



Hethersett Re-Opens

Village Gets Back To Business

HETHERSETT is preparing to re-open as the virus recedes and the village prepares to get back to some form of normality.

All the schools returned in March and other businesses are preparing to re-open within the next few weeks.

April 12th will be R Day (Re-open Day) with the Queen's Head back in business and Kett's Kabin charity shop re-opening. That is also the date for the scheduled re-opening of the King's Head.

The pool, gym, hair salon and spa at Park Farm Hotel will open again on the same day and outdoor dining for two households or up to six people will also be allowed.

There will be further concessions in May as things slowly get back to normal.

Meanwhile Hethersett Social Club has scotched rumours that it won't be re-

Aiming For The Stars

HETHERSETT Hawks Cycle Speedway Club

has launched an ambitious £50,000 appeal to improve its facilities on Hethersett Memorial Playing Field. A new officials' room, toilets, a first aid area, electronic starting gate and a new initiative to help people maintain their bikes will help to attract national and even international competitions. For the full story turn to page 15.



opening after the virus.

"It has come to my attention that there has been gossip and rumours circulating that we will not be opening again! I would just like to reassure everyone that this is not at all the case.

"We will 100% be open again, hopefully in May and we look forward to seeing you all again," said Sue Forkes.

We have lots more on what will be re-opening on our inside pages. You can also read about Hethersett having one of the lowest death rates in the county.

MAIN CONTENT



A major and very successful village cycling event is scheduled for a return in 2022 to mark the 10th anniversary of its first staging.

See Page 12.



John Nelson has been made an honorary president of a Hethersett sports club. Find out more on page 21.



Chloe continues her journey to make a painful disease better known. It's a disease that affects thousands of women.

See Page 33.



Meet the Hethersett hero helping to fight food poverty in the village and the surrounding area.

See page 35.



Meet 23-year-old Katie Adams who has joined Hethersett Parish Council as one of four new council members.

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Regular Features

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Sarah's World—Page 50.

John Head's Photographic Diary—Page 58.

Hethersett Hedgehogs—Page 102.

A Message From The Editor

Hello Everyone

Welcome to the April edition of Hethersett Herald and by the time you are reading this I hope that Spring will at last have sprung.

One of the most difficult questions I have been asked in a long time came from a reporter from the Eastern Daily Press newspaper in the middle of the month.

The newspaper was doing an article on the places in Norfolk most and least affected by the pandemic.

Hethersett recorded just two deaths in the year from March 2020—a remarkably low number, making us one of the safest places not only in Norfolk but in the whole country.

I was asked whether I felt this could be attributed to anything in particular.

It was a tough question, but after giving some comments, I had a long think about it and came to the conclusion that there were two primary reasons.

Firstly I think by and large we all subscribed to the “stay safe” messages and acted in a responsible manner.

Secondly (and most importantly) we all cared for and looked out for each other. Never has the community spirit in Hethersett been stronger than it has over the past year.

So many people have helped out in so many ways. This was brought home to me by a national television

news item about a village group that had come together to clean up its village with regular litter picks. This is something we have been doing in Hethersett for years. Almost every time such an article comes onto our screens I think “But we already do that and have done it for many years.”



You will find that there is a wave of optimism running throughout this edition of Hethersett Herald. April will see businesses re-opening and everyone preparing for when we can get back to some form of normality.

Soon we will be able to dine out, enjoy a coffee somewhere other than in our own homes, get our hair cut and get together socially.

It's been a long and difficult path but one now well trodden and soon lockdown as we know it at the moment will be a thing of the past and hopefully will remain part of our history.

Finally I have started to put together a number of fairly regular podcasts about the village. Over the next few months I'm hoping to get out and about to interview key and interesting people in the village. I started by talking to Home Farm Gin about their plans for expansion. Many other interviews will follow (see page for more details)

Peter

Preparing to Get Back To Normal

A rundown of what is re-opening in Hethersett and when

Special Four Day Sale

Kett's Kabin charity shop will re-open on April 12th with a special four day sale when provided bags can be filled for just £1.

* * *

Hethersett Library will continue to provide a limited service.

The library technically re-opened on March 15th as part of a phased return to normality with a click and collect style service.

The library is giving users the chance to collect up to 10 books selected online and to return items via a drop box. Returned books will be quarantined for at least 72 hours.

Items out on loan are still being automatically renewed until further notice and there will not be any overdue or renewal fees.

Youth club re-opens

Hethersett Jubilee Youth Club will re-open on Wednesday, 14th April, for those in school years five and six at 5.45 pm and then years seven, eight and nine from 7.30 pm.

The club's well being group is scheduled to start again on Thursday, 15th April with a chance for youngsters to chill and chat and gain support.

For more information and news on the youth club please turn to page

Park Farm Hotel

"We are delighted to finally see a light at the end of the tunnel," said a spokesman for Park Farm Hotel.

From 12th April, outdoor dining will be possible for up to two households, or six people. The bar and restaurant will still be shut but outdoor service from a simple brunch, lunch and snack menu will be possible along with afternoon teas.

In the evenings, Park Farm will continue to host a variety of local food vendors from whom food can be collected to take home or eat outside. There will be a covered area if the weather is inclement. Overnight accommodation will only be allowed for those travelling for work or for exceptional circumstances stated in Government guidance.

The swimming pool, gym, hair salon and spa will be re-opening although the sauna and steam room will remain closed.

The hotel is planning to re-open as normal for guests from 17th May when indoor dining for groups of up to six people or two households will also be allowed. The venue will be able to host up to 30 people dining together outside and weddings with up to 30 people will also be allowed.

Preparing to Get Back To Normal

Back In Action Soon

HETHERSETT Croquet Club is preparing to re-start and is looking for new members.

“We are a small friendly club and would love to see some new faces. We aim to resume playing fairly soon, Covid regulations allowing of course,” said Pat Pierce from the club.

The club, which was formed in 2013, will be meeting twice a week on Wednesday and Saturday afternoons from 2.30 pm on the Memorial Playing Field - two pitches at the bottom next to the Cycle Speedway.

“Please come and give it a try — equipment and tuition provided. First session is free. You might even get a cup of tea and some cake.” Pat added. Pat can be contacted on 01603 811401.



Members of Hetherset and Norwich Croquet Clubs pictured in friendly competition a few years ago.

Sport On Its Way Back

Competitive sport will be returning to the village in the near future.

“It will be good to see sport back on the field after a barren three months,” said Hetherset Memorial Playing Field Trustee Mel Perkins.

It is hoped that football will be able to resume in April through to May and summer sports can have some activity as restrictions allow.

“The trustees have already taken bookings from Norfolk Cricketers in Retirement who will be there Wednesday mornings from May 19th,” Mr Perkins added.

Hetherset and Tas Valley Cricket Club, who play at Flordon, are hoping for a full season of competitive action as they field two teams in the Norfolk Alliance and two in the Norfolk League along with Sunday sides, a ladies team and a number of youth sides.

Preparing to Get Back To Normal

April Garden Invite

HETHERSETT Queen's Head will be re-opening on 12th April, serving meals and drinks outside on the patio and in the garden.

Landlord Richard Bond said: "We have an additional marquee so we will have around 90 seats under cover outside with an additional 30 in the garden, should the weather be kind."

The regulations will allow for tables of six or two families together outside with social distancing.

"No one is allowed to drink or dine inside although access to the toilet facilities will be allowed. Guests must be seated when drinking or eating. We will be offering our full menu with all day dining on Saturdays and Sundays. We are also open for drinks only and there is no stipulation for food with drinks this time," Mr Bond added.

The regulations 'should' change again on 17th May when tables of six or two families together will be allowed inside the Queen's.

"It is probably wise to email or call to book a table to ensure we have seating available. This can be done via e-mail at qh@queensheadhethersett.co.uk or by telephoning 01603 810226.

"We look forward to welcoming everyone back and hopefully, if things go to plan, we will be back to normal on 21st June," Mr Bond said.



Also opening up

Owner of Shed Seven Barbers in Park Green, Chris Ketley, has told us that he will be open again for business from April 12th.

"Great news I will be open on Monday 12th April taking bookings now with fingers crossed that nothing changes. Hope to see you all soon," Chris said.



Preparing to Get Back To Normal

Date Set for King's Re-opening



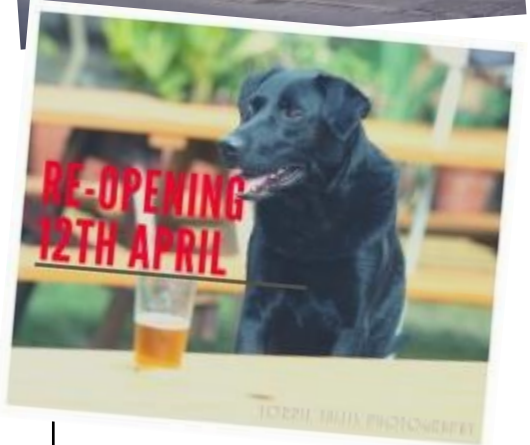
HETHERSETT King's Head is also looking to re-open on April 12th.

Rumours had been circulating that the pub would not re-open but these have been scotched by licensee Justin Harvey and landlord Ben Woolf.

"We are bursting with excitement to welcome everyone to our gorgeous new venture," Justin said.

And this time after several false starts Justin, Ben and their team are keeping their fingers crossed that things will go smoothly with the re-opening.

Their latest work on the King's has involved working with Natures Neighbours to get the garden re-wilded to create a haven for native plants and wildlife.



Initially as with all venues, service will only be outside but inside dining will be allowed in May.

It is the third time that Justin and team have attempted to open the venue, being thwarted on the previous two occasions by lockdown rules.

We will have a report on the re-opening of the King's in the May edition of Hethersett Herald.

Preparing to Get Back To Normal

THE Humbleyard Practice has voiced its frustration at not being allowed to give jabs to Cohort 10 which is those aged under 55. This resulted at the end of the month with Friday and Saturday sessions having to be cancelled.

The practice took to its Facebook page to explain the situation

“Vaccination clinics will not run on Friday late afternoon or Saturday (March 26th/27th) as despite our best efforts including writing to the Health Secretary Matt Hancock there is no permission to start cohort 10.”

The practice was quick to point out that no vaccine would be wasted.

“It was especially sad for us because on Saturday we would have celebrated our 20,000th vaccine at Cringleford surgery.”

So what are the reasons for the stoppage. The following comes from Norfolk CCG.

“We have a number of patients asking us why we are not vaccinating patients under the age of 50 (part of the national cohort 10) when it appears that some areas outside Norfolk and Waveney are doing so. In line with national guidance, the only people that may have received a vaccination in the age group lower than 50 are people that are classed as being Clinically Extremely Vulnerable (CEV), which puts them more at risk from Coronavirus, if they are classed as a carer for someone who would be at risk if their carer falls ill, or that they are a health and care worker. So as you can see, there are several reasons as to why some people under the age of 50 may have been vaccinated.”

The comment adds that Norfolk and Waveney can only open vaccination clinics to people under 50 when given permission from NHS England and the Government to do so.

Meanwhile there have been a few changes to dates for second vaccinations’

“From February we switched to giving 11 week dates for the second dose so your card should be correct. Those who were done before this were given 12 week doses and these have changed. It is really important you come on the correct day as we are provided a second dose specifically for you and probably won’t have spare on other days.

“We apologise that dates are changing and we have had no say in these changes. We will also write to people whose dates have changed from 12 to 11 weeks. This is to ensure everyone’s vaccinations are completed by 12 weeks.” the practice stated. You can check the situation using the table on the next page. Please note although generally all second doses are moving to 11 weeks rather than 12 weeks we have also been asked to move forward any second doses into spare slots so this table gives a guide but a few people may be called even earlier.

These dates do not cover the car park clinics or the home visits we will contact these separately

Preparing to Get Back To Normal

Date of First Vaccine	Expected Date of Second Vaccine NOW 11 weeks,
19 January 2021	06 April 2021
20 January 2021	07 April 2021
22 January 2021	09 April 2021
23 January 2021	10 April 2021
29 January 2021	16 April 2021
30 January 2021	17 April 2021
04 February 2021	22 April 2021
05 February 2021	23 April 2021
06 February 2021	24 April 2021
12 February 2021	30 April 2021
18 February 2021	06 May 2021
19 February 2021	07 May 2021
20 February 2021	08 May 2021
25 February 2021	13 May 2021
26 February 2021	14 May 2021
06 March 2021	22 May 2021
12 March 2021	28 May 2021
13 March 2021	29 May 2021
19 March 2021	04 June 2021
20 March 2021	05 June 2021

Tragedy Recalled

A SMALL American flag on a grave in St Remigius Churchyard marks the burial place of an American airman who was killed in a tragic collision over 40 years ago.

The wording on the grave is simple:

“Lt Colonel William Olson—USAF, Died Nov 18th, 1980, aged 38 years.

**“I’ve topped the wind-swept heights
With easy grace
Put out my hand
And touched the face
of God.”**

Those words are taken from a sonnet written by John Gillespie Magee, an American pilot with the Royal Canadian Air Force in the Second World War. He came to Britain, flew in a Spitfire squadron, and was killed at the age of nineteen on 11 December

1941. The words also appear on the headstones of many airmen and astronauts interred in Arlington National Cemetery in the USA.

Lt Col Olson was living at the time of his death with his wife Nanette and their two young children in Hethersett. The whole tragic story was re-run recently in



Tragedy after jets collide TWO AIRMEN DIE AS HELICOPTER LINE SNAPS

Crash crater in Norfolk field



Michael Anonimus: David Bullock - he gave his life to find his missing son's remains from a storm sea.

A BRITISH AIRMAN drowned trying to save an American pilot from rough seas after two jets collided over North Norfolk yesterday. Both men died.

They were dragged to their deaths by the pilot's parachute after a helicopter cable hauling them to safety snapped.

RAF crewman David Bullock, 38-year-old father of three, gave his life in the bid to rescue another man, his commanding officer said last night.

The tragedy followed a mid-air collision over Brougham, East Angles, between two US Navy "tomahawk" jets.

In flames

One crashed in flames only a few hundred yards from Brougham, a village. The pilot, Major Robert E. Lee, parachuted to safety.

Other jet landed in sea and crashed in a field of Wickenham, 10 miles from Brougham.

The US Navy's 1st Marine Aircraft Wing, based at Miramar, Calif., sent a rescue team to the crash site.

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First in 30 years

The tragedy off the Norfolk coast was believed to be the first time in 30 years that a rescue attempt was made at sea.

A Ministry of Defence spokesman said: "We believe that David Bullock, the first attempt was made at sea to rescue another man, his commanding officer said last night.

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Crater

The largest piece of wreckage was found in a crater in the Norfolk field.

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Trapped

One of the pilots was trapped in the wreckage of his jet.

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Fishing talks

Four fishermen were rescued to safety by helicopter from their boat in the Norfolk field.

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The crater-filled scene left by the American "tomahawk" jet which crashed near Brougham after a mid-air collision yesterday. The pilot of the jet, Major Robert E. Lee, parachuted to safety. The other plane landed across the coast and came down in the field.

Row over sentences for killings

A wife who stabbed her husband to death walked free from a court yesterday after being cleared of murder but found guilty of manslaughter.

The woman, who was charged with the murder of her husband, was found guilty of manslaughter.

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164 SAVED IN CRASH OF JET ON FIRE

A total of 164 passengers among them 102 non-Kenyan were rescued yesterday when Korean Airline Boeing crashed in flames on landing Sunday's KAL 800.

The plane was on a flight from Los Angeles via Anchorage, Alaska.

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the Norwich Evening News newspaper and can be read on the Evening News 24 website.

The article tells of the love story between the handsome American airman and Nanette who was renowned as a beauty queen.

She still lives in Hethersett as does their son Tony.

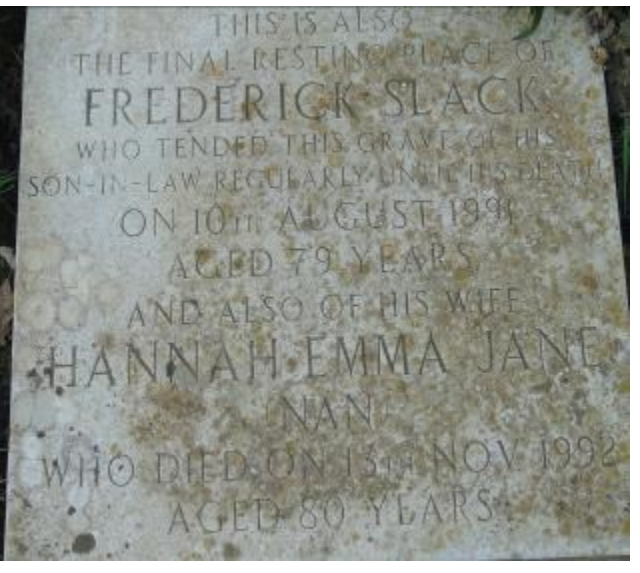
Nanette has now written a book for her family telling the story of Bill Olson's life.

Back in 1980 the Eastern Daily Press reported on the crash which killed Bill Olson and helicopter winchman David Bullock. Picture courtesy of Archant.

This stone is at the base of the main headstone and is also very sobering. It reads:

"This is also the final resting place of Fredrick Slack who tended this grave of his son-in-law regularly until his death on 10th August 1991, aged 79 years.

