



# A Shot In The Arm

HETHERSETT residents are literally receiving a shot in the arm as the battle against the COVID virus gathers pace.

Humbleyard Practice is leading the fight against the virus with thousands of vaccines already administered and thousands more in the pipeline in the coming months.

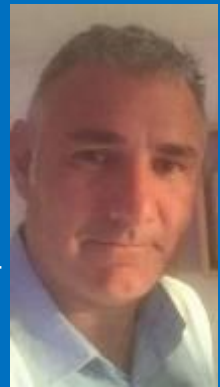
Towards the end of January, the practice reported that it had already vaccinated over 7,000 people in the top four categories at its Cringleford base.

This has included all residents of care homes in the area and all people 80+ who the practice has been able to contact.

Senior Partner in the Humbleyard Practice, Dr Siobhan Rowe, said the practice has begun to expand its service to include vaccinations for those aged between 75 and 80 and also the extremely clinically vulnerable.

HETHERSETT resident Trevor Radley (pictured right) and his wife are recovering after contracting the COVID virus.

On page 11 Trevor describes his symptoms that led to what he describes as “one of the worst periods of my life.”



Dr Rowe was also optimistic about the future: “Together and with your ongoing support; let’s make 2021 a year to celebrate,” she said.

Starting on page five, Dr Rowe gives an insight into what it has been like for staff working up to 14 hour days in an effort to vaccinate as many people in as short a time as possible. She also answers many of the questions asked by local people.

**Hethersett Parish Council has overturned its decision to stop paying for grass cutting in the village churchyard. To read about their change of heart turn to page 13.**

Modified plans have been put forward for the new pavilion on Hethersett Memorial Playing Field. To read what is now proposed turn to page 49.

# MAIN CONTENT



**A mini Beast From The East hit the village in the middle of the month. Youngsters took the opportunity to have fun in the snow—Page 21.**



**Improvements and extensions at Hethersett VC Primary School are nearing completion. We have the latest photographs starting on page 41.**



**Hethersett Herald columnist Sara Lawrence has been co-opted onto Hethersett Parish Council. You can read about this and reports on the latest council meeting starting on Page 51.**



**A set of re-designed plans for a replacement pavilion on Hethersett Memorial Playing Field have been put forward.**

**You can see what the new plans entail by turning to our news story on page 49.**



**The village has once more been hit by graffiti. The latest place to be hideously covered is the Village Hall in Back Lane. Read more on page 40.**



**Hethersett-based athletics coach Mike Utting has been named England Athletics' National Coach of the Year—see page 17.**

# A Message From The Editor

Hello Again

A New Year is well underway but sadly there seems to be no end to the virus.

The hope lies with getting as many people vaccinated as possible and the Humbleyard Practice has been to the fore with this as you can read in this edition.

It seems to me that the Government hasn't quite got things right as far as immunisation goes. The first people to receive the vaccine should have been all front line workers—all NHS staff, all school staff, all emergency service and key worker staff. To use an old cowboy saying, that would have given us the opportunity to head the virus off at the pass.

I know by speaking to people on Facebook and zoom etc that many are now really suffering during lockdown. These are mentally taxing times and I look forward to the days when I can once again report on what is happening in Hethersett and not what is not happening.

Which has made me think about Hethersett Herald and just what its function is and I came up with a sentence that I think sums us up.

“To unashamedly promote the village whilst not dodging the issues.”

Hethersett is undoubtedly a wonderful place to live. As I have said before, it's not the prettiest place in the world but, when it comes to community spirit, there are few places better.

Throughout the pandemic, Hethersettians have banded together to help each other and I hope this publication has been able over the past year to reflect this togetherness and I hope it is something that continues once the virus has finally left us.

There is still plenty of news to report in this edition, along with all the usual features. You will see that revised plans have been put in for the proposed new pavilion on the Memorial Field. This is a must for our community for so many reasons.

We also cover a slightly controversial story that has seen a U-turn by the parish council which will see the parish continuing to pay for grass cutting in the churchyard.

I hope you enjoy this edition and if you have any news or items for publication please contact me at [petersteward@lineone.net](mailto:petersteward@lineone.net).

Peter



# Working Flat Out



(Continued from the front page)

Dr Rowe said that it has been an exhausting but extremely rewarding time for staff who have been working up to 14 hours a day:

“It has been an exhausting period of 5 am alarm calls and 14-hour days setting this up with the goal of starting as one of Norfolk’s first vaccination sites. However, it has been extremely rewarding to give our patients hope in a period of such uncertainty,” she said.

On the next five pages Dr Rowe answers some of your questions.

HETHERSETT GP Dr Bhavesh Dhorajwala has been hitting the national airwaves in the fight against COVID.



Dr Bav has been appearing on the BBC Newsbeat programme. He is leading the vaccination programme in the Humbleyard area and told listeners on January 8th that “the quicker we can deliver the vaccine, the quicker we can get back to some kind of normality.”

Dr Bav has been part of the Humbleyard Practice since December, 2013.



**Staff outside the Cringleford Surgery**

# Answering Your Questions

**Senior Partner at the Humbleyard Practice, Dr Siobhan Rowe, answers questions on coronavirus and the vaccine.**



## **How are you getting on with vaccine delivery?**

We have given over 7000 vaccines. This includes vaccinating all of our elderly care homes and their amazing staff, all of our patients over the age of 80 whom we have been able to get hold of, all housebound patients over the age of 70 and almost all of our own staff. Any new staff or patients receive vaccines on an ongoing basis. There are a handful of patients who have not answered their phone or rung us back so if you are aware of any 80+ year-old patients registered with us who haven't been vaccinated then please let us know via our website so we can book them in. We are currently vaccinating 75-80 year olds and the extremely clinically vulnerable.

