detective Inspector Chris Burgess of Norwich CID, urged residents to be vigilant to this scam. He said: "We’re urging members of the public, particularly the elderly who are primarily being targeted, to be vigilant to cold calls made on the telephone.

"Genuine police officers or staff will never approach residents and ask for cash withdrawals to be made or for people to purchase items on their behalf. I would ask people with vulnerable relatives, friends or neighbours to make sure they are aware of this type of scam."

Officers have this advice:

Never give out personal information about your bank account to anybody over the phone.

If someone calls claiming to be a police officer, ask for their identification number and police force. Hang up and call 101 using a different phone. If you can’t use a different phone, wait at least five minutes before calling back. A genuine police officer will not mind waiting while you check.
Police and banks will never ask you to give out personal details such as account numbers or PIN numbers.

If you have given out information which could compromise your bank account security in any way, call your bank to cancel your cards as soon as possible.

Never hand over money to someone at the door to be sent off elsewhere.

Anyone with concerns about such calls should contact Norfolk Police on the non-emergency number 101 or 999 if a crime is in progress. Alternatively, contact Action Fraud on 0300 123 2040.

### Stranger Warning

A Hethersett resident has alerted us to a cold caller you might like to watch out for.

A man called at her front door: "He was swinging a bottle of drink in one hand and looking to the side when he spoke and the first words he said were: 'Don't worry love I'm not a burglar just selling (then listed lots of domestic items) etc'.

"I thought it was rather weird. He had no identification and looked like he needed a good wash. Also he had a Birmingham accent so isn't local but felt like he was being ironic when he said 'I'm not a burglar'.

### Quiz Called Off

HETHESETT Jubilee Youth Club's Spring quiz was cancelled at the beginning of March due to the bad weather.

Originally it was re-scheduled for April 20th but this has now been postponed so that organisers can concentrate on the club’s fete and dog show which will take place in June.

The club is busy raising money to put its budget back on track following spending £400 on the heating system which broke down before Christmas.
Caistor St Edmund and Arminghall

THIS month our walk is in the Caistor St. Edmund area just south of Norwich. It is probably best known for the Roman town of *Venta Icenorum* which is the starting point of this lovely, surprisingly hilly, walk which also has excellent views of several Norwich landmarks and a number of seats where you can eat your sandwich!

**Distance:**
about 8 km (5 miles). Underfoot: in winter a couple of the paths can be a bit muddy in wet weather but nothing exceptional; walking boots are recommended. **Starting point:** Free car park at the Roman Fort between Caistor St. Edmunds and Stoke Holy Cross. **Abbreviations:** R/RH right/right-hand; L/LH left/left-hand. **Map:** Map adapted from Streetmap EU Ltd 1997-2016 with grateful thanks. **Disclaimer:** the publishers of the Hethersett Herald cannot be held responsible for your safety or well-being when using this route. Some parts of the route are on ‘permissive’ paths, i.e. those opened to the public by the landowner in collaboration with DEFRA.

i) From the car park, cross the road and pass through the gate into the field. Turn R along the field edge path and continue until the junction with a minor road. Turn L, either continuing uphill on the field edge path adjacent to the road or on the road itself, which is very quiet. You are now on the long-distance Boudicca Way footpath,

ii) Continue until you reach another road junction where there is more parking space and a seat. Cross the junction and continue straight ahead, again either on the field edge path or the road. Eventually the field path emerges onto the
parallel road so continue in the same direction on the road, passing some cottages, to reach another road junction. Turn L onto Valley Farm Lane, another very quiet road.

iii) Continue downhill and pass the farm buildings. Very soon you will come to a footpath and sign on the R. Take this field-edge path and continue with the hedge on your R. At the end of the field, the path goes R and then L along the edge of the next field, again with the hedge on the R, eventually emerging on another minor road opposite some bungalows. Turn L along the road.

iv) Immediately before the next house on the R, turn down the narrow path along the edge of the garden. At the bottom, the path goes L through a wet area and over a small bridge, and then R uphill past a small wood. At the top, the path meets a tree-lined crossing track.

v) Here, you have a choice. To visit Arminghall Church a short distance away, turn R along the track to meet the road almost opposite the church. After visiting, retrace your steps and then continue ahead along the track.

vi) If you do not wish to visit the church, turn L along the track at point iv) above.

vii) Continue along the track until you reach a ‘crossroads’ of signed paths. Turn L and follow the cross-field path uphill, eventually coming down to a road, where turn R. Although not busy, there is a field-path on the LH side if you prefer.

vi) Soon you will reach a large concrete pad in the field. Here turn L up a path beside some woodland and then continue down to the bottom of the field where the path turns R with the hedge on the L. Continue to some woodland, and either follow the path around the edge or continue through the wood. Either way, you reach another minor road. Turn L and continue again either on the road or the field-edge path. The road is lined with mature oak trees and, after passing a number of these, look for a signed path on the R. Follow this path slightly uphill, with fine views, and then down to your starting point.

