

# HETHERSETT HERALD

February 2018

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## Funding Opportunity

HETHERSETT Parish Council has access to approximately £150,000 to support a local recreational scheme or schemes.

This S106 funding arises from the Heathfield development on Great Melton Road.

Along with the usual S106 conditions, the following also applies to this funding:

**It is to be used towards the provision, extension or improvement of indoor or outdoor physical recreational facilities or equipment for**

**adults and/or older children within the parish of Hethersett.**

In addition to this initial amount, other funds will become available over the coming years for village-related projects.

The council is asking for “expressions of interest” to be lodged with parish clerk Ian Weetman by the end of March. Mr Weetman can be contacted on 01603 810915 or by e-mail at [hethersett.pc@tiscali.co.uk](mailto:hethersett.pc@tiscali.co.uk).

Application packs will be issued on receipt of expressions of interest.

## Sparkling Pantomime

HETHERSETT Pantomime Group once again pulled out all the stops to provide excellent entertainment with their 2018 production of Robinson Crusoe. Turn to page six for a full report and more photographs.



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# Campaign Success for Woodcote Residents

A CAMPAIGN by residents of Woodcote Sheltered Housing Complex in Firs Road to keep their scheme manager has met with some success.

Campaigners have been informed that, following consultation, the manager will remain for at least another 12 months.

This bucks the trend of other sheltered housing schemes throughout the country which have been “doing away” with their individual scheme managers.

Leading campaigner Richard Headicar said residents were “very grateful” to Broadland Housing Association for making the decision:

“Broadland have been exceptional. They really care, but we do understand that they are under considerable financial pressures,” he said.

Richard added that vulnerable people living at Woodcote need a scheme manager to support and help them.

Richard regularly helps residents and is very keen that they claim any housing and other benefits they are entitled to. “People living here are still vulnerable and need a scheme manager. They need security and need to know their rights. They have worked all their lives for it. I am so grateful to be able to live here and just want to help as many other people as possible and continue to make Woodcote an important part of the Hethersett Community.

“The county council has cut the support to Broadland Housing for Woodcote by £15,600 a year but have just voted to give themselves a 10.5% increase in allowances which is back-dated to last May.

“That will cost £140,000 which is nine years of the money they have withdrawn from us and which could have been used to ensure the future of the scheme manager and the emergency alarm system,” Richard added.

Over the past few years, Woodcote has been an integral part of the local community, hosting dementia, bereavement and depression support groups and inviting local residents to take part in numerous events including a 40s day which is likely to be repeated this year.

***(continued on page 4)***

## Air Ambulance Is Called

THE East Anglian Air Ambulance landed on the Memorial Playing Field on New Year's Eve to airlift a Woodcote resident who had been taken ill to Addenbrooke's Hospital in Cambridge

The ambulance touched down at 6pm. It is believed that the Woodcote resident, who had only been living at the complex for three months, is still in a serious condition in hospital.

# A Secure Future

IN a previous edition of Hethersett Herald, we outlined the plight of one Woodcote resident who was struggling to make ends meet.

Deborah (not her real name) felt that her future at the sheltered housing complex was being threatened by lack of funding.

We are very pleased to report that Deborah went to an appeal over a refusal to grant her Personal Independence Payments and was successful and even had her claim backdated.

We caught up with a very happy and bubbly Deborah who said she was delighted at being able to stay at Woodcote:

“It means I can stay in Woodcote and also enjoy trips and be part of the social scene. It’s given me a new lease of life, I am more bubbly and more jokey. I have become more like the real me. Above all it has given me the chance to put down some real roots,” she said.

It meant that Deborah enjoyed a “good Christmas.” In fact she has been awarded a Good Neighbour certificate for inviting two residents around for Christmas lunch. The Good Neighbour scheme was introduced by scheme manager Stephen Baxter as a way of thanking residents for outstanding examples of “good neighbourliness.”

## Campaign Is A Success

*(continue from page three)*

The complex has raised money for the local doctors’ surgery and other charities.

Residents will also continue to have the benefit of the pull chord alarm system in individual flats, although they will have to contribute to the cost of this.

Research suggests that only 2% of English housing stock is retirement housing. It also states that nearly 2.5 million people over the age of 75 live alone and that people living in retirement complexes are more socially connected and less prone to loneliness.

There will be more news from Woodcote Sheltered Housing complex in future editions of Hethersett Herald.

# A Triumph for Common Sense

We were delighted to hear that the campaign by residents at Woodcote Sheltered Housing complex in Firs Road to keep their scheme manager has proved successful for the time being.

## Herald Comment

Taking away a manager who does so much for Woodcote would have been at best short-sighted and at worst dangerous considering the vulnerability of some of the residents.

We were also pleased to hear that one of the residents we featured at length in a previous edition of Herald has been able to gain additional financial support which will allow her to continue living at the place she loves. Sometimes common sense does prevail.

## A Norfolk Custom

Hogmanay and First Footing might not be as prevalent in Norfolk as in other parts of the country but it did have me thinking about other traditions that may have been lost in the mists of time.

I was wondering if any of our readers still celebrate Jack Valentine on February 14th. As a child living in Hellesdon, I keenly remember somebody knocking on our door and my parents telling me to see who it was. On opening the door there was no sign of anybody but on the doorstep was a wrapped parcel. This continued on a number of occasions through the evening and I remember receiving books, fruit, sweets and even a magic set.

And it's all down to Jack Valentine - apparently a quirky and rather strange Norfolk tradition that I believe is unique to Norfolk. Jack Valentine is also known as Old Father Valentine or even Old Mother Valentine who disappears into thin air after knocking at the door and dropping off gifts. We would love to hear from anyone in Hethersett who still observes this custom.

## Dog Mess Again

Once again the ugly topic of dog mess on paths in the village has raised its head. A number of complaints have been made, particularly regarding mess left in New Road and on the new Heathfields development. The message to dog owners is simple: Clear up after your pets.

**Peter Steward**

# Marooned in Hethersett

## Another Sparkling Production

HETHERSETT Pantomime Group's 2018 production of Robinson Crusoe was awash with colour, music and style, but above all abounded in fun.

### Nine Page Pantomime Special Report

Sell out crowds for all of the nine performances attested to the enduring charm of an annual production that goes back to 1970 and which next year celebrates its golden jubilee.

It has taken 49 productions to feature Robinson Crusoe for the first time but I'm sure it won't be the last time we see characters washed up and marooned on a desert island.

Lloyd Parfitt's script was, as always, full of good humour, asides and wit. Many of the cast members have been with the group for years, others are more tender in the pantomime time they have clocked up, but they all gel wonderfully.

Pantomime has an endearing quality that is almost indefinable and perhaps we shouldn't delve too deep but just accept it for what it is - rollicking good fun where good always triumphs over evil and the baddies end up seeing the error of their ways - if only life could be like that.

The Hethersett pantomime is an afternoon or evening of pure escapism and that really is its great power. It transports us away from the stresses and pressures of daily life for a couple of hours of foot-tapping and hand clapping.

Lloyd Parfitt also found time off from writing and producing to play one of the major roles - Billy Crusoe.

Lauren Ellero was charming in the lead role and



Freya Judkins brought a perfect fragility to the part of Sally Defoe.

Barry Foster and Neville Greenhalgh as Mrs Crusoe and Admiral Defoe kept the pace of the production going with a barrage of ad libs and jokes.

Lewis Cook and Steve Bussey brought just enough menace to their portrayals of Davy Jones and Captain Blackheart without really frightening the younger members of the audience.

The show was almost stolen, however, by John Halford playing the part of the chief cannibal with a strangely impressive German accent and some very funny moves.

Musically the highlight was Vicki Gale's (Queen of Mermaids) version of "There's a Fine Fine Line" from the musical Avenue Q. Finally a word for panto regulars Jono Angelo as Splish, Daniel Orford as Splash and Rachel Woodier who looked every inch the part of Man Friday with crazy hair and out of control beard.

Once again Kate Rowe came up trumps with her choreography and Colin Wilson and Keith Drinkwater's sets were colourful and of the high standard that we have come to expect over the years. Sarah Wright's direction was as always spot on. A wonderful band of backstage and front of house helpers all added to another memorable panto.



## Fifty Years Old Next Year

**HETHERSETT'S first pantomime was Sleeping Beauty in 1970 and, for the first 26 years, the panto took place in the Church Hall in Henstead Road before moving to its present home in Hethersett Village Hall with Cinderella in 1996.**

**Next year will see the 50th production and the group is looking to make it a special year. It is asking for reminiscences and photographs and is also trying to get in touch with as many former cast members as possible.**

**If you are a former cast or backstage member or saw the first ever panto or have a favourite panto memory, the group would love to hear from you via e-mail at**

**[hethersettpantomemories@gmail.com](mailto:hethersettpantomemories@gmail.com)**



***Steve Bussey as Captain Blackheart and Vicki Gale as Queen of Mermaids***

**OVER the past 49 years, Hethersett Pantomime Group has raised over £107,000 for local and national good causes. The money comes from ticket sale profits and a retiring bucket collection, the latter of which this year will go to the NOOK charity for East Anglian Children's Hospice.**

**For the first ever time the 2017 production of Sleeping Beauty was a sell-out (something repeated this year) and donations were made to the Norfolk Accident Rescue Service (NARS) (£2,750), Tapping House Hospice (in memory of former group member Marie Stevenson) (£2,000) and the Doctor Press First Aid charity (in memory of former musical director Dr Tony Press) (£2,000).**

**"Thanks to the marvellous support and generosity of our audiences with the bucket collection, the group has been able to continue with its charitable donations which have seen donations since 1970 total an amazing £107,350 before this year's total is added," said Neville Greenhalgh, Chairman of Hethersett Pantomime Group.**



**Review by Peter Steward**

**Photographs courtesy of  
Hethersett Pantomime**

**Group and repro-  
duced with permis-  
sion**

**This year's pantomime  
Robinson Crusoe ran  
for nine performances  
between January 20th  
and 27th with a Sunday  
matinee performance  
for the second year  
running replacing a  
Monday evening show.**



**HETHERSETT** Pantomime writer and producer Lloyd Parfitt praised the hard work and dedication of the large team responsible for bringing Robinson Crusoe to the stage. Writing in the panto programme, Lloyd said:

“This year’s pantomime is a brand new one for the group. Based on the novel by Daniel Defoe, Robinson Crusoe was written in 1719. The first pantomime production was performed in 1781. Recently the pantomime has seen a revival and I am pleased to say we are carrying on a long tradition of performing the classic tale.