## **Why can't I book a vaccine a week or so ahead?**

NHS England/Improvement aim to vaccinate people in a fair and logical fashion. This means some areas are given more doses than others each week depending on their progress. Therefore, we often receive confirmation of the vaccines we are getting with less than a week's notice and have to organise appointments to fit with this timeframe. We have been told that from mid-February that we will have more control over the vaccines we get.

## **Why can't I have two doses three weeks apart?**

Louise Smith, the Director of Public Health for Norfolk, who has visited the Cringleford vaccination hub has said: "For the Oxford/AstraZeneca vaccine, the data implies that a longer dosing schedule leads to a stronger immune response. Whilst an individual may have marginally less protection in the short term, they will have a more solid response in the long term. For the Pfizer vaccine, it is less clear what the effect of extending the second dose is. However, the Chief Medical Officer stressed that it would be surprising if a longer dosing interval was less effective. The data implies that the majority of the protection comes from the first dose. The dosing schedule will be reviewed as new evidence emerges. With

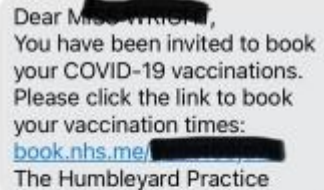
regards to clinicians, the CMO stressed that if they have received the first dose and take normal precautions, the chances of them coming to serious harm is not zero, but is very low. The difference that the second dose will make is fairly small, as the majority of the protection comes from the initial dose. There is currently no data on the risk of extending the dosing schedule in those that may not mount a good immune response due to advanced frailty or underlying conditions. The CMO noted that we will be in a better position to look at this once data starts coming through on the impact of vaccinations in care homes.” From a surgery point of view, we have been told any second doses given early will be investigated and we may be penalised. The guidance is constantly under review and we will update you if this position changes.

### **I have heard texts to book appointments are scams?**

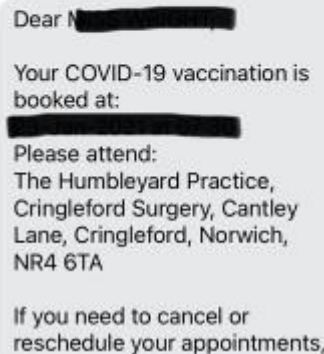
We are now sending out texts to book appointments. They will say: “Dear X, you have been invited to book your COVID-19 vaccinations. Please click on the link to book your vaccination times. The Humbleyard Practice.” They will never ask for personal information or bank details. Vaccines are always free. We need to send texts as it is not sustainable to phone every patient. We will of course phone people without mobiles on their landlines and follow up people who do not respond. You can give us the contact details of a relative so that they receive the text on your behalf. This can be done using our website.

### **Why do you have spare vaccines?**

The Pfizer vaccines come in vials of five but almost all give six identical doses so a delivery of 975 vaccines can give as much as 1170. The Astra Zeneca vials always give an additional dose and sometimes two additional doses. We have always used the extra dose because we do not believe in wasting life-saving vaccines. Given this and the fact people may not turn up to their appointment, we often have a small number of spares. These spares have to be used quickly before the vaccine is no longer viable. We use these on patients who are health care professionals who have been unable to source a vaccine elsewhere. For example, in December we used many spare vaccines on high risk Black Asian and Minority Ethnic (BAME) hospital doctors who were unable to get a vaccine at the Norfolk and Norwich Hospital. If you are a health care professional who has not been offered a vaccine, you are welcome to contact us via the website to ask to be added to a waiting list for any spare vaccine. Even if it has meant working late into the evening, we haven't gone home until every vaccine has been used.



Dear Mrs [REDACTED],  
You have been invited to book your COVID-19 vaccinations. Please click the link to book your vaccination times: [book.nhs.uk](https://book.nhs.uk) [REDACTED]  
The Humbleyard Practice



Dear Mrs [REDACTED]  
Your COVID-19 vaccination is booked at:  
[REDACTED]  
Please attend:  
The Humbleyard Practice,  
Crangleford Surgery, Cantley Lane, Cringleford, Norwich, NR4 6TA  
If you need to cancel or reschedule your appointments,

**A genuine booking text will look like the one above.**

## Why can't I see a doctor about my non urgent minor condition?

We have been asked to prioritise vaccinations. However, we are still operating an urgent service and want you to come and see us about any worrying symptoms and appointments like smear tests and immunisations. We have been asked to delay more general medication reviews, non-urgent surgery, insurance reports, DVLA medicals except for essential workers and many other things.

## I am a dentist or other health care professional and you must do my vaccine.

We understand that dentists are high-risk for contracting the COVID-19 virus. However, please note that the hospital hubs are responsible for vaccinating the wider Health and Social Care workforce. They will be working with the large-scale site at Castle Quarters in Norwich. The Clinical Commission Group (CCG) for our area is currently co-ordinating this. We expect this to include a broad range of eligible staff including dentists, clinicians, ambulance staff, opticians, pharmacists, social care staff and CCG staff. We are more than happy to give spare doses to health care workers and we have on each vaccination session, but at present it is not our responsibility.

## Why can't I have my vaccine at my own surgery?

The vaccine programme is organised via Primary Care Networks (PCNs) in which one site per PCN is a designated vaccination hub whilst the other sites cover regular appointments. The Humbleyard Practice comprises of Cringleford, Hethersett and Mulbarton surgeries in which Cringleford is the designated vaccination hub for the wider PCN. We know that this means that some patients may need to travel further for a vaccination or appointment. Please note that the Pfizer vaccine cannot be moved between surgeries. It is possible to move the Astra Zeneca vaccine to vaccinate vulnerable individuals such as those shielding or house-bound. This can be done in car parks or through home visits. However, this is only with special permission because there are very complicated requirements for ANY vaccine movement. We are working together as a PCN and will continue to do so.



**Staff and members of Norfolk Constabulary who received some of the spare vaccines.**

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## Can I volunteer?