Heart of Hethersett Bereavement Group

JASON Davies, Funeral Director for Ivan Fisher Funeral Homes Ltd, was the guest speaker at the meeting of the Heart of Hethersett Bereavement Group on March 27th. He outlined his work and his support for bereaved families, based on his Christian principles. Jason is based at the company’s Hingham office. The group meets fortnightly at Woodcote Sheltered Housing Complex in Firs Road from 5.30 until 6.30pm. All welcome. Next meeting is on April 10th.
JUST a couple of fields away from the edge of Hethersett, along the public footpath that takes you to Great Melton Church, there is a lovely lake just waiting for local anglers to pit their wits against the crafty carp, roach and rudd that haunt its depths.

Yes, Spring is on the way and Wroxham and District Angling Club is looking for new members both young, old (and those in the middle), to join it in the pleasure and excitement of fishing. Whether you are a pleasure angler or a seasoned specimen hunter, Wroxham and District Angling Club has a water to suit your tastes and best of all, the waters it controls are open all the year round.

The club has several lakes within a 10 minute drive of Hethersett. Firstly there is the above lake known as the Great Melton Reservoir. This holds a huge population of carp, roach and rudd as well as crucian carp. It very much suits the pleasure angler and blank days are unheard of. There are however, fish over 20 pounds in weight if you know how to catch them.

A mile along the road to Little Melton is the old match lake. Within the next year The club will be completing a major renovation of the lake with the erection of an otter-proof fence and a restocking programme. The biological nature of the lake means that a healthy, fast growing population of fish will soon be formed to join those specimens already lurking in the margins.

In under 10 minutes you can drive to our waters known as Melton Ponds which are on the way to Marlingford. These comprise four lakes one of which is restricted to match fishing during the summer. The ponds contain bigger fish, again with specimens around the 20 pound mark and include carp, bream, tench, roach, rudd and crucian carp. Several specimen size eels have been landed over the last year.

If you wish to try for even more varieties of fish then Mill Farm on the way to Hempnall just off the A140 Ipswich Road could be your chosen venue. This is very much a pleasure angler’s lake although again there are fish to 20 pounds. This and Rackheath Springs are the only two waters where The club allows night fishing.

The specimen angler will want to head for our water known as Rackheath Springs. It is off the Wroxham Road just past Sprowston Manor Hotel. This is the lake that contains the mon-
ster carp, tench and bream and, along with Mill Farm, is the other water where the club allows night fishing. You will be fishing in the company of friendly experts who will be happy to help you catch your dream fish.

In addition to the above, the club has two boats moored at Wroxham for use by members although, in this instance, they are on public waters which means a closed season operates between 16th March and 15th June. Members can also apply to the club to use permits to fish Shallowbrook Lakes near Costessey (3 per day) and Stanninghall Lakes near Spixworth (2 per day). Their local rules apply.

Wroxham Angling Club Details

Membership prices.

Membership renewal for existing and new members 2018/19 (season runs from April 1st until March 31st ). Facilities Available: -Rackheath Springs, Great Melton Reservoir, Melton Ponds, Little Melton Match Lake, Mill Farm Lake, Club Boats at Wroxham.

No additional charges other than match events. Full adult membership. £80, senior citizens and registered disabled. £55, junior membership (age limit 16) £10. Juniors must be accompanied by an adult at all times.

Details on joining can be found at:
http://www.wroxhamanglingclub.co.uk/Price-and-application.php
or on the Facebook page Wroxham & District Angling Club.

All anglers must be in possession of a valid Environment Agency Rod Licence.

Why not come and join us, we are a friendly club and at the above fees it is a steal. You can relax and enjoy the flora and fauna of the countryside. Sign up your partner and children to make it a family affair.

WE are looking to improve and expand our groups and societies section. If you would like your organisation to be featured in Hethersett Herald please contact the editor via e-mail at petersteward@lineone.net.

Reports of events and meetings can also be sent to the above e-mail address. The deadline for copy is the 15th of each month. Hethersett Herald is published on or around the first day of each month via the web site www.hethersett.org.uk
IN the latest of our question and answer sessions with Able Community Care Ltd, Lee Knight looks at some burning issues facing the elderly.

**Question** - I am eighty years of age and have been sleeping all my life on a feather mattress which really does need to be replaced. Any idea where I can get one?

**Answer** – I have not been able to find a retailer of feather mattresses, but you can purchase feather mattress toppers up to 3 inches thick from several UK retailers online.

**Question** - I live some distance from my elderly father and I feel that sheltered housing from his council would be a practical and safe option. What are the eligibility criteria for getting one?

**Answer** - Each council has its own criteria so you would need to contact your father’s council for theirs. However, the following criteria are fairly standard throughout many councils for sheltered accommodation:

- People must be at least sixty years old.
- Have a physical, medical or social need for support.
- Have a level of support requirement as, for example, someone with a learning disability might have.
- A person is vulnerable to risk, abuse or neglect.
- Current housing may be totally unsuitable for their current needs.
- They can demonstrate that they are not easily able to buy rather than rent.