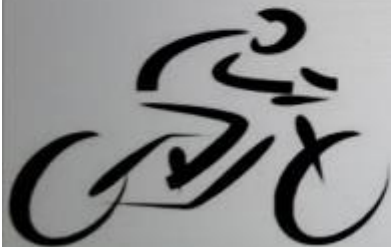
And also of his wife Hannah Emma Jane—Nan—who died on 13th Nov, 1992, aged 80 years.



10 years since the first event, it's back for one more ride in 2022.

More details soon

Hethersett



30 / 60

2022

On The Road
Again
In 2022



ONE of the village's most successful sporting/fitness events could be set for a revival.

Hethersett's 30/60/90 cycle event began life ten years ago and proved extremely popular with hundreds of cyclists of all ages and abilities taking part on courses that took them through the South Norfolk countryside. They travelled either the shorter 30 mile course, the medium 60-miler or the full 90 miles.

Organiser "Bart" Anderton (pictured opposite) took to Facebook with the following:

"Let's do a 10 year anniversary bike ride in 2022." We will keep you up to date with any developments on this.



Big race carnival

Hethersett will be the finish point for a Norfolk cycle

30/60 will take over a road and finishes Club and Old and Alnerton, Carleton village. able to recruit 30 60 miles. by riding set so that chance to

a carnival the event with welcomed back by a and those completing the will receive a certificate and medal. There will also be a barbecue at Hethersett Social Club. Riders can also use the event to raise money through sponsorship for their own chosen charities.

The event is being organised by Martin Anderton, who is no stranger to marathon cycle

events, having cycled 330 miles in 48 hours from London to Amsterdam earlier this year to raise money for the Scope charity which supports disabled people and their families. He is now in training to ride from London to Paris in 24 hours next July.

Martin admits that long distance cycling is in his blood.

"I do it because it is there," he said. "I really don't know what I will do Lands End to John O Grouets. At the same time it gives me the opportunity to raise money for the Scope charity. I recognise the great work they do and what they are trying to achieve and want to support them as much as I can."

Martin is hoping the event will leave a lasting legacy to inspire people to continue cycling.

"There are good cycle paths between Hethersett and Norwich and I want to encourage people to get back onto their bikes," he said.

"Some people are nervous about cycling into work but I am happy to accompany them to start with until they feel confident to do it themselves," Martin said.

The Safety of Hethersett

MARCH was another big month in the Humbleyard Practice with thousands more people receiving their first vaccinations and preparations being made for second jabs to take place.

That good news was matched by an announcement that Hethersett has one of the lowest death rates from COVID in Norfolk.

Official figures showed that our village had only two deaths recorded in the year from March 2020.

This fact was featured in a major article in the Eastern Daily Press newspaper under the heading:

“One Year of Covid: The Areas With the Most and Fewest Deaths.”

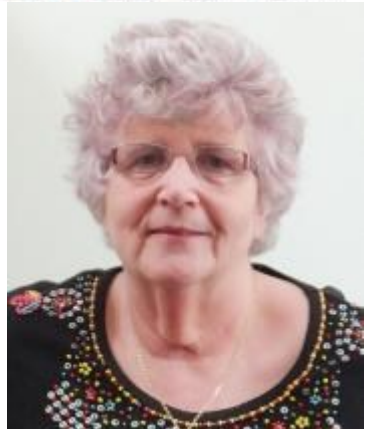
Chairman of Hethersett Parish Council, Adrienne Quinlan was asked by the Media about the reasons behind the low return and attributed it to the village’s “unique characteristics” which she felt had protected it.

“We’re one of the biggest villages in Norfolk, but we are not a town, and that sets us apart,” she said.

“We don’t have a high street in the traditional sense. While there are shops, the lack of a place for people to mix might have made the difference.

“And through our planning applications we’ve seen an increasing number of plans to add a home office, which suggests a lot of people were able to work from home. That could have made a difference to how often families were exposed to the virus,” Mrs Quinlan added.

Resident and Herald Editor Peter Steward was also quoted in the article. He spoke about a good community spirit helping to combat the virus with residents observing lockdown rules and helping elderly people to survive by supporting them.



**Adrienne Quinlan—
Hethersett’s unique characteristics helped with low death figures.**

News From and About The Village

Improved Broadband For Hethersett

IMPROVED fibre Broadband is on its way to Hetherett.

London-based CityFibre is taking part in a multi-billion pound scheme to upgrade internet infrastructure throughout the UK.

Hethersett is bracketed with Norwich, Wymondham, Framingham Earl, Poringland, Spixworth, Horsford and parts of Costessey for the speeded up fibre.

The move was welcomed by our district and county councillor David Bills who has campaigned for improved Broadband for the village for some time.

Welcome Back To School Fundraiser

A HETHERSETT business has raised hundreds of pounds for local schoolchildren in an original way.

Hodge Podge in Oak Square sold “back to school” good luck bracelets and raised an impressive £375 which will be split between the two Hethersett primary schools and that at Mulbarton with each receiving £125.





Hawks Are Aiming To Fly High

A Hethersett sports club is reaching for the stars with an ambitious £50,000 development plan it hopes will attract sporting superstars to the village and help local people maintain their bicycles.

Hethersett Hawks Cycle Speedway Club has launched a project entitled “The Nest” aimed at providing world class track facilities to bring national and international competition to the village.

The club is also looking to get closer to local communities by providing workshops and training in basic cycle maintenance with a “Wonky Wheels Community Bicycle Workshop.” A Crowdfunder page within the Aviva Community Fund has raised over £4,000 to set-up the workshop.

“There has been a large uptake in cycling since the start of the pandemic and it is a way for families and individuals of all ages and backgrounds to exercise.

However, many have little knowledge of maintaining their bicycles. Wonky Wheels is a charity-based initiative aimed at providing free education, training and support to allow people to get into cycling or maximise their enjoyment if they already ride,” said Hawks club official Russ Marling.

The Nest project will provide new kitchen and toilet facilities along with a first aid area and officials’ room on the club’s existing site on Hethersett Memorial Playing Field. There will also be improvements to the track and surrounds which will include an electronic starting gate.

“The new facilities will allow us to attract more members and host high level competitions such as national and world championships. The improvements will inject income into the local community and bring prestige to the village and the area,” Mr Marling added.

The club will be launching a post-lockdown fundraising campaign that will include a sponsored 24-hour track ride scheduled for May.

“We have the largest membership of any cycle speedway club in the region and, with this success, comes the need to improve our conditions and facilities so that we can continue to grow and develop,” Mr Marling said.

The plans have the backing of the playing field trustees and Hethersett Parish Council.



New Set-Up For Hawks

HAWKS brought in a re-structured committee set-up at its Annual General Meeting held on Zoom on February 28th. This will see a slimline committee set-up with new posts and a number of sub-committees to handle day to day activities. This is intended to help gear the club up for the challenge ahead centring on improving facilities and attracting increased membership.

The new officers and committee are as follows:

Chair/Treasurer—Mel Perkins MBE; Secretary—Jenny Melvin; Minutes Secretary—Janet Perkins; Membership Secretary—Jo Silver; Welfare Development Officer—Katie Adams; Fundraising Officer—Russ Marling; Facilities Development Officer—Sacha El Labany; Senior Racing and Development Officer, Leigh Cossey; Junior Racing and Development Officer—Nigel Longlands.

Final preparations are underway so that the track can be opened for members to practice individually before formal training sessions begin. It is hoped to start these on 30th March subject to Government rules on grass roots sport.

Hawks—The Future

We spoke to Hethersett Hawks official Russ Marling who is leading the fundraising for the club's ambitious plans for the future.



Tell us about the club.

Hethersett Hawks Cycle Speedway Club was founded in 1966 by Mel Perkins MBE and since then has provided an inclusive environment for local community members to access a healthy and affordable form of exercise and competition. The club has been well supported by members of the community over the years and continues to attract participants from all walks of life and help them to build confidence and ability.

What Is Wrong With the Current Facilities?

Although the facilities have been gradually improved over the years, this has been accomplished mainly through the hard work and dedication of a very small group of people. For example, the current concrete areas were laid by members several years ago and are now starting to break up with potential to become dangerous if not repaired. The club has, to date, been unable to realise its true potential due to the limited resources, condition of the track and lack of additional facilities.

It has long been the vision of the club to provide a high class facility and track that will continue to attract new talent and competitions whilst providing community members with the opportunity to gain more insight and understanding into the world of cycling.

Tell Us About Your Plans.

Hethersett Hawks is proposing to develop its existing site and facilities located at the Hethersett Memorial Playing Fields. We have the full backing of the Hethersett Memorial Playing Field Trust, along with the Parish Council.

The project, known as 'The Nest', is a multi-faceted vision that, when complete, will provide a facility that supports the local community and the club by offering the following:

- A world class Cycle Speedway track that attracts national and international competition.

- Trackside facilities that include a kitchen, toilet, officials' room and bike maintenance area.
- A community driven workshop that facilitates the training and support of locals in basic bicycle repair and maintenance, along with fixing old bicycles for donation to society.
- A track facility for locals to enjoy when not in use by the club.

The project is split into three initiatives:

- Community Bicycle Workshop.
- Trackside Facilities.
- Track Improvements.

Initiative 1: Community Bicycle Workshop.

Hethersett is a thriving and growing community. With the increase in uptake of cycling in the area recently, the Memorial Playing Field Trust would like to utilise The Hethersett Hawks Speedway club's facilities to create a community hub that allows locals to learn how to maintain and repair their bicycles through the use of a community workshop.

Regular courses would allow volunteers to educate community members of all ages and backgrounds in the basics of bicycle maintenance and repairs. The workshop will be equipped with the necessary tools and supplies along with a new toilet and small kitchen to allow community members to attend the facility and carry out any repairs needed in a comfortable and supportive environment.

The project will be managed on behalf of the trustees by Hethersett Hawks Cycle Speedway Club as part of their trackside facility.

We will offer:

- Regular free courses that teach participants the basics of bike care and maintenance to help them have the knowledge needed to ride with confidence.
- Provide a place for community members to drop in and perform basic repairs to their bicycles for free by using our tools and equipment.
- Refurbish bicycles donated to us so that we can provide them to people who may not otherwise be able to own a bicycle.

How will you achieve your aims?

In order to achieve this, we are asking for kind donations to achieve the following:

- ◆ The purchase of tools and equipment to support the workshop and community.

- ◆ Training and enablement of our team of volunteers to run regular courses and staff the workshop.
- ◆ Provide an accessible toilet and small kitchen facility onsite

What are the benefits of your work?

Of course, the obvious benefit is that people who attend the workshop will have roadworthy bicycles, but we are hoping to go way beyond this. We envisage we will achieve the following:

- Provide a sense of connectedness, community spirit and increased social participation between all members of the community.
- Enable community members to expand and strengthen their skills and knowledge that will help with other aspects of life.
- Empower people to find a revived sense of purpose, a place to chat and build new networks which will increase the health and wellbeing of the community.
- Offer roadworthy bicycles for free to members of the community who may need them.
- Deliver a kitchen and toilet facility that can be used by community members including the neighbouring croquet club which is regularly attended by elderly members and the local dementia group.

Initiative 2: Trackside Facilities

'The Nest' will be made up of two customised shipping containers, configured to our requirements, which can be positioned next to an existing shipping container currently used for bike and track equipment storage.

The configuration of these containers will allow for the provision of a kitchen, toilet, workshop, bike storage, officials' room, and first aid area to ensure that the track is equipped with everything it needs to be able to accommodate the needs of riders and community members attending track related events and competitions.

Not only can these facilities be used by the Cycle Speedway club, neighbouring Croquet and Bowls club would be granted access for their members.

Initiative 3: Track Improvements

The existing track and surrounds are in need of remediation if we are to ensure that the track and surrounds are kept to a standard that remain safe for all users. The current starting line and kerbing is beginning to break up in places and will become dangerous if not remediated professionally.

The pits area was originally grass, but became muddy through repetitive use. A short term solution was achieved by acquiring and covering the area with some rough gravel, but this is a short term measure, impractical and looks unsight-

ly. The same now applies to gate entrances and the area from the pits to the storage containers where the grass has turned to mud. This area is often used by members of the public and other field users e.g. dog walkers. Without a proper surface, the site will continue to erode.

In order to attract new members and higher levels of competition, we also need to implement some new facilities. Manual starting gates have been used at the track for the last 55 years. These need to be updated to electronic ones. We also need an area for the competition stewards and officials to oversee events and competitions.

Goals of Initiative 3:

- Ensure that the track and surrounds are kept to a standard that remain safe for all users.
- Train and prepare riders and volunteers for competition participation and stewardship.
- Attract more members to the club, thus increasing the profile of the area.
- Host higher levels of competition such as national and world championships.
- Inject income into the local community when events are held by means of hotels, shops, food and drink purchases. These events will bring income to the club and prestige to the village and district.

What Is The State of Your Membership?

At present, the club's demographics have shifted away from predominantly male teenagers/young adults and grown extensively to a family orientated club that has around 70 members from all different age categories, ethnicities, social backgrounds and abilities.

Our member base is now made up of over 30% female riders, which is the largest of any club in the region. With this success brings the need to improve conditions so that we can continue to grow and develop our members.

What is the importance of cycle speedway?

Cycle Speedway is a fun and inclusive sport for all members of the community no matter their age, gender or background. Anybody who can ride a bike can take part and those that cannot can be taught, or be involved through volunteering at the club.

Cycle Speedway is a cheap and inclusive way for community members to access a great form of exercise, learn new skills and generally maintain a great sense of health and wellbeing.

How will you raise the money?

We will be carrying out fundraising activities over the next few months – as soon

as Covid allows. The main one being a 24 hour ride around the speedway track with an aim of riding over 10000 laps.

We will require riders from the community to sign up to ride and get sponsored to take part. We are also launching a 100 club and will be starting a crowdfunding page for support.

Club Honour For John

JOHN Nelson has been made an honorary life president to mark his 36 years on the Hawks Club Committee.

John has stood down after over three decades, most of which he served as chairman.



Office Junior Needed

ARE you a young person who would like to find out about the workings of a solicitors' office and earn some money at the same time?

Dawson's Law of Hethersett are looking for an office junior as Selena Dawson explained.

"Over the past 11 years, we have proudly sent many young people into their career in law. Indeed three have qualified as solicitors locally and one young man is now embarking on his journey as a trainee solicitor.

"We now have an after-school paid position for an office junior. It's not glamorous and includes making coffee, Hoovering, filing, post duties. So why do it? It sounds menial!

"This gives a great insight to a legal firm. It gives paid work experience and with time you will be given a duty with a bit of responsibility which will make you feel confident. It will also give you more depth to your CV and maybe set you on your own path in the legal world. We require help up to three times a week for approximately one hour ideal for after school hours.

"We really have made a difference to a number of young people and helped raise their aspirations and would like to do so again," Selena said.

To apply email reception@dawsons-law.co.uk Please place "Office Junior" in the subject heading.

For more details go to Dawson's Law's website for all vacancies

<https://dawsons-law.co.uk/recruitment/>



News From The Playing Field

With Mel Perkins MBE

The Trustees are pleased to be working with the cycle-speedway club to establish the Wonky Wheels Community Bicycle Workshop. It is hoped this will be up and running shortly on the field and the project is looking for volunteers as well as any donations of unrequired bikes, spares or tools. It is certainly capturing the community's interest.

It will be good to see sport back on the field after a barren three months. Hopefully football can resume in April through to May and summer sports can have some activity as restrictions allow. The Trustees have already taken bookings from Norfolk Cricketers in Retirement who will be there Wednesday mornings from May 19th.

Meanwhile orders have been placed for six bins, two picnic tables and two benches, all of which should be in situ for the summer.

Marking A Year Living With The Virus

By Peter Steward

MARCH 23rd marked the anniversary of the first lockdown—something that has changed our lives.

Many have lost loved ones, many have suffered hardship and throughout the year our thoughts have been with them.

The first anniversary was marked by a minute's silence and in the evening many people lit a candle of remembrance to those who have died in the pandemic.

Now as we look to (hopefully) a brighter future we wanted to find out how lives and attitudes have changed over the past year.

I start with my own diary entry for the 23rd March, 2020, which I hope sums up how many of us were feeling when Prime Minister Boris Johnson announced the changes to society.

It's all moving very fast now and becoming slightly scary. At mid evening tonight everyone was told to stay at home for at least three weeks. No connection with friends or family or anyone other than the people you live with. No shops open other than food shops. Only one piece of exercise per day - either a walk or a



CORONAVIRUS
COVID-19

run. Public transport stopped, virtual lockdown. And it could go on for months! Three weeks of this is going to be hard

We took to the excellent All Things Hethersett Facebook page to ask how people had coped with lockdown and what lessons they had learnt from it.

Below are just some of the answers we received:

“I have learnt the importance of family and friends, also neighbours.. My life changed exactly a year ago when I got Covid and I am now Long Covid and had to retire early as I’m no longer able to work. My outlook has changed and I realise you should never take your health for granted.”

Another resident said:

“I have had to call on my British Bulldog Spirit. I appear to be more resilient with my advancing years. “

Another resident like so many others paid tribute to the community spirit that exists in Hethersett:

“This last year having been shielding, I have realised how lucky we are to live in a great village, with very friendly people. It’s a lovely place to get your daily exercise, and we have great kind neighbours. I moved from Scotland nine years ago and married a local man and its the best thing I did. I love Hethersett.”

Toad Migration Time

By Georgette Vale

IT’S time to plan for the annual toad migration.

The toads aren’t aware that there is a pandemic, so they will be heading back to their ancestral ponds when the weather warms up—probably in March.

Despite lockdown, Toadwatch will go ahead subject to some obvious COVID restrictions.