We use Voluntary Norfolk for our amazing team working in the car park, check-

in and waiting areas. You are welcome to apply to Voluntary Norfolk and ask to volunteer for us. We have also had hospital consultants, retired Humbleyard Partners and even family members give up their time to volunteer. We couldn't do it without them.

### **I got a letter to go to Castle Mall and have booked an appointment so why do you still phone?**

As well as being offered vaccination appointments with us, patients aged 70+ and 80+ and health and care frontline staff are now receiving letters from NHS England/Improvement inviting them to use the national booking system for an appointment at Castle Quarter in Norwich. This is a national centre run by Cambridgeshire NHS and we do not know who they have contacted. Wherever you go for your first injection, you will also go for your second injection. Once you have been vaccinated, the National Pinnacle IT system will update your medical records.

### **When am I going to get my vaccine?**

This depends on how many vaccines we are allocated and how many of our patients are vaccinated at the Castle Quarters. We will contact you inviting you to book an appointment. Please be patient with us as we navigate this challenging period.

### **Can I choose whether I get the Pfizer or Astra Zeneca (Oxford) Vaccine?**

Generally, the answer is no. However, some people such as those with an unknown anaphylactic reaction or multiple drug anaphylaxis are better suited to the Astra Zeneca vaccine. We only know week by week which vaccines we are receiving so please let us know if you expect this to be an issue. We initially turned people down for the Pfizer vaccine if they had a known specific anaphylaxis or carried an adrenaline pen. However, this guidance has now been revised.

### **I can't get to a vaccination appointment as I am a carer?**

Caring Together is now providing free tailored support to help people looking after a family member or friend, so they and the person they care for can get to their appointment for the coronavirus vaccination. You can call them on 0345 241 0954, email [hello@caringtogether.org](mailto:hello@caringtogether.org).

### **What are the priority groups?**

Please go to <https://www.gov.uk/> for more details on the priority groups. We are currently vaccinating groups 1-4.

### **How do you decide who to call in?**

We invite patients for vaccinations in order of priority groups and decreasing age. This isn't always perfect. We aim to be fair and transparent and work as quickly as we can. If someone has had a vaccine and they are slightly younger than you, there may be other factors involved. If you feel you have been missed



out please contact us via our website <https://humbleyard.nhs.uk>

### **If i have a vaccine can I change my behaviour?**

A vaccine changes nothing about appropriate behaviour, social distancing and face coverings. You still need to follow the government guidance on the pandemic and get tested if you have symptoms.

### **Why can't I come into the surgery?**

You may come into the surgeries, although we prefer you come in for a minimal period of time and only arrive just before your appointment. We can take people into the waiting room where numbers and social distancing rules apply. Of course we don't want people standing outside getting cold and wet; people can wait in cars or come in if space allows.

### **Are there any side effects to the vaccine?**

You will be provided with a leaflet prior to your vaccination which we advise you to read carefully. A sore arm, tiredness, aching and a headache are the commonest reactions. You can report your own side effects to the vaccine here <https://coronavirus-yellowcard.mhra.gov.uk>. In the 6000+ vaccines we have given we have had one person who needed brief medical help after their vaccine but they left the building smiling.

### **What have be the best bits of the last few weeks?**

Back in November and early December, we met regularly as a Primary Care Network to try and organise an ambitious vaccination programme for our area. We faced many hurdles, including issues with traffic, security, volunteers, managing with Cringleford Surgery out of action, additional workload and so on. It has been an exhausting period of 5 am alarm calls and 14-hour days setting this up with the goal of starting as one of Norfolk's first vaccination sites. However, it has been extremely rewarding to give our patients hope in a period of such uncertainty. Thank you to everyone who has written us kind messages in letters, cards and social media and even given us chocolates (which is doing wonders for our waistlines!). Despite the challenges, we have had many laughs throughout. One lovely man was happy he got to meet the voice he has to listen to every time he rings up the surgery and another individual asked to see me because he saw on Facebook that I wore pink converses with my scrubs! We even cried with joy in December vaccinating a large group of BAME doctors who couldn't get vaccines at the Norfolk and Norwich Hospital. We know we will continue to face challenges in the months ahead and we will continue to need your support.

### **How can I find out more information in the coming weeks and months?**

I will update the Facebook page regularly @thehumbleyardpractice (there is a link on the website) as it reaches the most patients. We will also update our website news section at a slightly slower pace. We can't answer medical questions on Facebook and would advise you direct these to our website. Together and with your ongoing support; let's make 2021 a year to celebrate,

# A Fantastic Family Day

IT'S not all sad stories where COVID is concerned.

During the month we came across the heart-warming story of Joan Elson and her "miraculous recovery" from COVID.

Joan is the mother of former Hethersett Middle School teacher Sheila Greenacre who many people in the village will remember.

Sheila believes that the power of prayer along with the "superhuman" efforts of NHS staff and her mother's determination saw Joan defy all the odds to recover.

Sheila takes up the story:

"Yesterday (January 26th) was an amazing day—five weeks after catching Covid and after a month in hospital my mum came home. When she went in she was so ill they only offered her palliative care but, through the superhuman efforts of the NHS staff, through so many people praying for her and supporting her and through her own determination she came through a near death experience and is almost back to her old self. Not being able to visit her and not knowing a lot of the time how she was doing was awful, but I must mention the wonderful nurse (ward sister) Sarah Louise Butters a CrossFit friend who suddenly realised she had mum on her ward on Sunday and messaged me to set up a video call with her and me and my dad.

"That was so so much appreciated and really gave dad hope. So yesterday I collected mum and we took her home and took my dad home to be there when she arrived. He has been staying with us for over two weeks after being discharged from hospital himself - his experience of Covid was less severe but has left him very weak and unsteady on his legs."

"So thank you to everyone for all your support, good wishes and prayers. I am so grateful to have them home but heartbroken for all those other families—many of whom I know— who have lost friends and family through this evil disease.