**Question** - My sister, with whom I live, has fallen over a couple of times at home. She is in her seventies but in good health otherwise. Can you offer some general advice in order that I can help her from possibly falling again?

**Answer** - A person is more at risk of falling if they have fallen before, had a stroke or have Parkinson’s Disease, take four or more medicines and have a problem with balance for example when walking or getting up from a dining chair without using their arms. As your sister falls into at least one of
these categories the best advice I can give you is to contact either her GP or the District Nurse at your surgery. They will assess her situation and suggest help and give advice to reduce the risk of your sister falling again. The Department of Health advises that 50% of falls are preventable, so ring your surgery as soon as possible.

**Question** - I would like to travel to the Costa del Sol with a friend for a fortnight’s holiday. She is fit and well but I am disabled in that I use a wheelchair, zimmer and a toilet frame. I am happy to travel with my wheelchair but do not want to take the other items on the journey. Is it possible to hire such items in Spain?

**Answer** - It is possible to hire equipment in Spain and in the area you are visiting. A company called Mobility Equipment Hire Direct hire a large range of disability products including the ones you mention and other aids such as hoists and wheelchairs.

They have a UK number you can call for further information and to arrange hire: 0844 704 4385

**Question** - I am diabetic and I live with my elderly, dependent Mother. Although my condition is well managed I do worry what would happen to my Mother if I was out and had an accident, or was mugged and became unconscious and my handbag was stolen.

I have heard that there is a jewellery firm that sells bracelets, pendants and watches that can have medical and personnel information contained in them in order that any emergency service can retrieve the information quickly and act on it. This would cover my illness and my mother’s situation should a problem occur. However, I cannot find anything about the jewellery company. Do you know about them?

**Answer** - The company you may be thinking of is not necessarily known as a jewellery company, hence your problem in locating them. I think you may mean the company SOS Talisman which provide bracelets, pendants, etc. in which a small capsule contains vital details of your medical condition and personal responsibilities if you have them.

Quite simply you buy the item and then make sure you wear it. The company sells the SOS Talisman on the internet at www.sostalisman.com and the full range of items to wear are shown on the site. Bracelets and Pendants start from around £50.00

For more information on visit their web site at:

Web: http://www.ablecommunitycare.com
Hethersett Herald

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

www.hethersett.org.uk

Hethersett Herald is a non profit making and independent publication providing news, views and information about Hethersett. It has no affiliation to any specific group, organisation or political party.

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

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

Herald Team

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Patricia Mills

Thank you to everyone that has contributed to this edition of Hethersett Herald. If you have enjoyed reading this e-magazine please pass on details to friends and relatives so that we can increase our readership.
The following are just some of the events taking place in Hethersett in April. If you have an event you would like to see featured in Hethersett Herald, please send details including its date, time and venue to the following email address:

petersteward@lineone.net

April

April 2nd - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

April 4th - Rheumatoid in Norfolk Group (The RiNG) 10th birthday celebrations at Park Farm Hotel. With speakers. Starts at 1 pm. Tea will be served after the speakers. Cost is £3 and anyone who suffers from arthritis is welcome. Tickets are limited and can be booked on 0800 072 9597.

April 8th - Orchid Show in Hethersett Jubilee Youth Club Hall. For details see our poster on page 54

April 9th - Hethersett Pensioners’ Association - Hethersett Methodist Church Hall, 2 pm - Dr Anne Edwards talks about her experiences in Africa.

April 9th - Hethersett Society - Death, Danger and Destruction in Medieval King’s Lynn. Methodist Church Hall at 7.30 pm.

April 10th - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

April 10th - Hethersett Writers’ Group. Various venues.

April 16th - Hethersett Women’s Institute - Furoshiki scarf folding. Methodist Church Hall, 7.30 pm

April 16th - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

April 17th - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10 am to midday.

April 18th - Hethersett and the Meltons’ Sports Association quarterly meeting, Park Farm Hotel, 7.30 pm.
April 24th - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

April 30th - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

Bring a friend for free! Fabulous, fun and active non-profit Easter Holidays activity camp for children aged 4-15 launches at Hethersett Old Hall School for a week from April 9th-13th and for this week only you can take two children for the price of one! You can book by the day (half day for four year olds) or for the whole week, and EYFS vouchers are accepted for your Under 5s. Find out more at http://www.kingscamps.org or call 0114 263 2160 to book.

Fete and Dog Show

HETHERSETT Jubilee Youth Club will be holding its annual fete and dog show on June 30th from 12 to 3.30 pm. Stalls can be hired at £5 - either outside or inside the hall. The fete will be opened by Scooby Doo who will also be on hand to sign autographs. There will be stalls, cake competitions, games and the annual dog show

HETHERSETT SOCIAL CLUB

Hethersett Social Club opening times are as follows:
Mondays - Closed
Tuesdays - 7-11 pm
Wednesdays - 7-11 pm
Thursdays - 7-11 pm
Fridays - 5-11.30pm
Saturdays - Noon to Midnight
Sundays - Noon to 6 pm
ORCHID SOCIETY OF EAST ANGLIA

ORCHID SHOW

Sunday 8th April
10am - 4.30pm
Admission £2
Children under 16 free

ORCHID DISPLAYS
PLANTS FOR SALE
ADVICE GIVEN
TOMBOLA

JUBILEE YOUTH CLUB HALL
BACK LANE HETHERSETT NORWICH NR9 3JJ
South Norfolk Community Awards 2018

It’s time once again to nominate shining community volunteers for a South Norfolk Community Award.