“I am really pleased that this year we have several new members joining us. It is always great to have new blood in the group. I would like to welcome them all. Finally, I would like to say a huge thank you to everyone involved in the production of the pantomime for all the hard work and dedication they put in, not to mention all the support and encouragement they give to Sarah (Sarah Wright - Director) and me.”

# Robinson Crusoe Cast

|                    |                    |
|--------------------|--------------------|
| Robinson Crusoe    | Lauren Ellero      |
| Billy Crusoe       | Lloyd Parfitt      |
| Mrs. Crusoe        | Barry Foster       |
| Admiral Defoe      | Neville Greenhalgh |
| Sally Defoe        | Freya Judkins      |
| Davy Jones         | Lewis Cook         |
| Fairy of The Sea   | Sue Tuckwood       |
| Captain Blackheart | Steve Bussey       |
| Chief Cannibal     | John Halford       |
| Splish             | Jono Angelo        |
| Splash             | Daniel Orford      |
| Queen of Mermaids  | Vicki Gale         |
| Man Friday/Cedric  | Rachel Woodier     |

## Townfolk, Cannibals Mermaids, Fish and Sailors

Scarlett Alborough, Aivars Bismans, Ella Bowles, June Bulcock, Rosie Cox, Cazz Frostdick, Jon Goodrum, Amy Gorman, Tina Greenhalgh, Jack Hamling, May Hamling, Rowan Hill, Ellie Luther, Nia Peres, Evie Sayer, Freya Scott, Emily Spencer, Joseph Spencer, Becky Sprunt, Lily Stibbon, Jane Tullett, Lilly Walker, Ian Whiting, Sarah Wright. Poppy Collins, Amelia Evans, Elsie Hatt and Harmony Stibbon.



***Barry Foster as Mrs Crusoe and Neville Greenhalgh as Admiral Defoe***



***Cast members on the warpath***

# Members of the Orchestra

|                  |                       |
|------------------|-----------------------|
| Musical Director | Josh Lee              |
| Piano            | Gordon Peterson       |
| Violin           | Ceri Peterson         |
| Cello            | Francis Trappes-Lomax |
| Guitar           | John Head             |
| Percussion       | Lewis Godfrey         |
| Flute            | Joseph Smalls         |
| French Horn      | James Peterson        |

**HETHERSETT Pantomime group is always looking for people to join them.**

**The group is looking for people with an interest in amateur dramatics who want to volunteer their time to help put on the annual production.**

**They are particularly looking for people interested in helping with costumes, production, backstage, props and set design and members of the cast. More details are available on the group's web site at:**

**[www.hethersettpanto.org.uk](http://www.hethersettpanto.org.uk)**



***Two of the fearsome cannibals***

# Production Team

|                            |  |
|----------------------------|--|
| Writer and Producer        | Lloyd Parfitt  |
| Director                   | Sarah Wright   |
| Musical Director           | Josh Lee   |
| Choreographer              | Kate Rowe  |
| Stage Manager              | Bob Fell   |
| Back Stage Team            | Bob Fell, Neil Lamprell and Paul Baxter  |
| Set Design and Painting    | Colin Wilson and Keith Drinkwater  |
| Graphic Design             | Daniel Orford  |
| Wardrobe Co-Ordinator      | Deborah Stewart  |
| Wardrobe Team              | Amy Bowles, Jan Burnett, Sandra Gibson, Helen Lawn, Kim Spinks and Caroline Reynolds                 |
| Set Construction and Props | Avairs Bismanis, Julie Cooke, Lauren Ellero, Bob Fell, David Neal, Daniel Orford and Beverly Orford  |
| Lighting                   | Phil Emery and Courtney Cook   |
| Sound                      | Pete Emery   |
| Technical Consultant       | Chris Goldspink  |
| Prompt                     | Judith Press   |
| Makeup                     | Julie Cooke and Team   |
| Box Office                 | Jennie Hault   |
| Social Media               | Holly Stibbon  |
| Front of House             | Bill Lakey, Michael Broom, David Neal, Karen Broom and her kitchen helpers                           |
| Pantomime Committee        | Neville Greenhalgh, Barry Foster, Vicki Gale, Francis Trappes-Lomas, Sarah Collins and Lauren Ellero |
| Honorary President         | Duncan Pigg B.E.M  |



*Sue Tuckwood as the Good Fairy of the Sea*



*Barry Foster as Mrs Crusoe and Lloyd Parfitt as Billy Crusoe*

# Bad Driving on the Increase?

INCIDENTS of bad, inconsiderate or just plain dangerous driving seem to be on the increase in Hethersett. Two particular examples have been sent to us this month.

Caroline Harrison contacted us about an incident near her home on January 18th. Caroline has reported the matter to the police but is asking for anybody who witnessed the erratic driving to contact her.

“On 18th January, my car was parked outside my house on Henstead Road. I parked there at 21:00, and around 15 minutes later heard a loud bang. I looked outside and realised my car had disappeared.

“Thinking it had been stolen, I ran outside only to find it had travelled backwards up the road (approximately 100 metres) crossed over to the other side of the road, mounted the kerb, and smashed through a brick wall. The handbrake was still engaged, and the car was locked.

“Although the front of the car was not damaged, there is evidence of another vehicle’s paintwork on the front bumper and number plate. My car has been written off as the damage to the back is so severe. “I have reported the incident to the police who believe my car was hit and/or pushed up the road with enough force to mount the kerb and smash through the wall. Unfortunately I didn’t see any vehicles driving away from the scene.

“I have only moved to Hethersett in the last two weeks and am sorry to have to introduce myself under these circumstances, but I am devastated about what has happened, losing my car, and desperate to find out how it happened and who might be responsible. If anyone has CCTV and can have a look at Thursday 18th January say between 21:00 and 22:00 there's a good chance that the vehicle in question would be picked up. The incident took place approximately between 21.15 and 21.25 so I expect that's the most likely time you would see something.”

Anyone with information can contact Caroline on 0792 153 2899

Another resident took to social media with the following:

“Last night (January 22nd), around 9 pm, a red car drove down Admirals Way knocking the green bins into the road. This scattered rubbish everywhere. The young man driver then nearly hit another car coming up the road, grinned at the female driver and carried on. It could have been a nasty accident if residents had not gone out and cleared up.”

If you have seen similar incidents to those above please contact Norfolk Police with details. We are happy to print requests for information and other examples of bad driving in the village.

Our esteemed proof reader Patricia Mills read with interest the piece on Hogmanay in the January edition of the Herald and sent us her memories of “First Footing” in her native Northumberland:

“It’s not just in Scotland. ‘First footing’ is big in Northumberland. At every New Year’s Eve party the required tall dark man waits outside for midnight to strike, then is invited in. He presents a lump of coal to the householder and in return the householder gives him a piece of silver – these days, a 50 pence piece. This ceremony brings good luck – obviously! My family still follows this tradition even though they now live in Wales.”

## Allowance Increase To Go Ahead

NORFOLK County Councillors have voted to go ahead with increasing their allowances following a second vote.

In last month’s Herald we carried a story about our county council representative David Bills voting for the increase but deciding not to take it himself. Following this, parties which opposed the Tory proposals forced a second vote.

This time councillors decided by 36 votes to 28 to stick with the 10.5% increase which will be back-dated to May.

## A Christmas Cracker

THE annual Christmas display mounted by Tony and Margaret Dunton in Firs Road during December and early January raised an impressive £420 for the East Anglian Air Ambulance.

Tony and Margaret would like to thank everybody who contributed and took

the amount they have raised over the past two decades plus to thousands of pounds for local charities and organisations.

These have also included the East Anglian Children’s Hospice and the Hethersett Doctors’ Surgery.

# Making a Difference

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***As the weather gets colder and the nights seem to last for ever, many Norfolk residents run the risk of loneliness and isolation, especially if they suffer from a long-term health condition that prevents them from getting out and meeting other people. 'Voluntary Norfolk' is keen to hear from people in Hethersett and South Norfolk who would be able to give some time to make a positive difference to the lives of others. In a special feature we hear about the scheme and how you can volunteer.***

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VOLUNTARY Norfolk's North and South Norfolk Health Volunteers scheme is run in partnership with the Norfolk Clinical Commissioning Group (CCG) and is looking for volunteers to visit people in their own homes.

If you could give an hour or so, regularly or even occasionally, to change someone's life for the better through sharing your time, experience, good humour and mutual interest, in your village, town or the surrounding area, then please get in touch with us. The most popular activity is a simple coffee and chat, but, depending on what you wanted to offer, some people might like a short walk, a game or craft activity, a quick hand with something in the house or garden or even a short trip out in the car. You could visit someone by yourself, or, if you'd rather, you're welcome to enrol with a friend and do your visits together.

"Volunteers do not replace the care of NHS or Social Services staff, nor the support of family members," says Natalie Hickman one of the volunteer co-ordinators for the scheme, "but they bring something very special. They choose to give their time and talents, and that is deeply appreciated by those they visit. An hour or so a week can make a tremendous difference, not only to the person receiving the visit, but to the volunteers themselves. So it's very much a two-way relationship."

Potential volunteers firstly meet with Voluntary Norfolk co-ordinators to discuss their interests and, following a DBS check, completion of the application and induction process, are then carefully matched with a suitable person to visit. Training and support is available, but volunteers are not expected to deliver any personal or medical care nor incur any costs. Visiting arrangements can formally last up to 18 months, but many long-term friendships have developed as a result.

"Many of our volunteers get involved because they want to make a difference to their communities, meet new people or even explore a new career direction," says Karl Hills the senior volunteer co-ordinator. The volunteers we have cur-

rently are of all ages and backgrounds and all have many different interests. So we would be delighted to hear from anyone who is interested in finding out more. Even if you are not sure how much time you have to spare, we can find the opportunities for you to make a difference.”