# “The Worst Thing I Have Experienced”

**SO just what is it like to have COVID? Hethersett Herald reader Trevor Radley and wife Kerry both contracted the virus.**

**Trevor described it in a Facebook post as “the worst thing my mind and body has ever had to deal with.”**

**“It was some of the most horrendous days of my life and included being sent to hospital. At some point I even thought I would rather not be here,” Trevor said.**

**In an intensely honest piece Trevor tells us how COVID affected him.**



## New Year's Pain

**IT was New Year's Eve when Trevor and Kerry contracted COVID. A test at Postwick Park and Ride centre on January 2nd came back positive the following day. At that point Trevor says that he wasn't feeling too ill but things soon deteriorated as he told Hethersett Herald:**

“I cannot talk about how my wife felt, but I can certainly give an insight on how it affected me. On Sunday 3rd I didn't feel very poorly but by 3 pm on Monday 4th I was feeling quite unwell and extremely tired and so was in bed by 9 pm.

“By Tuesday, things were not good at all. I had a headache and my body ached and my head, arms and back felt like I had fallen into a load of stinging nettles.

“The Wednesday, Thursday and Friday were the most dreadful days of my life. I felt as though I just wanted to fall asleep and never wake up. My wife was so concerned that she rang 111 and we were expecting an ambulance. Ten

minutes later the ambulance service called and asked me how I was feeling. They said I needed to be taken to the hospital as there was a six-hour wait for ambulances.

“My wife took me to hospital where I had bloods taken and an X-ray which showed a COVID shadow to my lung. No treatment was needed but I needed to get my fluids up.

“Saturday through to Tuesday was pretty much the same. I wasn’t aware of things or paying attention to anything. My wife said my breathing was very laboured. I was not communicating with her nor interacting with anything going on around me.

“My whole body just ached and I had no strength and didn’t want to drink or eat. I was going to bed at 9 pm and waking up at 3 pm the next day and still wanting to sleep.

“By Wednesday 13th, Thursday 14th and Friday 15th it felt as if I was getting back to some sort of normal but I still felt weak and tired beyond recognition.

“I hope anyone reading this will adhere to government guidelines as I caught this from either a supermarket or at college where I work. I am very careful due to being CEV (Clinically Extremely Vulnerable).

“Anyone who knows me, knows that I am a full steam ahead person. COVID has changed this and I hope it’s only temporary. Only time will tell. I just want everyone to stay safe.”

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NOT a drop of the vaccine has been wasted. Our photograph shows Dr Rowe with two local community police officers.

“We are so proud that over the last month of vaccinating not a single dose has been wasted. We have used the extra doses (as many vials give an extra dose) on all our staff and many local health care professionals. On one day we were delighted to offer our eight spare vaccines to three local dentists and five of our fantastic beat officers from Norfolk Constabulary,” Dr Rowe said.



# Grass Cutting Decision Is Reversed

HETHERSETT Parish Council has reversed its decision to withdraw funding for grass cutting in the village churchyard.

The original decision made in July proved controversial and was changed back at the council's January meeting. Councillors were urged to reconsider withdrawing the funding of £3,300 by church representatives and members of the public.

Historically the council has met the cost of grass cutting for over 40 years but councillors had previously queried whether it is legal or appropriate to use parishioners' money in this way. No evidence has been found, however, to suggest that local councils cannot support graveyards in this way.

The council also discussed the moral obligation to pay for the service after a statement was read out from Hethersett and District Churches Together which represents the Christians in the village and surrounding area. This stated:

"While we are grateful to the parish council for all their hard work on our behalf, we are saddened to learn of the council ceasing to fund the community resource of the only burial space in Hethersett. The burial ground of St Remigius is a place where anyone, regardless of creed or faith or of no faith, can be buried and is of enormous significance to many people in the village.

"We would urge the council in the strongest terms to reconsider this decision for the sake of the vast majority of people in this village who either have family members interred there or who choose to do so in the future."

Reversing the decision was supported by a number of councillors. Vice-chairman



**"The burial ground of St Remigius is a place where anyone, regardless of creed or faith or of none can be buried and is of enormous significance to many people in the village"—  
Hethersett and District Churches Together**





Stephen Slack said: “We are legally entitled to do this and I believe we should continue to fund it on moral grounds.”

Other councillors felt it “unreasonable and unfair” for the church congregation and members to be responsible for paying for an amenity that was available to the whole village with the churchyard not only open for those visiting graves and mourning loved ones but also for walkers accessing the fields of Hethersett.

John Nightingale also supported continuing meeting the costs and reversing the original decision: “This is something the parish has been paying for over 40 years and it is the right thing to do,” he said.

Bridget Williamson felt that it would be wrong to take the emotion out of any decision: “This is about bereavement and people being allowed to grieve in their own way whether they have faith or not. You cannot take emotion out of this. This is something for the whole community and we have a moral responsibility for it,” she said.

Chris Morriss also felt there was a moral responsibility for the council to continue meeting the costs of keeping the churchyard tidy: “As councillors we are representing the residents of Hethersett. I haven’t come across one person from the public who agrees that we should withdraw paying for the service. To do so would seem to be mean and unnecessary,” he said. Sarah Lawrence referred to the church as “the heart of the community” and the first thing most people see

as they approach the village.:  
“I agree that we have a responsibility to keep the grass cut,” she said.

The original motion to take away finance was put forward by Paul Mallett who once again supported the withdrawal and questioned why “the Church of England with vast assets is unable to meet the cost.” It was also suggested that the work could be undertaken by a band of volunteers, but this was thought inappropriate on a number of grounds including health and safety.

Rector of Hethersett, the Rev Derek McClean, pointed out that once the burial grounds become full, the churchyard would be shut and would become the responsibility of the parish council. He also explained that each parish is responsible for meeting its own running costs and assets owned by the national Church of England are not available for everyday distribution to local levels.