Why not take your daily exercise at dusk and help do your bit to keep

the wildlife safe?

We particularly need volunteers this year with their own transport or those who live near the sites.

The more people in one family bubble the better.

To find out more please contact me. Do leave your phone number as it is often best to talk it through first. I can be contacted at Georgette@ValeMail.uk or on 01953 605434 or 07867 681839 or go to Toadwatch.org for more info.

Gin Buddies Marching On

IN the last edition of Hethersett Herald we reported on expansion plans for Home Farm Gin. We met with Nev Leverett and Paul Dunnett to find out more.

PRODUCING artisan gin is a complex and skilful process that takes time, energy and bundles of enthusiasm.

And enthusiasm is something that Nev Leverett and Paul Dunnett have in abundance.

Very shortly they will be harnessing that enthusiasm to expand their business at Home Farm in Ketteringham Lane, Hethersett.

At the present time the duo have one still situated in a small outbuilding but soon that will be a thing of the past. They are moving to a much larger multi-purpose barn which will allow them to instal a second still, along with a bar and facilities to allow them to hold tasting sessions and even classes in cocktail making.

The duo are awaiting building regulations before starting work on the new all purpose room which will require a new ceiling, a new floor and much else but which they hope will be ready by July.

Nev and Paul have interesting backgrounds. Nev was born and has spent nearly all his life living in nearby Barford. He now lives in a bungalow in the grounds of Home Farm. He has studied cocktail making in Las Vegas (more of this later).

Paul has very much a business background. He comes from Suffolk but has lived in Norfolk since 2007, working in finance and housing. Today Nev looks after the gin production and Paul takes care of business.

They met by chance at a Norfolk pub where Nev was behind the bar and Paul a customer. They got chatting and realised they shared a love of gin. Paul felt they could work together well and the rest, as they say, is history.



Nev Leverett and Paul Dunnett with their gin still.

From small acorns mighty oaks grow and Home Farm began to take on a new veneer as the gin production started in November 2019.

Production has come a long way in the 16 months since then with the business expanding despite lockdown which has prevented Home Farm Gin from being featured in pubs. But there has been considerable success in placing the gin in delis and Farm shops as far afield as North Norfolk and Hertfordshire.



To date three different gins have been developed—London Dry (or plain gin by another name), Raspberry and Strawberry and Mint, although Nev is always practising on new varieties some of which could be introduced in the future. The uniqueness of Home Farm Gin is helped by having its own bore hole water supply which is very pure.

There is plenty of subtlety in producing gin. Being a layman I had to have it explained to me in basic terms. It all starts with a solution that is 90% alcohol. This is then part distilled with water to bring the alcohol down. Then the botanicals are added (ie the fruit etc) and it is distilled again to end up as a 40% gin.



That is a very simplistic description of a process that takes many hours to perfect. One still will provide gin for over 200 full size bottles but Home Farm Gin do various sizes.

You can find out more about Home Farm Gin by going to their website at: <https://homefarmgin.co.uk>

You can hear Nev and Paul talking about Home Farm Gin and how they make it on our new Hethersett podcast which is available on numerous platforms including Spotify and Anchor FM. Just go to Anchor FM and search for Peter Steward Podcasts and then follow the links.

Fete and Dog Show Back On?

By Gillian Saunders

As I write this it seems as if the fete and fun dog show on Saturday 26th June 12 -3pm can go ahead this year.

We are making tentative plans but even if we have to have all the stalls outside to make it safer we are going to try and go ahead so please mark the date on the calendar and get the dog brushed and ready to look on his or her prime by the 26th.

We are looking for stall holders and people willing to help with the refreshments, barbecue and making the games. Also anyone willing to work with a few others to get this up and running in a much shorter time than usual please get in touch with myself or Alahna. This is our major fundraising event of the year without raising money for the roof! So please come and support us.

Thank you to Alahna and all those who helped in any way towards the launch event for the Raise the Roof Appeal which was a sponsored walk during half term. Thanks also to Church Farm Tea

Shop which helped us on our way with the sale of their hot chocolate and donated over £500. We have also received some generous donations through the youth club post box. Thank you to those people. If you are a tax payer we can claim 25% tax back through the Gift Aid scheme. All you have to do is ask our treasurer (Kevin Jermy) for a simple form and he does the rest. It doesn't cost you anything but it means your donation is worth more to us.

If anyone wishes to make a donation to the roof fund then these can be posted through the postbox at the hall (which is emptied regularly) or posted to our Treasurer Mr Kevin Jermy at 4, Norwich Road, Hethersett, NR9 3AJ Please make any cheques out to Hethersett Jubilee Youth Club.

Jubilee Youth Club Hethersett

We have a lovely hall for the Youth Club.
BUT...The roof has given up and badly needs replacing.

We desperately need your help to raise money to continue to be able to provide a safe space for our young people. Donations are welcome and if you have any ideas or would like to get involved please make contact through our Facebook page.

HELP US RAISE £30,000
TO REPAIR OUR ROOF!

THE youth club's Raise The Roof appeal is aiming to raise £10,000 of the £30,000. You can donate by going to <https://uk.gofundme.com/f/help-fix-jubilee-youth-club-roof>

We are now looking at our next events as we are making progress but still have a long way to go. We haven't set dates as the pandemic is playing havoc with what we can do indoors and out but hopefully as things ease it will become clearer.

Firstly we are collecting promises which can be auctioned off either virtually (sealed bids) or at an evening at the hall. So everyone can offer something. An hour's gardening, babysitting, cooking a meal, decorating, lawn mowing, computer help, food hamper, window cleaning, decorating, slave for the day, dog walking, cake making, knitting, car valet, car washing, sports coaching, man with a van etc. The list is endless. Let me know what you can offer. Please include contact details and be precise as to what you can offer and I will make a list. Then all you have to do is bid for your choice of promise. A fun way to get to know who does what in the local area! It would be nice to hold this before the end of the summer term.

Then we are looking at a treasure hunt around the village and a quiz evening but details of these will come later.

Finally! We are planning to reopen youth club on **Wednesday April 14th** for those in Year 5/6 at 5:45 and then Year 7, 8, 9 from 7:30 at the hall. £2 subs (please try and have the right money). if you bring a friend you get in for £1 and your friend pays £2 but if they come back the next week they get in for £1! That way you both win and the club gets to grow. I know both Kim and Alahna are really looking forward to seeing you all and getting to know the kind of things you like to do.

The Well Being groups also start in April on **Thursday 15th** in a comfortable area of the hall. A chance to chill and chat, drink hot chocolate and talk about anything, everything or just play games and chat. They are your groups so you choose what happens and Kim and Alahna will be there to support and guide you. There will be two groups as we feel you have different needs at 9 (Year5) than you do once you get to High School! So the younger group (Year 5/6) meets at 6 pm for an hour while the second group of Year 7-9+ meets 7.15-8.15.

So at last we look to be making progress. We still have to be COVID secure but I think if we are sensible and stick by the rules we can open up again in the next few weeks and months and get the fundraising really taking shape too.

A huge thanks to Colin Wilson for painting the Raise the Roof board to enable you to see how much money we have so far. We can't wait to see the total moving towards the end.

Gillian Saunders



Club Suffers A Funding Shortfall

THE COVID virus has put plans by Crusaders Rugby Club to expand and improve its clubhouse in jeopardy.

The club, which is situated on the border of Hethersett and Little Melton, has secured grants of £310,000 which is well short of the £550,000 plus VAT needed.



The club has planning permission for the improvements and has achieved a number of grants including an award from Hethersett Parish Council under the S106 money provided by developers to further sport and recreation in the village. Other grants and support has been forthcoming from the Greater Norwich Growth Board, Sport England and the Geoffrey Watling Trust but the Rugby Football Union has pulled back from an original offer of support.

The planning approval states that work must begin on the new clubhouse by June.

The club is still hoping to plug the funding gap but feels that it has had the rug pulled out from under its feet, officials told the Eastern Daily Press newspaper.



National Paper Pays Tribute to Bea



In the last edition of Hethersett Herald we included a tribute to village stalwart Bea Ewart.

Bea's contribution to the world of education and much more was also featured in The Guardian newspaper in a special article written by her friend James Begley.

"My friend Bea (Beatrice) Ewart was a primary school teacher who believed that craft and play would expand small minds into big imaginations. Constantly walking around with bits of cardboard, paste sticks and pieces of cloth, she never wasted any material she could find, for she knew it would be of great delight to her pupils," Mr Begley wrote.

You can read the full article by going to Guardian online and the following link:

<https://www.theguardian.com/education/2021/jan/24/bea-ewart-obituary>

Village Podcast and You Tube Channel Is Launched

HETHERSETT Herald editor Peter Steward has begun a new podcast about the village, village life, its history and local Hethersettians.

The podcast will also see the monthly Hethersett Herald e-magazine taking to the air-waves.

The podcast is available on a number of platforms including the Anchor FM network, Spotify, I Tunes and more by following the links below.



Peter is also putting together a number of village slide presentations on his You Tube channel which can be accessed by going to You Tube and searching for Norfolk and Suffolk Photographs.

Brightening Up The Village With A Message

TESCO Express and Hethersett Parish Council are getting together to brighten up the village this Easter.

“Instead of the usual ‘decorate the egg’ colouring at Tesco, we thought it would be nice to support Hethersett Parish Council with their anti-litter campaign by inviting people to bring in their coloured in posters to display in our large windows and be in with a chance of winning a prize,” said Sarah Lawrence from Tesco Express.

Colouring sheets are available from Tesco or can be printed at home via the Parish Council website. Children and even adults are being invited to colour in one of the colouring sheets and place it in their front facing window to brighten up the village and promote the message that Hethersett hates litter!

Good Friday is on 2nd April and Easter Monday on the 5th this year.

Please be a good
neighbour..



Don't litter.

Hethersett Parish Council
Hethersett Environmental Action Team

Preparing to Get Back To Normal

Back On Screen In The Autumn

HETHERSETT Village Screen will be back in the Autumn (subject to no further lockdown restrictions).

The new season will begin on 5th September and other dates will be on the first Sunday of each month through to May.

These will be—3rd October, 7th November, 5th December, 2nd January, 6th February, 6th March, 3rd April and 1st May. All films will take place in Hethersett Village Hall at 3 pm and tickets will be £4.50 each.

“Whilst we can't show films at the moment, we are planning for when we can! We're pleased then to announce provisional dates for 2021/22, showing films on the first Sunday of every month from September through to May.

“We know that seems like a way off yet, but we look forward to welcoming you back to the Village Hall as soon as we can, for more film fun. Until then, take care everyone,” the organisers said on Facebook

The actual programme will be announced in the future. Watch this space.

Return To The Green

HETHERSETT Playing Field Bowls Club is also preparing to re-start after the enforced break.

The club is planning to re-open its green on the Memorial Playing Field for “roll ups” and possibly league matches from 24th April at 2 pm.

“In all cases games will be played according to regulations and in the safest ways possible,” the club states.

The club has appealed for potential new members to contact them rather than just turn up.

“Potential new members looking to enjoy healthy, outdoor activities are welcome to join our friendly club,” said club officials.

Anyone interested in joining should telephone either David Smith on 01603 811399 or Ron Butcher on 01603 813096 for further details.

Chloe's Fight For Recognition Goes On

Just over a year ago we carried an article about Endometriosis and spoke to Chloe Kidd who suffers from the condition. Chloe has been busy during the year and we caught up with her to discuss how she is feeling now and her continued fight to make the disease better known.

CHLOE Kidd admits that she has had a hard year but is as determined as ever to raise awareness of her condition.

"A lot of good things have happened recently in relation to how I'm going forward in getting endometriosis recognised," Chloe told Hethersett Herald.

So what are her aims for the future?

She will be restarting her podcast, probably in May and is busy preparing some new material.

She is still putting her book together to help sufferers and would like to hear from people interested in getting involved who can contact her at endowaddles@outlook.com.

Chloe has been interviewed on BBC Radio Norfolk by Stephen Bumfrey. Her piece may still be available on the Radio Norfolk programme for 19th March with Chloe's clip at 3:31:55. Her article is also printed on the BBC News page under "Norfolk."

When we ran our original article on Chloe and Endometriosis, she described the unbearable pain and anguish that comes with the condition.

After our article and stories in the local media, a number of Hethersett women came out in support of Chloe, informing us that the condition is much more com-

Calls for more awareness of endometriosis after delays to diagnosis

By Peter Widdowson

A disease that can affect one in 10 women and which has estimated 100 million sufferers worldwide has for many years gone unrecognised and unsupported.

This is the view of a Norwich woman who is leading an increasing awareness of the symptoms of endometriosis.

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places such as the ovaries and in the pelvic basin. It can affect women of any age and is a long-term condition that can cause debilitating pain particularly around the menstruation.

It has been estimated that 10 per cent of the population of women who have had their ovaries up to date and who have had a diagnosis of endometriosis are still in pain.

"I've been the patient since before I was 10," she said. "I was diagnosed with endometriosis when I was 10 and I was on a long-term drug."

"I remember that it was a part of my every-day life. I knew that there was no one else who had it and I was the only one who had it."

Over the years, she has had to live with many symptoms and the condition being so severe, she has spent time in hospital, in the intensive care unit, and even in the ICU.

"I was in it for a long time and I was in it for a long time and I was in it for a long time and I was in it for a long time."

The history of her condition has been a long one and she has had to live with many symptoms and the condition being so severe, she has spent time in hospital, in the intensive care unit, and even in the ICU.

Chloe, who works as a receptionist at the Norfolk and Norwich University Hospital, has been given the Freedom of the City and has also changed her name to make it more clear.

To help others who live with the condition, she has started a podcast and is also writing a book about her experience and how she has changed her life to make it more clear.

She has also set up a book club for women who live with the condition and is also writing a book about her experience and how she has changed her life to make it more clear.



Chloe Kidd has been interviewed on BBC Radio Norfolk by Stephen Bumfrey. Her piece may still be available on the Radio Norfolk programme for 19th March with Chloe's clip at 3:31:55.

"diagnosis," she said. "I've been in it for a long time and I was in it for a long time and I was in it for a long time."

One of those in the hospital who she has met is a woman who has had the same condition for a long time and she has also changed her name to make it more clear.

"The book is written by me and I thought it was written by me and I thought it was written by me and I thought it was written by me."

"The book is written by me and I thought it was written by me and I thought it was written by me and I thought it was written by me."

"After this year I really feel it's important and you can see the awareness will be there."

"I've been in it for a long time and I was in it for a long time and I was in it for a long time."

"I think everyone should be more aware of it and it should be more of a priority so it stops you from carrying on normal life."

She added: "The goal that people know what endometriosis is and how it is and how it is and how it is and how it is."

Chloe's article which appeared in the Eastern Daily Press and Norwich Evening News. In 2020.

mon than at first thought but which still is misunderstood or often misdiagnosed.

This is something Chloe is hoping to put right through her campaign of awareness.

It took Chloe 10 years to find the cause of a disease which has had her doubled up in pain and not wanting to get out of bed and even led to thoughts of taking her own life.

“At times the pain was intolerable,” she said.

One of the main problems is getting the disease diagnosed. Over the years Chloe was told her condition was due to stress, muscle spasms, urine infections, Irritable Bowel Syndrome and even appendicitis.

Chloe’s campaign is aimed at helping with swifter diagnosis.

“I don’t want other women to have to wait 10 years for diagnosis,” she said.

After a considerable amount of publicity last year, Chloe was inundated with messages of support from all over the world and says she has been staggered to find out just how many sufferers there are.



Helping Fight Food Poverty

Lockdown has brought us many community heroes. We meet a lady who has been fighting the food poverty that has been blighting our country.



Anne Larner prepares to make another delivery

A Norfolk-based charity has found itself blossoming during lockdown, helping more and more people of all ages and a Hethersett resident has been at the forefront.

Food and Beverage Buggies has lived up to its FABB name in providing food and other goods to an ever-widening group of those in need.

FABB currently has about 20 volunteers including Hethersett's Anne Larner

who said that she has been concerned and surprised at the levels of food poverty in local communities.

FABB was founded two and a half years ago by Carol McWhinnie to provide hot meals, drinks and sandwiches to the homeless of Norwich on Thursday evenings, delivering it along the streets of the city in buggies rather than expecting recipients to queue for it.

But the charity's role has changed considerably since lockdown with fewer people living on the streets and FABB now feeding into hostels and other temporary accommodation where many homeless people have been placed by Norwich City Council. Mrs Larner has taken this a step further, supplying three local schools in addition to directly supporting individual families, many of whom she has got to know personally.

FABB has been working with a variety of stores including Morrison's, Waitrose, Tesco's, Lidl, Marks and Spencer and Gregg's, which provide mountains of food for the charity.

"I think food poverty has been much worse than we expected, and we don't see it ending any time soon. It may well get worse before it gets better. We have certainly become more aware of it since COVID struck," Mrs Larner said adding that FABB is continually re-assessing where its work is needed.

"I am sure our work with hostels and individual families will continue," Mrs Larner said, adding that she is now spending up to 15 hours a week supporting the charity.

She admits that she gets "tremendous personal satisfaction" from helping others: "It gives me the chance to use my time beneficially and not just sit around waiting for lockdown to end. I wanted to do something to help people in our communities," she said.

She also provides items for local people from outside her Hethersett home with donations helping to provide even more goods for the charity.

This story was featured in the Eastern Daily Press and Norwich Evening News newspapers.



New Disease Uncovered in Hethersett

A deadly new disease has struck Hethersett.

A form of Ash Dieback Disease has somehow leapt from trees to humans and the results could be catastrophic for local people.