**If you can help, or would like to know more, please call 01508 531175 for the South Norfolk service. Alternatively, you can email [chloe.edwards@voluntarynorfolk.org.uk](mailto:chloe.edwards@voluntarynorfolk.org.uk)**

**You can register your interest via their website too.**

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# Volunteer Case Study



Spending time with Daphne Medcraft and Richard Fry together feels like you're in the presence of lifelong friends – all the more amazing to think that they didn't know each other four months ago.

Daphne was introduced to Richard following his application to become a volunteer befriender with Voluntary Norfolk's 'North Norfolk Health Volunteers Service'. He applied as he wanted to have that connection with an older person again after having such a close relationship with his grandparents who he has sadly lost. He also wanted to 'give something back' and find a work/life balance.

Daphne was referred to the service following recommendation from her community physiotherapist to have support to go out for short walks to aid healing of a leg condition. She doesn't live too far from the beach at Bacton and used to enjoy taking walks along the water's edge but she explained that it's quite a busy road and she felt she needed support to do able to this, as she lives alone.

Following their introduction, Daphne joyfully reports that they have become "great pals" and that Richard is "lovely". He visits on a weekly basis and they have thoroughly enjoyed each other's company and do various things such as going out on short trips. Richard has taken Daphne out for lunch but has also cooked lunch himself. They are even planning a trip to Southwold.

During each visit, there is a mutual respect and a great deal of chatting about all sorts of topics. Richard describes his visits as giving him a "different dimension to my working week and it's nice to give something back". They both agree that they equally get something out of the befriending partnership and that it shouldn't just be one-sided.

Daphne is in no doubt as to the difference Richard's visits have made in her life: "He's lovely – I don't know what I'd do without him. And even when he's not here, it's a great comfort to think about what we've said and done and to know that he's not far away and he cares about me. It makes me feel a lot less lonely, even when I'm on my own".

"Volunteering is always a two-way street," says Natalie Hickman, a Voluntary Norfolk coordinator who introduced Richard to Daphne and supports the arrangement, "Daphne and Richard are a great example of how a befriending volunteer not only enhances the life of the person they've visiting, but can make a big difference to their own life too. Whilst there is a lot of loneliness across Norfolk and beyond, it doesn't take a lot of time or effort to transform the situation - for both the volunteer and the person they visit."

## Why not get ready and make a start towards doing something different for 2018?

Voluntary Norfolk is keen to hear from anyone who would like to become a health volunteer. If you are 18 years old or over, enjoy meeting and spending time with other people, and can put aside an hour or so a week to change someone's life, please contact Natalie Hickman on 01263 519454 for North Norfolk or Karl Hills for South Norfolk on 01508 531175 or alternatively you can email [chloe.edwards@voluntarynorfolk.org.uk](mailto:chloe.edwards@voluntarynorfolk.org.uk). You can also register your interest via their website.

# Picture Perfect

THE photos on this page illustrate the contrasts in the village with the balance between nature and human beings a difficult one.

The photograph opposite is evidence that Spring is just around the corner and comes from a display of snow-drops in the grounds of Old Hall School.

The slightly uglier nature of village life is shown in the picture below of the destruction of a grass verge near the Memorial Playing Field which has been turned into a muddy mess by vehicles being parked there..



# Picture Imperfect



# Hethersett Writers' Group

**HETHERSETT Writers' Group meets monthly in various homes in the village. Members produce original writing on numerous subjects from poetry to prose, fiction to non fiction. Over the next two pages we feature just two examples of the group's work.**

## **The Robin by Connie Tindale**

Everyone loves robins.

From childhood stories of 'Who killed Cock Robin' to decorations on Christmas cards, people of all ages have a soft spot for these lovely little birds. But, there are myths attached to robins just as there are to ravens, magpies, peacock feathers and many other avian friends.

Robins are thought by some to be the souls of dead relatives and can be bringers of good luck but there is also a dark side. If a robin flies into a house or taps on a window then myth says that someone in the house will soon die.

Norfolk farmers and gardeners of years gone by were wary of robins. They did not mind them foraging around their feet while they worked the soil but were terrified that one would signal their imminent demise by perching on their shoulders.

The following poem was written in honour of the robin and of those fallen in battle.

A million lawns lay before me verdant and green  
Their purpose so poignant but sadly unseen  
On each patch of lawn stood a small wooden cross  
A powerful symbol of pain and of loss.

On each wooden cross sat a wearisome bird  
Its head hung low and its wings unfurled  
Each of the robins looked up at the sky  
And then rose in unison with a long mournful cry

One little bird did not join the flight  
But sang its sad song with all of its might  
Death sat beside it and pierced its chest  
Bright red blood flooded over its breast

Blood dripped to the ground and a small poppy grew  
It nodded its head at the birds as they flew  
Death stomped away leading his throng  
But the little bird stayed and continued its song.

It rose from its perch and took to the wing  
To land on my shoulder its death song to sing  
Death turned around and held out his hand  
To lead me away to an unpromised land.

He opened his cloak to wrap me within  
He had but one question "are you without sin?  
I shook my head sadly and the bird flew away  
"Then the devil will have you by the close of the day."

The little bird flew straight back to its cross  
Its chest still bright red and weak from blood loss  
"Am I to come too?" was the question it asked  
"No" said Death, "you have completed your task".

## Witchcraft in Hethersett by Pat Lightfoot

In Hethersett, a bottle with iron pins and nails was found buried beneath a 17th century cottage fireplace. Today we use burglar alarms and timed light switches. However, 300 hundred years ago they were not just frightened of burglars but of supernatural forces intruding. These included ghosts, witches, evil spirits and misfortune.

So, to protect themselves, they used charms, hid spells up chimneys and in fire-places and protected roof spaces with dead animals. Apparently the most common hidden charms were old shoes. So if you have kept all your child's shoes, put them on a ledge inside your chimney and trap all the bad spirits.

The witch bottle found in Hethersett is an example of a practice that was prevalent three hundred years ago to protect the families from evil witch spells and illness caused by witches. If you were ill, and you thought it was witch related, you would put a sample of your urine, along with the hair and toe nails, into the stone bottle. You would hang the bottle over the fire and leave the room in darkness. When the witch arrived at your door you had to keep silent and the strain of not letting her in would torment the witch and make the her 'burst'.

I can find no other record for Hethersett witches but there were plenty ducked or executed between 1465 and 1700 in Norfolk. People watched from the bridges of the River Wensum as witches either survived their ducking because they were a witch and then were either executed or burned at the stake. If they drowned on the stool the witch was innocent of all charges, even though she was dead.

The first act of parliament that enabled witches to be treated as criminals was passed in 1401. It is well documented in Norfolk that most of them were women.

I am not in favour of the argument that prosecutions were indicative of a misogynous repressive society though there is no doubt that older women living on their own, doing healing practices, were tormented by male protagonists. The greatest prosecutions were in the 1640s when 69 people were charged and 85.5 per cent were women.

Ten of those cases were hanged, and it seems a high proportion were from Great Yarmouth. Four cases were recorded as being guilty but no sentences were recorded. Thirty two percent were recorded as spinsters and thirty six percent as widows. The records show that over half the cases involved a death of an infant. A case in 1640 featured Dorothy Durrant who accused three witches of being involved in making her children ill with quintil with two of them dying.

From 1573, 70,000 witches were killed in England. By 1736 many of the acts were repealed but the witch hunts still went on. Today covens still meet honouring the spirituality of the natural world and celebrating pagan festivals.

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## Hare Coursing Plea

ILLEGAL hare coursing has become prevalent in Norfolk and the county's police force are keen to stamp it out.

There have been no cases to date of coursing in Hethersett but local residents are being asked to stay vigilant and contact police if they have any information.

"Hare coursing is a blood sport and is a completely banned and illegal activity, yet it unfortunately remains common in Norfolk," a police spokesman said.

"Hare coursing is the pursuit of hares using hounds. Traditionally participants spread in a line across a field and disturbed the hare from its home. We now find that it might only be a couple of people with dogs, who then release their dogs to give chase. The types of dog commonly used are Lurchers. Coursing is more likely to take place at dawn or dusk but it can also take place in broad daylight.

"The most obvious sign is vehicles parked in a rural area perhaps by a gateway to farmland, on a grass verge, on a farm track or bridle path. We are committed to protecting Norfolk landowners' property and crops along with the declining population of brown hares and prosecuting those involved in hare coursing. In order to do this we work in partnership with farmers, landowners and gamekeepers. If you see an event taking place we would advise you not to approach the participants but contact us immediately on 999.

"If possible record as much information as you can such as vehicle registrations, makes models and colours, a description of and number of people and dogs and whether they have been seen in fields," the police added.

# Sports Clubs Meet

HETHERSETT and the Meltons' Sports Association held its annual meeting at Park Farm Hotel with members predicting a bright future for the group which was also celebrating its seventh birthday - being founded in February 2011 in the lead up to the London 2012 Olympic Games.

Originally the association worked in tandem with the village's Hethersett Olympic Committee and the subsequent Hethersett Olympic Legacy Committee, before the groups were merged into one.

Since then it has gone from strength to strength, bringing sports clubs and groups together and concentrating on fitness, health and well-being.

The meeting elected the following officers for the coming year - Chairman, Peter Steward; Vice-Chairman, Peter Hault; Secretary, Sharon Lister; Treasurer, Shane Hull.

Members heard that this year's round the square two mile funrun will be held on Sunday, July 8th, starting at 11 am from outside Hethersett Junior School. Once again Rowan House Welfare Centre will be opening its doors for the ninth running of the event and it could well be the biggest and most successful to date. Crusaders Rugby Club offered to once again provide marshals/stewards for the event which will be run over roads closed to traffic including Queen's Road, Great Melton Road, Mill Road, New Road and Old Norwich Road.

Shane Hull reported on an association bank balance of £724. Those present discussed ways of attracting additional membership. Hethersett's county and district councillor David Bills praised the work undertaken by the association over the past nine years: "It is an excellent idea to co-ordinate and bring together clubs under one umbrella to foster the exchange of ideas."

Mel Perkins said that HaMSA had become a recognised body with a good reputation.

"The primary function of the sports association is to encourage sporting activities and fitness and to act as a vehicle for awarding small grants," said treasurer Shane Hull, adding that the association is fully recognised by Active Norfolk as a bona fide fitness group and a flagship in its field.