Nominations opened on Monday, 19th February and close on 29th April. Nominations and further details are on the web site:

www.south-norfolk.gov.uk/champions

or by calling 01508 533945.

“Volunteers are the shining stars in our communities and we hope the awards will help recognise the work that they do,” the organisers state. The awards will be presented at Diss Corn Hall, on Thursday 7th June, to coincide with National Volunteers’ Week.

No Vacancies at Academy

HETHERSETT Academy has no vacancies for year seven intake for 2018/2019.

Latest figures show that the Academy is one of 22 schools in Norfolk with a waiting list. The 53 high schools in the county have a total of 9,867 places with an 87% take up rate meaning that there are 1,261 empty places. But in Hethersett the waiting list already stands at 18. Hethersett has 200 places available and 200 filled.

Various factors are behind the figures - from demographic shifts to exam results, Ofsted ratings and nearby schools. Some schools will be bigger than currently needed to cope with future growth.

Hethersett Academy is now one of the most sought after schools in Norfolk due to its exam success rate and outstanding Ofsted rating.

The school population in Norfolk and Suffolk is expected to swell by almost 10pc in the next three years.
Barrier Fight

THE fight to have some form of barrier placed on Great Melton Road opposite Tesco Express and outside the Tasty Bites takeaway goes on.

The parish council applied for a barrier in order to make the road safer for pedestrians but their request was turned down by Norfolk County Council and the parish council were not allowed to pay for part of a barrier under the parish partnership scheme which provides funding for road safety measures.

At its March meeting councillors once again underlined their concern about safety in the area with cars backing out of the forecourt in front of Tesco’s and the Chinese Takeaway and delivery lorries regularly using the area.

The parish council has also asked repeatedly for a road safety audit in the village but to date has met with little response and is now considering financing an independent audit.

Annual Parish Meeting

THIS year's annual parish meeting will take place in Hethersett Village Hall on Wednesday May 2nd

This is the opportunity for residents to have their say and discuss matters of interest or concern. The meeting is facilitated and chaired by the parish council but is an open meeting for residents.

There will be reports from groups and organisations supported financially by the parish council including the Memorial Playing Field and Village Hall Trustees and Hethersett Jubilee Youth Club.

“Primarily it is an evening for local people to express their views on topics as wide ranging as facilities and amenities and village development and traffic problems,” said parish council chairman Jackie Sutton

Last year the format of the meeting was changed to make it more informal and user-friendly. Once again this will be the case with the meeting starting at 7:30 pm and refreshments being served from 7 pm.
Parish Council Dates

HETHERSETT Parish Council meets monthly, apart from August, in Hethersett Village Hall. Full council meetings begin at 7.30 pm and are preceded by meetings of the council’s planning committee which start at 7 pm. The planning committee also meets on other dates throughout the year.

Meeting dates for 2018 are as follows: Full Meetings - March 19th, April 16th, May 14th, June 18th, July 16th, September 17th, October 15th, November 19th, December 17th. Planning Committee meetings will take place on the above dates and also on: March 5th, April 2nd, April 30th, June 4th, July 2nd, August 6th, September 3rd, October 1st, November 5th, December 3rd.

The village’s annual parish meeting will take place in Hethersett Village Hall on Wednesday, May 2nd.

Sentimental Theft

A Buddha garden ornament with sentimental value has been stolen from a back garden in Henstead Road, Hethersett.

Glenda Sharman contacted us to appeal for anyone with any knowledge on the whereabouts of the ornament to contact Norfolk Police.

“I discovered that my Buddha ornament which I bought in Brunei in 1989 while living out in the Far East with my late husband has been stolen from my back garden.

“I have reported the theft to Norfolk Police but as this Buddha has sentimental value I am trying all avenues available in the hope it might be found.

“The Buddha is very heavy and my bungalow is set relatively far back from the main Henstead Road it was a pretty brazen affair,” Glenda said.

The Buddha is about 1ft 6 inches tall and 2ft wide. He is a bald, laughing Buddha sitting cross-legged and is a faded burgundy colour.

“He looked good back in the day but is rather weather-beaten now so stealing him was probably just an ‘hilarious prank. Buddha is heavy to lug about and is made from a dense wood and whoever decided to remove him from my back garden must have been pretty strong,” Glenda added.
April in Hethersett Library

Events at Hethersett Library for April include the following:

Weekly Coffee Mornings will be held on April 9th, 16th, 23rd and 30th between 10.30 am and midday. Come along and meet new friends. Tea and coffee is available for a small donation and everyone is welcome.