A motion to reverse the original decision and to continue paying for the grass cutting was proposed by John Nightingale and seconded by Bridget Williamson and passed by nine votes to four with Adrienne Quinlan, Stephen Slack, Mike Stark, John Nightingale, Bridget Williamson, Anne Edwards, Leslie Dale, Chris Morriss and Sarah Lawrence voting for and Paul Mallett, Eileen Mulvaney, Samantha England and Andre Smith voting against. It was agreed, however, that the situation should be reviewed on an annual basis as part of the budget-setting process and also that tenders should be obtained in order to ensure best value for money for the work.

For more news from the January meeting of Hethersett Parish Council turn to page 51.



## Ten Years Left

THE Rector of Hethersett, the Rev Derek McClean stated that the burial ground had about 10 years left before it is full and additional land will be needed.



“90% of the funerals I officiate at are not church goers but residents of the village community.

“There isn’t a day go by when people do not walk through the churchyard,” he told the council adding that it is hoped to put in a path to help people get improved access to the newer part of the graveyard.

# Misconceptions Over Finance

## Herald Comment

THERE seems to be a lot of misconceptions flying around about how St Remigius Church is financed.

This has certainly been brought into the open by the grass cutting issue.

Whilst the majority of people agree that the bill for the grass cutting of the churchyard should be met by Hethersett Parish Council, some have voiced their opinions on social media that “the Church of England has vast quantities of resources and wealth and should be paying for relatively small matters such as grass cutting.”

This kind of comment shows a lack of understanding of the situation. A few months ago I met with the Rector of Hethersett and members of the parochial church council to talk about their finances and their difficulty in making ends meet.

For this is the reality of the situation, each benefice or parish has to “pay its own way.” That means raising thousands of pounds a year just to keep the churches open and the wolves from the door. That is the reality.

My article on church finances certainly opened my eyes. My reports appeared in Hethersett Herald, the Eastern Daily Press, Norwich Evening News and the Wymondham Mercury newspapers. I was hoping that by reporting this issue it might dispel some of the myths that the churches at Hethersett, Little Melton and Great Melton are absolutely rolling in money.

But it appears the misconceptions continue. Church congregations by and large continue to dwindle and the financial burden is falling on less people. Primarily, the money to keep churches running comes from congregations through collections, giving and gifts, aided by fund-raising events which at the present have dried up for obvious reasons.

To expect a relatively small number of church members to not only provide the money for the day to day running of the church but also to pay for grass cutting in an area of land that is a community asset would be wholly wrong. It is for this reason that the parish council's decision to continue paying for grass cutting was the correct one.

**Peter Steward**





# National Award For Mike

HETHERSETT-based athletics coach Mike Utting has been named England Athletics National Coach of the Year for 2020.

England Athletics described Mike as “an incredible, kind hearted person who makes athletics fun and engaging and someone who lives and breathes athletics.”

“Mike is encouraging, extremely patient and goes the extra mile to help his athletes – he always has equipment and kit on hand to lend out. He reads up on injuries and is constantly sharing articles and information about athletics and how athletes can improve. Mike lives and breathes athletics and keeps his sessions enjoyable by creating new sessions and drills every week,” the winning citation added.

Mike, who is currently a coach with the City of Norwich Athletics' Club, was also praised for his interest and support for para-athletics. He has coached Great Britain athletes at two Paralympic Games—London 2012 and Rio 2016.

The judges praised Mike for giving his time freely to athletes, other coaches, parents and anyone needing his help and support, including driving athletes to events when necessary and running one-to-one sessions if an athlete needs special attention.

The award completed a hat-trick of plaudits for Mike who was also named the Eastern Region Coach of the Year for 2020. In 2016 he was named Active Norfolk's High Performance Coach of the Year. In accepting the award Mike, in typical modest fashion praised those who had made the award possible.

“It's been an extremely difficult time with the pandemic incredibly sad for many. Volunteer coaches have stepped up to support their athletes. The award is recognition for my team of volunteers and coaches in Norwich and the country and all the volunteers. During the pandemic coaches have shown that they care for their athletes.”



“Mike lives and breathes athletics and gives his time freely to coaches, athletes, parents and anyone who needs his help.”

Mike got into athletics almost by accident when, as a young man, he decided to hang up his football boots and cricket gloves. "I had decided to give up playing football and cricket and went out for a run. I knew I was a pretty average runner and was never going to set the world alight but I felt I could coach. I left school with no qualifications and in many ways I fell into coaching but found that I had a passion for it and soon realised that you need to coach the person and not the event. Every person is an individual and has to be treated as such," he said.

He became involved with a number of athletics clubs including Wymondham Joggers, Wymondham Road Runners, Duke Street Runners, Norwich Olympians and Norwich Athletics Club and also found he had the ability to discover talent from attending school sports days.



Mike was born in Norwich and moved to Hethersett in 1985. His initial coaching career took an unexpected turn as he explained:

"Out of the blue, I received a telephone call asking me to look after young athletes with learning difficulties representing the Great Britain MENCAP team," he said. So he became involved in the national development programme which brought him into contact with some of the world's top coaches. Working with disability athletes, Mike developed his coaching to embrace what he refers to as the three Cs - caring, connecting and communicating.

"There is little difference in coaching disabled athletes. They are still elite athletes and part of the Great Britain team," he said.

Mike's profile continued on the up as he looked after disabled athletes at the European Championships in Swansea in 2014, and the World Championships in Lyon in 2013 and Doha in 2015 and the ultimate challenges - The London and Rio Olympic Games. In Rio he had specific responsibility for looking after four athletes but also helped with the team in general. Mike believes that working with disabled athletes has helped to make him a better coach.



"I love imparting what knowledge I have. I love sharing it and helping the next generation" - Mike Utting

"I feel I have been on a long journey as a coach. I am a firm believer that you can make a difference to people simply by sitting down and talking to them. I love imparting what knowledge I have. I love sharing it and helping the next generation of coaches," he said.