Ash Dieback has destroyed hundreds of trees but up to now it has stayed away from humans. Now this is no longer the case.

At least one person in Hethersett has fallen foul of an illness that could strike anytime, anywhere.

Leading Hethersett environmentalist Dr Anne Edwards is an authority on Ash Dieback but admitted she is at a loss to know how it has moved from trees and taken root in humans.

First signs in humans will be the sprouting of shoots out of ears. These will eventually flower after a couple of weeks. Unfortunately roots will then sprout and anchor people to the ground. There is an upside, however, as people suffering from Human Ash Dieback (HAD) will live very long and productive lives of over 300 years. Unfortunately during this time they will be rooted to the ground.

Initially when turning into a tree the sufferer can become violent as our picture above illustrates. This will then change to a passive nature as those afflicted take root.

Scientists are currently working on a plant-based vaccine to counteract the disease which could be particularly virulent amongst the business community which could find itself sprouting branches everywhere.



THIS violence could be the norm for people suffering from Human Ash Dieback (HAD).

Countryside Champions

HETHERSETT residents are being asked to nominate their countryside champions for a range of awards organised by the Campaign for the Protection of Rural England (CPRE).

“Looking after the countryside, improving life for Norfolk communities and helping deal with climate change are all things where we need action. And every other year, the CPRE Norfolk Awards celebrate those who are doing just that,” said Su Waldron of the CPRE.

“We are CPRE Norfolk, the countryside charity (charity 210706), working for a countryside that’s rich in nature, accessible to everyone and which plays a crucial role in responding to the climate emergency.

“The 2021 CPRE Norfolk Awards have a range of categories and we are looking for projects carried out by local groups, local organisations (such as parish councils), those in the private and commercial sector and those that involve young people, that celebrate and enhance the quality of country life in beautiful Norfolk,” Su added.

The entry categories are:

- Rural living (for projects that improve the sustainability of rural living such as reducing energy, carbon, water use etc. in rural communities).
- Countryside champions (for projects that enhance wildlife, landscapes or improve countryside access).
- Digging deep (for businesses, local authorities and parish councils that are putting something back to benefit the environment or landscape).
- Good lighting design (to recognise schemes which keep light pollution impacts to a minimum in the rural countryside) - this category is not competitive.

The size of projects doesn't matter, especially where initiatives can be replicated throughout the county.

Entries can be made up to May 28th and there will be a presentation evening in September (hopefully a live event, but if this is not possible, it will be a virtual event).

You can find out more by visiting the website at www.cprenorfolk.org.uk/awards-2021

Entry forms can be downloaded at: <http://bit.ly/AwardsApp2>. The awards are sponsored by Brunswick Investment Management.

Tina's Wildlife Images



THE lovely photographs on this and the next few pages were shot in and around Hethersett by Tina Andrews and are reproduced with her permission.









News From The Parish Council

Trio Join Council

HETHERSETT has three new parish councillors.

A spate of resignations over the past few months has seen Shane Hull, Paul Mallett, Marilyn Savoury and Andre Smith leave the council.

The three new councillors were co-opted at the March meeting. They are Jenny Walpole, Johnathan Loome and Katie Adams.

Katie's election will see her sitting alongside her sister Sarah Lawrence who was co-opted to the council a couple of months ago.

The co-options brings the council back to full strength of 14.

Jenny Walpole explained at the meeting that lockdown had made her think seriously about the village and how she could contribute to its future in a positive way.

Meeting Dates

Full council meeting dates for the remainder of 2021 are as follows:

April 19th, May 17th, June 21st, July 19th, September 20th, October 18th, November 15th and December 20th' Council meetings begin at 7.30 pm. There is no full council meeting in August. Planning Committee meetings start at 7 pm on the following dates: April 6th and 19th, May 4th and 17th, June 7th and 21st, July 5th and 19th, August 2nd and 16th, September 6th and 20th, October 4th and 18th, November 1st and 15th, December 6th and 20th.

For other committee dates refer to the council's website which can be accessed at:

<https://hethersett-parish-council.norfolkparishes.gov.uk>

Committee and full council meetings are open to the public and full details of how to join are available on the website.

At the present time the council is continuing to meet via the zoom social media platform.

News From The Parish Council

How To Contact The Parish Council

THE parish council office in the village hall is currently closed to the public due to the Coronavirus outbreak.

Parish clerk Annette Palmer can be contacted by telephone on 07902 322729 or via email at hethersett.pc@tiscali.co.uk.

The council has a website at

www.hethersett-parish-council.norfolkparishes.gov.uk

and also a Facebook page.

Parish Shorts

The following items came up at the March meeting of Hethersett Parish Council.

Traffic Lights

Work on installing traffic lights at the junction of the B1172 and Colney Lane will start in September with the work taking approximately ten weeks.

COVID Tests

The take-up of free COVID tests at Hethersett Village Hall proved successful with a good take-up, district and county councillor David Bills told the March meeting of the parish council.

Pothole Report Request

Residents finding potholes in the village are being urged to report them via the South Norfolk Council website. District Councillor Adrian Dearnley told members that potholes are currently "being repaired quickly."

New Money In April

Hethersett's District Councillors David Bills, Adrian Dearnley and Phil Hardy will each have £1,000 to distribute to small projects when the new financial year begins in April. Any group or individual wishing to apply for funding should contact them (their contact details can be found elsewhere in this edition).

News From The Parish Council

An End To Fly Posting

Fly posting will be taken down from public places in the village under a new policy adopted by Hethersett Parish Council.

We reported in a previous edition of Hethersett Herald that the council will take down posters and adverts placed on public utilities and members once again underlined this at their March meeting.

“If one poster is allowed, it soon turns into many more and can be a duistraction for motorists,” said council chairman Adrienne Quinlan.

Vice-chair Stephen Slack said he felt putting up advertising stickers was no different to graffiti.

It was agreed that material posted on public areas should be taken down and regular offenders should receive a letter from the council asking them to desist.

The council pointed out that posters etc could be placed on private property providing the permission of the owner has been obtained.

Parish Shorts

Mixed Meetings

The parish council is looking at the possibility of mixing its meetings once it can meet in the village hall again.

Employing the zoom social platform for meetings has proved a success and the council is considering continuing to use this as well as conducting live meetings once lockdown restrictions are over.

It is possible that the proposed annual parish meeting to be held in May may have to be held online.

Council Tax Down

The section of council tax levied by the parish council for the new financial year has shown a drop of 2.4%. Whilst other sections of the tax have increased, the parish has “bucked the trend” with a downward movement.

News From The Parish Council

Meet The New Councillors

Sarah Lawrence is 33 and lives in Hethersett with her husband and two daughters (aged nine and four). She has lived in the village for more than 20 years and is a shift leader at Tesco Express in the village.



Sarah writes: I'm a fairly active member of the community. Pre-Covid, I ran First Steps Playgroup with a couple of friends and was a regular at the Hethersett Environmental Action Team (HEAT) organised Litter Picks that took place once a month.

"Obviously the pandemic threw a spanner in the works, but we hope to start both up again as soon as we can. I am also vice chair of the Friends of Woodside Primary School, admin on the All Things Hethersett Facebook page and now a Parish Councillor!.

"Please know that you can approach me whenever you like about things that matter to you, and I can either pass your ideas or worries on, or signpost you to where you can put them forward. I want to be a voice for Hethersett, and make you all proud."

Katie Adams is 23 and has lived in Hethersett since she was a baby, growing up with her mum and four siblings. Katie writes: "I work at McDonalds at Snetterton as a shift manager, When I'm not working, I like socialising. Prior to Covid, you'd often find me at the pub with my mates, with a pint in hand! I also spend a large portion of my time volunteering at Hethersett Hawks Speedway Club, where I help organise upcoming events and fixtures, coach other riders and play an active role on the committee. The Hawks have been a huge part of my life since I was small, when I begged my Mum to take part after watching my brothers ride.



"In addition to volunteering with the Hawks, I am also the Founder and Admin of the 'All Things Hethersett' Facebook page which I run with my sister and our mutual friend. This can be a challenging task at times, but it's so rewarding to see what a useful hub of information it has grown to be. My newest challenge is joining Hethersett Parish Council. I was keen to join after hearing about the vacancy as I feel that people my age rarely get an opportunity to be heard by the wider community. Being a young adult, I'm keen to play a part in the decisions made about the village to ensure my demographic is represented, and bring some diversity to the Council."

Dale's Beauty Tips

Dale Evans continues her regular column but this time with a slightly different twist as she talks about the past and the future..



Dale Evans at the Willows

Advanced Beauty Clinic

The Willows, Hethersett, NR9 3JY

Tel. 07921367910

info@daleevans.co.uk

www.daleevans.co.uk

By Appointment Only

@daleevansbeauty 

It's Really Going To Happen (Getting Back To Normality That Is)

I believe.

It's really going to happen.

I can go back the job (life) I love.

I've been a beauty therapist since I was 18 years old, 34 glorious years!
What a wonderful life it's given me.

So many advances in treatments, with ever improved results. Meeting so many wonderful people, hearing about their lives, families, adventures, woes and aspirations.

I started my training at the well known Champneys College of Health and Beauty, which is attached to the main health farm.

Twenty girls from all over the world keen to be the best. I made some wonderful friends and one of them is my daughter's godmother.

My first job was in health club in St Albans, then I travelled to Biggleswade to work for my godmother in her salon. It was all blue mascara and crimped

hair in those days!

Next was the mobile beauty days, that couch was HEAVY, especially when faced with blocks of flats and no permitted parking.

But seeing people in their own homes was a privilege and enabled me to carry out treatments on housebound clients too.

I loved my visits to care homes, the relationships between the staff and clients made me feel like I was part of a special 'gang'

During my pregnancy with my daughter I set up in one of my bedrooms and carried on working until two days before she was born!

At least it kept my mind off what was about to happen.

One year later and my mother and I had invested in opening a salon in Luton. My mum had all the business acumen and myself all the beauty knowledge. We made a formidable team, sharing the highs and lows .

After 10 years, my mother retired to Norfolk (yes I have her to thank for introducing me to the wonders of this beautiful county).

I went on to buy two more salons and in my hey day employed over 15 people. Fun but exhausting and I missed doing treatments all the time.

Finally it was time to get back to what I liked doing best. - Treatments.

That brings me back to today, I have been in Hethersett for a long time now and being able to commit all my time to treatments is a dream.

This last year has made me realise how important our jobs can be to our wellbeing and I feel very fortunate to have found my vocation in life.

Still enough about me, ha ha ha.

I hope you all make a smooth move back into normal life.

I am here for the external niceties and in some cases necessities to make you feel better inside.

Free chats, consultations, always available. No obligation.

Please look on my website for a full list of treatments

[Www.daleevans.co.uk](http://www.daleevans.co.uk)

Or call 07921367910

Dale Evans at the Willows. NR93JY

HAVE YOU HEARD ABOUT

Hethersett & District Aid in Sickness Fund?

(Formerly known as the Hethersett Nursing Association)



DO YOU LIVE IN

Hethersett

Ketteringham or Little Melton?

ARE YOU

or is someone you know, in need of financial help because of illness or disability?

**Infirm
Convalescing
Sick
Unwell
Disability**

Examples of help available

Grants are available towards:

- Car adaptations.
- Wheelchair or other mobility items.
- Support during a sudden medical crisis.
- Nebulisers and other equipment.
- Pre-payment certificates for prescriptions.

For further information or to apply for a grant please telephone one of the trustees listed below. If you have a need for something which is not mentioned above please apply and we will try to help.



Alex	07805 242326
Rachel	01603 812596
Mary	01603 811330
Barbara	01603 810502
Christopher	01603 811010
Debby	01603 812221

All applications are treated in the strictest confidence.

Registered Charity Number 211284

Sarah's World

Sarah Lawrence continues her monthly column giving us her take on Hethersett life.

Spring Is Sprung



Spring is here! It's lovely to see flowers starting to peek through and bloom. Snowdrops, crocuses, daffodils and hyacinths, they're the beautiful splash of colour that we need in these gloomy times.

I'm no gardener, I don't pretend to be. We don't have a garden as such either, just a paved outdoor area with weeds round the sides! Even our front garden is a mess of weeds and overgrown hedges.

The closest I come to maintaining it is trimming the hedges back so that we can actually get to our front door! It's not that I don't like flowers and greenery, it's more that I don't really have the urge to put in the hard work myself, not to mention the fact that I don't have the know how or equipment to even know where to

Sarah's World

begin. That said, I do enjoy seeing other people's gardens, and marvelling at the hard work that goes into them.

We walk around Hethersett a lot. Being as busy as we are, it's often a walk with a purpose in mind, walking to get somewhere. Walking to Grandma's house, walking to the shop, walking to the doctors or to drop a birthday card off. I don't drive, so my main method of transportation is on foot.

It's good though, Amelia and Hattie rarely moan about aching legs and can walk quite some distance without whinging, something that some of my friends are astonished at. Gardens that we walk past are a big talking point for us, so now that the flowers are starting to bloom it has made our walks a lot more interesting.



Hattie especially loves flowers. Snowdrops are her absolute favourite. She can spot them a mile off now, and I can bet you can hear her at quite some distance shouting, "Mummy, look!" whenever she sees something of interest. We had a very in-depth conversation earlier about which was better, a purple or a pink hyacinth - the answer was purple I was told. Thank you, gardeners of Hethersett, for your beautiful front gardens, they have brought us so much joy on our walks.

On the subject of spring flowers, we saw something unusual when we were litter picking a few days ago. My daughters were the first to spot it, I have to say! On Jaguar Road, right under the curb, were some crocuses. Hattie and Amelia were amazed. Nothing says hope like flowers growing through the concrete, and let's face it, we need all we can of that at the moment.



School Is Back

School is back in session, and the Lawrences couldn't be more pleased. Amelia is currently in Year Four and Hattie in Nursery at Woodside Primary on Coachmaker Way. We tried our best when it came to home learning, we all did. But, it's not really our forte! Apparently we don't have the longest attention spans, and we get frustrated easily. And that's just us parents! Trying to help one on the laptop, while making sure the other was content and wouldn't disturb the other was the hardest part. I'm proud we did it, but I hope we don't have to do it again. The first day back, our girls had massive smiles on their faces. They were glad to have a piece of normality back, and a chance to see their friends. Aside from parents wearing masks at the school gates and the newly installed hand sanitiser stand near the gates, it was almost like things were back to normal, as much as they will be for a little while anyway.



And lastly, have you heard about the Parish Council and Hethersett Environmental Action Team's (HEAT) latest anti-litter campaign? It came from the last HEAT meeting, after discussions around how much littering had seemed to increase over the course of the pandemic. An idea came from that meeting to design a poster and try to get children - or adults - to colour in and put up in their front-facing windows to spread the message that Hethersett hates litter, much like the rainbows that were put up in people's windows over 2020.

To go along with this, Tesco are holding a colouring competition over Easter using the same poster. Why not colour in two? One for our window at Tesco, and one for yours at home?



News From The Media

News



MR LEWIS AND JONES ARE PASSIONATE GIN LOVERS. FCM FARM GIN IS THE RESULT OF THEIR PASSION FOR THE PRODUCT. PHOTOGRAPH BY JAMES WILSON

Passionate gin lover have plans to expand successful distillery

A passionate love affair is behind a North-East distillery to become a success story in production of gin.

Mr Lewis and Mr Jones have a passion for gin and have decided to expand their production of gin.

The distillery has been set up by Mr Lewis and Mr Jones who are passionate about gin. They have decided to expand their production of gin. The distillery has been set up by Mr Lewis and Mr Jones who are passionate about gin. They have decided to expand their production of gin.



FCM FARM GIN

Produced in North East

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NEWS



Owners have a taste for more with plans to grow distillery

Mr Lewis and Mr Jones have a passion for gin and have decided to expand their production of gin. The distillery has been set up by Mr Lewis and Mr Jones who are passionate about gin. They have decided to expand their production of gin.



North East Distillers

FCM Farm Gin is a passion project for Mr Lewis and Mr Jones. They have decided to expand their production of gin. The distillery has been set up by Mr Lewis and Mr Jones who are passionate about gin. They have decided to expand their production of gin.

NBR **NBR**

Mr Lewis and Mr Jones have a passion for gin and have decided to expand their production of gin. The distillery has been set up by Mr Lewis and Mr Jones who are passionate about gin. They have decided to expand their production of gin.

Coronavirus crisis

One year of coronavirus: The areas with the most and fewest deaths

Coronavirus has been responsible for up to a quarter of all deaths in some areas of Norfolk and Waveney since March last year, with data showing age demographics was the driving force behind fatalities.

Covid was responsible for up to a quarter of all deaths in some areas of Norfolk and Waveney over the last year, with age demographics the driving force behind fatalities.

According to ONS data, 2,044 people died with the virus in Norfolk and Waveney between March 2020 to the end of January this year.

The five municipalities with the lowest number of Covid deaths were Melton Constable, Briston & Little Snoring in North Norfolk, Theberton North in Breckland, City Centre East in Norwich, and Weston in South Norfolk and Pottisham, Weyland & Haptonburgh in North Norfolk.

All of these areas had two people each since March to the pandemic, except for Pottisham, Weston & Haptonburgh which just one person died. On average virus deaths amounted to one of deaths since March across all the areas.

The average percentage of people in these areas who are aged 65 or over is those areas in total, lower than Norfolk's total of 19.9%.

But in the five areas with the most Covid related deaths in Norfolk, the average percentage of the population over the age of 65 is above the Norfolk average - at 24%.