The association pledged its support for any applications from its affiliated clubs

for S106 money which is being made available from the Heathfields development in Great Melton Road (see front page for details).

The Memorial Playing Field Trustees will be putting in a bid to finance improvements for the pavilion on the field. Planning permission is already in place for these.

Mel Perkins underlined the desperate need for improvements to the existing building:

“Hethersett Athletic Football Club is in the process of applying to step up to the Anglian Combination League but could well be rejected because of poor facilities. This also hampered Hethersett Hawks from hosting a top national women’s event due to poor changing and toilet facilities,” he said.

The association is open to all clubs and individuals who either live, work or are involved in the fields of sport, health, fitness and well being in Hethersett, Little Melton or Great Melton. Club membership is £5 and individual membership is free. The association’s next meeting will be at Park Farm Hotel, at 7.30 pm on Wednesday, April 18th.

Individual sports clubs and groups gave reports at the meeting and these included the following:

### **Hethersett Croquet Club**

The club will be starting up again in the Spring. In the meantime members are enjoying regular indoor games afternoons on Wednesdays in Hethersett Queen’s Head.

### **Hethersett Netball Club**

The Netball club continues to field two teams - Hurricanes and Tornadoes. Hurricanes were promoted last summer and will have tougher games in the coming summer season which starts in March. Tornadoes have recruited some new players and have a promising team. The club is hoping to organise another quiz around April time. The junior club has a steady membership base and train at 5 pm on Fridays at Hethersett Academy. The next competitive games are for under 11s and 12s during the coming months.

### **Hethersett Badminton Club**

The club has had its clubmark status renewed. Hiring of Hethersett Academy has proved more expensive than in the past but is going well.

## **Hethersett Running Group**

It is hoped to re-start this in the Spring

## **Hethersett Hawks Cycle Speedway**

The Memorial Field track is being prepared for the 2018 season which starts in the Spring with league racing beginning in March. Go Ride sessions for youngsters are being arranged. A number of Hawks may be travelling to Poland in July for the European Club Championships. Members enjoyed a successful presentation evening in Hethersett Social Club in December.

## **Hethersett Memorial Playing Field Trust**

Trustees have been busy organising repairs following a spate of vandalism in the children's play area. The parish council has supplied two new bins. There is still the possibility of having an all weather cricket strip sponsored by the Norfolk Cricket Board. The car park is now closed at 8 pm each evening. The dog agility group will be returning in the summer and there is also the possibility of a music event.

## **Hethersett and Wymondham Velo Club**

Club runs are weather-dependant but Sunday morning rides have been going ahead. A group of older riders have also met regularly throughout the winter. Tuesday evening rides have been going into Norwich. New club jerseys are available, sponsored by Howard Cycles of Wymondham. Members had undertaken a first aid course.

## **Hethersett Dementia Group**

The dementia group has shown an interest in fitness-related themes and is liaising with Hethersett Croquet Club on a few ideas.

## **Hethersett Jubilee Youth Club**

The club has a new helper and numbers are increasing. The annual dog show and fete will be held on June 9th. The gas boiler has been repaired. A problem with the fire door has been sorted out.

## **Community Facilities at Hethersett Academy**

These are being well used by the community..

## **Hethersett Athletic Football Club**

The club continues to run smoothly but is in desperate need of improved facilities on the Memorial Field in order to progress.

## **Hethersett and Tas Valley Cricket Club**

The club is looking to make a number of improvements to its ground at Flordon. The club will be starting a ladies side and has been successful in finding sponsorship. One of its main aims for the coming season is to get the first team promoted to Division One of the Norfolk Alliance.

## **Crusaders Rugby Club**

The club is progressing with improvements to its changing facilities and clubhouse. Changing facilities are being upgraded to Rugby Football Union standard.

After being promoted last season, the first team is finding the going tough and is currently in the bottom three of its league. Minis, juniors and ladies sections are going well. Over 200 juniors are receiving coaching every week.

## **Hethersett Methodist Table Tennis Club**

The club continues to "tick over" with eight regular players at Hethersett Methodist Church on Friday evenings. New members are welcome.

## **Rowan House**

A number of new classes have started at Rowan House and a close working relationship has been established with the Respect Yourself Charity.

## **Heart of Hethersett Group**

This group meets fortnightly at Woodcote Sheltered Housing Complex and is aimed at those bereaved and/or suffering from depression and anxiety. Fitness and health matters are regularly discussed.

## **Petanque**

It is hoped to launch regular sessions in the Spring.

For more information on Hethersett and the Meltons' Sports Association visit its official web site at

[www.handmsa.weebly.com](http://www.handmsa.weebly.com).

# Countryside Wander

With Associate Editor Gary Wyatt

## Eaton and Keswick Walk

This month we have another visit to the Yare valley, this time around Eaton and Keswick. **Distance:** about 5-6 km (3.5 miles) **Underfoot:** in winter a couple of the paths can be a bit muddy in wet weather but nothing exceptional; walking boots are recommended.

**Starting point:** car park off Eaton Street near Cringleford Bridge. If approaching from Hethersett, the car park is on the L just over the bridge. Alternatively, take the 14 or 15 bus from Hethersett, get off at the first stop on Newmarket Road after the Cringleford flyover, then walk back and down the hill past the Cellar House pub to reach the river bridge mentioned in step i) below.



**Abbreviations:** R/RH right/right-hand; L/LH left/left-hand. Map: Map adapted from Streetmap EU Ltd 1997-2016 with grateful thanks. **Disclaimer:** the publishers of the Hethersett Herald cannot be held responsible for your safety or well-being when using this route.

i) From the car park, cross the road and turn R along the pavement. After crossing the footbridge over the River Yare, turn L into Intwood Road and then immediately ahead into The Loke, an unsurfaced road. When this ends at some stables continue ahead on the public footpath until you reach the corner of the playing field.

ii) Go on to the field and pass through the gap between the pavilion and the tennis courts. Turn R in front of the courts and continue across the field parallel to the courts to pass through a barrier into a path between bungalows.

iii) Emerge into a cul-de-sac road, turn L and follow it round to the R a short distance to reach Keswick Road, then turn L along the pavement. Follow the pavement, passing over the railway crossing. After a LH bend, you will see some roadside reflector posts and a crossing point.

iv) Cross over the road here and enter the access road to a new housing development. Immediately you will see a broad stony track ahead and slightly to the L. Take this track uphill. At the top of the hill, continue slightly L into a narrow footpath with a fence on your L and a hedge on your R.

v) Continue on the path through woodland until you pass through a gate, Turn L onto an old surfaced road. Depending on the wind direction, you may well hear traffic noise at this point as the Norwich Southern Bypass is very close. Continue along the old road, with the noise dying away behind you, through a gate closing off the road and past the complex of buildings at Keswick Hall, a former teacher training college.

vi) At a road junction, take the L fork and go down the hill to reach Keswick Road again. Cross over into Mill Lane and walk down to Keswick Mill, a picturesque spot. Turn L in front of the mill, passing over the mill stream and continue onto a footpath, eventually reaching the railway crossing by a cottage. Eaton Common, a wildlife conservation area, is on the L here if you wish to explore further.

vii) Taking note of the signs, cross the railway line and walk ahead on the track uphill, passing the enormous Scout headquarters building. Emerge onto Church Lane and turn L along the pavement. At the traffic lights by Waitrose, turn L to return to the car park.

## HETHERSETT SOCIAL CLUB

**Hethersett Social Club opening times are as follows:**

**Mondays - Closed**

**Tuesdays - 7-11 pm**

**Wednesdays - 7-11 pm**

**Thursdays - 7-11 pm**

**Fridays - 5-11.30pm**

**Saturdays - Noon to Midnight**

**Sundays - Noon to 6 pm**

# Hethersett Village Screen

OVER 40 people attended the first village screen showing of the New Year on Sunday, January 7th when the main attraction was Christopher Nolan's Dunkirk, an action packed film featuring the evacuation from the French port of over 300,000 troops in 1940. It featured action on land, sea and in the air. Coming films under the village screen banner are listed below. All are held in Hethersett Village Hall and start at 3pm (apart from the March offering which will be shown at 1pm due to another booking at the hall).



## **Victoria & Abdul (PG)**

**Sunday 11th February, 3pm**

Dame Judy Dench, Ali Fazal, Tim Pigott-Smith, Eddie Izzard and Michael Gambon star in the tale of Queen Victoria's unlikely friendship with a young Indian clerk named Abdul Karim.

## **The Limehouse Golem (15)**

**Sunday 18th March, 1pm**

A series of murders has shaken Victorian London to the point where people believe that only a legendary creature from dark times - the mythical so-called Golem - must be responsible. Bill Nighy investigates.

## **Film Stars Don't Die In Liverpool (15)**

**Sunday 22nd April, 3pm**

Annette Bening, Jamie Bell, Julie Walters and Vanessa Redgrave star in this tale of an unlikely romance between a young actor and a fading Hollywood leading lady. Based on a true story.

## **Battle of the Sexes (12A)**

**Sunday 13th May, 3pm**

Emma Stone and Steve Carell star as Billie Jean King and Bobby Riggs in the stranger-than-fiction story of how the tennis courts of America became a gender battlefield in the early 70s.

# HETHERSETT MATTERS

**Working with Norfolk Trading Standards and other organisations to make you aware of some of the latest scams and thefts to avoid. This month we look at the increasing crime of oil thefts.**

## Heating Oil Thefts

Norfolk Police are urging residents to be vigilant as incidents of heating oil thefts often increase during the winter months. The warning comes after 100 incidents in 2016 where heating oil was a factor. In 2017 the number of such thefts rose to over 110.

General tips to protect your fuel include:

- Check oil levels frequently so you are aware if anyone has tampered with your supply and consider an electronic oil level gauge which sets off an audible alarm in your house if the oil level drops below a quarter full.
- Fit a good quality locking device to all fuel tanks – a high quality closed shackle padlock will make access using bolt croppers very difficult.
- Consider perimeter security for the whole tank such as a metal cage or fencing. Even a prickly hedge may help deter thieves. Remember, however, that the oil tanker driver will need to access it.
- Control switches should be located in a secure building and turned off when the tank is not in use.
- If you're installing an oil tank or considering repositioning, it should ideally be situated within sight of nearby occupied buildings. It may not be so aesthetically desirable, but the more remote the better the opportunity to access the tank without being seen.
- Consider appropriate lighting around the tank so you can see and anyone can be seen. Be considerate to your neighbours and don't use high powered lights which affect their property. Lighting is not the answer to all problems and site specific advice should be taken where lighting is being considered.