Colour me Calm adult colouring mornings will take place from 10.30 am until midday on April 11th, April 18th and April 25th. The library book club will meet on April 4th from 3 to 4 pm. This is a relaxed and informal monthly book group held in the library. Ask a member of staff for the current read.

Hethersett Library Opening Times:
Mondays: 10am-1pm and 2-5pm (Open Libraries access 8am-5pm)
Tuesdays: Closed no Open Libraries access
Wednesdays: 10am-1pm and 2-5pm (Open Libraries access 8am-5pm)
Thursdays: 2-7pm (Open Libraries access 8am-7pm)
Fridays: 10am-1pm and 2-5pm (Open Libraries access 8am-5pm)
Saturdays: 10am-2pm (Open Libraries access 8am-2pm)
Sundays: Closed, no Open Libraries access

The library is a food bank drop off venue.
Hethersett Library will be closed on the following public holidays:

30 March 2018 - Good Friday
2 April 2018 - Easter Monday
7 May 2018 - Early May bank holiday
28 May 2018 - Spring bank holiday
27 August 2018 - Summer bank holiday

At the end of March, the village said goodbye to two stalwart library workers. Library manager Tina Cook and library assistant Rebecca Warner have both left and are pictured on page 59 with Community Librarian Helena Last in the top photo and with members of the Monday coffee group in the picture below.
Groups and Societies

Jubilee Youth Club

Hethersett Jubilee Youth Club’s Wednesday evening sessions continue to grow but places are still available:

“The first group for Year 5/6 which meets from 5.45 to 7.15 is growing but the second group which meets on Wednesday from 7.15 for Year 7/8 is much smaller and a lot quieter than the first group. If anyone is interested in joining either group just go along on Wednesday in term time and ask for Emma or Steve,” said trustee Gillian Saunders. Gillian can be contacted on 01953 607566.

Easter Lillies

Hethersett Remigius Church is being decorated ready for Easter on the last day of March. Village residents can donate a lily in memory of a loved one at a cost of £1.50. Anyone interested in doing so should contact Monica on 01603 811731.

Hethersett Dementia Support Group

Hethersett Dementia Support Group holds a café on the third Tuesday of each month in the Methodist Church Hall from 10 am until midday. It provides an opportunity for those with memory loss and their carers to meet and chat over tea or coffee, take part in activities such as singing and enjoying guest speakers. For more information e-mail hethersettdementia2016@gmail.com with your contact telephone number and a member of the group will contact you within 48 hours.

Messy Church Dates

A number of dates have been set for Messy Church events in St Remigius. Everyone is welcome but children must be accompanied by an adult. The events include craft activities, a worship session and a hot meal. Dates for the remainder of the year are: June 23rd, September 22nd and December 1st.
Groups and Societies

Singing Fellowship

Hethersett Methodist Church Singing Fellowship held an Easter Music and Afternoon Tea event on March 23rd. The afternoon featured music, poetry and readings.

Probus Club

Nicola Rycraft spoke to Probus Club on acupuncture. Nicola has clinics in Cringleford and Hethersett and gave a brief history on the origins of acupuncture in Ancient Chinese medicine, where it has been practised for thousands of years. This talk was followed two weeks later by a talk from Fiona Dawson on Anglo-Saxon England. Fiona was dressed in the clothes of the time and carried a handloom and demonstrated the weaving of red and green strands of material which had special significance for Saxons.

Hethersett Women’s Institute

Members were introduced to the “blood bikers” They are a group of volunteers who form a network of independent charities around the country who work with local healthcare authorities. The group work in conjunction with the Norfolk and Norwich University Hospital, the James Paget Hospital, the Queen Elizabeth Hospital in King’s Lynn, Bury St Edmund’s Hospital and Addenbrookes Hospital in Cambridge. The group take medical samples such as blood, x rays, drugs, documentation, breast milk and other vital needs to where they are required strapped in an insulated box on the back of a motorbike. They are a totally voluntary group and dependent on donations and annually save the NHS thousands of pounds of money - not to mention the lives they save through what they carry.

IF you would like your group or society featured in Hethersett Herald please send reports and details to the e-mail address below: petersteward@lineone.net
Everyday Tudor Life

Herald associate editor and Hethersett Society member, Gary Wyatt, reviews the society’s March meeting –

The talk this month was given by Simon Partridge whose subject was ‘Tudor Life’. Simon was brought up locally, worked as a teacher and currently is Director of the How Hill Trust. He started by telling us that although he is now a history enthusiast, he failed his GCE ‘O’ level (twice!) due to “boring” teaching methods at his school in Great Yarmouth. He hoped to be rather more lively in his talk, which would cover “everyday Tudor life” and was given without slides or notes.

