



# Friends in Need

## **WE all need friends.**

Hethersett Library is looking to regenerate its friends' support group in order to bring it closer to the local community.



A Friends of Hethersett Library group was set-up a few years ago to support and organise a variety of events in the library. Now enthusiasts are hoping to give the group a shot in the arm and are appealing for local people to help with its re-launch.

Talks, presentations, film and slide shows, archive events and socials are just some of the events that could be on the cards if enough people come forward to help out.

A special social meeting with free refreshments is being planned for February for anyone interested in volunteering to help with the future of the friends group.

The Friends of Hethersett Library will be a properly constituted group under the auspices of Norfolk County Council's Library Service with the aim of emphasising the importance of the library as a community hub.

The meeting will take place in the library on Wednesday, 13th February, at 6 pm and anyone interested in joining or finding out more about the friends' group will be welcome. More information is also available in advance by contacting one of the former friends' group volunteers Paula Green on [paula1954green@gmail.com](mailto:paula1954green@gmail.com) or speaking to library staff.

(Continued on Page 3)

Welcome to the latest edition of Hethersett Herald - our biggest one to date. If you enjoy reading Hethersett Herald please pass on details so that we can continue to increase our readership.

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The Next Edition of Hethersett Herald will be online at the end Of February.

# Library Friends Group to Be Regenerated

*(continued from front page).*

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***On the front page we outlined moves to regenerate the Friends of Hethersett Library Group and make the local library a community hub again.***

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“We want to ensure that Hethersett Library continues as a key part of local life, bringing it into the community. With Hethersett expanding it is important to make new residents feel at home and the Friends’ group is just one of the many organisations and societies in the village that they can be part of,” said ????????

Hethersett Library already provides numerous activities throughout the week including a Lego Club, book club, bounce and rhyme time for youngsters, walks, colouring for adults and knit and natter sessions. A new group of volunteers will allow many more events to be organised.

Hethersett Library is currently open at the following times: Monday 8am-7pm (staffed 1.30pm-7pm), Tuesday 8am-7pm (Open Libraries access only), Wednesday 8am-7pm (staffed 11am-7pm), Thursday 8am-7pm (staffed 1.30pm-7pm), Friday 8am-7pm (staffed 1.30pm-7pm), Saturday 8am-4pm (staffed 11am-4pm), Sunday 10am-4pm (Open Libraries access only)

To access the library during unstaffed hours, residents need to have a library card registered for the open libraries’ scheme. This can be done by any staff member.

For more information on library groups along with meeting dates turn to page

# Caring Hethersett Campaign

EVERYONE knows the old saying “A dog is not just for Christmas” well the same thing applies to a caring community.

Caring for local people is not just a Christmas thing but should go on throughout the year. That’s why Hethersett Herald is pleased to launch its Caring Hethersett campaign with the aim of bringing cheer to residents who are struggling to cope.

We want to bring some sunshine into people’s lives with small and random acts of kindness throughout 2019.

We were overcome before Christmas by the number of people carrying out good deeds in the village and that was a theme that ran through our January edition.

On page you can read how random acts of kindness gave one Hethersett family a Christmas to remember. Now we want to take this one step further with our campaign. This is how it works.

We will be working in conjunction with the excellent Facebook site “All Things Hethersett.”

The idea is to set-up a register of people who are prepared to bestow gifts of random kindness to others. It might be in the shape of some children’s toys or some home-baked cakes. It might be people prepared to knit or provide clothes. We will then try to find people in the village in need of the items and arrange for them to be dropped off anonymously.

February is the month of Jack Valentine in Norfolk where a mysterious and anonymous creature leaves gifts on doorsteps and then makes a swift exit before being seen. This is what we would like to achieve through 2019.

So as a starting point if you would like to be included on our giving register please e-mail [petersteward@lineone.net](mailto:petersteward@lineone.net) with a contact number and the kind of goods you are willing to provide. We will keep a register of donors and will not pass any details onto any third party. When we identify a needy person or family we will contact the relevant donors with details of where to drop off their random acts of kindness.

# A Golden Extravaganza



**Review - Peter Steward**

**Photographs - Courtesy of Hethersett Pantomime Group**

A GOLDEN show for a golden year.

Hethersett pantomime group's 50th anniversary performance of Cinderella proved to be one of the best in the unbroken half a century of pantomime in the village.

Colour, jokes, excellent dance routines and a traditional plot all combined to make Cinderella a show that will stay long in the memory. And for their golden event the cast and production team went that extra mile to ensure a show full of fun and class.

There were numerous nods to the past but this was a modern twist on the age old tale with the inclusion of a Chinese theatre sketch and a magnificent fully



working coach, all played out against some stunning home-made back drops.

In a three for the price of two scenario the traditional Ugly Sister duo of Neville Greenhalgh and Barry Foster were joined by Jon Gooderham whose flashing eyelids were used to great comedy affect.

Interestingly there were no out and out “baddies” in this production although the baroness, expertly played by Vicki Gale, did produce a number of boos from the audience.

Most of the cast, however, had hearts of gold with writer/producer Lloyd Parfitt once again charming as Buttons and Lauren Ellero a picture as the title character.

Baron Hardup (Steve Bussey) played the down at heel, hen-pecked husband to perfection and John Halford as the king and Becky Sprunt as the queen were every inch a regal pairing.

As usual the supporting cast of dancers, villagers and courtiers added plenty of colour to the performance.

A special mention must go to Andrea Farrow who not only appeared on stage and choreographed the dances for the younger members of the cast, but has also been involved in the pantomime for all of its 50 years.

One might be forgiven for thinking in our modern age of technology that panto-



mime has lost its attraction, but those thoughts can't be further from the truth. Cinderella sold out literally a week after tic proving tickets went on sale proving that this form of entertainment is still popular with people of all ages.

What happens on stage runs so effortlessly because of a veritable army of volunteers and supporters who work so hard behind the scenes and backstage before, during and after performances. They all deserve tremendous credit.





Key to the photographs:

Page five - Dandini (Kate Green) tries to fit the golden slipper on the foot of an ugly sister (played by Barry Foster).

Page six - Baron and Baroness Hardup (Steve Bussey and Vicki Gale) with Cinderella (Lauren Ellero).

Page seven - The Ugly Sisters with Cinderella.

Page eight - Villagers and pretty maids

Page nine - Lloyd Parfitt as Buttons

Page ten - Vicki Gale as Baroness Hardup

Page 11 - The younger dancers and Rachel Woodyear as the Fairy Godmother.







# More Than Fifty Years of Village Pantomime

REGULAR pantomime productions in Hethersett go back to 1970 but the tradition actually goes back further - to the 1950s when members of St. Remigius Church staged three pantomimes - one in the old village hall and two in the Methodist Hall.

Writing in the programme for this year's pantomime, village stalwart Duncan Pigg pictured opposite) looked back on the beginnings:

"Both Jenny (Duncan's wife) and myself took part in the 1950s. In the 1960s my mother Hilda Hagg, who was involved with the Forehoe and Henstead Care of the Disabled, thought she would like to give the members a party for her birthday. I was able to get together a small group of friends to entertain and in 1969 I wrote a short pantomime. It was very much enjoyed by the group and their helpers and all thought it should be opened to the general public and so, in 1970, I wrote a full pantomime, Sleeping Beauty, one performance for my mother's birthday party and two performances for the general public. It was staged in the Church Hall.

"We built a moveable stage, obtained some curtains, costumes were supplied by the performers and a piano for the music. The pantomime became an annual event. Each year for the first 15 years the first performance was always for my mother's party for the handicapped," Duncan said.

The first 26 shows were held in the Church Hall in Henstead Road before the show moved to the new village hall in 1996 where it has stayed ever since.

Duncan wrote and produced the pantomime for many years. Current writer and producer Lloyd Parfitt joined the group in 1984 to help with lighting but soon found himself taking leading parts on stage. When Duncan retired from writing and producing the panto in 2010 Lloyd took on the joint roles.

Sarah Wright joined the group in 1994 and three years later became show director.

Another ever-present on the panto scene has been Andrea Farrow who joined in 1970 as choreographer and remains with the cast to this day, choreographing the dances for the youngest members of the pantomime cast.



1970	Sleeping Beauty
1971	Dick Whittington
1972	Jack and the Beanstalk
1973	Aladdin
1974	Beauty and the Beast
1975	Cinderella
1976	Red Riding Hood
1977	Sleeping Beauty
1978	Dick Whittington
1979	Babes in the Wood
1980	Jack and the Beanstalk
1981	Aladdin
1982	Mother Goose
1983	Sinbad the Sailor
1984	Cinderella
1985	Robin Hood
1986	Beauty and the Beast
1987	Sleeping Beauty
1988	Dick Whittington
1989	Snow White
1990	Aladdin
1991	Cinderella
1992	Jack and the Beanstalk
1993	Babes in the Wood
1994	Dick Whittington

1995	Sleeping Beauty
1996	Cinderella
1997	Aladdin
1998	Mother Goose
1999	Jack and the Beanstalk
2000	Dick Whittington
2001	Robin Hood
2002	Sinbad the Sailor
2003	Aladdin
2004	Sleeping Beauty
2005	Cinderella
2006	Dick Whittington
2007	<a href="#">Jack and the Beanstalk</a>
2008	<a href="#">Mother Goose</a>
2009	<a href="#">Aladdin and His Ruby Lamp</a>
2010	<a href="#">Robin Hood</a>
2011	<a href="#">Snow White</a>
2012	<a href="#">Dick Whittington</a>
2013	<a href="#">Cinderella</a>
2014	<a href="#">Beauty and the Beast</a>
2015	Treasure Island
2016	<a href="#">Jack and the Beanstalk</a>
2017	Sleeping Beauty
2018	Robinson Crusoe
2019	Cinderella

**OVER** the past 50 years Hethersett pantomime has raised over £114,000 for charity and this years retiring bucket collection was in aid of the Big C Cancer appeal.

In 2018 the group donated £2,900 to the East Anglian Nook Hospice appeal, £2,500 to the Hethersett-based Finnbar's Force charity for research into brain tumours in children. £1,000 to the St Remigius Church car park appeal, £500 to the Norfolk and Norwich Association for the Blind and £500 to the Caroline Lindley Trust which gives educational help to Hethersett residents aged between 18 and 25.

# Pantomime Was A Sell Out



DESPITE being 50 years old, Hethersett Pantomime is more popular than ever.

For the first time this year a performance took place on Sunday morning making a record 10 performances. But the performances were sold out within a week of tickets going on sale.

Writer and Producer Lloyd Parfitt referred to the pantomime as “a village institution.”

“I wonder if all those years ago when Duncan Pigg started putting on entertainment for his mother’s birthday he would have guessed how it would develop into a pantomime that became a village institution?”

“I first became aware of pantomime when, as a young boy, my Nan used to take me to the London Palladium to see the annual pantomime. Years later my family came to see the Hethersett Pantomime, long before I joined, and have since been to every show. Although Dad is no longer with us, I can still hear him laughing at the jokes whenever I am on stage.

“For our 50th year we have endeavoured to make the show the most spectacular one we have ever done,” Lloyd said..

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## Why Not Join The Pantomime Group?