It's not just on the track and field that Mike has been inspirational, however. Daughter Alison said:

"He gives up so much of his time to inspire and help young children and young people believe in themselves and reach their potential and is always helping others. It is so nice for him to get the recognition he so rightly deserves."

After the announcement of the England Athletics award, Mike received congratulation messages from top coaches from throughout the UK and admitted that he was "in shock."

# Village Screen Halted By Virus

DESPITE a financial shot in the arm (reported in the last edition of Hethersett Herald), plans for the re-start of Hethersett Village Screen have been scuppered.

Organisers are hoping that the setback is only temporary during the national lockdown but the scheduled January film Summerland had to be cancelled.

Before the latest lockdown the group announced that they had been offered reduced filming rates for the first three months of the year which would allow them to keep going.

Then came the new lockdown. At the time of going to press the group were hoping that coming features would be able to go ahead but both The Secret Garden on February 28th and "Misbehaviour" on March 28th are in doubt.



## Lighting Up For Charity

THE annual display of Christmas lights at the home of Margaret and Tony Dunton in Firs Road not only brightened up the village but also raised £825 to be split between the East Anglian Air Ambulance and Cancer Research.



# Mini Beast of the East

MANY Hethersett residents will remember the Beast From The East of a few years ago when the village was snow-logged for three days.

We woke up on January 16th to a Mini Beast of the East and a whiteout in the village. So youngsters took to their gardens to produce some snow art.

David Powles was unable to go out for his regular lockdown charity run, see page for more details

David's sons took the opportunity to introduce Norwich City's new goalkeeper Tim Cool: "I can exclusively reveal the identity of Norwich City's new keeper. He's described as ice cool under pressure - but has a tendency to go missing in hotter conditions," David said.

"Feels like the snow was a much needed lockdown respite today. Nice to put the smile back on the faces of the kids," David added. On the following pages we feature some of the other snowmen that made a veritable snow army in the village.



# Mini Beast of the East



# Mini Beast of the East

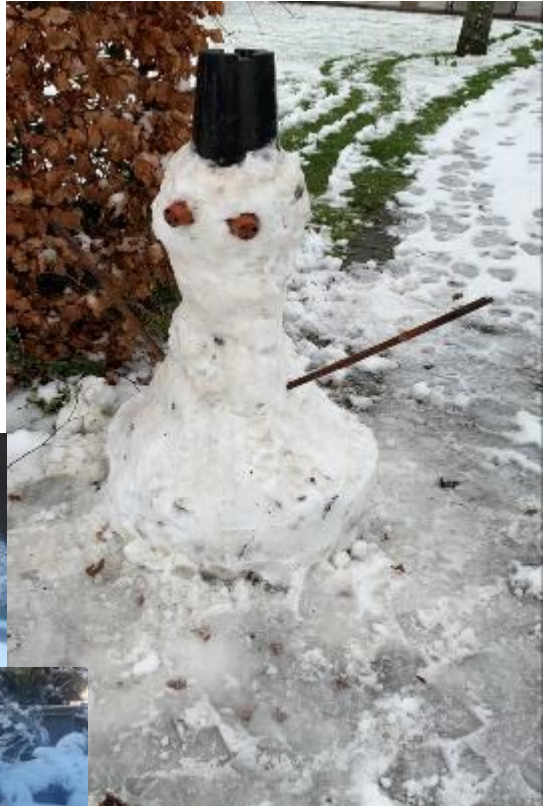


# Mini Beast of the East

PROVING that it's not just young people that enjoy the snow. This snowman is the work of our Associate Editor Gary Wyatt.

We all remember the Beast From the East which hit the village in March 2018 but who remembers the cold snap of 2013?

So also on this page are a few shots of that cold snap. These were taken in January 2013.





# Hethersett's Very Own Playlist

WHAT do Paul Weller, REM, George Harrison, Soft Cell, Dolly Parton and Disturbed have in common?

They are all featured on Hethersett's new music playlist.

Designed to help you pass a few hours or listen to during exercise (or sitting in a chair for that matter), the Hethersett playlist was put together following an appeal on Facebook.

People sent in their choices and to date there are 44 tracks in the playlist which lasts well over three hours.

The playlist includes a huge variety of music from rock and pop to folk and country. In fact the only genre not included at present is classical.

The playlist is available on Spotify. Just search of Hethersett amongst the playlists.

There's still plenty of time to add your favourite tracks which can be left on the All Things Hethersett Facebook page or emailed to the editor of Hethersett Herald at [petersteward@lineone.net](mailto:petersteward@lineone.net). No more than two tracks per person please.

So far the playlist has met with many favourable comments.

## Toad Migration Time

**By Georgette Vale**

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

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

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

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

the wildlife safe?

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

The more people in one family bubble the better.

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

# Hethersett's Challenge

THERE's nothing Hethersett likes more than a challenge.

So step forward Hethersett marathon runner David Powles who took to social media to entice local people to get fit and also raise funds for charity.

David came up with the Hethersett Challenge 2021. It was a simple idea

Over 70 runners and walkers took to the streets of the village, each paying £10 to take part with the money going to the Priscilla Bacon Hospice Appeal. So over £700 will be raised for the charity.

Seven of those taking part were aged 11 or under and, with a week to go to the end of the challenge, more than 80 official 5k or 10k runs had been logged with more than 500 miles covered.

At the time of going to publication the fastest 5k by a woman was posted by Kim Powles in 23 min 41 sec and the fastest by a man was James Deacon in 24 min 15 sec.,

The fastest 10k times were by Sally Browne (52 min 24 sec) and Simon Fox (42 min 28 sec).

There were also prizes for the best performances with prizes sponsored by Tesco Express, Clarity Colorimetry, Hannah Harrison and Temple Spar.

We will have a full report on the Hethersett Challenge in the March edition of Hethersett Herald.