The Tudor period was fairly short, covering the years 1485-1603, i.e. from Henry VII to Elizabeth I. The monarchs, however, were not tonight’s topic as Simon chose to talk about the way in which the bulk of people lived, including their houses, food and work. In many case he distinguished between the lives of the wealthier section of society and those of the poorer people. There were differences, for example, in the wood panelling on the interior walls of their houses where, according to Simon, the wealthy had smaller panels, which required greater craftsmanship, and the poor had larger, less well-crafted panels. It struck me, however, that many houses would not have had any panelling at all, being much more humble than that. Windows were always small, even in the larger houses, as glass was extremely expensive and difficult to produce. However, the dark interiors we see today in such houses are often exacerbated by the paneling darkening very considerably with age. Simon told us that it would have been almost white when first installed.
A surprising difference which I had not previously thought about was that life expectancy was lower in the more wealthy. This has been attributed to the use of pewter eating and drinking utensils. Pewter contains lead which can leach into acid foods and thus Many users suffered from lead poisoning; skeletons from the period have been shown to contain high levels of lead. For all levels of society, meals would have eaten with the fingers, as forks were unknown in Tudor times.

An additional reason why wealthier women had shorter life spans was because of the lead also used in the very white face make-up fashionable at the time, together with the use of toxic atropine eye-drops to make the eyes look bigger. The wealthy also had poorer teeth as marzipan, containing a high level of sugar, was popular and affordable by them.

The dress fashion of the time for women was very narrow waistlines and “big bums”, the latter increased drastically by the use farthingales, a large framework over which the dress was draped to make it much larger. Apparently these were very difficult to get on and off and as a result women urinated directly on to the straw floor beneath by squatting without removing the dress.

Outside the home the term ‘workhouse’ originated in Tudor times, in a literal sense of a place of work for those that had to earn their living, rather than the ‘poor houses’ as we generally think of them to be. Other terms in common use today that originated then include ‘sideboard’ (a board at the side of the room where food was placed), ‘cupboard’ (a board where cups and other utensils were stored, enclosed to keep dirt out), ‘board game’ (the underside of boards used as tables were turned over after meals to reveal playing areas for chess, backgammon etc.), ‘threshold’ (a piece of wood deigned to keep the straw flooring contained within a room), and ‘sleep tight’ (derived from tightening the ropes used in bed frames before sleeping each night).

All in all, this was an interesting talk by a very enthusiastic speaker, and certainly far from the traditional history teaching the speaker must have received.

In April, Susan Maddock will speak to the society on Death, Danger and Destruction in Medieval Lynn.
Connie Tindale updates us on the progress of her Hethersett Hedgehogs

MARCH brings breezes, loud and shrill to stir the dancing daffodil. April brings the primrose sweet and scatters daisies at our feet.

What the poem did not predict was the Beast from the East which brought icy blasts and the lowest temperatures we have had in years, making golden daffodils a rarity. If any hedgehogs were thinking of waking from hibernation they quickly had second thoughts and settled down again.

I have had two hedgehogs in my care throughout the whole winter; one which was fast asleep and one which was too busy eating to even contemplate sleeping away eating hours. The sleeping hedgehog woke on the 20th March and looked none the worse for not having anything to eat or drink for four months. Its resilience was remarkable but it was tiny compared with its portly housemate. It woke early compared with those in the garden as its home was against a house wall and therefore a lot warmer than the others.

Once it was wide awake and had eaten, it was possible to clear out the living quarters of both of them and give them fresh straw. I popped each of them into a box until their clean homes were ready and weighed them in the shed. The little one weighed in at 502 grams which was more than I expected and the wakeful one weighed a whopping 1235 grams.

The difference in the size of the two hedgehogs is incredible as both were of similar size when picked up in the autumn. It was like looking at a tennis ball and a football. With such a vast difference in size and weight, I was concerned that the big one would pick on the little one and bully it. That did not happen. The little one actually attacks the big one literally head on. Although the big one might be considered fat it is not dangerously so as it can fully curl up and protect itself. Really overweight hedgehogs are in danger of being harmed when
they cannot roll up and defend themselves.

As soon as you are sure that any hibernating hedgehogs in your garden are awake you can clean out their houses and add fresh straw, making the homes ready for any pregnant females that will need somewhere safe to care for their babies. I am moving two of the hedgehog houses in my garden into better and more hidden positions under bushes so that any inhabitants will feel more secure.

Now that the Spring Equinox has passed, the days have become longer than the nights but it is still very cold out there although the trees and bushes are covered in buds that are ready to burst. It will only take a few warm days before spring will be with us in reality rather than as a technicality. Hopefully we can look forward to the warm days of summer when my task will be reduced to putting out food for the hedgehogs every night and delighting in watching the film footage of their antics every morning. I will, of course, take care of any hedgehogs that are in trouble but hopefully, as people become more hedgehog-aware, there will not be many of them.

I am not trying to teach granny to suck eggs (sucking eggs is something I have never done) but I have to give a quick reminder that hedgehogs are not milk tolerant and should never be fed anything that is fish-based.

www.Hethersetthedgehogs.com

No Fooling Here

Over the past couple of years we have unashamedly carried an April Fools’ joke. Two years ago it was the re-formation of the Beatles in Hethersett Village Hall and last year we had details of how to freeze pets when you go on holiday.

This year we have decided to do away with an April Fools’ ruse in favour of a one-liner:

There will be no more road works in Hethersett for the coming 12 months!
Of Roman Importance

Editor Peter Steward delves into the archives to travel back to the days when Roman settlements made Hethersett an important place in the history of England.