HETHERSETT Pantomime Group is always looking for new members to join them in a variety of roles.

If you have an interest in amateur dramatics and want to volunteer to help put on the annual show, then get in touch with them at [www.hethersettpanto.org.uk](http://www.hethersettpanto.org.uk) or speak with any member of the group.

They are particularly looking for people to help with costumes, production, backstage, props and set design and also cast members.

# The 2019 Cast

Cinderella	Lauren Ellero
Buttons	Lloyd Parfitt
Baron Hardup	Steve Bussey
Baroness Hardup	Vicki Gale
Domestos	Barry Foster
Harpic	Neville Greenhalgh
Cillet	Jon Goodrum
King	John Halford
Queen	Becky Sprunt
Prince	Lewis Cook
Dandini	Kate Green
Lord Chamberlain	Daniel Orford
Fairy Godmother	Rachel Woodier
Villagers, Courtiers and Dancers	Scarlett Alborough, Aivars Bismanis, Sarah Collins, Rosie Cox, Sophie Cooke, Andrea Farrow, Sarah Green, Amy Gorman, Tina Greenhalgh, Jack Hamling, May Hamling, Rowan Hill, Aimee Judkins, Freya Judkins, Ellie Luther, Jack Luther, Nia Peres, Caroline Reynolds, Evie Sayer, Freya Scott, Emily Spencer, Joseph Spencer, Lily Stibbon, Sue Tuckwood, Jane Tullett, Lilly Walker, Ian Whiting, Ella Wood.
Mice	Poppy Collins, Amelia Evans, Elsie Hatt, Harmony Stibbon.

# The Production Team

Writer and Producer	Lloyd Parfitt
Director	Sarah Green
Choreographer	Andrea Farrow, Kate Green, Holly Stibbon
Stage Manager	Bob Fell
Back Stage Team	Bob Fell, Neil Lampnell, Paul Baxter
Set Design and Painting	Colin Wilson, Keith Drinkwater
Graphic Design	Daniel Orford
Wardrobe Co-Ordinator	Deborah Stewart
Wardrobe Team	Jan Burnett, Sandra Gibson, Helen Lawn, Sarah Roughsedge, Amy Wood
Set Construction and Props	Aivars Bismanis, Julie Cooke, Lauren Ellero, Bob Fell, Aimee Judkins, Paul Judkins, Daniel Orford, Beverly Orford
Lighting	Paul Judkins, Courtney Cook, Phil Emery
Sound	Pete Emery
Technical Consultant	Chris Goldspink
Prompt	Judith Press
Makeup	Julie Cooke, Jan Halford, Kathy Judkins, Louise Spencer, Lindsay Westgarth, and helpers
Box Office	Jennie Hoult
Social Media	Holly Stibbon
Front of House	Bill Lakey, Michael Broom, Karen Broom and helpers
Pantomime Group Committee	Neville Greenhalgh, Barry Foster, Vicki Gale, Francis Trappes-Lomax, Sarah Collins, Lauren Ellero
Honorary President	Duncan Pigg BEM

# Pantomime Archive

Featuring a handful of pantomime pictures from past productions



The photo above is from the 2007 production of Jack and the Beanstalk and opposite a shot from the 2008 production of Mother Goose.



Above Aladdin from 2009 and below Jack and the Beanstalk from 2016.



# Village Issues

*Peter Steward looks at some of the talking points and current issues causing concern.*

## A Nuisance and a Health Hazard

A perennial nuisance and health hazard has reared its ugly head yet again.

Hethersett Herald has campaigned in the past to clean up our village from dog mess and for a while things seemed to have improved. But sadly, this month, there have been a number of postings on social Media sites that lead us to believe it is once again becoming a major problem.



*If only the solution was this simple.*

One resident had the following to say: “On the school run and when out walking my dog I see far too much dog poo left on the pavement and on the playing field. I gather it’s the late night walkers who think they won’t be seen who allow their dogs to mess on the pavements of Hethersett and think it’s ok not to clean up after them. Too many kids stood in what was left smeared all over the pavement near the Junior School. Please clean up after your dogs!”

Another resident posted on social media and received a massive wave of support. She had this to say:

“Just walked my toddler grandchildren to Tesco from Cedar Court and I’m absolutely disgusted at the amount of dog mess that had been left uncleared. It was easier to walk on the road than avoid the mess on pavement. If you are a dog owner please ensure you clear up after them.”

Sadly it is likely that these heartfelt pleas will be ignored by those responsible in what is both an anti-social and dangerous act. We have in the past underlined the health hazards that dog faeces can cause, particularly to young children. These include headaches, sickness and blindness.

With more and more people moving into the village our fear is the problem will get worse before it gets better. The problem has been highlighted so many times over the past four decades, but little has been done by anti-social dog owners to improve the situation. To redress the balance a little, however, we must point out that the majority of dog owners do pick up after their animals bit, once again, it is the moronic minority that spoil it for everyone with their arrogant and uncaring attitude.

# Village Issues

## Be Seen to Be Safe

This is one that I'm guilty of. We are all aware of the slogan "Be Seen and Be Safe" but how many of us go out after dark wearing dark clothing? This concerns a number of residents with one summing it up perfectly on the All Things Hethersett Social Media site. Once again it is a comment mainly directed at dog owners but could equally be relevant to pedestrians and cyclists:

"There is one thing that really worries me, people out walking their beloved dog at night with no high viz or torch. The amount of times I'm driving down the road that has no street lights and at the last minute you see them."

The post goes on to describe a near-miss incident with a dog walker and a car because the driver only saw them at the last moment.

"We could not see you so please please please if you are walking early or the late hours of night take a torch, wear a high viz jacket, pop a high viz on your dog or even a flashing collar."

Of course much of what we are talking about here is a matter of commonsense and just being aware of the dangers that can lurk at virtually any corner.

## We Are A Village Not A Town

Did anyone spot the deliberate mistake recently in the Eastern Daily Press Newspaper which referred to Hethersett as a town. In my time living in the village (approaching 40 years) we have always been proud of our "village" status. There have been discussions over the years about applying for "town status" but any moves to do so have been vociferously opposed. Of course, with all the new development, the subject may well raise its head once again at some point in the future. At the moment we are still very much a village and proud of it.



## NOS - A New Craze

One of the latest crazes (not sure if that is the correct word) is the use of Nitrous Oxide Canisters (NOS) to give a drug induced high.

Abandoned canisters have been found on Steeple Tower and also at the back of a significant village public building.

As the village grows (there's that phrase again) I fear we will mirror national trends more and more.

# Village Issues

Nitrous Oxide is better known as “laughing gas” and was widely used in the dim and distant past by dentists as an anaesthetic (many of us are old enough to remember having teeth out with this dreadful method). Of course as usual, youngsters (and we must assume that age does play a big part in the use of NOS) will be ingesting this gas without any thought for their safety or the inherent dangers.

The law on the use of nitrous oxide is rather confusing to say the least.

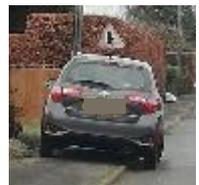
Supply of nitrous oxide for recreational purposes is technically illegal under the Psychoactive Substances Act of 2016. However nitrous oxide is readily available to buy. Technically it is illegal to be sold for human consumption but food grade nitrous oxide canisters made for the purpose of prolonging shelf life of whipped cream and other products is legal and anyone can buy these without a permit. All this seems to be rather confusing as we would suggest that people buying canisters are not purchasing them to keep their whipped cream.

We have checked with the police and it does appear that there is nothing in this to warrant their taking action. My concern is that people high on NOS could go on, well let’s just call it anti-social sprees!

## Another Perennial Problem

Parking in the village is an age old problem that shows no sign of abating. Problems with cars parked along roads in key areas of the village is well documented but a new problem seems to be irresponsible drivers parking on pavements as the picture opposite which was posted on social media shows.

This one was shot in New Road and completely blocked the path, leading one commentator to state that she couldn’t pass when out walking her dog and had to walk down the middle of the road. I’m sure this isn’t the last time we will highlight this problem in this publication.



# Caring Hethersett News Update

*Those of you who read the January edition of Hethersett Herald will be aware of the caring community theme that ran through it. Here we continue that theme with some of the latest*

## Different Name ...Same Objective

In the January edition we highlighted some of the sterling work being undertaken by Hethersett resident Kelly Mendham in sending good cheer to less fortunate Norwich families at Christmas.

Kelly is now moving onto the next phase - Easter.

"To all of those that have helped me with food and toys and want to keep helping. I have changed my group to Easter Egg Donation Norwich.

"I will be collecting eggs for those at the local hospice and those children from the local children's centres in time for Easter."

Kelly will be setting up a "Go Fund Me" page for donations which she will use to buy eggs: "Any small donations will be very welcome and I would like to thank everyone in advance," Kelly said.



***Kelly Mendham with items from her Christmas Appeal***

# Amazing Kindness From Hethersett People

IN the January edition we also brought you the story of the Harrison family who were the recipients of some Christmas cheer from a number of anonymous benefactors.

## Caring Hethersett

Hannah Harrison subsequently took to social media to thank everyone for helping make Christmas memorable for her and her family:

“Thanks to the people of Hethersett, we are already having the best ever Christmas. After having a tough year with barely any money to spare, you've all been so kind and generous.

A few weeks ago, someone anonymously left a huge and gorgeous hamper outside my door, the next night somebody else left some yummy baked goods. Then to top it all off, we got Christmas dinner and all the trimmings from Parking and Security Solutions Ltd. So for the first time in years, we were able to do a proper Christmas meal.

This means so much to us. The fact that anyone even thinks that we deserve such kindness is amazing, it has absolutely made our year. It's restored my faith in people and has made me realise how precious our community is.

I always try to help people as much as I can, but if there's anything I can ever do for any of you please let me know. I may not be able to lend you £100 but I can lend you a listening ear, cuppa tea and friendship.

I will give back in any way that I can, and if I'm ever in a position (financially) to be able to do the same for someone else then I absolutely will.

If my circumstances were different and I was able to afford a lavish Christmas, I don't think I'd be as happy as I am now. I appreciate my friends, my husband and my daughter and I appreciate everyone's kindness. My purse may not be full but my heart absolutely is.

See page for the launch of Hethersett Herald's Caring Hethersett campaign.

# Food Parcels for Residents

## Caring Hethersett

HETHERSETT Methodist Church is taking part in a UK based charity fighting hunger and food waste.

The charity FareShare redistribute good food to frontline charities and community groups that support vulnerable people and which would otherwise go to waste



As a community food associate Hethersett Methodist Church has agreed to collect and make available food suitable for food parcels from Tesco Express in the village.

Food parcels will only include unprepared ambient food which will have been stored in accordance with the terms and conditions laid down by FareShare. will only be offered enough food for their immediate needs and this will also be subject to food being available on the day.

Food parcels will be available for collection from Hethersett Methodist Church on Saturdays between 10.30 am and noon during the weekly shoppers' coffee sessions.

There are three ways in which residents can be involved. Firstly by spreading the word, secondly by volunteering to help with the scheme and thirdly by requesting food parcels. Those wishing to have a food parcel can speak to anyone wearing a red lanyard during the Saturday morning sessions or by taking one of the tokens from the basket in the entrance area and handing it to one of the volunteers making the teas and coffees.