The worst hot spots were South West in Breckland, Hattfield, Lingwood & Upson in Broadland, Dereham Markes in King's Lynn and West Norfolk, Southgate & Southwold in King's Lynn and West Norfolk and Tharston Wood, North & Crossfield in Breckland.

Covid has been responsible for an average 24% of all deaths in these areas since March, with that figure changing as high as 40% in Dereham Wood, North & Crossfield.

The level of death toll was highest in South West, where 40 people have died with the virus.

Independent councillor for the town David Wickham agreed the average age in the town's demographics.

"Compared with the number of care homes," said Cllr Wickham.

"It would help that lessons have been learned, especially around testing. We did have people transferred from Covid wards



back into care homes.

"But the community did so well, support everyone. That is my dream to stay people and engage in activities who have kept the town going."

The village of Hethersett sits at the opposite end of the scale, with just two Covid-related deaths recorded since March last year, despite the percentage over 65 being slightly higher than the

Norfolk average of 19.9%.

Adrienne Quintan chairs the parish council and suggested the village's unique characteristics might have helped protect it.

"It's one of the biggest villages in Norfolk, but we are so a town, and that sets it apart," she said.

"We don't have a high street in the traditional sense. With there are shops, the lack of a place for

people to mix might have made the difference.

"And through our planning applications we've seen an increasing number of places to add a home office, which suggests for people were able to work from home. That could have made a difference to how often families were exposed to the virus."

Hethersett resident Peter Stewart said the village's tight knit community probably helped too, as elderly people could always be sure there was someone to run errands for them rather than worrying out themselves.

"It is a very caring community," said Mr Stewart.

"This has made it easier for our other residents.

"But of course the village has suffered in other ways. The businesses have had a really hard time.

"Lots of the village shops and cafes and so on have had to close at various points throughout the pandemic and have really struggled. Some have been able to provide takeaway and service, and the Church Farm shop and museum has done very well. I think that it has been hard for others."



Hethersett resident Peter Stewart



Labour county councillor for Thorpe Hamlet David Wickham



Independent county councillor for South West David Wickham



Chair of Breckland Parish Council Adrienne Quintan

Hethersett—one of the safest places in Norfolk as far as keeping the virus at bay. This was reported in the Eastern Daily Press newspaper.

Cycle speedway club is hoping to attract top stars with new project

A Norfolk sports club has launched a £20,000 development plan it hopes will attract sporting superstars and help people maintain their life cycles.

Hethersett Hawk Cycle Speedway Club has launched a project called "The Nest" aimed at providing world class track facilities to lure national and international competitors to the village.

The club is also looking to get closer to local communities by providing workshops and training at four cycle maintenance workshops with its Weekly Wheels Community Bicycle Workshop.

A crowdfunding page with the name Community has been raised over £1,000 to set up the workshop. This will run until March 20 and donations can be made at www.hethersettcsc.co.uk.

Club official Steve Marling said:

PETER STEWARD
Local Motorsport Club

"There has been a large spike in cycling since the start of the pandemic and it is a way for families and individuals of all ages and backgrounds to connect. However, many have little knowledge of maintaining their bicycles. Weekly Wheels is a club try to get the most of your bike. It's a great idea and support to allow people to get into cycling or rekindle their enjoyment if they already ride."

The fund project will provide new facilities and help them along with a first aid room and outdoor room on the club's existing site in Hethersett, Norwich Norfolk.

There will also be improvements



Hethersett Hawk Cycle Speedway Club is hoping to attract superstars

Photo: Hethersett Hawk

to the track and surrounds which will include an electronic scoring system.

"The new facilities will allow us to attract more members and host high level competitions such as national and world championships. The improvements will also ensure

the local community and bring prestige to the village and the area," Mr Marling added.

The club will be launching a joint lockdown fundraising campaign that will include a sponsored 24-hour track ride organised for May.

"We have the largest

membership of any cycle speedway club in the region and with this comes the need for improved facilities and the infrastructure that goes with it to grow and develop," said Mr Marling.

The plans have the backing of the village's local business and Hethersett Parish Council.

News

Hethersett hero on mission to close the food poverty gap

A Norfolk-based charity has found itself blossoming during lockdown, helping more and more people of all ages.

Food and Housing Issues has lived up to its FHIH name in providing food and other goods to an ever-widening group of those in need.

FHIH currently has about 30 volunteers including Hethersett resident Anne Larner, who said that she has been entered and surprised at the levels of food poverty in local communities.

FHIH was founded two and a half years ago by Carol McWhinle to provide hot meals, drinks and sandwiches to the homeless of Norwich on Thursday evenings, delivered at the streets of the city to help rather than expecting recipients to queue for it.

PETER STEWARD
Local Motorsport Club

But the charity's role has changed considerably since lockdown, with her living up to the name and FHIH now feeding hot meals and other temporary accommodation where many homeless people have been placed by Norwich City Council. Mrs Larner has taken this a step further supplying three local supermarkets with weekly supplies for individual families, many of whom also lived in low personal.

FHIH has been working with a variety of other bodies including Merton, Whitrow, Tost, Ltd, Merton, Whitrow, Tost, Ltd, Merton and Sponner and Gange, rather than expecting recipients to queue for it.



Anne Larner from Hethersett, has been working with Food and Housing Issues to support households and families in need

Photo: PETER STEWARD

"I think food poverty has been much worse than we expected, and we don't see it ending any time soon. It may well get worse before it gets better. We have certainly become more aware of it since Covid struck," Mrs Larner said, adding that FHIH is continually re-assessing where its work is needed.

"I am sure our work with households and individual families will continue," Mrs Larner said, adding that she is now spending up to 10 hours a week supporting the charity.

She adds that she gets "immense personal satisfaction" from helping others: "It gives me the chance to see my

time beneficially and me (as it would) working for the kindness to me. I intend to do something to help people in our communities," she said.

She also provides items for local people from outside her Hethersett home with donations being in previous years more goods for the charity.



Parish Clerk's Marathon Effort

HETHERSETT'S parish clerk Annette Palmer is taking on a marathon challenge in June to raise money for two children's cancer charities.

Annette will be taking part in the Broads Walk Challenge 2021 with the aim of walking 90 km (just over 55 miles) in a 24 hour period on June 12th.

This is more than two marathons and much of the route will be under darkness.

"Having never walked that far before it will certainly be a challenge especially towards the end when I will be very tired and walking in the dark

Annette will be raising money for the Hethersett-based Finnbar's Force Charity which raises funds for research into child brain tumours and also supports families with children suffering from the disease and also the CLIC Sargeant charity.

Annette is aiming to raise a minimum of £300 and at the time of going to press had already raised £185. Her journey will start at Acle at 7 am and then onto Aylsham, passing through Hoveton. Then the walk will go onto Hickling via North Walsham and Stalham before returning to Acle via Potter Heigham by 7 am on 13th June

You can donate at: <https://uk.virginmoneygiving.com/AnnettePalmer4>

The organisers have the following to say about the event:

"You will find yourself trekking through gently rolling countryside following the winding rivers and waterways as they make their way out to sea. You will be fully supported and we will provide some good food along the way."



Woodside Announces New Head

THE new head of Hethersett Woodside Primary and Nursery School will certainly be no stranger.

For the governors have appointed current deputy head Jem Brereton to the top position from the new school year in September.

Chair of Governors Mr. W. Parker said:

“Following a two-day intensive process, Mr Brereton was recognised as the best candidate for the position of Head Teacher. We would like to congratulate him and we look forward to working in partnership with him during the transition period and him taking up the post from September.”



Mr Brereton will be the school's first male head and he will succeed Angela Jermy (pictured above) who announced her retirement last month.

Hethersett Herald—The Collection

HETHERSETT Herald began life as Hethersett Online in November, 2015, and has been produced monthly ever since.

The first edition ran to just 12 pages and had as its main story the theft of lead from the roof of Hethersett Parish Church.

Originally the publication was just called Hethersett Online but later changed its title to Hethersett Herald in May, 2016, with edition seven and we have been going from strength to strength ever since.

You can read back copies of Hethersett Herald by going to www.hethersettherald.weebly.com

My Photographic Diary *by John Head*

Hethersett resident and friend of Hethersett Herald, John Head, is a keen photographer who regularly posts his excellent photographs on Facebook. Here we feature a selection of John's photographs taken during his wanderings in and around Hethersett. You will also find other photos taken by John dotted throughout this edition of Hethersett Herald

The vivid imagination of a field rambler as the Battle of the Alamo (Feb 23rd – 6th March 1836) is re-enacted in the fields of Hethersett, 9th March at 2 pm.



My Photographic Diary *by John Head*

John puts a unique spin on history—combining it with photographs from the countryside in and around Hethersett.

In his first selection on the previous page he speaks about the Alamo.

The Battle of the Alamo (February 23 – March 6, 1836) was a pivotal event in the Texas Revolution. Following a 13-day siege, Mexican troops under President General Antonio López de Santa Anna reclaimed the Alamo Mission near San Antonio de Béxar (modern-day San Antonio, Texas, United States), killing most of the Texians and Tejanos inside. Santa Anna's cruelty during the battle inspired many Texians and Tejanos to join the Texian Army. Buoyed by a desire for revenge, the Texians defeated the Mexican Army at the Battle of San Jacinto, on April 21, 1836, ending the rebellion.

The following are John's words:

A lone scout observes an army estimated between 2,000 and 6,000 commanded by General Antonio Lopez de Santa Anna moving towards The Alamo

The Alamo is isolated and without communication

The warnings of the onslaught had been in the air for days

About 100 Texians are garrisoned at the Alamo (a previous mission) but reinforcements arrive with the Co-Commanders Col. James (Jim) Bowie and Col. William (Bill) B Travis. Also in the ranks is the famous frontiersman David (Davy) Crockett

Bill Travis draws the line:

“One hundred and eighty were challenged by Travis to die
By a line that he drew with his sword as the battle drew nigh” (Johnny Cash)

One hundred and seventy-nine passed over the line to defend the Alamo

Surrounded, the siege lasted 13 days before the Alamo eventually fell. On April 21st 1836 the Texan Army, led by General Samuel Houston, defeated Santa Anna's Mexican Army at the Battle of San Jacinto – their battle cry was 'Remember the Alamo' - and it all happened in a field in Hethersett this year.

My Photographic Diary *by John Head*



[More photographs by John Head](#)

My Photographic Diary *by John Head*



My Photographic Diary *by John Head*

On the previous two pages are shots of the churches at Great Melton and John's link to Le Paradis France on 27th May 1940. Le Paradis was the site of a massacre during the Second World War where 99 soldiers who had surrendered to German SS forces were marched down a road and lined up against a barn wall and machine gunned. 97 died and just two survived—Privates Albert "Bert" Pooley from London and William "Bill" O'Callaghan from Dereham in Norfolk.

John Head is a member of the Le Paradis Commemoration Group which is researching the massacre. Another member of that group is Dennis O'Callaghan, who is the son of one of the two survivors.

Here is John's description to accompany his photographs and explain the connection between Le Paradis and Great Melton

- 1) There are two churches on the site. – The ruined tower is St Mary's – the active church is All Saints.
- 2) The link with Le Paradis: - On the day of the massacre at Le Paradis, 27th May 1940, Maj. Rodney G Watson DSO MC of 1st Battalion the Royal Scots Regiment was defending Le Paradis together with 2nd Battalion the Royal Norfolk Regiment. On that day Maj. R G Watson DSO MC took command of the Royal Scots but fell shortly afterwards (not in the massacre). Maj. Watson's grandfather was Admiral Sir George Willes Watson KCB (1827-1897) who was born – you've guessed it – in Great Melton Norfolk.



Hethersett Herald



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April 2021

Two of the seven sentinels and defenders of Hethersett stand proud in the field. Part of the Magnificent Seven

Letter To The Editor

I am trying to locate Mrs Judith Sadler nee Smithies. Let me explain.

I own a 1904 De Dion Bouton motor car that was previously owned by The Smithies Family in the 1950s in Manchester. After some sleuthing and the power of the internet I discovered that the daughter, Judith, had moved to Hethersett and was living there until at least 2014. The trail then runs dry. I contacted the Parish Council and the clerk was very helpful and suggested that I contact the "All things Hethersett" Facebook group. This I did and got a very quick reply from one of the administrators of the group, who told me that Mrs Sadler had been in hospital but someone was contacting her grandson. I followed up a month later, but I haven't heard anymore.

At this point I have to be extremely careful as there could be many reasons why I have not heard back from the family. I sincerely hope that Mrs Sadler is well and possibly that the message was just not passed onto her. It could also be that if the message was passed on, she does not want to get in touch, which I would totally respect, but would love her to know how much the car is loved and is a big part of our family.

I do not know if Mrs Sadler still lives in the village, but my original request was to see if someone might still be in contact with her which, it seems someone still is, as per the message from the Facebook group. It would be so lovely to be able to talk with her to see what information, stories and memories she may have. Her family owned the car for at least 15 years and it would be so interesting to get in touch with her.

Below is a photograph of Mrs Sadler in the 1950s with her father and the car.

I just wondered if you might be able to publish something in your paper, however, as I am a little concerned due to the information about her being in hospital. I also don't want her to think that I am hounding her especially if she is unwell or does not want to get in touch. However, I am so close to tracking her down, I just want to try this one last avenue and have my fingers tightly crossed!

Penelope Chew

Penelope can be contacted at

newforestpen-ny@outlook.com



From The Archives with Gary Wyatt



HETHERSETT HERITAGE

➤ AN ARCHIVE OF OUR VILLAGE HISTORY ➤

THE HETHERSETT ARCHIVE

Honorary archivist Gary Wyatt brings us more images from the archive.
You can see many more at
<https://hethersettheritage.org>



PEOPLE who have lived in Hethersett for sometime may well remember the DIY shop in Queen's Road which is now Kett's Kabin.

It was one of those stores where you could buy virtually anything and next door was Senwood Flowers.

HETHERSETT HERITAGE



Above is a photograph of Hethersett Rectory and below a line drawing of St Remigius Parish Church.



Down Memory Lane



HETHERSETT Herald columnist John Head sent in these photographs of the millennium parade in Hethersett.

If you have any archive photographs from Hethersett or the surrounding villages and would like to see them printed in the Herald please e-mail copies to the editor in the address below.

We are particularly looking for photographs from the 1950s to the 1980s.

IF you have any stories, information or photographs you would like to see appearing in Hethersett Herald please send them to the editor Peter Steward at petersteward@lineone.net.

We are happy to publish articles about the village and also articles of a more general nature written by Hethersett residents.

Down Memory Lane



Down Memory Lane



Down Memory Lane



Have You Missed Out ?

YOU can catch up on previous editions of the Hethersett Herald by going to www.hetherssettherald.weebly.com

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. If you have news or would like to be featured in Hethersett Herald contact editor Pfeter Steward on petersteward@lineone.net



A Controversy Over Hethersett Tithes

Historian Lewis Buckingham continues his journey through Hethersett's history

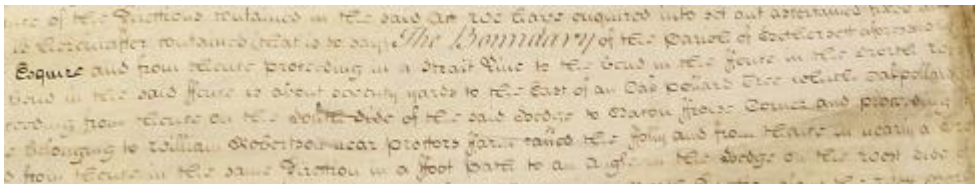
LAST month I promised that I would discuss tithes and the controversy that shook Hethersett in that regard in the early 18th Century.

As I gathered my research on tithes it reminded me that if it weren't for tithes, parishes as we know them would not exist.

You see before the mid 13th century, a parish - as opposed to a village - was defined more by who attended a specific church than by where somebody lived. And that makes perfect sense.

The problems cropped up when it came time to pay 10% of your crops and livestock. What happened if you worshipped in Hethersett, but half of the land you farmed was in Great Melton?

The solution was that you paid for land within the said parish to the Rector of that Parish - regardless of where you worshipped. This in turn meant a physical boundary had to be defined. In many cases, the parish boundaries set in the 13th century persisted until the 19th century, when a large re-arrangement took place.



A very small part of the 1799 description of Hethersett's boundaries

Back in that period it was rare to make pictorial maps as we know them. Instead, a descriptive passage could be used to mark a boundary: East along a certain lane, then over a ditch and north along the far side of old McGonnagle's Hedge until the Big Oak etc etc.

If there was ever an early written record for the bounds of Hethersett, it is now lost. The earliest we now know arose in 1799, on the eve of the Enclosure of Hethersett's Common Land. Before that, ancient knowledge and custom were relied upon to determine the bounds of the parish.

To ensure those bounds were neither forgotten nor encroached, there would be a yearly "Perambulation" of the borders of the parish. Townsfolk would walk the entire circuit of the village border. As they went - as one worthy noted in Dorset in the 1747 - it was normal to be "Whipping the boys by way of remembrance, and stopping their cry with some half-pence" as they traced the village bounds. They were literally "beating the bounds" so that the boys would not forget the route.



Disputes about borders still arose, though.

The earliest reference to a Perambulation of Hethersett comes from a case in 1584 between Sir Arthur Heveningham, Lord of Ketteringham Manor and a few of the Flowerdewe boys. Both sides accused the other of slowly encroaching upon the borders between Hethersett and Ketteringham. The Flowerdewes were even called out for throwing up new banks and digging new ditches.