If you have been a victim of oil theft, or have any information regarding heating oil thefts in general please contact Norfolk Police on 101 or call Crimestoppers anonymously on 0800 555 111.

# 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 Leslie Dale and David Bills. Leslie can be contacted on 01603 810952. David can be contacted on 01603 813041.

## **Hethersett Parish Council**

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

# HETHERSETT HERALD

Your Monthly E-Magazine

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

[www.hethersett.org.uk](http://www.hethersett.org.uk)

**HETHERSETT HERALD**  
February 2017  
Number 96



### On The Shortlist

2017 nominations for possible best village have been published. The shortlist includes...



### More Accolades for Hethersett Academy

Hethersett Academy has been awarded...

**HETHERSETT HERALD**  
December 2016  
Number 95

Remembrance Special Pages 16-20

### Major Honour for Mike



Major Mike has been awarded...

### More Development?

There has been a lot of discussion...

Supported by

The co-operative  
funeralcare

# Media Watch



THE Wymondham and Attleborough Mercury newspaper reported on a bereaved Hethersett pupil who has organised a fundraiser to raise hundreds of pounds for Nelson's Journey.

Ten-year-old Susanna Pullinger has been receiving support from the charity, having recently lost her father, and decided she wanted to say thank you by organising a fundraiser.

The Hethersett Junior School pupil's idea was backed by family, friends and the school, and a total of £286 was raised for Nelson's Journey, the newspaper reported.

The event consisted of a number of fun activities, including a lucky dip and a game of name the Minion. There was also a book stall, refreshments and a cake sale.

Matthew Parslow-Williams, head teacher at Hethersett VC Junior School, said he was proud of Susanna and her friends. He said: "As the head teacher, I am very proud of Susanna for using a negative experience in her life to help others who are in the same position as her.

"I am delighted with her friends for showing compassion and supporting their friend through a very difficult time and also for raising £286."

# Poor State Of Roads Attacked

RESIDENT Kathy Floyd took to social media with a number of photographs of less than impressive finishing work on the Heathfields area of the village on Great Melton Road.

“I'm attaching some pictures I took of the roads on the Heathfields Estate and hope that someone will reassure me that they are temporary. They are a complete health hazard for walkers and pushchairs.

“Did they forget to put in dropped curbs and consequently threw a load of concrete there in an attempt to rectify? A really depressing site,” Kathy said. We reproduce two of Kathy’s photographs with her permission.

Another resident also expressed concern on the Next Door social media site: “The drain covers are about three inches higher than the path. Somebody is going to trip over in the dark and hurt themselves.”

It appears that the situation is only temporary and the roads will eventually be finished to a reasonable standard.



# Keeping You Snug and Warm

Focus on Hethersett Businesses

WE meet  
Dale Evans

who has added a place to stay to her beauty therapy business which is situated in Cedar Road Hethersett.



DALE moved with her family to Hethersett from Bedfordshire 12 years ago and admits that they haven't looked back, thoroughly enjoying living in Norfolk.

"My daughter started Hethersett High School immediately and came home after two days with three birthday cards and life-long friendships formed.

"I managed to commute for a few years, running and working in my largish salon down there and starting a more intimate beauty salon in a summer house in the garden here in Norfolk, getting back to hands on treatments which I love after 30 years of being qualified.

"I work hours to suit and welcome both men and women. My treatments range from eyebrow waxing to permanent eyebrows, non surgical face lifting, electrolysis for hair removal and red veins and my clientele age range is 18 to 85," Dale said.

Now Dale is diversifying her business. After her daughter moved out she found she had "a bit of extra room." and noticed a lack of short stay accommodation in Hethersett.

From that the idea of The Snug was born. "It is a self contained bedroom with shower en-suite and a private sunny courtyard on ground level. We also provide a fridge, kettle, toaster, television and wi-fi.

"We are situated on a no through road so it is very quiet. If anybody is short of a room for guest or family to visit, hopefully we can fill the gap in the village," Dale added.

#### MORE ABOUT DALE

Dale trained at the world renowned Champneys College in Tring and then started her first job in St Alban's before opening up a small business alongside a hairdressers in Biggleswade. Her dream was always to open her own salon and she did this in 1993 in Luton when her daughter, Courtney, was six months old. Along with her mother, Dale turned it from a two room salon with three staff to seven treatment areas and 15 staff. She also opened another salon close by and won several awards within the industry. Dale's mother retired to Norfolk, leaving her to "go it alone".

It was after visiting her mother in "the wonderful county of Norfolk," that Dale and her family moved to Hethersett. Until last year she was commuting from her Hethersett salon to Luton weekly but is now putting all her efforts into Hethersett and admits that she is "loving every moment."

I have always loved my job as it involves making people feel better about themselves," she said.

# Hethersett Herald

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

**[www.hethersett.org.uk](http://www.hethersett.org.uk)**

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

Information, reports and photographs are always welcome. These can be e-mailed to [petersteward@lineone.net](mailto:petersteward@lineone.net).

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

## **Herald Team**

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Patricia Mills

Thank you to everyone that has contributed to this edition of Hethersett Herald. If you have enjoyed reading this e-magazine please pass on details to friends and relatives so that we can increase our readership.

# Hethersett Herald What's On

*The following are just some of the events taking place in Hethersett in February and further ahead. 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](mailto:petersteward@lineone.net)*

## **FEBRUARY**

**Monday 5th** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**Wednesday 7th** - The Rheumatoid in Norfolk Group (The RiNG) - Guest speaker Liz Harrison from the Norfolk and Norwich University Hospital. Hethersett Village Hall 2-4 pm.

**Sunday 11th** - Hethersett Village Screen presents Victoria and Abdul, Hethersett Village Hall, 3pm.

**Monday 12th** - Hethersett Society East Anglian Goldsmiths 1500-1750, Hethersett Methodist Church Hall, 7.30 pm.

**Monday 12th** - Hethersett Pensioners' Association - Gary Wyatt with slides from the village archive, Methodist Church Hall 2 pm.

**Tuesday 13th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**Tuesday 13th** - Hethersett Writers' Group. Venue to be decided.

**Monday 19th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**Tuesday 20th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**Wednesday 21st** - Hethersett and District Horticultural Society - Norwich Parks with Leslie Cunneen, Methodist Church Hall, 7.30 pm.

**Monday 26th** - Cringleford and Hethersett Flower Club. Finding Inspiration with Susan Horne. Hethersett Village Hall, 7.30 pm.

**Tuesday 27th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

## FURTHER AHEAD

**March 2nd** - Hethersett Playing Field Bowls Club's quiz and buffet evening.

**March 5th** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**March 10th** - Hethersett Environmental Action Team (HEAT) litter pick. Starts at 10 am from Hethersett Methodist Church car park.

**March 13th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**March 13th** - Hethersett Writers' Group. Various venues.

**March 18th** - Hethersett Village Screen presents The Limehouse Golem, Hethersett Village Hall, 1pm.

**March 19th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**March 20th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**March 27th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

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

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

**April 10th** - Hethersett Writers' Group. Various venues.

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

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

**April 18th** - Hethersett and the Meltons' Sports Association quarterly meeting, Park Farm Hotel, 7.30 pm.

**April 24th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

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

**May 2nd** - Hethersett annual parish meeting, Hethersett Village Hall, 7.30 pm

**May 8th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**May 8th** - Hethersett Writers' Group. Various venues.

**May 12th** - Hethersett Environmental Action Team (HEAT) litter pick. Starts at 10 am from Hethersett Methodist Church car park.

**May 14th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**May 15th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**May 22nd** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**June 4th** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**June 5th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**June 12th** - Hethersett Writers' Group. Various venues.

**June 18th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**June 19th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**June 19th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

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

**July 3rd** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**July 8th** - Hethersett's annual two mile run the square funrun. Starts from outside Hethersett Junior School at 11 am.

**July 10th** - Hethersett Writers' Group. Various venues.

**July 16th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm,

preceded by planning committee meeting at 7 pm.

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

**July 17th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**July 31st** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**August 6th** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**August 14th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**August 14th** - Hethersett Writers' Group. Various venues.

**August 21st** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**August 28th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**September 3rd** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**September 11th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**September 11th** - Hethersett Writers' Group. Various venues.

**September 17th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**September 18th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**September 25th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**October 1st** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**October 9th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs

Road 5.30-6.30 pm.

**October 9th** - Hethersett Writers' Group. Various venues.

**October 15th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**October 16th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**October 23rd** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**November 5th** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**November 6th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**November 13th** - Hethersett Writers' Group. Various venues.

**November 19th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**November 20th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**November 20th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**December 3rd** - Hethersett Parish Council planning committee, Hethersett Village Hall, 7pm.

**December 4th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

**December 11th** - Hethersett Writers' Group. Various venues.

**December 17th** - Hethersett Parish Council Meeting, Hethersett Village Hall, 7.30 pm, preceded by planning committee meeting at 7 pm.

**December 18th** - Hethersett Dementia Support Group monthly café, Hethersett Methodist Church Hall, 10am to midday.

**December 18th** - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road 5.30-6.30 pm.

# QUIZ AND CHIPS NIGHT



**17 Feb 2018 at 7pm**

**£11.50 per person - Teams of 4**

**(Fish & chip supper included, or veg option)**

**All proceeds  
going to...**



**EastAfrican**  
playgrounds

Charity Number 1129244

**Hethersett Village Hall · Back Ln · NR9 3JJ**

**For tickets call Clare on 07873 233393 or email [clare@cmiller.org.uk](mailto:clare@cmiller.org.uk)**

# Vote For Pauline

HETHERSETT'S Pauline Harper is in line for a top Norfolk County Council award and Hethersett residents can vote for her.

Pauline is one of six finalists shortlisted for the People's Choice section of Norfolk County Council's Outstanding Contribution Awards which recognises the achievements of volunteers. Her nomination describes her as a "master composter and Love Food Hate Waste volunteer."