FareShare has been working with the food industry for over 20 years to identify surplus food that can be redistributed to charities. It currently reaches over 1,300 villages, towns and cities, providing food for 28.6 million meals a year and supporting 484,376 people every week. The 6,723 charities that receive food through FareShare provide a lifeline to vulnerable people, including homeless hostels, children's breakfast clubs and lunch clubs for the elderly.

It is estimated that 8.4 million people in the UK are struggling to afford to eat but

1.9 tonnes of food is wasted every year in the UK.

More information on FareShare is available on the website [www.fareshare.org.uk](http://www.fareshare.org.uk).

## Popular Tea Room Has Closed

IT may not be in Hethersett but over the past few years the Piano Victorian Tea Rooms in Ketteringham have been very popular among local residents.

Sadly the tea rooms have announced their end. The following message appeared on social media from the tea rooms:

It is with deep sadness that piano tearoom has been force to close due to circumstances outside of our control. This was not a decent decision to make..

We want to thank you for your local custom, your encouragement as a new business which my team and I will hold dear in our hearts. We know so many of you will be sorely disappointed and we share that disappointment because to us this wasn't just a job, it was a family with adorable customers whom we had come to care about. We will miss the hugs and turning sips into smiles.”

The comment is signed Kim and the Piano Tearoom Team.

# Praise for Young Writers

THE winners of a creative writing competition for youngsters have been announced.

Over 200 entries were received for the competition organised by Hethersett Writers' Group and open to school aged youngsters who either attend schools in Hethersett or live in the village.

The competition was split into two sections - a junior section of school years and a senior section for school years -

The subject was as follows:

The winners and runners-up will receive cash prizes in the competition which was sponsored jointly by Hethersett Writers' Group and South Norfolk Council. A special presentation event will take place before the February meeting of Hethersett Parish Council on February in Hethersett Village Hall.

First place prize of £100 in the senior section went to Hethersett Academy Year Seven pupil Grace Kingerlee (you can read the winning entry on pages). Runner-up in the section was Summer Leacalle from Hethersett Academy who wins £50 and third place prizes of £25 each went to Sophie Felgate, Silvia Pettitt and Dylan Crawley (all from Hethersett Academy).

There were two joint first prizes in the junior section with Poppy Bradbury from Hethersett Junior School and Amy Tallwin from Hethersett Old Hall School both winning £75. Amy is pictured above in a photograph taken from Hethersett Old Hall School's web site.

The competition was judged by members of Hethersett Writers' Group who praised the high quality of the entries:

"We were absolutely delighted with the huge response and also the quality of the entries with pupils using their imagination to look into what our world and what our village will be like in 50 years time," the judges said.

Grace's winning entry in the senior section was praised for its clarity, use of lan-



guage and imagery

The group is hoping to run the competition again at the end of 2019 with a different subject

## A World of Grey or Colour

Over the next few months we will be featuring the winning entries, starting with the winner of the senior section Grace Kingerlee who is a Year Seven pupil at Hethersett Academy.

I closed my eyes. Even with them shut, I could see their faces, watching me as I took three steps forward into the time machine. When the doors shut, I could still see them, the faces of my family, their eyes filled with sorrow, as I left. I had to go - it was the only way.

For what seemed like an eternity, I stood and watched the years go by. I could hear the rhythmic tick of the clock in my ears, which indicated the passing of time. Then, I was there - 2068. Fifty years on. I was still the same age, by some kind of miracle, which I most certainly didn't understand.

I opened the rusting door of the time machine. I don't know what I was expecting to see, but what I saw was not what I imagined. As I stepped out into my new

world, my new home, I saw everything. Every brick on a building, every leaf on a tree, every pair of vacant eyes, every single blade of grass that grew between the paving slabs.

But this super-enhanced vision was not the strangest thing about this new world of mine. The oddest, the most different and certainly the most terrifying thing about this place was the silence. No birds sang, no engines thrummed, nobody spoke. While my mind reeled at the sudden silence, a million words sprang into my vision, flashed before my eyes. The words which belonged to the eyes that watched me.

I turned around and around. I was surrounded by a mob of disembodied blank

eyes which were contained by a ring of towering grey buildings. Along the pavements, there were circular clusters of trees: an island of green in a sea of grey. These trees were the only sign of the natural world. There were no birds to sing, no dogs to bark and no cats to prowl. Only humans, grey and silence.

I turned and ran. I ran through the green island, through the dark, dank, grey alleyways. I ran to somewhere else. I ran to a steel fence that stretched far above my head. It separated two cities. I watched the people, as they watched me. A wave of words surged into my eyes. Silent screams, each strained to be heard above the others. It was the loudest sort of silence. They all stepped towards me, synchronised as though this was just a routine they performed each time a newcomer came.

Unlike the other city where the people wanted knowledge rather than grey. It was more like my home. That was what made me squeeze through the fence on to the other side. I pressed my back against the fence as I took in my surroundings. Red brick houses were scattered over long, rolling hills. They stretched as far as I could see, even with my new vision. I knew that this was where I was meant to be. I looked back at the people. They were still watching me, almost expectantly. I knew what they wanted, what they were waiting for. I opened my mouth and spoke. I told them of my home in the past, and of the other city. The city which was unpolluted, equal and safe, was what the future of the past should be. And then the silence was gone. I knew what I had to do.

Early the next morning, I set out for the

first city. Over the vast amount of time it took me to walk back there, my thoughts drifted to my family, how they were still back home, whether I would see them again. I tried not to think about how, in this future, their cold bodies would be forever stuck under grey gravestones. I was almost glad to reach the city. It was the same as when I had left, but I had not expected anything different.

Carefully, silently, I wove my way through the eyes. They never turned away. I stood in front of them and I told them about the other city, where animals roamed, where colours existed, where silence was broken. Their eyes widened in astonishment that such things could really be. Once they had listened to me, the eyes, who are now people, turned around and spoke to each other. Silence was gone.

I had done all I had needed to do. So that night, I sought out my time machine. It was like an old friend, one I had not seen in what seemed like many a year. I looked around. The buildings were still grey. But inside them were thousands of conversations. And soon many things would change.

When I stepped into the time machine and travelled back to the past, I knew I had done something good, because the future should not be dark or grey.

# From the Archives

More Housing for Village - February 1998

It may be 21 years ago but news from the village in 1998 included a piece that resonates today.

“Hethersett looks set to increase its population yet again as South Norfolk announces its latest plans for additional housing in the area.

South Norfolk made provisions for 4,288 new homes in the period from 1994 until 2016. Although the increased prediction up to 2016 has yet to be worked out, the level of building in some areas, including Hethersett, has already sparked controversy.

Hethersett has been chosen as a prime site for development.

There is already opposition in the village to the development with facilities unable to cope with additional population.”

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

# Hethersett Hall Opens Its Doors

By Charlotte Govier

Staff, residents, relatives and the local community came together at Hethersett Hall on 19th January to enjoy an open day.

Hethersett Hall hosted a variety of activities throughout the day, including live entertainment from Paul and Jayne from Splash Duo which were enjoyed by everyone who came to the event.



Staff at Hethersett Hall made everyone feel welcome and were delighted to see different generations having fun together. Visitors enjoyed plenty of refreshments, such as home made cakes and biscuits prepared by the catering team, who were hard at work making sure that a great time was had by all – it really was a team effort!

Resident, Stanley Reynolds, said, “I thoroughly enjoyed it. I was surrounded by lots of great people, and the refreshments kept flowing. Staff did a great job, not just on the day, but organising the event and getting everyone together.”

Kerry Tidd, General Manager at the home, said: “Staff at Hethersett Hall are dedicated to making sure that the home is a hub of the local community, and this event, along with all their hard work, has definitely paid off. It was a resounding success!”

Hethersett Hall care home is run by Barchester Healthcare, one of the UK’s largest care providers, which is committed to delivering personalised care across its care homes and hospitals. Hethersett Hall provides residential care and dementia care for 70 residents from respite care to long term stays.

Hethersett Hall is offering free refillable hot drinks for all emergency services and NHS staff under a new “pop into Hethersett Hall and take your break on us for free,” scheme.

“We are delighted to offer members of the emergency services and NHS staff a complimentary hot drink and a selection of delicious homemade cake and biscuits to accompany it. So, when you are due a break or have a few minutes, simply pop in and top up that refill mug. All the team here look forward to welcoming you at Hethersett Hall very soon,” said Activities Co-Ordinator Charlotte Govier

# History of Hethersett Hall

Hethersett Hall is a late-Georgian mansion which stands in parkland. It is shown on the 1799 Enclosure map and was built as a gentleman's family seat. In 1985 the house was converted for use as a residential care home for the elderly.

The Hall is of historic importance to Hethersett. It is a two-storey double-depth property built of brick under a hipped slate roof with eaves decorated with paired wood modillions. Window openings were for recessed sashes under flat brick arches. Since 1985 considerable building has been undertaken at the rear and to the right to accommodate the needs of residential care and two-thirds of the windows of the main house are now in modern materials.

The name of the Back family will forever be linked with Hethersett Hall from its early days. Its first occupier was Thomas Back, a solicitor with strong Norwich connections, being sheriff 1802, alderman 1808 and mayor 1809, as well as being deputy lieutenant for Norfolk. In 1818 he agreed to purchase 500 acres of land (including Coleby's, later Church, Farm) close to the hall. He died suddenly on 21 February 1820 in the Council Chamber at the Guildhall, aged 52. He was succeeded by his eldest son, Thomas Back, aged 13 years, in accordance with his will executed on 26 October 1818 and codicil dated 22 October 1819.

## Community Events at Hethersett Hall

HETHERSETT Hall regularly opens its doors to the community with a number of events which include the following:

Chairecise sessions feature chair-based exercises aimed at enhancing balance and core stability and take place on the second Monday of the month at 3 pm in the main lounge.

The Methodist Church Singing Fellowship entertain with songs of worship, praise and fellowship on the first Thursday of each month at 3 pm in the main lounge.

Yoga sessions focusing on relaxation and meditative techniques take place every Wednesday morning at 11 am in the main lounge.

Generations come together as the young and elderly enjoy a mixed morning of arts, crafts and games. Proven to enrich cognitive stimulation and enhance general wellbeing. Every second Saturday of the month from 10.30am – 11.45am

Complimentary refreshments are always available! If you would like to attend any of the free community events please call Activities Co-ordinator Charlotte on 01603 810478 or email at [hethersett.activities@barchester.com](mailto:hethersett.activities@barchester.com)

In 1854, the hall was leased to Henry Back, his brother, by Thomas Back for fourteen years, together with Coleby's Farm. In 1868, the hall and lands were sold to Thomas Back by George Emmanuel Kett. They were leased again to Henry Back for a further fourteen years. Just before Henry died on 15 July 1878, he purchased some 18 acres of the Cromwells estate for £1360. For some years he had been of "unsound mind" and Thomas Back died in 1886.

John Alfred Back, when occupying the hall on 30 September 1891 agreed a settlement on the marriage of Hatfield James Back to Ada Louise Hume. These latter two died on 6 November 1902 and 11 December 1916 respectively.