The argument was all to do with grazing sheep in an area around "Cantlowe, a hamlet of Hethersett." Today that particular hamlet's name lives on at Cantley Farm. The small hamlet and its church were ploughed under hundreds of years ago now - probably because the Lord of the Manor wanting to graze his sheep around there.

So the boundary of Hethersett has been in place since around the 1250s. But where did Hethersett itself begin to evolve within those bounds?

While thinking about this, I decided to take a deeper look at the things I "knew" about Hethersett. Quite a few oddities had begun to show up in my research, and as they say: If you Assume, you make an Ass of U and Me.

In order to figure out where Hethersett evolved, I had to wonder why Hethersett evolved.

Now before thinking about this deeply, my answer would have been:

It's on the highway to Norwich, and that's reason enough for its location. The church is based there. A lot of the older buildings in the village are strung along

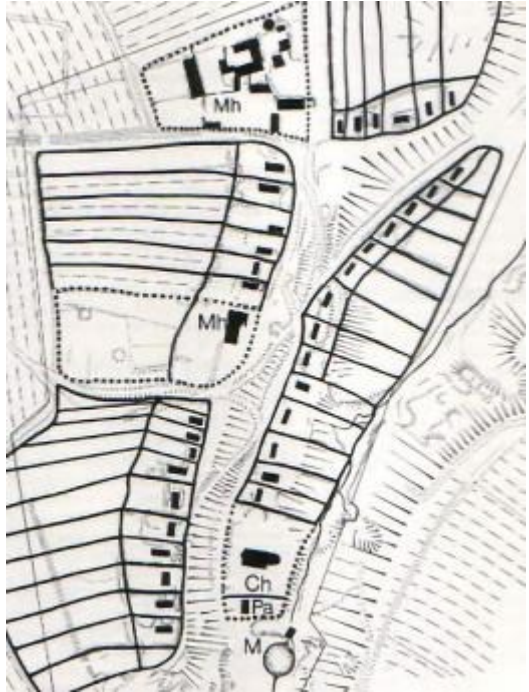
the highway. It makes sense that a village would develop on the major route from London to Norwich.

But after a bit of thought, I realised it's not as simple as that.

So here follow my musings - whether right or wrong, I feel that they approach a fairly good hypothesis for how Hethersett began:

There's a problem with my first answer.

You see, in a typical village that grew up along a road, you would have what's known as a "ladder" type of village. They're also sometimes called "Toft and Croft" villages. It's series of more or less equal plots of land, with a frontage on the road, and a long yard. Each is nestled up one against the other, so the plan of the fields looks a bit like a ladder running along the road.



A typical "Ladder" or "Toft and Croft" pattern.

Now if you look at the earliest good map of Hethersett, not a single one of the plots along the Turnpike resembles part of a that kind of a pattern. They look more like what they essentially are - residences with their own grounds strung along the road, most likely owned by wealthy Norwich types who want a home outside the bustle of city life. This is probably why the majority of listed buildings in Hethersett following the line of the Highway here. The wealthy houses stood the test of time, while those of poorer folk did not.

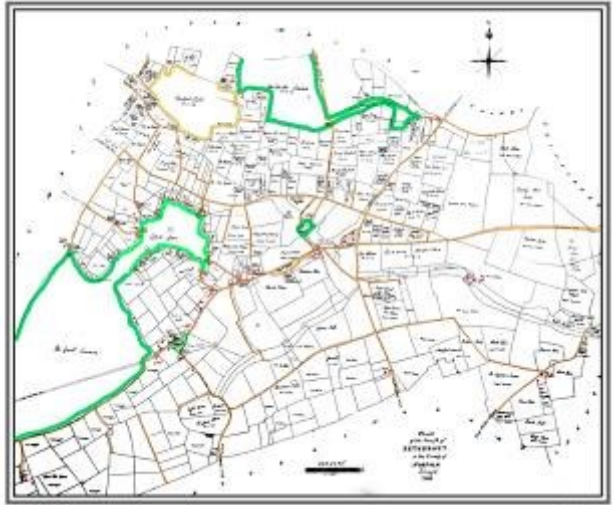
If you look at the modern layout of the streets in Hethersett, you'll see that the village is now covered in "Tofts and Crofts" - although we'd just call that a house and backyard.

If you pull out a map of Hethersett in 1799, you can actually see some too - though they're a little harder to spot.

If you look along the North side of Lynch Green, you'll see that ladder pattern. Oddly, the houses don't front upon a road. They front on Lynch Green itself. If you then wander up to the back fence line of those plots, you find that they all back nicely onto the road running from Great Melton down to the Turnpike. A

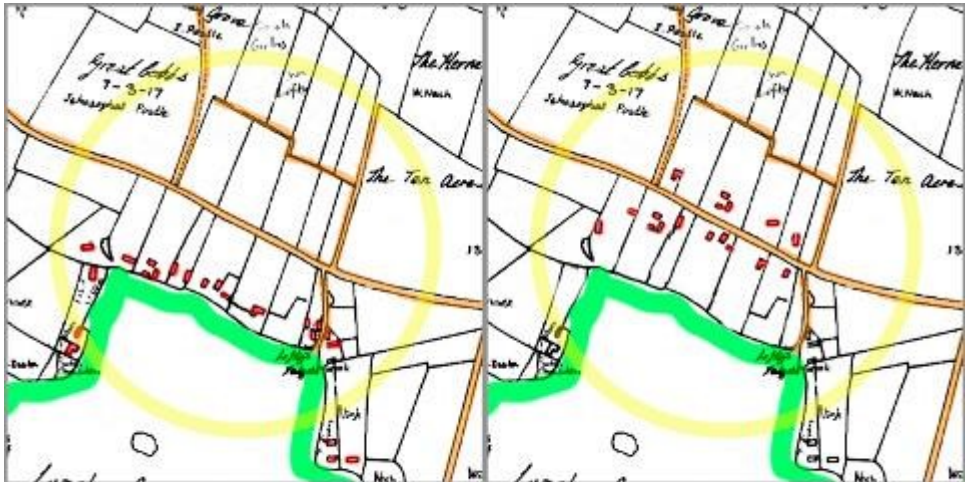
matching set face them on the North side of the road. There are no buildings there now, but I'd be willing to bet that at some time long ago two rows of houses ran down that road.

Today you'd know this stretch as Grove Road, and the present property lines are not too dissimilar now then they were then. I wouldn't be surprised if the builders of the present houses there came across the odd medieval house footing as they dug their foundations.



A slightly decorated map of 1799 Hethersett

Now this is a classic ladder pattern, and it made an oddity I've found in a lot of older records a little more clear. I kept on coming across descriptions of fields that had "the King's High-



1799

A long time ago?

way" running both to the North and the South of them. How is that even possible? The turnpike most definitely doesn't curve back on itself.

Image 5 - Lynch Green Tofts and Crofts - 1799 and a Long time Ago?

On closer glance at my transcriptions, I noticed that many referred to the "King's Highway from Melton to Norwich", while others referred to the "King's Highway from Wymondham to Norwich."

I must have glossed over the differences, reading "King's Highway" and assumed that it described what later became the Turnpike.

Now if both of those roads were highways, then we return to a very sensible village which began on the main Highway to Norwich - just not the highway we thought it should have developed upon. This highway led from Great Melton.

We still have a bit of a question here though - So the village developed on the highway to Norwich: but why at that specific point on the main highway?

I have two thoughts on this.

The first is that if you cross the back fences of that northern row of plots, you come to another series of plots, all neatly fronting an imaginary line that may well be evidence of an earlier road which continues East until it meets with modern



Image 6 - Two Highways through Hethersett

day Back Lane.

It's actually starting to look like there was a concentration of properties in between the convergence of two roads that ran down from Great Melton.

Not only that, but if you look immediately North of this second hypothetical line of houses, you'll see they run along the edge of a single enclosure which fronts onto Foxland Field.

Now when our forbears called something a "Field" they had a very specific meaning in mind. As I've discussed in previous articles, farmers would tend individual strips in the fields. They were spread about in the name of equitable arable lands. Farmers could own their own strips, but they weren't fenced in or enclosed. This is what made the Field a "Common." It was understood that anyone

was free to graze their animals on the common field once the crops were harvested.

In 1799 this particular field that lay on our hypothetical road was described as "an old enclosure" which means that it had previously been part of a Common and then later been enclosed. In other words, it had once been part of Foxnell Field, and in 1799 was actually still a Common Field, though enclosed.



Key: Existing Roads (orange circle), Proposed Roads (pink circle), Fields (yellow circle), Greens/Commons (green circle)

A Second Road from Great Melton

Just like the houses that would eventually lie along the edge of Lynch Green these northern properties would have fronted onto both a road leading from Great Melton to Norwich and a Common. In fact, if you look at all of the Common Fields still in existence in 1799, you can see that they were surrounded by Common Fields on three sides.

Now that's a very attractive place to have a village: a common to both North and South, and sitting on two roads that ran to the biggest town in the region.

Now for my second thoughts on why Hethersett may have begun up here on the road from Melton: building materials.

From early days it was recorded that the Lord of the Manors of Hethersett had "Liberty of digging brickearth". The Lord had ownership of all of the clay in the region. While I do have a geological map of Hethersett, it's a little beyond my understanding at the moment, so I can't tell you exactly where all of this brick earth lay. What I do know, is that there are quite a lot of large pits which became ponds, both within Lynch Green and around it.

I wouldn't be surprised if this is why it was known as Lynch Green, as opposed to Lynch Common: A Green was not supposed to be used for arable land. It was normally reserved for recreational activities, and for general gathering and grazing of what grew there naturally.

If people were farming the lands - and had rights to plots on the land as they

would in a Common - it would cause a mighty ruckus every time the Lord wanted to dig up another batch of clay. Denoting the land as a Green would make sense if the lord kept it available for any time he wanted to make or sell some roof tiles or bricks. There are records of tilekilns on the edge of Lynch Green from at least the mid 17th century, and a not uncommon occupation in Hethersett during the 16th and 17th Centuries was actually that of a "brick burner".

To top it off, the Great Common and Lynch Green were probably both forested to some degree, which also helps when you want to fire your kiln or to build your house. The other boon when it came to building materials, was a stonking great Roman Villa.

It sat in the fields West of where Hethersett Road and New Road meet today, and was only five or so minutes walk from our embryonic hamlet on Lynch Green.

The villa was shaped like a "C". Two wings branched off from the main range, each around 160-180m long and 30m wide. That's over three Olympic swimming pools in length! The whole thing in plan looked something like a big C-shaped magnet.

This villa was huge, and existed from some time probably in the late 1st, early 2nd century AD, remaining in use until around the 5th Century when the Romans packed up their sandals and went home.

The usual mental image that pops up when thinking of a Roman Villa is that of a rich person's mansion out in the country. In some respects this is true - someone would have owned the whole lot. But it was often something more akin to a village, with many different parts and factors that all contributed to an industrial complex or a large scale farm, or a bit of everything.

It straddled the border with Great Melton, and had at least one nearby farmstead over near Myrtle Road. This farmstead existed up to and into the Saxon period. Archaeological excavations there actually turned up more Saxon pottery than medieval. This little farm sat midway between our giant villa and our embryonic village, both literally and metaphorically making a bridge from the Roman Period, through the Saxon period, to the medieval and beyond.

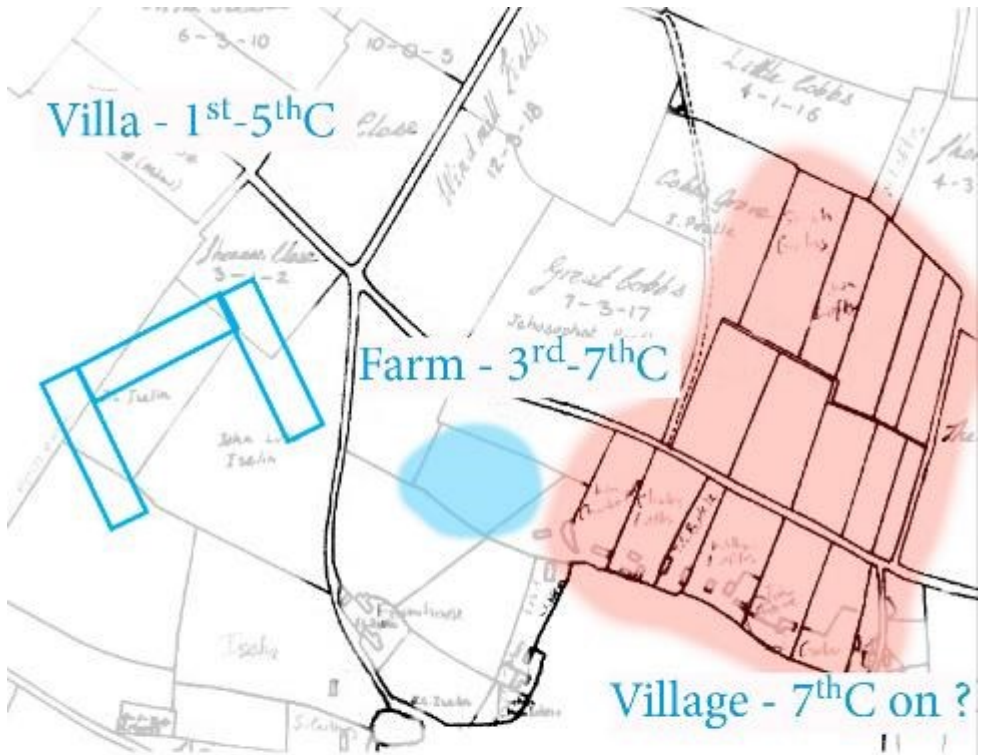
How long the remains of this great Villa were visible above the ground is hard to say, but it would have been very tempting to anyone with an interest in church building, or in building anything at all.

If we truly want to find out why Hethersett sits where it does today, we then have to ask the question: Why was this huge villa built right there?

We could give the same answer I originally gave: It was on the main highway to Norwich.

That's a very reasonable statement. If you were producing goods for sale at your villa, of course a nice little spot just outside Norwich sounds ideal.

There's just one problem. Norwich didn't exist. It wouldn't be founded until 600



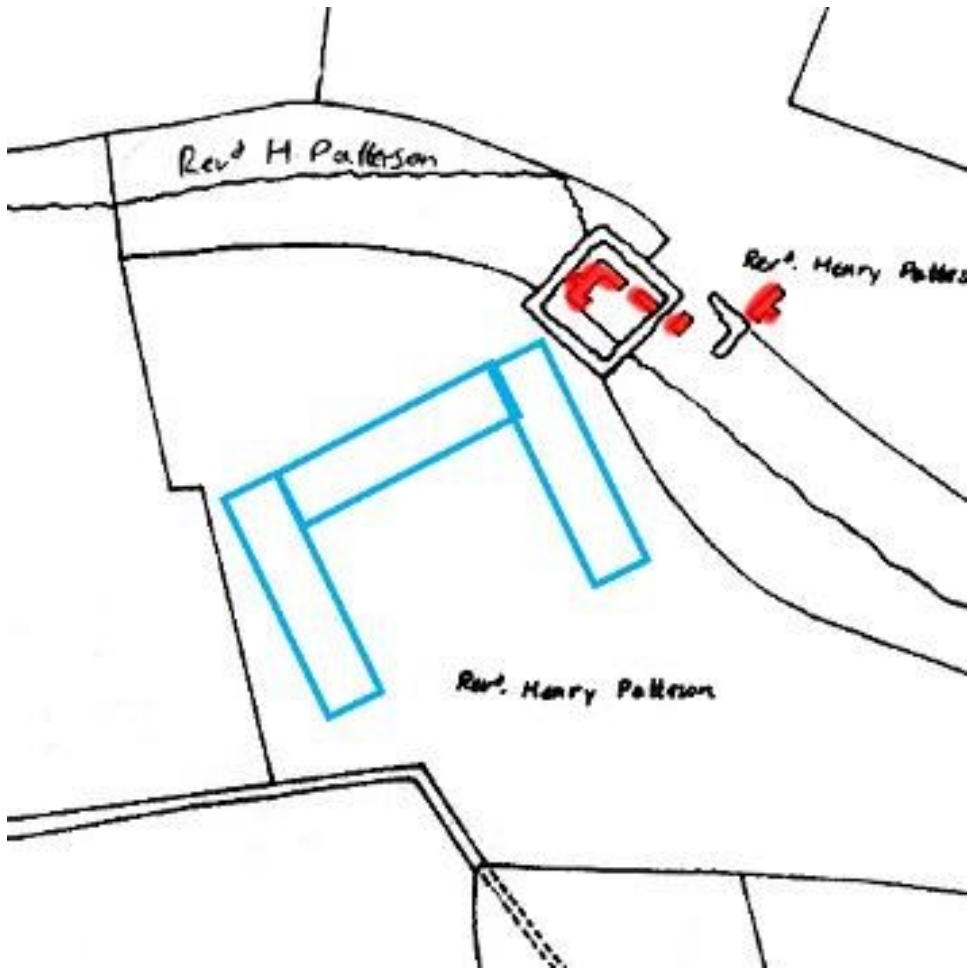
Timeline from Roman times

or so years after the villa was built.

I will leave it at that for this month.

Next month, I'll share my musings on why the Romans picked those fields on the edge of Hethersett, and why I think Hethersett could originally have been named Beckhythe.

Meanwhile on the following page you can see a drawing of a Roman Villa placed beside Thickthorn Hall and moat for comparison.