Pauline's nomination reads as follows:

"Pauline completed her Master Composter training in April 2014. Since then she has worked tirelessly to raise awareness of the benefits of home

composting, giving more than 150 (and rising!) volunteer hours to her local community. She has a real passion and enthusiasm for composting and a desire to help others to see what a productive, beneficial activity it can be.

"Pauline passes on her knowledge and experience in an interesting and engaging way, encouraging and inspiring others. She has built a strong network in her local community. Composting is a social and healthy activity, and through Pauline's interaction many new friendships have been made.

"She has a great knowledge of composting and gardening. Through this and her ability to interest and engage people of all ages she has inspired many others to give it a go.

She has:

- Given 40+ talks to local community groups - garden clubs, allotment groups, the Women's Institute and local interest groups.
- Attended more than 20 events.



- Helped children, teachers and parents at Woodside Nursery set up a wormery and compost bin, giving the children the chance to learn about and connect with nature in a fun and interactive way. Pauline continues to work with the school to ensure success.
- Written articles for community magazines.
- Given a presentation at a Norfolk County Council compost workshop.
- Written a Master Composter profile of what it's like to be a volunteer.

“Pauline is always looking to build her knowledge. She attended the Waste Matters in Norfolk Conference in 2014, trained to be a Love Food Hate Waste (LFHW) Champion volunteer in September 2015 and is helping people in her local community make the most of their food, reduce food waste and save money.

“Pauline has volunteered a further 40 hours with LFHW, and helped with the launch of a community fridge in Gorleston.

“Pauline has a very busy life but always finds time to volunteer. We are tremendously appreciative and pleased, and wanted all her time and effort to be recognised, which is why we are very proud to nominate her.”

Also nominated in the category are: Grace Edwards (volunteer at Great Yarmouth Library), Victoria Flute (volunteer at Norwich Millennium Library), Carol Newton (volunteer at Tuckswood Library), Kim Russell (volunteer at North Walsham and Stalham Libraries) and volunteers for the Syrian Vulnerable Persons Resettlement Programme.

You can vote for Pauline, or any of the other nominated finalists, on the web site: <http://www.smartsurvey.co.uk/s/W08U0/>

The closing date for votes is 9 am on Wednesday, 7th February.

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

# CRINGLEFORD and HETHERSETT FLOWER CLUB

Affiliated to the National Association of Flower Arrangement Societies (NAFAS)

Would you like to know more about arranging flowers in traditional and modern ways?

We have monthly meetings where visitors are warmly invited to watch a demonstration by a qualified NAFAS Flower Arranger for only £5.

There is an opportunity to win one of their flower arrangements as these are raffled off at the end of the evening

**We usually meet at Hethersett Village Hall, Back Lane, Hethersett, at 7.30 pm (unless otherwise stated). Coming events are:**

**Monday 26th February 2018      "Finding Inspiration" – Susan Horne**

**Monday 26th March 2018 AGM \***

**\*Ticketed event to include supper**

**For further information please contact our Chairman, Lynn Rawlings on 01603 457888.**

## South Norfolk Community Awards 2018

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

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

**[www.south-norfolk.gov.uk/champions](http://www.south-norfolk.gov.uk/champions)**

or by calling 01508 533945.

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

# News From the Parish Council

## Safety Barrier Idea

HETHERSETT Parish Council is investigating the possibility of putting a safety barrier up near the Tasty Bites takeaway in Great Melton Road.

The council has expressed its concern about vehicles backing into Great Melton Road from the car spaces outside Tesco Express and delivery vehicles parking on the pavement opposite.

It is hoped that a barrier would make the area safer for pedestrians and vehicles driving through. It is also hoped that a barrier could be financed by Norfolk County Council through the village's representative David Bills.

Council chairman Jacky Sutton said she was concerned that a member of the public would be injured and a barrier might help to make the area safer. The council has asked for and is awaiting a full safety audit of problem spots in the village by Norfolk County Council's Highways Department.

## Parish Council Dates

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

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

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

# News From the Parish Council

## Dog Mess Problem

Councillors are becoming increasingly concerned at the amount of dog mess in the village.

A number of residents have complained about mess left by irresponsible owners who fail to pick up after their dogs.

"We are very concerned but we have no enforcement powers over this matter. These lie with South Norfolk Council," said council chair Jacky Sutton.

Areas causing particular concern at present include the Heathfields development site, New Road, Cann's Lane, Queen's Road and Mill Road.

It was agreed that the council should mount a publicity campaign in an effort to educate a small minority of owners who are behaving in an anti-social manner.

It was agreed that dog fouling is a major issue in the village.

"The problem seems to be worse in the winter months. We are fortunate that most dog owners are responsible and clear up after their animals. The numerous dog waste bins that we have around the village are well used," Jacky Sutton added.

Hethersett Herald will be mounting its own campaign against dog mess in next month's edition.

## Broadband Improvements on the Way?

**COUNTY Councillor David Bills reported to the parish council on a meeting between the four major mobile phone network providers and Norfolk County Council to discuss providing improved broadband coverage throughout Norfolk.**

**Mr Bills reported on a willingness by all those involved to work together to bring significant improvements.**

# February in Hethersett Library

## *with Rebecca Warner*

- Monday 5<sup>th</sup>                    0930 - Wrap Up and Walk  
                                      1030 – Just A Cuppa Coffee Morning  
                                      1400 – Library Book Group meets
- Wednesday 7<sup>th</sup>                1030 – Colour Yourself Calm colouring group  
                                      1415 – Bounce and Rhyme for babies and toddlers
- Monday 12<sup>th</sup>                    0930 – Wrap Up and Walk  
                                      1030 – Just A Cuppa Coffee Morning  
                                      1400 – Craft Group meets
- Wednesday 14<sup>th</sup>                1030 – Colour Yourself Calm colouring group
- Monday 19<sup>th</sup>                    0930 – Wrap Up and Walk  
                                      1030 – Just A Cuppa coffee morning  
                                      1400 – Craft Group meets
- Wednesday 21<sup>st</sup>                1030 – Colour Yourself Calm colouring group  
                                      1415 – Bounce and Rhyme for babies and toddlers
- Friday 23<sup>rd</sup>                      1530 – Crafter School Club - £1 per child/50p siblings
- Monday 26<sup>th</sup>                    0930 – Wrap Up and Walk  
                                      1030 – Just A Cuppa coffee morning
- Wednesday 28<sup>th</sup>                1030 – Colour Yourself Calm colouring group  
                                      1415 – Bounce and Rhyme for babies and toddlers

'Wrap Up and Walk' is our new weekly walking group. Meet outside the library at 9.30 am every Monday for a gentle stroll around the village followed by refreshments at the library.

DVD offer - we have 2 for the price of 1 on DVDs every Thursday after 4.pm.

The library is now accessible from 8 am every day except Tuesdays and Sundays. Speak to a member of library staff to have your membership activated.

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

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

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

## ***Information on library groups***

### **Colour Me Calm**

Come and join our established group. Templates and pens provided. Refreshments available

### **Knit and Natter**

Come and join our lively knitters and natterers. Learn how to knit or crochet, bring a project or just natter. The event on the first Monday of the month is held at another venue

### **Library Book Club**

A relaxed and informal book group held in the library on the first Monday of the month except on bank holidays.

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

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

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

Thursday: 2-7pm.

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

Saturday: 8am-2pm.

During times when the library is available but not staffed, you can access the building using the Open Libraries system, as long as you are registered. This gives you self-service access to library materials, public computers and quiet, creative spaces even while the building is unstaffed. Please contact the library for more information. Access under the open libraries system is available at the following times.

Monday: 8am-5pm

Wednesday: 8am-5pm

Thursday: 8am-7pm

Friday: 8am-5pm

Saturday: 8am-2pm

# Hethersett Health

**HETHERSETT Herald has once again teamed up with Rowan House Health and Well Being centre to help improve your fitness. This month Rachel Cross explains how Hatha Yoga can help you with your New Year Resolution to “get fit.”**

“AS we grow older, we can at times find managing careers, families, caring responsibilities and friendships very stressful, with little time to take care of our own personal health. We may experience challenges with a number of stress-related health issues, including fatigue, weakness, difficulty sleeping, weight management and a sense of well-being. Research and my own personal experience have demonstrated to me that yoga has a multitude of benefits.



“Hatha Yoga is more than just a fitness routine that involves cardiovascular or repetitive exercises, where age and physical fitness determines your workout regimen. It is a practice that naturally moves the focus of your body to self-awareness, inner healing, vitality and better health.

“Yoga nourishes and calms the nervous system and teaches you to unwind using Asana (postures), Pranayama (breathing techniques) and meditation (stilling the mind) enabling relaxation and peace. A regular practice consequently improves concentration and can strengthen the immune system.

“Yoga has been found to assist in better ageing, through increased flexibility, minimising the muscle loss that occurs as we age and also helps keep bones strong all achieved through the low-impact stretches and strength based exercises yoga offers.

“Another advantage that yoga offers is versatility; it does not require specialist equipment and therefore can be done just about anywhere with just a yoga mat.

“So if you are hoping to improve your health and vitality in 2018 and want an activity that will benefit your mind and body in multiple ways then put ‘try a yoga class’ on your 2018 to do list. Yoga is suitable for everyone and it is never too

# Yoga can Help you:

Revitalise Physically and Mentally  
Reduce Stress and Relax  
Increase Muscle Tone and Strength  
Improve your Concentration  
Increase your Immune System  
Reduce Insomnia  
Increase your Flexibility  
Improve your Posture  
Increase your Self Confidence  
Find Inner Peace and True Happiness

Rachel Cross - Hatha Yoga Instructor

ROWAN HOUSE  
HEALTH & WELLBEING

HOW YOGA CAN HELP YOU  
ACHIEVE YOUR 2018 GOALS

late to start and experience the benefits.”

## About Rachel

Rachel began practising Yoga in 2003 under the guidance of Bryn Raven. Since 2010 she has been practising under the guidance of the very well respected Swami Atma Gyanam Saraswati. In October 2015, she embarked on her teacher training course with Atma and has undertaken a 200 hour Yoga Teacher Training Course at The Yoga Tree in Norwich, which is accredited by Yoga Alliance Professionals.