William Henry Back, son of Henry and Fanny Back, married on 5 October 1885, Marion Edith Browne of Hill House. They had four sons and five daughters. After his death in 23 June 1920, more land was added when Henry William Back, their eldest son, purchased Norgate's Farm, lying between Suckling Lane, the turn-pike and Ketteringham Lane, for £3050. Marion died on 11 July 1922 aged 64.

The hall, together with 504 acres of land, including five cottages, two farms, the Hethersett Racecourse and other buildings, etc., was put up for auction in 1924 by the heirs of Thomas Back, who had died intestate in 1886.

It was bought by Edward Gladden in 1924, who lived there until 1933. He was a keen racehorse owner, and had a horse named Hethersett which was entered at the local racecourse and elsewhere.

The influence of the Back family in the district was not confined to the hall. The gravel pit site was one area of control, as was Cantley Farm, on the boundary with Cringleford and Ketteringham. In 1818, an acre of the Gravel Close(field) was surrendered by Robert Plumtre and his wife, Elizabeth, to Thomas Back for £200. On his death in 1820 this was transferred to his eldest son. Two acres were conveyed to Henry Back for £70 on 26 February 1847, and the whole site was conveyed to William Henry Back on 11 October 1878. Cantley Farm was leased to Thomas Back for eight years from 11 October 1854 to Mary Gurney, and again on 14 January 1870 to Thomas Tice. Many village events took place in the grounds of Hethersett Hall, Woodhall and the Priory. The minute books of the present Hethersett Horticultural Society make interesting reading. The earliest have disappeared though it would seem that the society was formed c. 1924. Meetings were held in the winter with a Rose Show in June and an Annual Show in July. These shows must have been great events. In 1929 they included bowling for a pig, kicking football, hoopla, coconut shies, skittles, hidden treasure, nail driving, basins & bowls, guessing the weight of a member of the committee, darts, coins in water... etc, plus children's sports and a tug-of-war with Ketteringham. There was dancing in the evening to a band with a lady vocalist. Mr

Humphrey Back played an important role in the Society especially at the beginning, as Vice-President and later as President. Members often visited his garden.

The Back family sold the hall to an inspiring Hethersett character - Sir William Steward. Sir William Arthur Steward (20 April 1901 – May 1987) was a British Conservative party politician, who served as Member of Parliament for Woolwich West from 1950 to 1959.

Steward was educated at Norwich Model School and privately and became a restaurateur and farmer. He served as Senior Catering Officer with the Royal Air Force during World War II, obtaining the rank of Squadron Leader. He was a liveryman of the Worshipful Company of Distillers and a member of the Council of the Caterers' Association.

The Veeraswamy restaurant in Regent Street, which had originated as the Indian Pavilion restaurant at the 1924-5 British Empire Exhibition in Wembley Park, was taken over by Steward in 1930. He was married to a singer and artist of the time Greta Gaye. Throughout the 1930s trade was very difficult but the couple used great resourcefulness and came through the challenging times. In the 1940s and 1950s the restaurant became a great success. The first ever curry in a can was introduced under Veeraswamy Food Products brand in the early 1950s. The restaurant was sold by Sir William in 1967. The food products business under the Veeraswamy name continued in to be owned by the couple until his death.

Steward stood in Southwark Central at the 1945 general election without success, and was elected at the 1950 general election for Woolwich West. Continuing his interest in catering, he was chairman of the House of Commons Catering Committee from 1951. He was elected chairman of the London Conservative Union in 1953.

## Nutritional Advice For The Elderly

THE following advice for a balanced diet for older people is taken from a Barchester Health Care booklet containing advice to the elderly on what to eat.

“It is important for older people to have a healthy, balanced diet to maintain physical and mental wellbeing and avoid vulnerability to infection, reduced muscle strength and fatigue.

This involves eating a variety of foods from each major food group, basing meals around starchy foods such as pasta, potatoes, rice, cereals and pulses - preferably wholegrain varieties, as these are the healthiest.

The Essential Foods

Proteins are needed for growth and repair. Good sources of this nutrient are meat, poultry, fish, eggs, cheese, pulses, soya and nuts.

Saturated and unsaturated fats are required to provide energy, although some fats are healthier than others. Fats can be found in cheese, eggs, milk, yoghurts, oily fish and nuts. Oily fish are also an excellent source of Omega 3, which should be eaten at least twice a week to help protect against coronary heart disease and bone-degenerating conditions such as arthritis.

Carbohydrates are needed for energy. They come in two major types: simple and complex. Simple carbohydrates - also called simple sugars - are found in refined sugars, but also in more nutritious foods like fruit and milk. Complex carbohydrates - or starches are found in such foods as potatoes, pasta, bread, cereals and other grain products.

Vitamins play an essential role in all bodily processes. A, D, E and K are fat-soluble and can be stored in the body, but the rest are water-soluble. Foods containing water-soluble vitamins must be eaten once they have been prepared or the vitamin content will be lost.

Minerals perform a number of vital functions. Calcium and phosphorous are required to maintain healthy bones, while iron is needed for the formation of red blood cells and is often deficient in those over the age of 65.

We will have more nutrition advice for the elderly in the March edition of Hethersett Herald.

# Sad News From Writers' Group

HETHERSETT

Writer's Group have been saddened by the death of their founder Pat Lightfoot.

## Herald Obituaries

Pat, who originally comes from Sunderland, launched the group over three years ago aimed at providing monthly meetings for local people who love to write for the sheer joy of putting pen to paper (or rather fingers to computers).

A celebration of Pat's life was held at the Woodland Burial site in Colney with her four children - Megan, Owen, Harry and Tilly - leading the tributes. They referred to their mother as being "kind, enthusiastic, loyal and a friend to all." They also spoke about Pat's bravery from an early age in overcoming an illness similar to polio which led to hospitalisation and having to learn to walk again. They also outlined her career in teaching, particularly as Head of Learning Support at Langley School.



**Pat Lightfoot pictured in 2013**

The service also featured some of Pat's favourite music including the carol "silent Night" along with

Pat also leaves three grandchildren - Connor, Rosa and Rudi.

She founded Hethersett Writer's Group in May 2013 with the aim of encouraging local people to give vent to their artistic side:

"I am hoping that by starting a writers' group, keen writers can become more confident and enjoy sharing their work. I want the writers' group to be informal, where people are happy to share their skills and knowledge and come along with written work which can be discussed in a friendly atmosphere. The idea of starting a group came to me on a trip to India where I met and was inspired by somebody who already belonged to a group," said Pat in 2013, a year after she moved to the village.

## Mary Manning-Coe

The funeral service at St Remigius Church for Mary Manning Coe (nee Mary Edith Curson) was reported in the village Good News magazine.

Mary was the second daughter of Robert and Jessie Curson, both of Hethersett. The Curson family was numerous in Hethersett in the 20th Century. Mary married Peter Manning-Coe and they had one son - Anthony. The couple lived in King's Lynn and Clenchwarton before moving to Hertfordshire, Middlesex, Surrey and then to Sussex where Mary died after a short illness at the age of 94. Mary had lived in Brighton for more than 40 years but was keen to return to Norfolk after her death.

During the 1940s she worked at the King Edward VII Grammar School in King's Lynn.

# Hethersett Newsround

TESCO Express at Hethersett closed towards the end of January for essential repairs to the roof. It is anticipated that the work will take just over four weeks and the store will re-open on Monday 25th February.



# Hethersett Newsround



A CAR had to be pulled out of a garden in Mill Road on January 5th after a collision with a First Bus.

Kathy Floyd who lives opposite reported:

“A recovery truck was called to get the smashed up car which was parked out of the garden. It looks as if the bus drove into it. I’m just glad that nobody was sitting in the car when the incident took place. Apparently it happened around 4.30 pm. I got home around 8 pm and the pick-up lorry was struggling to get the wreck out of the garden. The front hedge was destroyed.

The car owner confirmed to us that nobody was inside the vehicle at the time of the collision and nobody was walking along the path. Passengers on the bus were unhurt.

Norfolk Police have been informed of the collision.

# A Furry Tail Ending

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**Regular Hethersett Herald contributor and village resident Helen Tyler updates us with news of an adorable addition to her**

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**L**OCAL dog holiday specialists Barking Mad South Norfolk are in (puppy) love after sponsoring a second Dogs for Good assistance dog puppy named Wendy. The money raised through events such as coffee mornings and Pupcake sales will support gorgeous Wendy, a yellow Labrador x retriever, throughout her important first year with puppy socialiser Michael.

Dogs for Good, formerly known as Dogs for the Disabled, trains dogs to help children and adults with all sorts of challenges, including autism, physical disabilities, special educational needs and dementia. Every penny donated to this innovative charity helps with exploring ways

dogs can enrich and improve lives and communities. Barking Mad have worked with the charity since October 2017 and also sponsor a 10 month old Labrador called Prince, who has recently represented the charity at several Dogs for Good fundraising talks.

Barking Mad was allocated a second puppy from a litter whose names had to begin with W due to a naming system which ensures that every puppy's name is unique. Barking Mad felt that it was only fitting to christen their puppy with the name Wendy, which alludes to the company's origins in the small Cumbrian town of Kirkby Lonsdale, which has links with the fairy tale of Peter Pan. Author J.M. Barrie was a regular visitor to the market town and is said to have based the



characters on the vicar's children.

Helen Tyler of Barking Mad South Norfolk said,

"We are delighted that Barking Mad's fundraising efforts have been rewarded with the opportunity to support and train another puppy. As our home from home dog sitting service goes from strength to strength in the South Norfolk area, we are honoured to be able to help contribute to the amazing work which this inspirational charity undertakes."



Cathryn Simpson, Corporate Partnerships Manager for Dogs for Good said,

'We're absolutely delighted to be working with Barking Mad. There's obvious synergy between the two organisations in respect of the dogs but more importantly the ethos of both organisations is closely matched and this is important to ensure a successful partnership. Thank you to everyone for getting involved!'

Barking Mad will be continuing to raise money for Dogs for Good to train more desperately needed assistance dogs throughout 2019, by holding local events and via their online fundraising page,

Barking Mad is part of the Franchise Brands plc group of companies and is the UK's favourite dog holiday company, as verified by TrustPilot. Contact Barking Mad at [www.barkingmad.uk.com](http://www.barkingmad.uk.com) to find your dog's home from home today.

# Liz Answers the Questions

Hethersett-born international soprano Elizabeth Watts lit up our television screens over new year in an unaccustomed role.

Liz was on the Sheffield University team narrowly beaten in the first round of celebrity University Challenge by Manchester University.

Liz gained a first class honours degree in archaeology at Sheffield before having a complete career change by studying as an opera singer at the Royal College of Music, something she joked about on the show. She is now recognised as one of the outstanding British sopranos of the modern era, winning many prestigious international awards and appearing in Opera throughout the world.

Liz answered a wide range of questions including giving answers on the First World War poets, the 12 Days of Christmas and recognising a piece of music from The Smiths.

Liz gave a fundraising concert in Hethersett Methodist Church back in October 2008 when she spoke of her love of the village and what it meant to her. Her first on stage performance was in Stargazers at the church.