To prevent the spread of Coronavirus,

**regularly wash your hands  
for at least 20 seconds**

with soap and warm water



For more information on how to protect yourself, visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)

# Water, Water Everywhere

**THERE** was a certain amount of irony that just three days after Hethersett Parish Council discussed putting together an emergency plan for the village we were hit by flooding.

Thankfully we seem to have been luckier than many other areas of Norfolk and Suffolk but Hethersettians woke up to flooded roads and gardens.

Here we include a gallery of photographs showing some of the extent of the flooding.



The Editor's Garden



South Croft—Photograph courtesy of Barbara Cooper.



Pumping out in Norwich Road

The parish council discussed flooding in the village at its January meeting with particular emphasis to ongoing problems in the Southcroft area. Hethersett's County Council representative David Bills said that a number of agencies are involved in trying to sort out any problems that exist in the area. Council Chariman Adrienne Quinlan thanked Mr Bills for his prompt action following the pre-Christmas flooding.

# The Return of the Poo Problem

THE question of dog mess in Hethersett has raised its ugly head again with residents making a plea for dog owners to clean up after their pets.

A number of posts on Facebook this month have highlighted a return of the poo problem that has plagued the village for many years.

Resident Angela Farrington said: "I have been walking from Malthouse Road doing the circuit Mill Road, New Road and Great Melton Road. Every day there are new deposits of dog poo on the paths. I understand that occasionally you might forget to carry a bag but this is occurring every day. Sometimes several new poo deposits appear.

"Occasionally, the poo has been collected into doggy bags but then the bags are left on the path. It is disgusting. I use a walker to get about and have to manoeuvre around this mess. Here's a simple tip. If your dog eats, it will at some time need to poo. Invariably it will poo when out walking. If you have run out of poo bags, carry a small garden trowel and plastic shopping bag to clear it off the path and either take it home or place in one of the many dog litter bins provided by the parish council. Be a responsible dog owner and Hethersett community member.

Another resident said: "Went for a walk today around Hethersett and it's disgusting to see dog poo that's been left on the path for people to step in. There's a dog bin so close it's not difficult to pick it up and put in there!"

Other posts complained about the number of poo bags being dropped on paths or in the road or even attached to trees rather than in the dog bins provided by the parish council.

The parish council instigated a PUP (Pick Up Poo) group a short while ago but this was disbanded when the situation improved and before the latest spate.

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## Please Keep To The Paths

By Trevor Radley

Whilst we all seek to avoid boredom by going for our leisurely walks, our farmers are suffering. The permissive walkways are sprawling onto the farmers' crops, especially Great Melton Estates.

Could we all make a concerted effort to wear appropriate footwear

whist walking on muddy footpaths and not to venture into the fields which have been cropped.

Could we all stick to the correct footpaths, particularly in the fields heading towards the parish pit and the field near the lake.

Please respect our local farmland.

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## Stunning Hethersett photographs

**We certainly have some talented photographers in Hethersett as our latest gallery shows. All the following are reproduced with the permission of the photographers.**



Red Delight by Lindsay Johnson. it is the scrubland between Shoemaker Court and Colney Lane

# Stunning Hethersett photographs



Across the Fields by David Bowden



Moody Skies by Hannah Harrison

# Stunning Hethersett photographs



Photographs  
on this page  
are by Hannah  
Harrison and  
Peter Steward.

# A Family Affair

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**Herald Associate Editor Hannah Harrison meets the Hethersett-based butcher that is helping the community during lockdown.**

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AS I mention in my column later in this edition, I've been so impressed by Farmer Barnes' Butchery.

Located in the same building as the Church Farm Shop and Tearooms, they took over the previous butchery back in Easter 2019 and are still going strong today. Sarah Barnes and her husband started off by owning just two animals 11 years ago, They now own a whole herd of Red Poll that they keep at Hall Farm, in Tasburgh.

Sarah and Co used to cook for The People's Picnic but no longer have the time, so instead they donate meat as and when they can to Anon Street Team, which we then use to cook meals for the homeless in and around Norwich. Meat is usually the most expensive part of any meal, so to have that part donated to us is such a huge help.

In my column I also mentioned about Sarah donating the meat for our Christmas hampers that went to struggling families. They gave us a huge whole chicken, four big stuffed chicken breasts, a silver-side beef joint and enough pigs in blankets for each person to have two. That would have taken quite a chunk out of our budget if it hadn't been donated, therefore we were able to spend that money on more gifts for the families.

During the summer, I usually head to the butchers for one of their BBQ packs, they're such good value and the meat is absolutely delicious.

Talking of how tasty the meat is.. my Dad, who lives in Hellesdon, often travels



**The butchery took part in Elf Day which supports the Alzheimer's Society. Our picture shows three happy elves. Sarah Barnes is in the middle.**





Above is a photograph of the barbecue corner pictured at the height of the barbecue season in August. The picture on the right was taken on Christmas Eve during the localised flooding. A customer from Hapton couldn't get to the shop due to flooding. So the business set off with a turkey on a tractor.



to Farmer Barnes' Butchery specifically for their sirloin steak. According to him it's excellent and he doesn't know of anywhere else like it. If you haven't been there before, you must try it!

I spoke to Sarah recently and asked if there's any business news or anything she'd like to say.

"We are offering contactless collection. Customers can ring the shop, pay over the phone and can then drive to our doors and we'll pop your goods in your boot.

"We love the community spirit in Hethersett and it's a joy to be part of it.

"Our meat is all local. We started our own herd of Red Poll cattle 13 years ago as a small hobby for great tasting beef for ourselves. This quickly grew as we were asked to graze for other farmers on their environmental grassland, helping to keep the balance of the flora and fauna!

"We now graze with Suffolk and Essex Wildlife Trust. As we had so many cattle, I put out a sign at the end of the drive, 'beef for sale', that was 12 years ago, how things grow! We are truly blessed how our hobby has grown into a business and we graze some beautiful parts of Norfolk too! Our pork comes from two suppliers only, both outdoor free range herds, the chicken comes from

Stowmarket and lamb comes from three local suppliers.