Roman Villa placed beside Thickthorn Hall and moat for comparison



Charlotte Govier looks back on the past month at Hethersett Hall

Wizardry of Magic Tables

We are very lucky to have a magic table in our home which is amazing for our residents who love to interact with it.

Whether it's by themselves or as part of a group, there is something for everyone, at all different skill levels.

From interacting with cute puppies, going fishing or just watching relaxing flowers and leaves, the magic table games and apps are specially designed for people living with dementia to stimulate their varying needs.

Sweeping leaves can be both sensory and help improve dexterity while completing sayings can challenge on an intellectual level. It's also a great conversation starter and talking piece.



Sing, Rhyme And Move



WE were invited to join little visitors for a sing-a-long via Zoom which was hosted by Jo a Friend in Deed volunteer and Andi who kept us all smiling and singing throughout.

Our residents enjoyed singing and dancing in their chairs with little visitors taking part from their homes. We sang some well-known rhymes and the residents enjoyed a lovely chat with the children afterwards.

One little girl enjoyed showing off her Frozen costume and telling residents of her favourite character Elsa. After the session had finished

our residents clapped showing how much they enjoyed it and asked “can we come again?”



National Intergenerational Week

To celebrate intergenerational week we planned a fun game of scattergories with the children of Firside Junior School, Norwich, through Zoom.

We competed to see how many categories we could name in five minutes. The children were very excited to chat with our residents and share a little about themselves.

We certainly had a great time! Big thank you to teacher Lucy and her students for their cooperation and for bringing smiles to our residents' faces.

To further our celebrations of National Intergenerational Week, we took part in yet another exciting sing, rhyme and move session with little visitors from Friend in Deed.

So many of our residents came along to enjoy singing with the children, we even sang a solo piece of "if you're happy and you know it". There was smiles all round and such a joyous atmosphere, we can't wait for the next one!



News From Hethersett Hall Care Home

Terrific Tech Gift!

WE have received a very generous gift from Clad-spray Solutions through our connection with Friend in Deed.

They kindly donated a brand new Alexa digital photo frame, headphones as well as other forms of technology which our residents will thoroughly enjoy. These support activities for a well enriched lifestyle. Thank you all so much!



Residents at Hethersett Hall Care Home have received their second COVID vaccine jab.

HETHERSETT Hall Care Home is part of the Barchester Healthcare Group.

A leaflet advertising a “come and meet the manager” day has been distributed throughout Hethersett.

The Open Day will be held on Saturday 10th April, although anyone wishing to attend is asked to book an appointment.

Appointments can be booked on 01603 954838.

For more information visit: www.barchester.com/hethersett



Meet our Manager and
find out how we can help.
Saturday 10th April

Stunning Artwork in Lockdown

THE Hethersett Painting for Pleasure art group has been unable to meet face to face during lockdown and the subsequent social distancing rules.

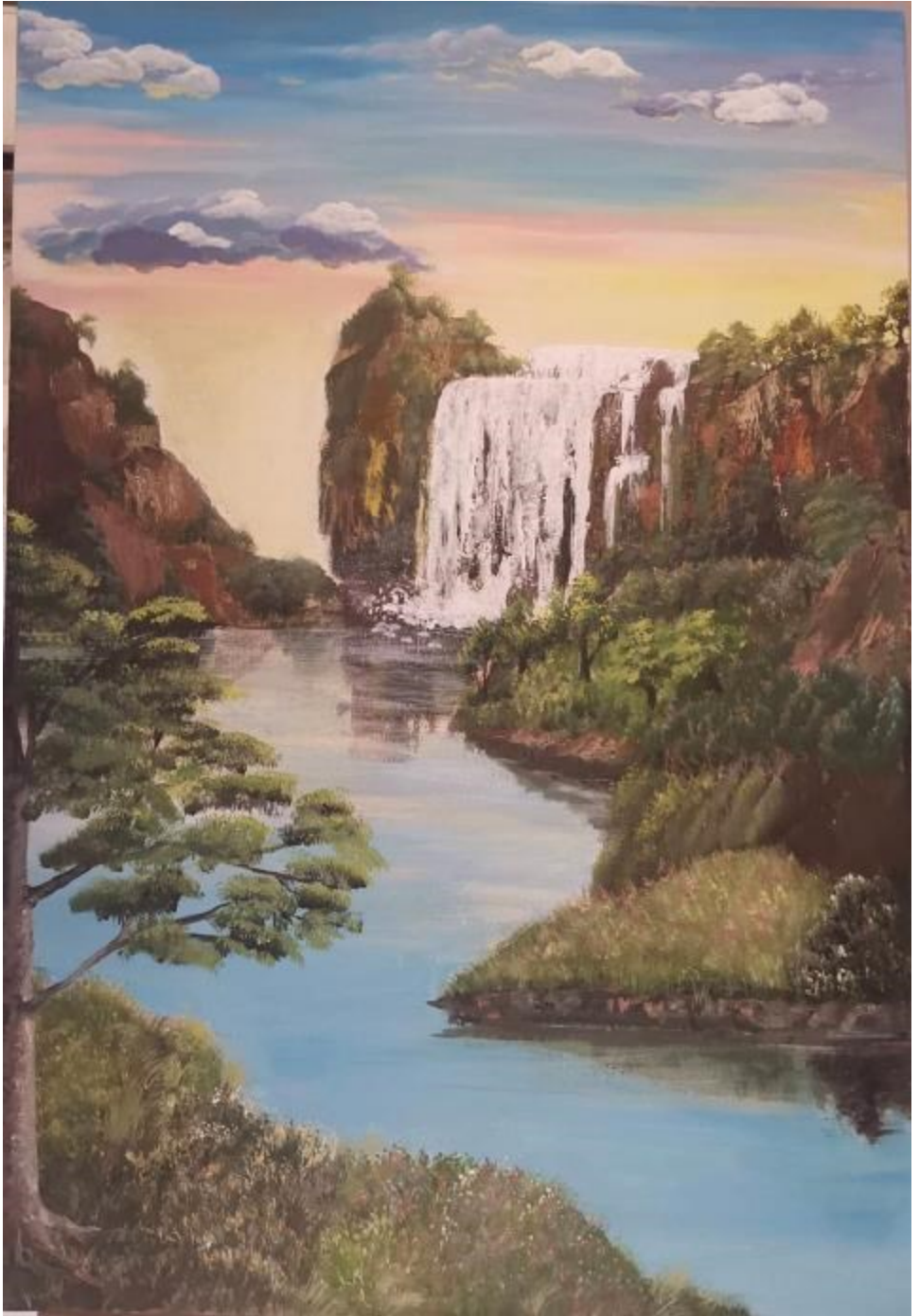
But members have been far from idle as we illustrated in our last few editions.

We are delighted to be allowed to print some more in this edition of Hethersett Herald.

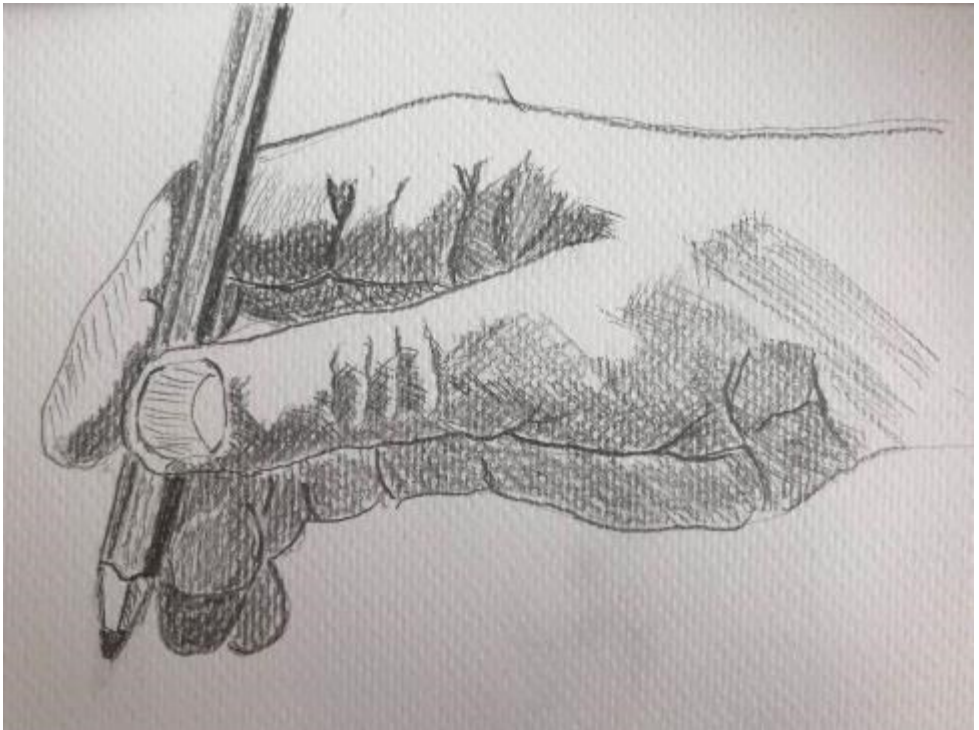
In normal times the group meets in Hethersett Village Hall on Wednesday mornings.

A variety of media has been used from watercolours to felt tip pens, collage to computer generated images.









All images courtesy of the Hethersett Painting For Pleasure art group and reproduced with their permission.

HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



A/Insp. Dave BURKE
Local Policing Commander

The Local Policing Commander is responsible for a group of Safer Neighbourhoods teams. The Inspector also works with our partners and communities to reduce crime in your neighbourhood and focus efforts on the priorities that matter to you.



101 Ext: 4151



David.Burke@norfolk.pnn.police.uk



PC Andy HUDSON
Engagement Officer

Your Engagement Officer is here to provide communications and updates regarding your neighbourhood as well as co-ordinate volunteers, specials, community speedwatch and / or cadets.

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



PC Chris BODEN
Beat Manager

Your Beat Manager PC is here to engage with the local communities and work to solve local issues and priorities within your neighbourhood.

The Beat Manager's aim is to keep your neighbourhood as a safe place to live, work and visit.



101 Ext: 2955



Christopher.Boden@norfolk.pnn.police.uk



SNTHethersett@norfolk.pnn.police.uk



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LITTLE MELTON PRE-SCHOOL NURSERY



***Our Pre-School is run by a team
of experienced,
qualified and caring staff.***

Open Monday-Friday during term time.

***Rated 'Good' by OFSTED
Open to children from 2 1/2 - School age.***

***Providing Quality Childcare
for over 30 years.***

***Please contact us to arrange a visit.
Little Melton Village Hall, Mill RD, Little Melton
01603812362***

***www.littlemeltonpreschoolnursery.co.uk
Registered Charity No:1028459***

***This organisation is committed to safeguarding and promoting the welfare of children
and young people and expect all its staff and volunteers to share this commitment.***

Join The Email Group

We currently use Social Media to inform residents when a new edition of Hethersett Herald is published.

We also post copies of new editions, along with an archive of editions from the past five years, on the website www.hetherssettherald.weebly.com.

If you would like to be alerted via e-mail of the publication of a new edition please send an e-mail requesting this service to the editor—
petersteward@lineone.net.

We will then draw up a group for circulation. Your e-mail address will not be disclosed to any third parties and will be used exclusively for notification of new publications.

The May edition of Hethersett Herald will be online at the end of April.

News, features and photographs should be with the editor by April 15th at the latest.

We are happy to consider items for publication either on Hethersett or written by Hethersett residents on other subjects and they can be sent to

petersteward@lineone.net

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

Please share details of the Herald so we can increase our readership.

With Mothers' Day recently behind us, Rachel Pailes looks at how mums can make the most of their lives.



AS mothers, self care is often the first thing that we neglect, especially in times of stress and anxiety. Self care can seem like a luxury and something that we need time and money to achieve; for example an indulgent spa day with friends, a relaxing massage/ facial or a long walk by the beach.

These things are wonderful and are, of course, going to make us feel better but are not necessarily accessible on a daily basis and cannot be called upon day to day as cortisol (our stress hormone) levels rise with the strain of daily life.

So let's rethink self care. What if we looked at self care as 5-20 minute activities we can build into our daily life that tap into our calm and connect system, thus preventing our cortisol barometer from rising into the red. What if we had a 'toolkit' of restorative activities that we could draw on throughout the day, helping us get through it without feeling completely depleted of energy and exhausted.

We have asked some of our practitioners whose client base includes working closely with mums what they themselves do to keep their stress levels down and how they support mums with this in their work. Below are our moments of self care. Many of these you

may already be doing but maybe hadn't thought about them as self care and as a way of keeping your parasympathetic (calming) nervous system in charge.

1 If in doubt, breath it out – We know that taking deep breaths can help us relax. However, if we are stressed reinforcing unhelpful breathing patterns can actually feed into anxiety. Diaphragmatic/belly breathing that involves a conscious inhalation, hold and long exhalation has shown to reduce stress by activating our calm and rest system. One of the more cited breathing techniques to reduce stress is the 4-7-8 technique. Start with just a few rounds twice a day and for those that like technology and benefit from help visualising the breath try 'Breathe' a free App (Apple Store only).

2. The Nature Pill – Sometimes it can feel easier and safer to just stay in at home, however research has shown that spending just 20 minutes outside in nature significantly reduces cortisol levels. Sian from About Birth and Babies fully supports this and encourages her clients to consider getting outdoors everyday due to the positive effects it has on the mind and mood. "Moving

into natural outdoor lighting and taking in deep breaths of fresh air helps you feel relaxed by reducing cortisol levels and when you feel relaxed your baby/child will feel calmer too.”

“The good news is that this can be just sitting outside, how fast and how far you go isn’t important so if getting the buggy or sling out or donning your trainers feel like too much of an upheaval just head on outside (barefoot even) and immerse yourself in nature for 20 minutes”.

3. Music is like Magic – Music has the power to stir a whole myriad of emotions, from the nerves of that first dance at your school disco to the joy of the first dance at your wedding. Music stimulates oxytocin, our happy hormone, dopamine, which improves your sense of well being and it even reduces stress! Charlotte from Bloom Hypnobirthing talks about the magic of music in her Hypnobirthing and Postnatal courses and says: “Create yourself a playlist of songs that stir feelings of happiness, love, laughter – songs that give you butterflies in your stomach and take you right back to wonderful memories is a sure fire way to boost your mood. My go to while I’m dancing round the kitchen is The Cure (ok, Take That!) “

“When you’re listening to your playlist, allow your mind to travel back to your strongest memories of each song. What can you see? How do you feel? Notice the details. Sing along, dance, close your eyes (unless you’re driving!) and really feel those emotions. You’ll be amazed at how good it makes you feel”.

4. Get back into your body – Life is such that we spend much of our time in our heads consumed by thoughts that

are generally unhelpful and feed into anxiety. Endless to-do lists, the voice of our inner critic, worries about what other people think, imagining things that may never happen, and wondering all the what ifs. All this thinking directs our energy in an upwards direction leaving us feeling disconnected from our body and our stable foundation. Grounding isn’t just a yoga term but is used in yoga to refocus energy in a downwards direction helping reconnect body and mind. Try some of these simple poses for a few minutes a day; surrendering your thoughts and body allowing the ground to support you.

5. See the magic in the mundane – Taking a few moments to pause each day to fully attend to what is happening and what you are doing, is the start of living a more mindful life. We are often too busy multitasking or thinking about our next moves to appreciate the present moment. Life is full of small opportunities to be more present and it doesn’t have to involve sitting and stillness.

Infant massage instructor and newborn and infant developmental physiotherapist Rachel supports this way of thinking in her classes when working with new families. “Being more present in daily life is a quality that we all possess, we just have to learn how to access it. Having a baby gives the perfect opportunity to explore this as we get to know and bond with our incredible little humans. Feeding, dressing, nappy changes and interactions such as those that take place during baby massage are all opportunities to connect deeply with our babies; noticing, savouring and valuing rather than seeing these as daily chores”.

6. Changing our inner voice – How we

use our inner voice has a very noticeable effect on how we feel about ourselves, and our lives. If we spend all our time talking down to ourselves or giving ourselves a hard time, this can really affect our mental health and self worth. Charlotte from Bloom Hypnobirthing tells us how we can take simple steps to change our inner voice: "Positive affirmations are a great way of boosting confidence and shifting your inner voice to focus on the positives. Used by many different professions from athletes to teachers, these short, impactful statements can, when practiced regularly, really help to improve your mood and reframe your more limiting beliefs. Choose affirmations that resonate with you, for example 'I am the best parent for my children', 'I find joy in the smallest moments' or 'Where there is chaos, I am the calm'. Write each one out and place them in areas you will notice them, such as on your mirror, on the fridge, or even the back of the bathroom door! When you notice them, repeat them to yourself, allow the words to sink in and allow yourself to believe them. It's a simple but very effective way to improve your mindset and bring yourself strength".

7. The Oxytocin Factor – As mentioned earlier by Charlotte, one of our hormones responsible for activating the calm and connect system is oxytocin. Oxytocin is released (amongst other things) in response to positive friendly interaction and touch, thus reducing cortisol levels and stress. Infant Massage Instructor Rachel explores through her classes how touch is important for us all throughout our lives: "Touching our babies and young children is instinctive but physical closeness is still important for older children, adolescents and us adults too. It helps

us feel connected and valued as well as reducing stress levels for both parties". As well as baby massage, she suggests initiating a soothing hand or foot massage with your children/ teenagers or a relaxing neck and scalp massage with our partners. If this isn't possible then playing games that involve touch or being playful in a physical way can reduce tension and boost oxytocin.