Her 2008 concert featured songs and arias by Schubert, Benjamin Britten, Handel, Mozart, Rimsky-Korsakov, Puccini and Donizetti along with a number of show favourites.



# News From the Parish Council

# News From the Parish Council

## Election Time Approaches

ELECTIONS for the 13 seats on Hethersett Parish Council will take place in May as the current council approaches the end of its term of office.

Nominations for the parish council can be lodged with a closing date of April 3rd for applications. An election will only take place if there are more valid candidate nominations than vacancies.

Parish Council elections take place every four years.

The February meeting of the parish council will take place on Monday February 18th in Hethersett Village Hall at 7.30 pm and will be preceded by a meeting of the planning group.

Presentations to the winners of a creative writing competition will take place before the start of business (for more details see page)

# Get Your Thinking Caps On

For the past few years Hethersett stalwart Mel Perkins M.B.E has been setting a themed conundrum at Christmas. This year, with Mel's permission, we have included a cryptic puzzle with all the answers being High Street Stores. So have a go just for fun and we will print the answer in next month's Hethersett Herald.

**AN assurance has been given that Hethersett will look after the historic Kett's Oak on the B1172.**

**The assurance was given by Hethersett Parish Council chairman Adrienne Quinlan at the December meeting of Hethersett Parish Council.**

**We will have the full story in our February edition.**

## **Sports Reports Needed**

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

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

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

# Remembering Miriam

HETHERSETT artist Jo Cole has had two artworks featured in the Aspire Exhibition in the Hostry at Norwich Cathedral during December and parts of January.

Jo, who uses her maiden name of Jocelyn Jacobson for her artwork, was amongst 40 artists whose work was on display.

“The two artworks I entered for the Aspire Exhibition are works I felt fitted with the title of the exhibition in different ways.

Her first work was an oil painting on rabbit skin, gesso and wood of Miriam Makeba. It was done just after Miriam’s death in 2008 and was undertaken to mark her “incredibly heartfelt lyrics and amazing voice and the denial of her South African citizenship because of strong beliefs against apartheid.

Miriam Makeba spent the first six months of her life in jail after her mother was arrested for selling homemade beer. She had a brief and allegedly abusive first marriage at the age of 17 and gave birth to her only child in 1950.

She began to build a reputation as a singer with the Manhattan Brothers in 1954 but was exiled from South Africa in 1960 because of her music and beliefs against apartheid. In 1963 she testified about apartheid at the United Nations and her South African citizenship was withdrawn and her records were banned in South Africa.

She recorded her first solo album in New York in 1960. She was persuaded to return to South Africa after the release of Nelson Mandela after 31 years in exile.

Jo’s second artwork on display was Jacob/s Ladder - a life size papier mache coffin, fabrics, books, photographic images, unfired mud and egg tempera which also featured bullets, leather shoes.

“The sculpture is a more personal piece of work but contains love, loss and memory and fulfilment of aspirations.”



Jo knows what it is like to have citizenship taken away:

“I too have had my citizenship taken away from me by the political regime of the country where I was born (Zimbabwe). My aspiration to become an artist was identified and achieved in the UK and the book *The Story of Painting* by Sister Wendy Beckett was placed in the sculpture because it was Sister Wendy’s paintings and icons which began my love of the medium of egg tempera.”



“Sister Wendy so sadly passed away on Boxing Day while my sculpture was still on display in the cathedral and, while it was not intentional at the beginning of the exhibition, I am very pleased that I have been able to commemorate my love of her work and a small part of her life in my sculpture.”

# CALLING ALL LOCAL HISTORY ENTHUSIASTS!

Do you want to be a part of an exciting new project that brings together the vast history of the Eastern Daily Press, and cutting edge voice recognition technology?



Through the use of specialist scanning equipment, Local Recall aims to digitise the historic EDP archive and make it compatible with voice technology such as Amazon's Alexa devices.

One day in the near future, you'll be able to say 'Alexa, tell me the headlines from 1969' and your voice device will be able to respond with what took place on that day.

But before this can happen, the scanned archive material needs some care and attention from dedicated community archivists – which is where you come in.



*We need a number of volunteers to help us ensure that our archives are in a state to be shared – because whilst computers can do a lot for us, sometimes there's no beating the human eye for spotting errors in the scanned articles.*

*If you have access to a computer and an interest in local history, we'd like to hear from you.*



<https://localrecall.archant.co.uk/volunteer> ✉ [LocalRecallProject@archant.co.uk](mailto:LocalRecallProject@archant.co.uk)  
to find out more or to register to take part.

# Herald Health - Fighting Christmas Stress

**MEN are notoriously bad at talking about their feelings. Here Rachel Pailes of Rowan House Health and Well Being Centre in Queen's Road discusses a subject that is all too often thought to be taboo.**



Every year thousands of men and women across the globe take part in 'Movember' a month of campaigning, activities and moustache growing to bring attention to the very real issues around men's mental and physical health. But what happens when November draws to a close. What happens next.

Many men find it notoriously difficult to translate their feelings and emotions into words, and we mustn't forget that mental health issues affect the men we know and love every day of the year. And many of them are very good at hiding

Think about the ideal image of a 'real man' and what do you see? Cultures around the world have long considered men to be permanently strong, stoic and emotionless. And research has revealed that this misconception is often forced upon boys during childhood. From a young age many are surrounded by well-meaning and seemingly harmless comments like:

'Man up!'

'You throw like a girl!'

'Real men don't cry!'

Though not meant to cause lasting damage, comments like these can leave boys at risk of hiding their feelings for fear of being ridiculed, leaving them with very few tools to deal with their emotions later in life.

Recent studies have also shown that chronic stress in men is far more common than previously known, and that it affects men from all ethnic, financial, and educational backgrounds. Making matters worse, men have been found to be far more adept at hiding their real emotional state, making diagnosis and their willingness to seek treatment much more challenging.

So what are the signs of stress in men, and what can be done to help alleviate them?

Firstly it's important to recognize the signs and symptoms of stress. In the early stages, symptoms can be wide ranging and not always easy to recognize. But if the list below sounds scarily familiar then you or someone you know could be at risk.

### Symptoms of stress in men

Feeling tired

Forgetfulness

Difficulty sleeping

Irritability and moodiness

Lack of motivation

Loss of concentration and an inability to complete projects

Muscular and skeletal aches and pains (A lot of men carry stress in their lower back or neck muscles.)

Recurring headaches

Increased reliance on smoking, drinking or even drugs to cope

Left untreated, stress will often start to manifest itself physically, which can lead to serious health issues. Look out for:

Increased susceptibility to colds and flu

Chest pains

Digestive problems (tummy aches and constipation)

Elevated blood pressure

Elevated heart rate at rest

Sexual problems such as lack of desire, inability to have an erection, or premature ejaculation

Skin eruptions

So, if you're ready to stand up and admit that you're suffering from stress then what can you actually do to reduce the emotional intensity you're feeling and help yourself feel better? Here are four simple solutions to help you get started.

#### 1. Face up to what's stressing you out

Stress occurs when that demands placed on you — such as work, finances or relationships — exceed your ability to cope. Figuring out and then facing up to what's stressing you out is a vital first step, but it can also be the hardest, especially if the source of your stress is personal.

Taking control of a situation is empowering, which in itself can help to ease the stress you're feeling around a certain situation. Look for solutions. If you're stressed out at work, consider arranging a meeting with your manager to figure out which projects or tasks could be delegated or put on hold whilst you clear the backlog. If you're stressed out from mounting credit card or bank debt then give your financial provider a call. Chances are they'll be keen to help and can resolve the issue by putting a reasonable payment plan in place. If that doesn't work try calling a the Citizens Advice Bureau or a debt support service.

Stress caused by personal relationships can be a little trickier to deal with, but if you're going to get through this, you're going to have to bite the bullet and...

## 2. Talk, talk, talk

Admitting that you're struggling means admitting that you have weaknesses. We all do of course but it can be something many men find troublesome to think about. But here's the thing, if the people around you don't know what you're going through then they can't help. Don't let it reach the point where you're constantly snapping at your wife, partner, children or family. They'll feel bad, you'll feel bad. It's a recipe for disaster.

If the prospect of talking to your family is just too much to bear then start by seeking help from a neutral third party. Counsellors and life coaches are trained to listen to your issues without judgement or blame and they'll be able to help you identify some strategies to start dealing with the issues causing you stress. But in the meantime...

## 3. Exercise

If "I don't have time!" is your first reaction to this then sorry... we're not buying it. Exercise doesn't have to mean a sweaty two-hour gym session. Research shows that just a 20-minute walk, run or swim in the midst of a stressful time can give an immediate positive effect that can last for several hours. It could be as simple as a quick workout or walk through the park during your lunch hour. Getting up a half hour early to get a run in or even putting in a quick jog after you put the kids to bed. A good workout releases endorphins that may chemically ease the feelings caused by stress.

Take the stairs instead of the lift, walk to the shops instead of taking the car or, make a real commitment to your health by blocking out a few hours each week for exercise. Remember, self-care isn't about thinking 'me first!' it's about thinking 'me too.'

## 4. Go to bed earlier

Yes, that's right. Bedtime for you! Disrupted sleep patterns or having trouble getting to sleep are one of the first signs of chronic stress, but getting this one sorted quickly will make a huge positive difference in how you feel and your ability to cope with future stress. Start by cutting back on screen time, caffeine and carb-

based snacks in the evening and instead head up to bed half an hour earlier and relax. You could:

Read a book

Write in a journal (getting your thoughts out of your head and onto paper may help you to process them better)

Meditate

Listen to calming music

Even better, make your bedroom a place that you really want to be. Invest in some super luxurious pillows, blankets or fresh bedding. Put a few drops of essential oil in a diffuser or use a calming room or pillow spray to create a feeling of ease and relaxation.

If you're suffering from stress then our Rowan House therapists are here to help. We offer a variety of treatments to ease and relax body and mind, from counselling, psychotherapy meditation and hypnotherapy to massage, acupuncture and Pilates.

Click [here](#) to visit our therapies page and find out more. Or, if you need guidance and support in choosing the best therapy for you, give our friendly reception team a call on 01603 813999 or email us [info@rowanhousecentre.co.uk](mailto:info@rowanhousecentre.co.uk) and we'll be glad to help.



# What's In A Name?



**Associate Editor Roger Morgan uses his interest in street names to delve deeper into some of the characters who gave their names to roads in the village.**

I AM often intrigued by street names, particularly those featuring people's names. When we first moved to Hethersett in the summer of 1990 we looked at a house on Admirals' Way in what was then the rapidly expanding Steepletower development. Clearly all of the streets leading off Admirals' Way were named after people with seafaring connections.

I had of course heard of Sir Francis Drake and knew that he was the first Englishman to circumnavigate the globe in 1578 on his ship the Pelican, later renamed the Golden Hind. I also knew about the leading role he played in the defeat of the Spanish Armada in 1588 and how he allegedly played bowls on Plymouth Hoe as the Spanish ships approached, which was most probably untrue.