BACK in 2005, excavations by the Norfolk Archaeological Unit revealed the remains of a substantial Roman farmstead in Hethersett. The work formed part of the planning consent for the construction of new housing on two former arable fields in the Myrtle Road area of the village.

Previous work had suggested the presence of a substantial Roman settlement in the area and this work suggested the finds were part of a large farm or estate.

The farmyard area was enclosed by a series of ditches, outside of which it appears livestock may well have been kept. The farmyard featured a pond and a large well which had been filled with domestic refuse during the late 3rd and 4th centuries. A small square building with walls built from clay was discovered. It is likely this was used to dry cereals during the 2nd and 3rd centuries. A twin flue down the centre allowed heat to be drawn around the building at below ground level before exiting through one or more chimneys.

Other interesting items found at Hethersett included an intricately decorated spoon and an almost life-size figurine of a Hawfinch (pictured above) made of bronze and probably originally part of a walking stick or an item of furniture. There were also coins and items of pottery dating from the 1st to 4th century. A finely polished Neolithic flint axe was also found.

Andy Shelley, Senior Project Manager of the Norfolk Archaeological Unit, described the find at the time as significant:

“This is a significant site in its own right with likely links to the site nearby on the Great Melton/Hethersett boundary. There were signs of horse and cattle enclosures and arable field enclosures,” he said adding that there was also some evidence of a temple on the eastern side of the dig.

A report by the University of Cambridge Archaeological Unit also reported on Saxon, Medieval and Post Medieval occupation around Great Melton and the
Lynch Green area of Hethersett. This included earthwork enclosure and quantities of early and late Medieval pottery.

Further work and excavations on land which is now being developed in Hethersett have underlined the likelihood of an important Roman settlement in and around Hethersett which could have been of significant importance on a regional and even national level.

In 1985 the remains of an infant in a lead coffin were discovered on the site and a Roman road has been established as running through the parish from the Roman town of Venta Icenorum (Caistor St Edmund) to Watton.

The earliest historical finds in the village date from the Palaeolithic period. These include flint flakes, a flint blade and a large Palaeolithic flint axe. Many other prehistoric finds have also been recovered including prehistoric pot boilers and other flint implements. There is also evidence of an early Saxon cemetery.

Sources used in this article include the following:
Hethersett Good News Magazine of November 2005
Hethersett Village Archive
Norfolk Heritage Explorer at: http://www.heritage.norfolk.gov.uk/

New Date For Quiz

HETHERSETT Bowls Club have re-arranged their grand quiz night which was cancelled at the beginning of March due to the bad weather.

It will now be held on Friday, 11th May, in the Jubilee Youth Club premises in Back Lane (6.30pm for 7pm start)

There will be prizes for the winning team, a lucky ticket prize and a raffle. A finger buffet is included in the ticket price. Teams should be a maximum of eight and tickets are £8 each and available from David and Irma on 01603 810735, Dennis on 01603 814292, Ron on 01603 813096 or any bowls club member.

Proceeds from the evening will go to bowls club funds. Those taking part should bring their own drinks and glasses. The organisers will try to fill tables if the occasional singles/couples or fours turn up.
Cricketers of The Future

HETHERSETT and Tas Valley are hoping to attract the cricketers of the future when they take part in a new initiative aimed at youngsters aged from five to eight.

All Stars Cricket is a new initiative from the English Cricket Board aimed at providing children aged five to eight with their first experience of cricket. There are eight All Stars sessions in total and at each session the emphasis is on having fun whilst learning basic cricket skills and being active. In addition, every child that registers will receive a backpack of goodies including a cricket bat, ball, activity book, personalised shirt and cap.

All Stars cricket at Hethersett and Tas Valley will take place on Sunday mornings at 10:30 am with the first session on Sunday 27th May.

To register for Tas All Stars go to https://www.ecb.co.uk/play/all-stars. Just enter your postcode and click on Hethersett and Tas Valley CC to register.

Anyone wanting further information on the programme can contact Sara Worley of Hethersett and Tas Valley Cricket Club at saracheatle@hotmail.com.

Hethersett and Tas Valley has been given a grant of over £2,000 by the Norfolk Cricket Board for a new electronic scoreboard on its second pitch. The club will also have its first ever ladies team thanks to a sponsorship deal with Park Farm Hotel.

The club also has plans to upgrade and enhance its existing changing facilities and improve the kitchen. We will have further details of this in the run in towards the new cricket season.

Hethersett and Tas Valley Under-14s finished in fourth place in the indoor Zip League competition, In their final game they defeated Old Buckenham to deny their opponents runners-up slot. The league was won by Topcroft who won all six of their games. Seven teams took part.
Have You Missed an Edition?