8. "Fill your paper with the breathings of your heart" (William Wordsworth) – Sian from About Birth and Babies always recommends that her clients keep a notepad next to the bed and another in the kitchen drawer. She encourages her mums to use both from front to back and back to front. "The beginning of the book can be used to record any small wins, any small gains. This could be anything from managing a soak in a bath to remembering to put the bins out! Look back at it regularly to marvel at how much you've achieved. The back of the book can be used to note down anything worrying you or things you don't want to forget. Unprocessed thoughts can spiral out of control and visualising what you're worried about can help with rationalising your thoughts". Journaling over time is a proven method to counteract the effects of stress, it can help with gaining valuable self knowledge, problem solving and reframing negative, anxious thoughts into positive ones.

We are not suggesting that you do these things everyday and know that this list is not exhaustive and what works for one person will not work for the next. But by spending some time thinking about what works for you and having your own toolkit at your fingertips may help you get through the day feeling less stressed and tired and

more able to face challenges that come your way.

Our team is keen for new mums reading this to know that the transition into motherhood can be tough, the stakes

are high and there can be many challenges (as well as rewards along the way). If you are struggling please speak to your health visitor or failing that a family member or friend. You are not alone.

Hethersett Matters

WE regularly feature scams in this publication. In this edition we look at some of the latest to avoid. This column is put together in partnership with Norfolk Trading Standards and Norfolk Police. Anyone concerned about possible rogue trader activity in Norfolk can contact them through their partners the Citizens Advice consumer helpline on freephone 0808 223 1133.

Looking for a Trader you can Trust? Try a Norfolk Trusted Trader. To search the directory and read feedback from their customers visit www.norfolk.gov.uk/trustedtrader

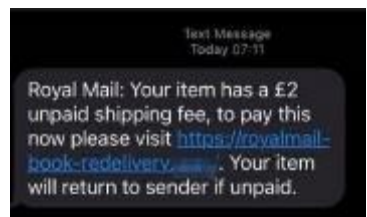
We are again warning about emails and text messages circulating claiming to be from courier services and Royal Mail which state that they have a parcel which currently cannot be delivered or has been lost in transit.

The messages will often claim that you need to act, for example requiring additional information or the payment of a small fee.

These messages are not genuine and have no connection with the genuine company.

Our advice is always be wary of claims made in unexpected messages and never click on any links or open attachments.

See further examples of fake Royal Mail emails and how to report them on the Royal Mail website.



Hethersett Matters

DHL offer the following advice on their website about emails claiming to be from them:

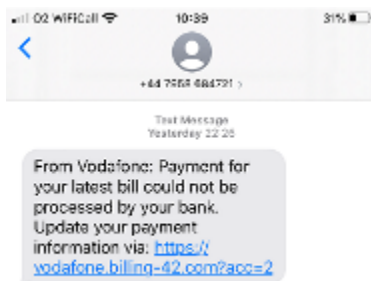
“Attempts have been made to defraud internet shoppers by the unauthorised use of the DHL name and brand via email communications and graphics which appear, on the surface, to have originated from DHL.

“In most cases the communications concern the sale of consumer goods over the internet where payment may be requested before the goods are delivered.

“Please be advised that DHL does not request payment in this manner. DHL only collects money due for official DHL related shipping expenses.”

If you have received a message which you believe to be a scam you can report it via the Citizens Advice consumer helpline, on freephone 0808 223 1133.

We have reports of bogus text messages being sent to customers saying that the latest payment cannot be processed - please update your personal information via (link to web address). This applies to O2, Vodafone and other networks and an example of the message is opposite.



If you click on the link you will be taken to a fake address and asked for personal details.

We are also warning residents to be aware of emails circulating claiming to be a 'new message from GOVUK about your Council Tax'.

This poorly worded-email is not genuine and anyone following the link will be taken to a website which will attempt to gather personal and financial information.

If you receive this, or a similar email, delete it without clicking on any links.

If you require any information about your council tax, contact your local council directly - their information can be located on your council tax bill or on the Gov.UK website.

Hethersett Matters



COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

Council/Government Contact Numbers

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

Member of Parliament

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

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 Adrian Dearnley, Phil Hardy and David Bills. David can be contacted on 01603 813041 or at dbills@s-norfolk.gov.uk, Phil on 07985 695668 or at phardy@s-norfolk.gov.uk and Adrian on 07957139880.or at adearnley@s-norfolk.gov.uk.

Hethersett Parish Council

Clerk to the council Annette Palmer can be contacted on 01603 810915. Parish council chairman Adrienne Quinlan can be contacted on 01603 814379.

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). Currently all council meetings are being held on the zoom social media platform.

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 currently closed but will eventually be open in the Back Room at the Village Hall (upstairs) on Monday and Thursday mornings between 10 am and 12 noon.

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.hetherssettherald.weebly.co





DESPITE some cold days last month, the sunshine has encouraged the spring flowers to bloom. The daffodils, hyacinths, crocuses and tulips have all brightened up our gardens and streets. It has been encouraging to see the diverse range of flowers around the village. The soil is finally drying out enough to allow planting to take place. There are plenty of jobs to be getting on with in the garden this month.

- Order annual plants like geraniums, begonias and petunias online now for summer bedding and hanging basket displays.

Give your greenhouse a thorough scrub (if you haven't already) with hot soapy water. This will get rid of pests and diseases and let in more light.

Prepare beds for the growing season. Dig in a 5cm (or more) layer of compost or well-rotted manure. You can also work in a general-purpose fertiliser such as pelleted chicken manure or fish blood and bone.

In the Flower Garden

Lift and divide established border perennial plants now. Use Hobart to improve vigour and create new plants for your garden.

- Divide primroses once they have finished flowering.
- Move evergreen trees and shrubs now, provided the soil isn't frozen or waterlogged.
- Feed trees, shrubs and hedges with a balanced, slow-release fertiliser, by lightly forking it into the soil surface. Roses, in particular, are greedy plants and will greatly benefit from feeding as they come into growth.
- Tie in climbing roses.
- Prune your penstemons now — cut back all the old shoots to the base, provided there is new growth at the bottom of the plant. If there are no new shoots at the base, cut just above the lowest set of leaves.
- Trim winter-flowering heathers as the flowers disappear, to pre-

vent plants becoming leggy.

- Tie in new honeysuckle and clematis stems. These plants will be putting on growth now, and you'll need to train them along their supports.
- Continue to remove faded flowers from winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring.
- Deadhead daffodils and tulips as the flowers finish, but leave foliage intact, allowing it to die back naturally.
- Apply a layer of mulch around your perennials and biennial plants, trees and shrubs before the hot weather arrives. Use organic matter such as well-rotted manure.

In the Vegetable Garden

- Dig in green manures grown over the winter. Do this while stems are still soft.
- Dig compost, well-rotted manure or green waste into your vegetable beds to prepare for the growing season ahead. Dig in a 5cm (or more) layer when the soil becomes workable.
- Prepare vegetable seed beds by removing all weeds.
- Cover prepared soil with sheets of black plastic to keep it drier and warmer in preparation for planting.
- You can keep chitting your seed

potatoes ready for planting from Good Friday onwards. Stand them on a tray on a windowsill with the visible buds (called eyes) facing upwards.

- Finish planting onion and shallot sets. Plant garlic cloves.
- Broad bean seeds can be planted directly into the soil or seedlings can be planted out.
- Plant leek and tomato seeds for planting out later.
- Prepare the ground for potato planting.

In the Fruit Garden

- Protect fruit blossom from late frosts by covering them with horticultural fleece on cold nights.
- Spray the emerging leaves of peach and nectarine trees to prevent peach leaf curl. Sheltering your plants from the rain will also help reduce the risk of peach leaf curl.
- Mulch fruit trees with well-rotted manure or garden compost, taking care not to mound mulch up around the trunk.
- Top-dress patio fruit-trees with fresh compost and a slow-release fertiliser.
- Feed raspberry canes, fruit bushes and fruit trees to encourage good crops this season. Apply a slow-release fertiliser around their base.

- Cover strawberries with a cloche to encourage earlier fruiting. Weed the bed and remove woody plants and replace with new ones.
- Mulch rhubarb with a thick layer of well-rotted manure to keep it healthy and reduce moisture loss through the soil. Take care not to cover the crown, as this is where the growth happens.

Other jobs

- Check compost bins to see if you have any compost that's ready to use.
- Improve the drainage of heavy soils by incorporating plenty of organic matter.



- Top up raised beds with compost and good quality topsoil.

- Top dress containers with fresh compost. If your containers are already full, replace the top 5 cm of old compost with fresh stuff.
- Keep on top of weeding now that the weather is warming up. Run a hoe through beds and borders.
- Look out for signs of pests and diseases, early prevention is easier than curing an infestation.
- Remove dirt from your paths and paving before summer arrives. Use a pressure washer or special patio cleaner.
- Buy fresh potting compost and store it in a cool, dry place in preparation for the season ahead.



News from the Allotment

Work on the allotment is never ending at this time of year with so much to do to get ready for the new growing season.

Digging the plot and adding well-rotted compost and manure can be back breaking work, but well worth it in the long run. The remaining leek plants are still being harvested and purple sprouting broccoli is ready for picking. The onion and garlic sets are sprouting and the broad bean plants are coming through. The bed for planting potatoes has been prepared.

I can always remember my father telling me that potatoes should be planted on Good Friday and many allotment keepers seem to adhere to this principle, despite the fact that the date changes each year. The soil needs to be warm enough before planting.

Take care and enjoy your gardening.

Leaving Home

MARCH was a strange month weather-wise with warm sunny days, gale force winds, torrential rain and freezing nights leaving hedgehogs totally confused as to whether they should be asleep or awake. However, we now have only three in care as the others have packed their little bags and gone walkabout. They do not form family groups as dad has little to do with raising the kids. Once he has done the deed and fertilised the eggs he is looking for his next conquest.

We opened up the outside run in the middle of March to see which one would decide to leave. They then had complete freedom to do as they wished. One went walkabout immediately and was replaced by a hoglet from inside the shed. That one refused to go anywhere and just made itself comfortable. I admit that I was hoping that it would move on too as I needed the space for the one remaining in the shed - but no luck. He weighs around 1 kg which is hefty and is more than capable of taking care of himself. I could, of course, take him off to another hedgehog house in the garden but I feel that might upset him too much, so he remains in residence.

Our mum-to-be lives in the other side of the run and she stopped eating completely a couple of days ago, switching from three pouches of cat food per day to nothing at all. This leads me to suspect that she has given birth to her babies. I could confirm it by lifting the lid of her house and looking inside but I am worried that if I disturb her while the hoglets are so small that she would just desert them. Fresh food and water are placed inside the run every day so that she can have a feast when she decides to come outside and eat. New-born hedgehogs are totally dependent on their mothers and, being blind and deaf, are completely defenceless for several weeks. When first born they are just little pink blobs without prickles and need manual stimulation from Mum to defecate. The first prickles, which are white, appear when the hoglet is a day or so old while its



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Hethersett Hedgehogs *with Connie Tindale*

eyes are still closed. The harder brown prickles start to appear after a week. The eyes start to open at around one to two weeks old. By three weeks old they can move about, have lots of prickles and are no longer blind or deaf.

The hoglet that remains inside the shed is the 'runt' of a litter as it is picky and eats very little. It has been in care for five months but is still not all that much bigger than when it was rescued. Fingers crossed that when it is moved to the



outside run it will sleep less and eat more.

When the last hedgehog is moved out of the shed the hutches will be dragged out and thoroughly cleaned so that they are ready for their next inhabitants.

We are still feeding the hedgehogs in the garden and are putting food out in several different places in the garden every night. It is easy to assess when they are visited by the sheer volume of poo that surrounds them each morning.

Please leave food and water for the hedgehogs in your garden. Water bowls dry out very quickly so inspect them regularly.



Groups and Societies

Due to the current pandemic, groups and societies have shut down for the foreseeable future although we know that many are using social media platforms such as Zoom to have impromptu meetings. We will be expanding and improving our groups and societies section once the pandemic is over and meetings can re-start (please see the notice below).

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 email 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.hethersettherald.weebly.com

Announcement of publication is also made on social media platforms including Facebook, Twitter and Next Door. You can also be notified via e-mail.

If you enjoy reading Hethersett Herald please pass details on.

Please Get In Touch

If you have any stories or information you would like to see in the Hethersett Herald, please get in touch with us. You can find the contact details elsewhere in this edition.

Where Are The Best Deals?

ONCE again this month we looked at petrol prices with our survey taken towards the end of the month. Our aim is to compare garages within easy driving distances of Hethersett to let you know where the best value is.

Herald Petrol Watch

Prices have continued to rise during the month with rises of 3p a litre not uncommon. It's annoying as always to have to report that the two garages at Wymondham (Waitrose and Abbeygate) and Thickthorn Services continue to be 9p per litre more expensive than some of the other garages.

Each month we will be using the eight garages listed below to show how prices have increased or decreased over the past month. The best value petrol and diesel is highlighted in red.

There may be even better value if you go slightly further afield and please note that these prices were checked around the middle of the month but may have changed further before publication.

Once again our advice if you want the best deals is shop around and avoid paying inflated petrol and diesel prices. You could save yourself hundreds of pounds over a year and that's a lot of additional motoring mileage.

	Unleaded	Change	Diesel	Change
Asda Hall Road, Norwich	121.7	+2p	123.7	+2p
Tesco Express, Earlham Road, Norwich	122.9	+3p	125.9	+3p
Sainsbury's Queen's Road Norwich	120.9	+1p	122.9	+2p
Tesco Harford Bridges, Norwich	122.9	+2p	124.9	+3p
Sainsbury's Longwater, Norwich	122.9	+3p	125.9	+2p
Abbeygate Wymondham	131.9	+2p	134.9	+1p
Waitrose Wymondham	131.9	+2p	134.9	+1p
Thickthorn Services, Hethersett	131.9	+2p	135.9	+1p

Where To Eat In Hethersett

Church Farm Shop and Tea Rooms -

Norwich Road (B1172). Telephone 01603 814151

Open Mondays to Saturdays 9 am to 5 pm. Closed on Sundays.

Janey's Village Café -

32A Mill Road. Telephone 01603 811234. e-mail - janeyd11@yahoo.co.uk.

Hethersett Queen's Head -

12 Norwich Road. Telephone 01603 810226.

Food served Monday to Thursday 11.45 am to 2 pm (lunch) and 6-8.30 pm (evening meal). Friday and Saturday 11.45 am to 2.15 pm and 5.30 to 9.30 pm. Sunday carvery sittings at midday and 2 pm. Evening meals 5 to 8.30 pm.

Park Farm Hotel

On the B1172 at Hethersett. NR9 3DL. Telephone 01603 810264. e-mail enq@parkfarm-hotel.co.uk.

Park Farm is a luxury country hotel with spa and fitness facilities and a number of places to eat throughout the day. For more information visit their website at <https://www.parkfarm-hotel.co.uk>.

Café Kin

Rowan House, Queen's Road, Hethersett.

The latest edition to Hethersett coffee culture, Café Kin is part of the Rowan House Health and Well Being complex on Queen's Road. Food and coffee served during the day from 8 am until 2.45 pm Mondays to Fridays. Also open on Saturdays

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You will also find a variety of eating outlets close to the Thickthorn Services area off the B1172. These are technically in Hethersett, although they are two miles from the village centre.

Outlets include Burger King, Subway and McDonalds and there is also a petrol station and Travelodge.

During the pandemic please check with the individual outlets. Many of them are now opening different hours from the above and some are providing a takeaway service or are closed altogether.

Hethersett Herald

HETHERSETT Herald is published electronically towards the end of each month via the Hethersett Village web site at

www.hethersettherald.weebly.com

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. Views expressed in Hethersett Herald are those of individual authors and not necessarily the views of the volunteers or the editor.

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.

Herald Team

Editor - Peter Steward—petersteward@lineone.net

Associate Editors - Roger Morgan and Hannah Harrison.

Regular Columnists - Connie Tindale, Penelope Brown, Dale Evans, Sarah Lawrence and John Head.

Proof Editor - Gary Wyatt.

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.

To contact us e-mail petersteward@lineone.net.

Hethersett Herald What's On

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

Please note that many of these events will not be taking place at present due to Coronavirus. We have decided to keep this page active in order to inform residents of what is available to them once the epidemic is over.

Regular Events:

Hethersett Croquet Club meets on the Memorial Playing Field from 2.30 pm on Wednesday and Saturdays during the summer.

Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am on Wednesdays. Further details available from Tina Greenhalgh on 01603 810364.

Hethersett Table Tennis Club meets in Hethersett Methodist Church Hall from 7 pm on Fridays.

Hethersett Methodist Church Shoppers' Coffee takes place on Saturdays from 10.30 am until midday.

First Steps pre-school Group meets in Hethersett Village Hall on Tuesdays from 10 am during school term time.

The Heart of Hethersett Bereavement Group meets in the lounge of Woodcote Sheltered Housing complex from 5.30 to 6.30 pm on alternate Tuesdays. All welcome, light refreshments available free of charge.

Hethersett Dementia Support Group's monthly café takes place in Hethersett Methodist Church Hall from 10 am until midday every third Tuesday. There is also a social morning meeting on the first Tuesday of each month from 10 until 11.30 am.

Hethersett Short Mat Bowls Club plays two sessions each week in Hethersett Village Hall. The first is on Tuesday afternoons from 2.15 pm for a 2.30 pm start and the second is on Friday evenings at 7.15 pm for a 7.30 pm start.

We will be re-introducing our full What's On service once virus restrictions are released.