The tactics used by Drake and the greater manoeuvrability of the English ships were enough to see off the Spanish and their attempted invasion of Britain. Many of the Spanish ships were destroyed by the storms that followed. I didn't know, however, that in his early days as a seaman, Drake was a slave trader and pirate, plundering the Spanish ships for treasure. He also led a disastrous counter Armada losing 40 ships and around 15,000 men. Drake died of dysentery aged 56 in 1598 and was buried at sea off the coast of Panama.

Few people in Norfolk will not know about Horatio Nelson and his exploits against the French Navy. Born in 1758 in Burnham Thorpe, Norfolk, he rose to become a national hero forever commemorated on a column in Trafalgar Square in London. He joined the navy aged 12 and was a captain by the age of 20. His boldness and occasional disregard of orders led to a series of glittering victories over the French. Under his command the British navy reigned supreme. His final battle took place in 1805 off the coast at Cape Trafalgar in South West Spain where Nelson led the British fleet to a glorious victory over a combined French and Spanish fleet. During the battle, he was shot by a French sniper and died

shortly before the battle ended. The Franco-Spanish fleet lost 22 ships and the British lost none! His body was returned to England where he became only the second commoner, after Sir Isaac Newton, to be given a state funeral and he was buried in St Paul's Cathedral.

But who were Collingwood, Benbow, Anson and Exmouth? What was their connection to the sea?

Cuthbert Collingwood (1748-1810) was a great friend of Nelson after they served together on the frigate HMS *Lowestoffe*. His career seemed to follow that of the great hero and when Nelson was promoted and changed command it was often Collingwood who took over from him. At the Battle of Trafalgar, Vice-Admiral Collingwood was Nelson's second in command and it was he who led the second line of British ships which smashed through the French line. In his ship, the faster sailing *Royal Sovereign*, Collingwood was the first to engage the enemy and virtually sank the Spanish admiral's ship the *Santa Ana* before another British ship had fired a gun. After Nelson's death he assumed command and organised the final stages of the battle. His bravery resulted in further promotions and he served with distinction for another five years. Unfortunately on his journey home to retirement he died of cancer on board his ship. His body was later laid to rest in the crypt at St Paul's alongside his life-long friend Nelson.



The Admiral Benbow is the fictional name of the inn owned by Jim Hawkins' parents in the novel *Treasure Island*. However, John Benbow was a real person. He was born in 1653 in Shrewsbury and joined the Navy at the age of 25. He served with honour under a number of captains who went on to become admirals. They helped to advance his career and he fought bravely against both the French and a number of pirate groups in the English Channel and the West Indies. Whilst stationed in the West Indies he rose to the rank of Vice Admiral of the White in 1702. In the same year he was commanding a small group of seven warships which engaged a French squadron led by Admiral Jean du Casse off the coast of Columbia. However, only Benbow's ship and two others attacked the French while the other held back. In the ensuing battle Benbow was hit by chain shot and both his legs were shattered but he bravely fought on until the other six captains forced him to with-



draw. He returned to Jamaica and immediately started proceedings against the cowardly captains. Even the French admiral wrote to him saying that his captains should be hung. At the courts-martial the two captains who supported Benbow were pardoned while the others were either cashiered or sentenced to death. Two of them were returned to England and then shot. Benbow's leg was amputated but a fever set in and he died in November 1702. His bravery in battle was to earn him the nickname 'Brave Benbow'.

George Anson was born in 1697 and joined the navy in 1712 at the age of 15. He progressed through the ranks becoming a post captain in 1723. In 1737 he was sent as a commodore with a small squadron of ships to attack Spanish possessions in South America at the outset of the War of Jenkins' Ear. He lost two ships whilst rounding Cape Horn but with the remainder he harassed the enemy and attacked the Spanish ports. However with many crew losses during battle and from scurvy his force was depleted and he was left with just one ship, the Centurion. He captured a Spanish galleon with more than 1.3 million pieces of eight on board. The prize money he got from this haul set him up for life. He became the MP for Hendon in 1744 and was promoted to Rear Admiral in 1745. He became Lord Anson in 1747 and was made 1<sup>st</sup> Lord of the Admiralty in 1751. He attacked corruption, improved medical care, tightened discipline and introduced uniforms for commissioned officers. He died in 1761 at Moor Park, Hertfordshire.



The 1<sup>st</sup> Viscount Exmouth was Edward Pellew who was born in Dover 1757. He is portrayed by Robert Lindsay in the Hornblower novels by C.S. Forester where he is the mentor to the fictional young midshipman Hornblower. In real life he joined the Royal Navy in 1770 and went on to have a long and distinguished career until his death in 1833 at the age of 75. He served in the navy for 50 years taking part in the American War of Independence, the French Revolutionary Wars and the Napoleonic Wars. He was promoted to Rear Admiral in 1804 and in 1814 he was made Baron Exmouth of Canonteigh. One of his four sons, George was made Dean of Norwich in 1828.



**We will have more information on Hethersett road names in coming editions of Hethersett Herald.**

HETHERSETT and the Meltons Sports Association is backing a call for more volunteers in the village.

The association's annual meeting celebrated the number of volunteers in both the sporting and other fields that give so much time to make our village what it is. At the same time it acknowledged that more volunteers are needed in many areas.

It agreed to support any village campaign aimed at increasing the numbers organising events

Ian from Norfolk County Council outlined council plans to house disadvantaged children in two properties in Cann's Lane.

"This is a ground-breaking initiative to provide homes for looked after children, preparing 16 and 17 year olds for independent living. The homes will be staffed 24 hours a day and the youngsters will be given important life skills.

"Our aspiration is to integrate the youngsters into the local community."

## New Chair Elected

After eight years at the helm, Peter Steward has retired as chair of Hethersett and the Meltons' Sports Association.

The annual meeting unanimously elected Sharon Lister as the new chair. Sharon will also fill the post of secretary., a post to which she was re-elected.

Shane Hull was re-elected treasurer.

The next meeting of the association will take place at Park Farm Hotel at 7 pm on Wednesday April 10th.

## Supporting Fitness

Hethersett and the Meltons Sports Association was founded in 2011 to support sport, fitness, well being and health in Hethersett, Little Melton and Great Melton.

The association meets four times a year at Park Farm Hotel, Hethersett.

Membership is open to any group, club or individual working in the fields of fitness, sport and well being either in a professional or voluntary capacity.

Annual subscriptions are just £5 for clubs and free for individuals.

Meetings of the association discuss matters of mutual benefit and also celebrate sporting success as well as discussing coming events and lobbying for improved facilities and starting up new social sports/recreation clubs..

It also awards small grants from money donated to it by South Norfolk Council. At its latest meeting members agreed to give £100 to Hethersett Hawks Cycle Speedway Club to help with coaching fees and £60 for Hethersett Badminton Club for new nets.

A provisional date of Sunday July 14th has been set for the tenth Hethersett Run the Square Funrun.

A number of loose ends, including policing of the event, remain to be tied up and it is hoped to confirm the date in the near future.

The past nine years have seen the event consistently gaining in popularity with 2018 attracting a record field of well over 300 runners/walkers for the two mile event which takes place on closed roads around a square of the original village taking in Queen's Road, Great Melton Road, Mill Road, New Road and Old Norwich Road. We will have more details in future editions.

# Village Screen Films Announced

## Disney Christopher Robin



THE 2019 set of films organised by Hethersett Village Screen kicked off on January 6th with Christopher Robin.

Next up will be King of Thieves on February 3rd, The Little Stranger on March 3rd, Stan and Ollie on April 7th and First Man on May 12th.

All films take place in Hethersett Village Hall on Sunday afternoons at 3 pm. Many are accompanied by films from the East Anglian Film archive. Light refreshments are available for £1 for coffee/tea and biscuits and entry is just £4.50 per person.

The Disney film "Christopher Robin" tells the story of the inspiration for A.A Milne's Winnie the Pooh who is now a family man living in London. Christopher Robin receives a surprise visit from his old childhood pal, Winnie-the-Pooh. With Chris-

topher's help, Pooh embarks on a journey to find his friends - Tigger, Eeyore, Owl, Piglet, Rabbit, Kanga and Roo. Once reunited, the lovable bear and the gang travel to the big city to help Christopher rediscover the joy of life. The film stars Ewan McGregor, Hayley Atwell and Bronte Carmichael.

The King of Thieves tells the story of a crew of retired crooks who pull off a major heist in London's jewellery district, but what begins as a nostalgic last hurrah for the group quickly becomes a brutal nightmare when greed overtakes them.

Hethersett Village Screen is a non profit group organising monthly screenings in Hethersett Village Hall. It is fully supported by Creative Arts East, South Norfolk Council and Norfolk County Council.

More information is available at [facebook.com/](https://www.facebook.com/hethersettvillagescreen)



## Moaning Minnie

THERE are so many visually impaired drivers in Hethersett - they cannot read the signs that say "20" or "30".

One day in January I followed a car down Steepletower (oops sorry, Steepletower is not Hethersett I have read!) I was doing 30, gawd knows what speed she was going, but she took off at a rate of knots.

Mind you, I smiled when I caught up with her at the junction of the 1172 because she could not get out :-)

If you do drive at the correct speed, you get tailgated.

However, this makes a change from all the moans I read on dog fouling and litter, which seems to be the only subject residents talk about these days.

# Lifetime Achievement Award For Hearing Care Centre Founder

The founder and managing director of one of East Anglia's leading hearing care companies has been honoured with a Lifetime Achievement Award by one of the UK's leading health governing bodies.

Karen Finch, owner of local business The Hearing Care Centre which has a local clinic at Rowan House Centre, Hethersett, was presented with a Lifetime Achievement Award for her work in the audiology profession, at the British Health Trades Association (BHTA) Excellence Awards - an annual celebration of success in the healthcare marketplace.

This award comes at a pivotal point for Karen because this year marks the 20<sup>th</sup> anniversary of The Hearing Care Centre. From humble beginnings in 1998, Karen now employs a team of almost 30 employees and provides top-level hearing care from a network of 26 centres across East Anglia. Karen was commended by the BHTA for her dedication to the high quality of her team and investment in the people that she works with, allowing them to develop their own careers, and helping all of them to make a success of the business.

Karen was also recognised for the work she does in the local community to promote hearing health, and the company's fundraising for many local and national charities including Hearing Dogs for Deaf People who help to transform the lives of the deaf.

Karen Finch was overcome with emotion when she was presented with the award: "Being recognised by a peer group like the BHTA is incredibly validating for me and our entire team at The Hearing Care Centre. The whole board were involved in the decision process and I truly appreciate that the BHTA takes a thoughtful approach to highlight the audiology sector professionals.

"As I think of other Lifetime Achievements recipients who preceded me, and the impact they've had in their health organisations and in the wider community, I



am very grateful to rank among them. But I do hope they don't think I have achieved everything I want to achieve – I'm not ready to go home and retire. I'm not done yet!"

- Established in 1998, the main practice is situated in Ipswich with a further 25 centres located locally in: Aldeburgh, Attleborough, Aylsham, Beccles, Bury St Edmunds, Carlton Colville, Dereham, Eye, Felixstowe, Framlingham, Hadleigh, Halesworth, Harleston, Hethersett, Hoveton, Ipswich East, Needham Market, Norwich, Southwold, Stowmarket, Sudbury, Thetford, Watton, Wickham Market, Woodbridge.