All Yoga classes are Hatha Style which is primarily focused on the physical practice of Yoga. The class emphasis is on building physical and mental strength and flexibility as well connecting to your body and mind through breathing and relaxation exercises. We start by tuning in to and connecting to our body and breath, then gently moving into some warm up exercises to prepare ourselves for then transitioning into a series of held postures. We then move into a relaxing Yoga Nidra practice where we consolidate the work of the previ-

ous hour.

There is a new series of postures each month which helps to build continuity each week throughout the month. The classes are suitable for beginners and those with experience of practising Yoga. Adaptations and variations are given so that you can practice with comfort, mats, props and equipment are provided. Classes are £7 per class and I offer a six class pass for £35, to be used within an eight week period. Please message to secure your place.

To book your space for class or for further information, please contact Rachel on: 07793 279567.

## Moaning Minnie Has Her Say

### ***Welcome to a new regular monthly comment piece from Hethersett's Moaning Minnie***

I think we need an adult "learn to read" class in Hethersett.

Arriving at the Library, two places left, I parked in one and immediately a lady parked in the other.

"Are you going to the library too?" I asked, as she did not have any books with her.

She had come to collect her children from school, and parked directly under the notice that informed drivers that the car park was for library customers only and not a pick-up point for schools. I pointed the notice out to her, and she was not amused. I must google a two-finger wave and see what it means.

Driving towards Thickthorn, just at the Farm Shop, there were nine cars in front of me and the traffic was moving at 10 mph. Why? Because there was a line of traffic coming the other way, and a cyclist on the ROAD that no one could overtake. This went on until Thickthorn Farm.

Why are we spending thousands of pounds on cycle tracks that the cyclists do not use? Come on cyclists, tell me why you ride on the road next to a cycle track that has cost the county (and our council tax) thousands to put in?

More from Minnie next month.

***Moaning Minnie of Hethersett***

# Groups and Societies

## Church Flowers Appeal

Hethersett Parish Church is appealing for people interested in flower arranging to join their team. The church has a rota with enthusiasts only being called on for one arrangement per year. Anyone interested in finding out more should ring 01603 811731.

## The RiNG

Guest speaker at the February 7th meeting of the Rheumatoid in Norfolk Group will be Liz Harrison, an occupational therapist at the Norfolk and Norwich University Hospital.

The RiNG primarily exists for people suffering from rheumatoid arthritis or an inflammatory arthritis, but others are welcome. The group usually meets on the first Wednesday of the month in Hethersett Village Hall. More information is available from the website [www.thering.org.uk](http://www.thering.org.uk) or by ringing the Freephone number 0800 072 9597.

## Coffee Drop-In

A coffee drop in for parents and toddlers takes place in St Remigius Church on the first Tuesday of every month from 10 am. The parish church is also looking for people to help distribute its Good News magazine which is published monthly. Anyone interested should contact Monica Moore on 01603 811731.

## Hethersett Methodist Church

Hethersett Methodist Church organises shoppers' coffee sessions every Saturday morning from 10.30 am until noon. The church also runs an arts and craft group on Wednesday mornings from 10 am. More information on this is available from Tina Greenhalgh on 810364. The church has a web site at [www.hethersettmethodist.org.uk](http://www.hethersettmethodist.org.uk).

## Environmental Dates

Hethersett Environmental Action Team (HEAT) will be holding regular litter picks

# Groups and Societies

throughout the village on the second Saturday of various months, starting at 10 am from Hethersett Methodist Church. The next litter picks are on March 10th and May 12th.

## Probus Club

Speaker at Probus was club member Peter Earwaker who talked about Louis Pasteur, the French chemist who was director of scientific studies at the Ecole Normale in Paris in 1857, where he announced his discovery of the causes of fermentation in alcohol and milk. His proof that the organisms were contained in the atmosphere inspired Joseph Lister's work in antiseptic surgery. Among his later researchers were those on silk worms' disease, anthrax, hydrophobia and smallpox. Pasteur became professor of chemistry at the Sorbonne.

Peter illustrated his talk with slides and passages from books. He was thanked by John Tullett.

## Helping the Toads

Each year active environmentalists in Hethersett and the Meltons come together to save hundreds of toads, frogs and newts from being run over by cars. The volunteers see the animals safely across roads to their breeding ponds. Without their help the toad populations would be seriously depleted.

The 2018 spring migration is now being planned and a meeting was due to be held on January 29th to discuss plans. Anyone interested in finding out more should contact John Heaser on 01603 812472.

The group also has advice for homeowners and is appealing for residents to check their fences to see if wildlife can migrate through their gardens:

"In recent years, many hedges and old fences have been replaced with fences that have impenetrable concrete gravel boards. We suspect that the combined impact of many such fences is having a serious impact on hedgehogs, amphibians and some insects. Please try and leave some gaps in the gravel boards," John Heaser said.

# Groups and Societies

Leading Hethersett environmentalist and parish councillor Dr Anne Edwards writes: “Every spring between February and April, toads come out from their hibernation sites and start to make the perilous journey back to their ancestral ponds for breeding and to lay their eggs. They may travel up to a mile often following routes that were in use long before the road, dicing with death to cross roads and tackle other obstacles. Many perish on route; the biggest danger is the car.

“It has been estimated that 20 tonnes of toad are killed on British roads every year. ToadWatch (registered with FrogLife, the national amphibian and reptile conservation charity) was started in 2004 and assists amphibians in our area. During the migration season, volunteers wearing hi-vis jackets and equipped with powerful torches, escort toads, frogs and newts across the roads in buckets to the safety of their pond. If conditions are right, mass migrations can occur with hundreds, perhaps a thousand, amphibians moving over just a couple of days.

“Without help local toad populations could become extinct. More ToadWatch volunteers are always required. A pre-migration meeting was held at the Village Inn, Little Melton, on Monday, 29th January for new recruits. There is further information at <http://toadwatch.org/calendar/calendar.htm>

Another volunteer, Georgette Vale from Wymondham said: “The common toad is no longer common in the UK. Every springtime, at nightfall, toads try to get back to their ancestral ponds to spawn a new generation. The problem is that many of them get killed on the roads – especially at Little Melton and Great Melton.

“Toadwatch volunteers monitor the areas that toads are likely to be, and give them a hand to get to safety. The more volunteers we have the more effective we can be. All it entails is being on a rota and to be prepared to go a few times each week for an hour or so during the springtime with a bucket, a torch and a hi-vis vest.

Georgette can be contacted on 01953 605434 or 07867 681839 or at [Georgette@ValeMail.eu](mailto:Georgette@ValeMail.eu).

# Groups and Societies



**Pictured above are members of Hethersett Bridge Club which meets in Hethersett Social Club every Thursday evening at 7 pm. The club has been in existence for 10 years and was founded by the Late Ian Talbot.**

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

Reports of events and meetings can also be sent to the above e-mail address. The deadline for copy is the 15th of each month. Hethersett Herald is published on or around the first day of each month via the web site [www.hethersett.org.uk](http://www.hethersett.org.uk)

# Groups and Societies

## Hethersett Horticultural Society

*By Society Secretary Leslie Dale*

At Hethersett and District Horticultural Society's meeting on 18<sup>th</sup> January on a cold windy marrow-chilling day, Kathy Gray warmed us up with tales of her visit to Morocco to see "The Flora of North Africa".

Kathy's photos of her 2012 "Wildlife Tours" illustrated numerous species of plants from the miniscule to the treasured "Argon Spinosa Tree".

This tree and its fruit produce a delectable Argon Oil which is of great economic value and is fenced off from the local goat herds by many owners.

Date palms produce another economic crop each autumn and the final cash crop is tomatoes, there being row upon row of glasshouses.

The tour extending from coastal dunes through to the Atlas Mountains showed a variety of landscapes. The dunes are home to scrubby "sea beet and sea blight" which bear one beautiful yellow parasitic plant upon their root systems.

We also saw the bird life of Morocco, notably bald ibis, southern shrike and magpie with blue feathers behind its eye.

Prickly native shrubbery including the Ononis Matrix, somewhat resembling a ball of barbed wire, was used to provide goat proof hedgerows and could be augmented by the beautifully flowered Echium Horridum. This comes with fearsome spines, compared to the Norfolk tolerant Echium Pininana.

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

Our next meeting is on Wednesday, 21<sup>st</sup> February when Lesley Cuneen is talking about the "Parks of Norwich" and on Wednesday, 21<sup>st</sup> March John Freeman will be showing us "Gardens Visited during his Holidays" and Ted Hallett will tell us more about "An Itinerant Gardener's Travels".



## Hethersett WI

**Come along and make new friends, find new interests, hear good speakers and try new activities.**

Visitors and new members are always welcome.

Meetings are held from 7.30 pm on the third Monday of the month at the Methodist Church Hall, Great Melton Road, Hethersett (parking at rear of Hall).

Each month we have a different guest speaker following a short business session, a raffle, teas and coffees.

\*\*\*

The Programme for our Centenary Year 2018 will soon be available.

\*\*\*

For further details please contact Eileen Chapman on 01603 811076 or email [eileenchapman19@btinternet.com](mailto:eileenchapman19@btinternet.com)

For information on forthcoming speakers please see posters in the Hethersett Library or on Village Noticeboards

# Almost Wakey Wakey Time

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

IT seems just a few weeks since the hedgehogs were about to hibernate and now it will be only a few weeks until they wake up again and they announce their presence by leaving their calling cards on your lawn. Sadly many will not wake up at all and those that do wake will be undernourished and dehydrated needing your help all over again.

Of the 15 of our hedgehogs that reached hibernation weight, 12 wandered off to make their own lives and find their own homes, one is hibernating in the outside run and three are still awake. One is in my shed and two are with Paul Baisley, Hethersett's dentist.

The one awake in the shed is called Newby and he was the last of the autumn juveniles to be picked up and taken into care as they were underweight. Having spent several weeks on a diet of cat food, mealworms and freshly beaten eggs, he is now a whopping 847 gm. Mature hedgehogs can get much bigger than that, but as an autumn juvenile he is now an impressive size.