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

News and Features Needed

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

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

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

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

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

DFH Café

A friendly place to meet for those experiencing memory loss, loneliness or needing a listening ear

ALL WELCOME

Café takes place on the third Tuesday of every month at Hethersett Methodist Church Hall, Great Melton Road NR9 3AB 10am – 12 noon Refreshments provided

‘Speak up for dementia...A positive vision for the future’ For info call Stephen Baxter - on 07808 329102
Hethersett Dementia Support Group

By Stephen Baxter and Mike Stark

The British stiff upper lip has never been more prevalent than when our own sickness and disease is concerned. The maxim carry on regardless has never been truer.

However, over the past 15 years or so, this position has been changing, notably through women and the increasing incidence of breast cancer where the condition has been openly discussed for some time. The result of this and of other cancerous diseases has thankfully opened the way for ever-wider discussion. Even usually reticent men are becoming open to talk about prostate cancer.

There is, however, a disease where acknowledgement of its existence can be taboo and denial is commonplace.

There are 850,000 people diagnosed with dementia in the UK. The most common form of this illness is Alzheimer’s, with 60% of sufferers being in this group. It is estimated that one in 14 of over 65s have this disease. One in three children born this year will contract the disease later in life. There will be over a million people who experience dementia by 2025 and the number will double by 2050. Age is the biggest factor as increased life expectancy increases risk, with women over 60 being twice as likely to contract dementia as breast cancer and the risk of having the disease doubles for over 65s every five years.

These are frightening statistics. In Hethersett it is estimated that from among a population of 5700 in 2011, 85 residents will have been diagnosed as suffering from some form of dementia, with many more as yet undiagnosed.

It is not just those who have the disease whose lives are turned upside down, but their carers also. More often than not the carers are family members, wives or husbands, partners or children, whose lives will have been dramatically altered, sometimes disrupted out of all proportion to what there were expecting, before a loved one received the terrible news.

Thankfully, here in Hethersett as in other parts of the country, we have a group of volunteers who created a support group (Hethersett Dementia Support) that is creating a dementia-friendly village.

We make no apology for being up front with the word dementia in the name. The only way to confront a taboo is to speak its name and challenge misunderstandings, prejudice and enthusiastically present a new vision of how we can communicate with those with dementia and listen and enable an environment that is full of opportunities and not obstacles.

We hold a monthly café on the third Tuesday of every month in the Methodist
church between 10 am and 12 noon. It is open to all people including those who simply experience loneliness and want a listening ear. It offers a brief respite for carers and there are lots of activities and regular guest speakers etc. Don't forget May 21st to 27th is Dementia Awareness Week.

Edith Cavell Centre Update

THE Edith Cavell Day Centre at Swardeston has been in operation for over 30 years, serving the elderly and house-bound in Swardeston and the surrounding villages including Hethersett. Here Rosalind Legg from the centre gives us a monthly update on the registered charity.

After a shaky start to the month, with the heavy snow leading to two days of closures, we began the start of our Spring and Easter celebrations.

This month, members have enjoyed visits from the Hawk and Owl Trust, The Cringleford Singers, morning worship with local clergy and the ever-popular Zootastic. We have decorated Simnel cakes and made Easter hats, alongside all the regular activities and services on offer.

If you, or anyone you know would benefit from having a day out, meeting and making new friends, enjoying a fresh cooked two course lunch, or enjoying entertainment, games, seated exercises, and much more, please telephone the Organisers Liz or Julia, on 01508 578826 on Mondays, Wednesdays or Thursdays between 10 am and 3 pm.or visit the website www.ecav.co.uk for further information. You are welcome to have a free taster day (by appointment please). Transport may be available.

Enquiries from potential new volunteers and volunteer drivers are always welcome.
Step Up In Class Denied

HETHERSETT Athletic Football Club’s attempts to step up in class are being hampered by the poor facilities at the Memorial Playing Field.

The club currently has two Saturday sides playing in Division One of the Barnes Print Central and South Norfolk League - the well established original team which has been in existence for over a decade and the Saturday Old Boys team which previously played as Marlborough Old Boys but which was taken under the wing of the Hethersett club a few seasons ago. The club would like to step up a class to join the Anglian Combination.

An application by the club prompted a review of the facilities available by Anglian Combination officials and the result was the club being informed that the current facilities are “just not good enough.”

Meanwhile a group is fighting hard to improve facilities on the playing field. This is being fronted by Hethersett Memorial Playing Field Trustees who recently had flyers delivered throughout the village on behalf of the Hethersett Memorial Playing Field Pavilion Refurbishment Project.

“At the heart of our village is the Memorial Playing Field which offers our community green space to play sport and enjoy recreational activities. The current pavilion is 25 years old and is in desperate need of refurbishment.

“The Hethersett Memorial Trust is responsible for the playing field and a project is underway with the aim to improve the pavilion for the community,” the leaflet states.

The group has set-up a new web site at www.hmpf.co.uk.

Planning permission has been granted for improvements to the building and the group lists improvements they envisage which include:

- A new community space for local groups
- Male, female and disabled toilet facilities which are accessible to all
- Improved and enlarged kitchen facilities
- A first aid area
- An extension to the car park
Sports Reports Needed

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

If you would like your club featured just send the details to peter-steward@lineone.net. Photographs are particularly appreciated.

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