Dawsons Law

# Hethersett Matters

**HETHERSETT Herald, in conjunction with Norfolk Police, highlights just some of the scams currently doing the rounds and tells you how to avoid becoming a victim.**

Norfolk Trading Standards are warning residents to be on their guard after receiving reports of a doorstep cold callers offering 'roof cleaning services'.

The advice is "never deal with cold callers looking to undertake work on or around your property. If you are looking to have this type of work done only deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from."

Anyone concerned about possible rogue trader activity in Norfolk can contact Trading Standards through their partners the Citizens Advice consumer helpline via telephone on 03454 04 05 06.

Looking for a Trader you can Trust? Try a Norfolk Trusted Trader. To search our directory and read feedback from their customers visit [www.norfolk.gov.uk/trustedtrader](http://www.norfolk.gov.uk/trustedtrader)

Trading Standards are also warning residents to be on their guard after receiving reports of a doorstep cold caller offering 'Tree and Landscaping Work'.

We are warning people to be aware of telephone cold calls claiming to be from 'Norfolk Trading Standards' about 'payments to access money owed'.

This follows an incident where a Norfolk resident received a call claiming to be from 'Norfolk Trading Standards'. During the call the cold caller tried to persuade the resident to pay the fee, stating that he could 'guarantee that the fee was safe to pay' and that it was a 'legitimate situation'.

These calls are a scam and are not connected with Norfolk Trading Standards in any way. Trading Standards do not cold call residents requesting payments to access money owed or refunds.

We always advise to be wary of claims made in telephone cold calls

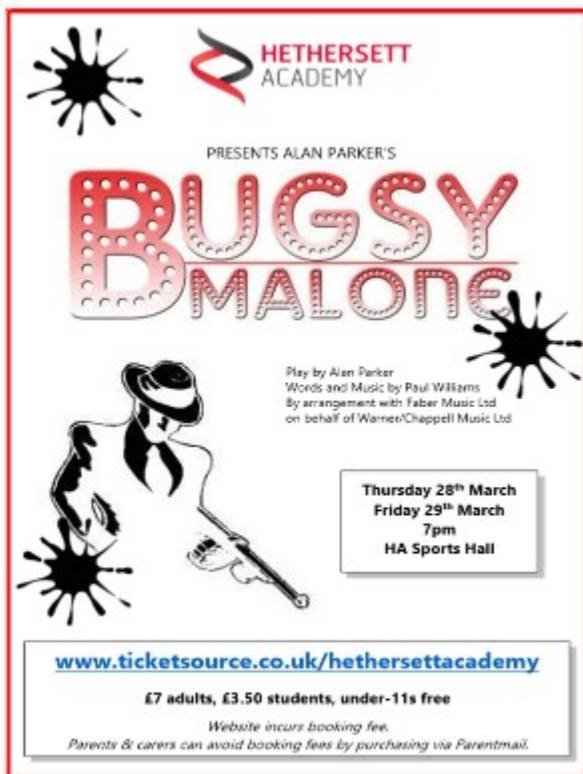
# Hethersett School Watch

HETHERSETT Academy will be presenting its version of Bugsy Malone in March

Written for child actors and first released as a film in 1976, the musical follows the adventures of boxing promoter Bugsy and wannabe singer Blousey Brown in Prohibition-era New York City.

The shows take place in the sports hall at Hethersett Academy on Thursday 28th and Friday 29th March. at 7 pm.

Tickets are £7 for adults, £3.50 for students, and free for under-11s, and can be booked at [www.ticketsource.co.uk/hethersettacademy](http://www.ticketsource.co.uk/hethersettacademy)



The poster features the Hethersett Academy logo at the top left, which includes a stylized sunburst icon. To its right is the text 'HETHERSETT ACADEMY'. Below this, it says 'PRESENTS ALAN PARKER'S' followed by the title 'BUGSY MALONE' in large, red, dotted letters. A central illustration shows a man in a suit and hat holding a gun, with a sunburst icon below him. To the right of the illustration, the text reads: 'Play by Alan Parker', 'Words and Music by Paul Williams', and 'By arrangement with Faber Music Ltd on behalf of Warner/Chappell Music Ltd'. A white box on the right contains the dates and time: 'Thursday 28<sup>th</sup> March', 'Friday 29<sup>th</sup> March', '7pm', and 'HA Sports Hall'. At the bottom, a blue box contains the website 'www.ticketsource.co.uk/hethersettacademy', the ticket prices '£7 adults, £3.50 students, under-11s free', and a note: 'Website incurs booking fee. Parents & carers can avoid booking fees by purchasing via Parentmail.'

HETHERSETT Old Hall School will once again be teaming up with King's Camps this year to launch Easter and Summer holiday sports camps.

Easter dates are 8th to 12th April and summer camps will run from 5th to 9th August and 12th to 16th August. More information is available from or by phone on 01142632160

# Hethersett School Watch



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## Hethersett Pictorial

# From the Press Bench

LOOKING at some of the stories that have made the pages of the local media over the past four weeks.

THE ugly and potentially dangerous state of raised ironworks on parts of the new North Hethersett development was highlighted in the local Media under the heading “Apology after neighbours’ cars damaged by ironworks on unfinished roads.”

The item also highlighted delays in sprucing up the entrance to Steeple Tower. The article included photographs of the raised ironwork along with photos of the unkempt entrance to Steeple Tower taken by the editor of Hethersett Herald.

Assurances have been received from the developers and South Norfolk Council that the work would begin early in the new year but at the time of going to press, nothing has happened.

The sandwich opposite was featured in the Eastern Daily Press newspaper and was bought by Hethersett resident Emily White from Morrison’s in Wymondham. Emily pointed out the sparseness of the filling.

**Apology after neighbours' cars damaged by ironworks on unfinished roads**

**SAVE 4p off per litre of FUEL**



# From the Press Bench

# 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 Annette Palmer can be contacted on 01603 810915. Parish council chairman Adrienne Quinlan can be contacted on 01603 814379.

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

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.hetherssettherald.weebly.com](http://www.hetherssettherald.weebly.com)



# The Scott Willoughby Column



I TOOK a leisurely drive through the new Hethersett North development during January and my first reaction was “it’s really something to behold.”

There is somewhere between 200 and 300 new homes on the latest development and it looks like a village within a village and there hangs a problem.

Well over two decades ago there were comments from residents moving into the new Steeple Tower development that they didn’t feel part of the village and felt to be out on a limb.

That is no longer the case as Steeple Tower has long become integrated into village society. New developments will always feel to a certain extent that they are solo standing, but that doesn’t need to be the case.

However, we feel about the increase in the number of new homes in the village, we must welcome and support new residents and that means making them feel part of the village as a whole and making them aware of all the good things, all the community spirit and all the groups and societies available. And for those who really want to feel part of Hethersett, well there are many groups looking for organisers and volunteers. Groups are being set-up on a regular basis and cover all ages and virtually every imaginable subject and interest.

I was pleased to see that new residents on the Heather Gardens and Kett’s Meadow developments have already set-up their own Facebook page at

<https://www.facebook.com/groups/1246543348821575/>

My personal view is that North Hethersett residents won’t have the same problem integrating as the early movers into Steeple Tower. That is primarily due to the fact that facilities such as open spaces and new schools will be built on their doorstep. But we must all work together to ensure that nobody in the village feels alienated simply by where they live.

I was impressed by the new development and the contrasting styles of architec-

# The Scott Willoughby Column

ture with some very colourful and modern buildings blending in well with more traditional.

At the moment the development is relatively free of parked cars and hopefully this will continue. Developers need to understand that cars need to be parked offroad and buildings should, wherever possible, include cars, car ports and driveways.

I would hate to think that North Hethersett development will suffer from the same clogging up of cars, vans and other vehicles as other estates which I won't name but which, shall we say, are not a million miles away from Hethersett.

\* \* \*

I was intrigued to read of the amount of interest in cleaning up the historic Kett's Oak tree on the B1172.

Kett's Oak, which may or may not be the tree where the rebel and now hero of the people Robert Kett assembled his followers before marching on Norwich, is still a symbol of freedom.



The tree is regularly listed amongst the most important artefacts in the history of our country. Now a number of people have expressed an interest in ensuring the tree and its surrounds are kept in tip-top condition and litter free. Firstly Wymondham Rugby Club wanted to adopt the tree and then milestone king Nigel Ford weighed in, offering to take on the task.

Now Hethersett Parish Council has pointed out its interest in the clean-up process and I'm sure that the Hethersett Environmental Action Team (HEAT) will also be interested. It is a very healthy situation where so many people want to tend to an area and makes a nice change from people and groups trying to abdicate their responsibilities.

I would make only one comment whilst these individuals and groups decide who is going to take on the job. Kett's Oak is firmly within the boundary of Hethersett and a plaque on the tree was erected many years ago by Hethersett Society. It seems sensible therefore that any work needed to keep the area clean is undertaken by either a Hethersett-based group or Hethersett residents.

# Hethersett Hedgehogs *with Connie Tindale*

# Hethersett Hedgehogs

# Groups and Societies

## Cringleford and Hethersett Flower Club

Coming events:

February 25th - Anne Colby "Memories."

March 25th - AGM a ticketed event to include supper

The group usually meets on the fourth Monday of the month (Bank holidays usually the third Monday) in Hethersett Village Hall at 7.30 pm. It has a qualified demonstrator and there is the chance to win one of the arrangements via a raffle at the end of the evening. Membership for a full year is only £25 and visitors are welcome at a cost of £5.



## Hethersett Horticultural Society

By Leslie Dale, Committee Secretary

At Hethersett and District Horticultural Society's meeting on Wednesday 12th December our Ted Hallett will talk on "The Antipodes" and John Freeman give some "2018 Highlights".

Starting with the snowy scenes caused by the "Beast from the East" John Freeman showed us his photographs from this year. We enjoyed shots of plants, flowers and Cumberland's lakeside landscapes. Following on from John, Ted Hallett's photographs took us to some of New Zealand's most iconic tourist landscapes with mountains and lakes. His talk came with a warning about leaving one's car near a "Kea" bird, these have a taste for windscreen rubbers! From here visiting a relative in Australia's Queensland, showed the various iconic plants and birds, and gardening related highlights of Brisbane, Perth and Fremantle.

The Society meets on Wednesdays at 7.30pm 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 16th January Graham Benefer will talk about "Bonsai", and on 20th February Tom Williamson will talk about Humphry Repton the creator of many landscaped gardens and parklands.

# Groups and Societies

## Jubilee Youth Club

By Gillian Saunders

Thank you to everyone who supported our stall at the Christmas Charities Market. We were pleased that we made just over £80. Which will be put to good use at youth club!