There are four hutches in the shed which is unheated. Each hutch is big enough for two small hedgehogs but unless there is an emergency we never put more than one in a hutch in case they fight or there is a spread of disease. Each hutch has a heat pad to provide needed warmth. Newby is in the top left hand hutch and is the shed's only occupant which does not seem to bother him in the least as he is rather lazy. In captivity many hedgehogs will try and dig their way out of their hutches and use up a lot of wasted energy but Newby is content to just eat and sleep. The bath towels on top of the hutches are there for insulation. I now have to get the remaining hutches cleaned and disinfected ready for the spring when they may be needed for new patients.

I did turn off Newby's heat pad for a while in the hope of encouraging him to go to sleep but it did not work. He piled all his straw in a heap and buried himself under it but still came out each night and he began to lose weight. In the end I got so worried at the weight loss that I switched the heat pad back on.



*There are four large hutches in the shed.  
Newby is in the top left hand one.*

So, it looks as though I am going to have to feed him for the rest of the winter. I am reluctant to disturb the outside hibernating hedgehog so I will not really know what the situation there is until the spring.

There has been increased interest in the media and an awareness of the plight of hedgehogs and hopefully things will improve for them. Now almost everyone knows that you cannot feed them bread and milk and the slug pellets will kill them. Gardeners now look through the long grass before they set out attacking it with a strimmer and farmers are leaving wider verges at the edges of fields. However, if we are to leave a wildlife legacy for the future then Hethersett's hedgehogs need your help and your vigilance

You can read much more about Hethersett hedgehogs on the web site address below.

<http://hethersetthedghogs.com>



*Newby has reached 847 gm and buries himself in the straw but is refusing to go to sleep.*

## Quiz Time for Africa

A quiz night in Hethersett Village Hall in Back Lane on February 17th will raise money for an African charity.

Proceeds from the event will go to the East African Playgrounds charity.

Hethersett resident Liberty Miller has taken on the challenge of raising £2000 for the charity as co-organiser and mum Clare Miller explained:

“Valuing the wonderful childhood she has enjoyed she will be travelling with the charity to Uganda in August to help transform a field into a safe playground for the children there. Their childhoods are blighted by poverty and struggle and they often have to work from an early age,” Clare said.

The quiz starts at 7 pm and is open to teams of four at a cost of £11.50 which includes a fish and chip or vegetarian supper. More details are available on a poster which you can find on page 44.

You can read more about the charity on Liberty's fundraising page at

<https://www.eastafricanplaygrounds.org/fundraisers/liberty-miller-eap-fundraising-page>

# Finding Work in 2018

## A Hethersett Herald Special Article

This year has only just begun, bringing with it all the usual resolutions for the new year: to join a gym, to travel abroad more, etc, but what if, to give a boost to your career, you've listed 'find a new job' among your goals for 2018?

It's an excellent idea. But putting it into practice and making it work is by no means easy. To make a success of it, you need to plan every move. There are going to be plenty of distractions, the competition will be intense, and you'll need to tough it out and not give up at the first hurdle.

So, with this in mind, here are five tips that will help you to find work in 2018.

### 1. Study the jobs market

Diving into a job search head first without putting together a plan won't get you far and in fact is only likely to make you quickly lose interest. To make efficient use of your time and energy, you need to decide in advance what approach to take and the type of jobs you are interested in.

Start by studying the jobs' market. Try to find out which companies and sectors are on the up. Usually in January and February there are lots of news items taking stock of the year just gone and summarising the emerging trends that are likely to define the coming year. Keeping abreast of the news for the sectors you're interested in will help you get a clearer idea of the job market and give you a more realistic idea of how long your search might take and your chances of success.

### 2. Identify your weak points

Once you've singled out the sectors where you're most likely to find work, you need to start looking at job ads. Try to pick out the skills requirements that crop up most frequently and focus your attention on them.

Put together a decent selection of job ads that might interest you and list the skills and qualities they ask for. Pick out the most common ones and compare them with the skills and qualities you possess. This will allow you to immediately identify where your weaknesses lie. Your job for 2018 will be to work hard to fill these gaps. How? A training course, obviously.

### 3. Get some training

Figuring out what a potential employer is likely to perceive as your main weaknesses is an ideal starting point around which to base your new year's resolutions. A training course can benefit you in a variety of ways. It will help you grow personally and professionally, show you are willing to improve and keep ahead of the latest developments, make you a better candidate in the eyes of

potential employers and help you develop your network of contacts.

What's more, the level of commitment required is relatively low. There are a large number of training providers who will tailor online training courses around your needs, enabling you to study when you have the time. So, now you know which sectors to aim for and are working hard to come across as a stand-out candidate, you need to start looking for job ads!

#### **4. Find the right job advertisements for you**

It's no good positioning yourself as a stand-out candidate if you can't find the right opportunities. It's increasingly common for the early stages of a job selection process to take place online, so it's important to make sure you find the right sites, offering the largest number of relevant job ads.

Luckily, there are plenty of online tools designed to save you time and effort. Job search engines such as [Jobbydoo.co.uk](http://Jobbydoo.co.uk) gather together all of the job ads available online on one handy platform, enabling users to search quickly, efficiently and safely.

These sites allow you to quickly find all of the ads available for the type of position you're interested in. In a matter of seconds, you can have a comprehensive overview of the available opportunities at your fingertips. All you have to do is select the positions that best match your profile and send off your application.

#### **5. Create a routine**

The world is full of projects that started out with the best intentions only to quickly fall by the wayside! You need to make sure this does not happen to your job search! Looking for a new job can be a long process, so it's important not to get discouraged. But how?

Waiting for the right opportunity to come along can be the most delicate phase of a job search. One of the best ways of staying alert and focused during this phase is to create a routine for yourself. Make some room in your schedule for job searching. There's no best, one-size-fits-all approach - you'll just have to use trial and error to decide what works best for you.

What is important, though, is for it to be sustainable in the long-term. It's no use checking for job ads every six hours if you're going to give up after a week.

So, to recap, here's how to find a new job in the new year: study the jobs market, identify your weaknesses and address them through training, use the right tools for job searches and create a routine for yourself to make sure you stay committed and focused on the task at hand.

So now you know how to find a new job for 2018... all that's left is to start looking!

# Have You Missed an Edition?



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

## News and Features Needed

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

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

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

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

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

**A new TV programme is looking for Grandparents who want to spend more quality time with their Grandchildren**

***Are you a Grandparent?***

**Do you have three or more Grandchildren aged over 18?**

**Do you wish you saw them more often?  
Would you like to help them out?**

If so, a new Documentary would like to hear from you!

If you are interested please email us on [shivercasting@shiver.tv](mailto:shivercasting@shiver.tv)  
OR CALL US ON: **0207 157 4588**

**Please get in touch as soon as possible!**



## TV Opportunity for Grandparents

TELEVISION company Shiver Productions is developing a new television programme for one of the major broadcasters and is looking for “vibrant, fun and outgoing grandparents” who have three or more adult (18+) grandchildren who they would like to spend more time with.

In the programme, grandparents will spend one-on-one time with their multiple grandchildren in an attempt to get to know them better and see if they can offer any help.

They will learn about the pressures their grandchildren face, the lifestyle choices they make, their hopes for the future and what, if anything, is standing in their way of achieving them. !

Initially the company would like to talk to interested grandparents over the phone. They are hoping to hear from people as soon as possible.

Shiver Productions can be contacted on 0207 157 4588 or emailed at [shivercasting@shiver.tv](mailto:shivercasting@shiver.tv)

# Cricketers Prepare For New Season

HETHERSETT and Tas Valley Cricket Club is busy preparing for the 2018 season which it hopes will be one of the most successful in its history.

“2018 promises to be an exciting season. It will see the first eleven competing in the Norfolk Alliance Division Two, our second eleven in Norfolk Alliance Division Four, our third eleven in Norfolk League Division Three and our fourth eleven in Norfolk League Division Four,” said club secretary Richard Ellis.



On Sundays, the club will be playing in Mid Norfolk Division One, Challenge Cup, Lady Mary Trophy and the prestigious national 'Davidstow' Village Cup where a final at Lord's is at stake.

“We will also be competing in the Over 40s Social League, Broke Cup, Junior Cup and Bernard Matthews Cup as well as the usual midweek and evening friendlies. The club will also be running numerous junior teams at under-9, 11, 13, 15 and 19 levels,” Ellis added.

For the first time Hethersett will be running a ladies team: “It means there will be plenty of cricket for everyone. Junior and ladies training will take place on Thursday evenings and senior training will take place on Friday evenings.”

Off the field the club has made more improvements to the outfield and signed up Level Three coach Ben France to assist with coaching and training. In addition the club has secured several major sponsors including Ellis Irrigation, Park Farm Hotel and Alan Boswell Insurance.

The club's winter nets will be held at Norwich High School for Girls (except one) on Newmarket Road, Norwich, on the following dates and times: January 31st from 7.30 to 9.30, February 7th from 7.30 to 9.30, February 25th (Town Close) 5-7 pm, March 7th 7.30 to 9.30 pm, March 25th 10 am to midday, April 8th 10 am to midday.

The first half of each net session is aimed at players of third and fourth team standard and the second half of the session at first and second team standard.

More information is available from Richard Ellis on Tel: 01508 470919 or via Email: [Richard.ellis31@tesco.net](mailto:Richard.ellis31@tesco.net).

The club also has a web site at [www.htvalley.play-cricket.com](http://www.htvalley.play-cricket.com)

# Anyone for Tennis?

AWARD winning Hethersett is rightly heralded for its contribution to the fitness, health and well-being of its residents with sporting organisations and clubs catering for all ages and abilities and featuring many diverse sports and past-times from croquet and petanque to football and rugby.

One of the biggest gaps, however, is the lack of a tennis club. With facilities now available at Hethersett Academy, Hethersett and the Meltons' Sports Association is looking for volunteers to run a club and also for people interested in playing on a regular basis.

"Over the past few years a number of people have asked about the possibility of having a social tennis club in the village, but we really need somebody to come forward to help organise it. There would be backing from Hethersett and the Meltons' Sports Association and grants are available to provide equipment," said Peter Steward, chairman of Hethersett and the Meltons' Sports Association.

Anyone interested in playing or helping to organise a club should e-mail the chairman at

[petersteward@lineone.net](mailto:petersteward@lineone.net)

## Sports Reports Needed

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

**If you would like your club featured just send the details to [petersteward@lineone.net](mailto:petersteward@lineone.net). Photographs are particularly appreciated.**

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