It would be a great start to the New Year if you could spare a few hours once a month to help at club. Emma would be delighted to have you! We need volunteers on the 2nd and 4th Wednesday for the first group and then we have nobody at all to help with the older group (11 & 12 year olds mostly) so you can pick when you would like to help!! It is only for a couple of hours a month! Please consider giving a couple of hours a month to make drinks, serve tuck, talk to the young people and help with activities. You won't be left alone with the young people as Emma and Kate will be there. Please speak to Gillian if you would like more details. (01953 607566)

One date for next year's diary is the Fete and Dog Show on 29th June 2019! We are taking bookings for stalls both inside and out at £10 each. Details again from Gillian

Club started again on 9th January and new members are very welcome to come along on a Wednesday evening and ask for Emma who will help you to register. Subs remain at £1a week with extra money needed only for tuck! The programme for the new term will be made on the first week back and put on the club Facebook page.

Thank you to everyone who has supported the club in 2018. We look forward to another successful year in 2019.

## The RiNG

The Rheumatoid in Norfolk Group is for people with various forms of arthritis, looking to help them make the most of living with the conditions by sharing tips and being an information hub.

The group meets on the first Wednesday of each month from 2 to 4 pm in Hethersett Village Hall. The £3 entrance fee covers costs and includes refreshments. The group's annual fee is just £6. On February 6th there will be a talk on osteo-

# Groups and Societies

porosis and in March there will be a demonstration of Chi Gung - a way of releasing and cultivating healing energy.

## Quiz Time

Hethersett Playing Field Bowls Club will be holding a quiz night in the Jubilee Youth Club in Back Lane, at 7 pm on March 8th. Doors open at 6.30 pm and further details are available by contacting Denis Argyle on 01603 814292.

## Bell Ringers

Hethersett Bell Ringers invite anyone interested in the art of bell ringing to visit them in Hethersett Parish Church on a Thursday evening at 7.30 pm. Potential new members are always welcome.

## Probus Club

Peter Fitches entertained Probus Club members with the "Ramblings of a Norfolk Boy" and his memories of youthful days painting in Norfolk kitchens. He related his memories of working in the building trade in a strong Norfolk accent.

At the group's next meeting Andrew Egerton-Smith gave his views on the current problems affecting big businesses and the High Street with a record number of job losses. He advocated better planning, better control of online shopping and a review of big companies and taxation.

## Open Invitation From Dementia Support Group

Hethersett Dementia Support Group have issued an open invitation to join them in Hethersett Methodist Church Hall on the third Tuesday of each month to share in a morning of activities, speakers, refreshments and general chat.

Organisers say: "We are a small friendly group open to all the community seeking to provide a setting where memories are kept alive and shared, and information, support, entertainment and activities are offered to anyone who would like to join us. This is a free event and we would love to see people."

The February café will be on Tuesday 19th between 10am and 12 noon. The usual activities will be followed by a lunch.

Guest speaker at the January café was Mark Devenney from South Norfolk Community Connectors who spoke about his role offering support and information to local communities.

# Groups and Societies

For more information on the Dementia Support group and the monthly café please contact on

Meanwhile the Dementia Support Group and Heart of Hethersett Bereavement Support Group are just two of the organisations that will be represented at the first meeting of a new caring Hethersett umbrella group which will take place in the Methodist Church Hall from 6 pm from 6 pm. Anyone wanting more information should contact.

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

Reports of events and meetings can also be sent to the above email address. The deadline for copy is the 15th of each month. Hethersett Herald is published on or around the first day of each month via the web site

**[www.hethersettherald.weebly.com](http://www.hethersettherald.weebly.com)**

**Announcement of publication is also made on social media platforms including Facebook, Twitter and Next Door.**

# Groups and Societies

# Groups and Societies

## Heart of Hethersett Support Group

‘Listening to those who have lost loved ones or are experiencing anxiety and depression.’

“Deep in earth my love is lying

And I must weep alone.”

*Edgar Allan Poe*

**Supported by Ivan Fisher Funeral Homes**

Please come along and share a tea or coffee with us. For all ages  
Anyone wanting more information or to be part of the group can contact Stephen on Mobile: 07808 329102 or via e-mail at

**[stephen.baxter@broadlandgroup.org](mailto:stephen.baxter@broadlandgroup.org)**

or Peter via e-mail at **[petersteward@lineone.net](mailto:petersteward@lineone.net)**.

**We meet alternate Tuesdays from 5.30 pm to 6.30 pm in the lounge at Woodcote Sheltered Scheme, Firs Road, Hethersett. NR9 3JD.** Contact Stephen or Peter for a full list of meeting dates or visit our web site at

<https://heartofhethersett.weebly.com>

or Facebook page at [www.facebook.com/heartofhethersett/](http://www.facebook.com/heartofhethersett/)

# Hethersett Herald

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

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

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

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 - Anne Steward.

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

We are excited to announce a brand new event for 2019! Re:new, to be held on Saturday 2nd February 2019 from 7.30pm - 9pm, will be an evening of renewing your wardrobe, your body and your soul. Bring along clothing to swap and meet friends whilst being inspired and inspired. Tickets are £5 and can be purchased from either of the Star Throwers charity shops in Wymondham and Attleborough, at the centre in Wymondham or online: <https://bit.ly/2OTcIOs>

- 'Swish' and swap up to 4 items of your preloved clothes
- Relax with reflexology, massage, manicures and a mocktail
- Meet friends and other local women
- Inspire & be inspired by our wellbeing talks & experts

All in aid of Star Throwers -Holistic Cancer Support Charity in association with Mumma &

<https://www.facebook.com/events/1942915905784621/>

# Hethersett Herald What's On

## re: new

*swish, relax,  
meet, inspire*

**SWISH** & SWAP UP TO 4 ITEMS OF  
YOUR PRELOVED CLOTHING

**RELAX** WITH REFLEXOLOGY,  
MASSAGE, MANICURES AND A  
MOCKTAIL

**MEET** FRIENDS AND OTHER LOCAL  
WOMEN

**INSPIRE** & BE INSPIRED BY OUR  
WELLBEING TALKS & EXPERTS



in aid of  **Star Throwers**  
-Holistic Cancer Support Charity

in association with



Saturday February 2nd 7-9.30pm

Star Throwers Centre, Melton Road, Wymondham, NR18 0DB

Tickets £5 available from Star Throwers shop Wymondham/ Attleborough

& online search re:new for Starthrowers via



registered charity number 1162237

# Hethersett Herald What's On



## JUBILEE HETHERSETT YOUTH CLUB.

EVERY WEDNESDAY EVENING  
IN TERM TIME.

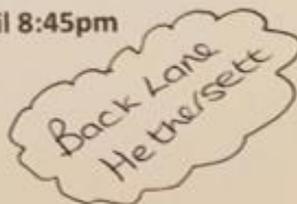
A Chance for young people to enjoy, Crafts, baking , games,  
Socialising and many other fun activities.

Years 5 & 6 from 5:45pm until 7:15pm

Years 7,8 & 9 from 7:30pm until 8:45pm

Subs £1.50 per week

Come and see us.



For more information email Emma on [weddingtoo47@btinternet.com](mailto:weddingtoo47@btinternet.com)



Or Jubilee youth club

# Hethersett Herald What's On

*The following are just some of the events taking place in Hethersett in the last week of December and the whole of January. 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)*

## **Planning Ahead for 2019**

Hethersett Bowls Club will be holding its annual quiz in the Jubilee Youth Club Hall on **Friday, 8th March**.

Hethersett Environmental Action Team (HEAT) will be organising an open gardens Sunday in the village on **June 30th**.

# Hethersett Herald What's On



Hello all.

I have seen a lot of posts concerning litter, tidying and generally a great deal on the environment. You may be interested to know that H.E.A.T. Has a meeting planned for Wednesday 13th February at 8 pm in the social club. All are welcome to attend. I appreciate it is late in the evening and a lot of you have youngsters to put to bed etc but if you are able to come along please do so you will be welcomed. Thank you once again



## Library Opening Hours

The library will now be staffed on the following days and hours:

Monday: 1.30-7 pm

Tuesday: Open Access Only

Wednesday: 11 am - 7 pm

Thursday: 1.30-7 pm

Friday: 1.30-7 pm

Saturday: 11 am-4 pm

Sunday: Open Access Only

Open Library Users who have had their library cards activated for open access will now be able to gain entry to the building from 8 am until 7 pm every weekday and from 8 am until 4 pm on Saturdays and from 10 am until 4 pm on Sundays. During Open Library Hours when the building isn't staffed residents will be able to return and borrow books, use computers but won't be able to borrow CDs or DVDs.

In 2019 the library will be closed on the following dates: 19th April - Good Friday, 22nd April - Easter Monday, 6th May - May Day bank holiday, 27th May - Spring Bank Holiday, 26th August - Summer Bank Holiday

### **Regular events in Hethersett Library include the following:**

Crafter School Club: last Friday of the month. 3.15 pm. £1 for first child. 50p for siblings.

A coding club will take place on February 6th, 13th and 27th from 4 until 5 pm.

Lego Club will take place on Friday 1st, 8th, 15th and 22nd from 1.45 to 2.30 pm.

Reading group. Free. First Monday of the month 2 pm.

The Wednesday weekly walks are currently taking a winter break and will resume in the spring.

Knit and Natter every Monday except first in the month when the group meets at Woodcote Sheltered Housing complex in Firs Road. 2 pm Free. Dates for February are 11th, 18th and 25th.

Bounce and Rhyme. Free. Fridays 1.45 pm. This group will be restarting the middle of January.

Colour Me Calm and Just a Cuppa sessions will take place on Wednesday 6th, 13th, 20th and 27th from 11 am until midday.

Check with library before going the first time in case of change in schedule.



Bounce and Rhyme Time for the Under-5s invites mums, dads, grandparents and children for 45 minutes of singing, nursery rhymes and exercise. There is no need to book and February sessions will take place on the 1st, 8th, 15th and 22nd from 1.45 until 2.30 pm.

# Have You Missed an Edition?



YOU can catch up on previous editions of the Hethersett Herald by going to [www.hetherssetherald.weebly.com](http://www.hetherssetherald.weebly.com) and following the links. Hethersett Herald is an independent publication for news, views and features about Hethersett and general articles written by residents. It is currently available only online.

# 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.**

# Owen Takes Podium Place

HETHERSETT Hawks/Yellow Brick Mortgages had their first podium place at a British Individual Championship for 15 years when Owen Wells rode superbly to be runner-up in the British Junior Indoor Championships in Coventry.

He dropped two points in his five races to earn a place in a sudden-death race-off for the title against Lewis Brinkhoff from Suffolk The Kesgrave rider is vastly experienced at Youth and Junior events, having won a number of British titles and he used all his experience to take the title from a gallant Hethersett rider.

Owen's success is a just reward for his commitment to training and his parents' commitment by travelling to Coventry for indoor practice sessions. Owen also competed in the Open category where he again rode well scoring 10 points in the semi-final.

The success kicks off 2019 on a high for the Hawks who have also announced an exciting new sponsorship deal over three years with Yellow Brick Mortgages. The outdoor season will start in March.

## Sports Association AGM

The Annual General Meeting of Hethersett and the Meltons' Sports Association will take place in Park Farm Hotel on Wednesday 16th January at 7.30 pm.

The sports association is open to anyone living or working in Hethersett who has an interest in sport, fitness and well-being. Everyone is welcome. Annual membership is £5 for clubs and free for individuals.

Over the years the sports association has given a number of small grants to support its member clubs.