We've always had an open farm policy, if anyone wants to see our cattle we've always been really happy to share and show what we do! We have a fabulous team in the shop always happy to help customers, the girls both work on farm and in the shop. We love working in Hethersett and have really lovely customers!"

Only last week, Sarah contacted me asking if we would like some mince for Anon, I picked it up later that day and struggled to carry it home because there was so much! 6kg to be exact. That meat will make up so many meals for people who would otherwise go hungry.

I can't explain how much we appreciate Sarah and her colleagues' generosity, it doesn't go unnoticed and I think they've got some customers for life as far as we're concerned!

Thank you so much to all at Farmer Barnes' Butchery for all that they have done and continue to do.



# Dreams And Hopes For 2021

WE took to social media to ask our readers what their hopes and dreams are for Hethersett in 2021.

We asked them to take getting rid of the virus as a given and so below are just some of the responses.

“Our hope is that 2021 sees the future of Hethersett Post Office secured either in its current location or within another existing business.”

“To see Hethersett King’s Head re-open.”

“Electric scooter/cycling children to have somewhere safe to go rather than on the roads and pavements where they are endangering everyone (including themselves).”

“Stop building huge housing estates.”

“People remember to support all the local businesses that have worked so hard for us during 2020 and that they are not forgotten in 2021.”

A number of responders asked for improved facilities in the village to go alongside the additional development.

Village stalwart Trevor Radley bemoaned the loss of so many previously important businesses in the village and even gave a list of some of them which included:

The Spar Supermarket, the Mace Supermarket, the Norwich and Peterborough Building Society, the Bike Shop, The Greyhound Public



**King’s Head—Hopes for re-opening in 2021**



**Hethersett Post Office—Will 2021 secure its future?**

House, Barclays Bank, the Near and Handy, the wool shop, Randall's Bakery, the old post office, Newsagents shops, the coal yard, Old Hall School, Harvey's Garage, the Jet garage on the B1172, the Kinkajou Café, The egg farm, the DIY Shop. Woodbine's Fish and Chips. Halifax Building Society, Ellie's Dress Shop.

"It's unbelievable how all these existed in the past and many at the same time. The village has almost doubled in the past 30 years but the service has reduced something chronic. But as they say That's progress," Trevor said.

How many of the listed businesses do you remember?"



This was one of the more off the wall suggestions—a monorail for Hethersett.

Another poster agreed with Trevor referring to the diminishment of services as “regression rather than progression.

The zaniest suggestion was for Hethersett to have its own monorail just like in the Simpsons.

# Words of Wisdom During Lockdown

**Lockdown is a tough time for all of us. So we thought it apt to publish some words of wisdom from residents.**

Deep Within by Sue Sheard

Sue writes—*I thought I would share a verse I wrote 12 years ago when I was going through an emotional roller coaster.*

*Getting my thoughts and feelings down on paper helped me, and here's hoping I may be able to help someone who may be going through a tough time to write things down. It's amazing what the subconscious can bring up.*

*I'm not saying it's for everyone to try, but it could help some.*

*12 years down the line, I still take an anti depressant, and still get a little anxious, especially with the way things are at the moment.*

*Chins up - we will get through it eventually. Love to all xx*

Loud thunder claps the skies,  
An awakening to the thoughts in my mind,  
I seem to be lost, nothing but darkness,  
Where am I? I can't see a way forward!

The coldness grasps my skin, I shiver in pain,  
The memories of the pain within.  
The shadows reach out, taunting me,  
And I know I have to find my way out.

The feeling is like getting tortured,  
Alone with these thoughts.  
Not realising the effect it has on me,  
I switch off, so not to think. It's beyond me!

Suddenly the storm stops,  
One last clap of thunder, louder than the rest,  
And light suddenly shines in.  
I realise I was never alone, never had been,  
It was all deep within!

We really liked the following poem which has been doing the rounds on Facebook and really sums up the feelings of so many whilst incorporating lines from some of the greatest poems ever written.

*I won't arise and go now, and go to Innisfree  
I'll sanitise the doorknob and make a cup of tea.  
I won't go down to the sea again, I won't go out at all,  
I'll wander lonely as a cloud from the kitchen to the hall.  
There's a green-eyed yellow monster to the north of Kathmandu  
But I shan't be seeing him just yet and nor, I think will you.  
While the dawn comes up like thunder on the road to Mandalay  
I'll make my bit of supper and eat it off a tray.  
I shall not speed my bonnie boat across the sea to Skye  
Or take the rolling English road from Birmingham to Rye.  
About the woodland, just right now, I am not free to go  
To see the Keep Out posters or the cherry hung with snow  
And no, I won't be travelling much, within the realms of gold.  
Or get to Milford Haven. All that's been put on hold.  
Give me your hands, I shan't request, albeit we are friends  
Nor come within a mile of you, until this shit show ends.*

## The Things They Say—Words picked up on our radar

"He is a confident lad and I was fully convinced he would deliver. Right now we have to make sure he is not too proud and running around **Hethersett**, - Norwich City manager Daniel Farke after young goalkeeper Daniel Barden had put in a sparkling display in the Canaries' 2-0 FA Cup third round win over Coventry on January 9th.

"We actually never opened the King's Head but the team is ready and chomping at the bit. We don't all have a pot of gold at the end of our garden so we need more financial help. I do support re-opening in May if we could do so with no restrictions." Landlord Ben Woolf talking to the Eastern Daily Press about the delay in Hethersett King's Head being re-opened due to COVID restrictions.

## Collision on the B1172

Police, ambulances and fire engines were all needed on January 8th, following a collision between a Ford Fiesta and Fiat Panda. Thankfully only minor injuries were sustained after the collision at the junction of Colney Lane and the B1172.

The accident took place at about 10.30 am. The road remained open.

## Improvements Proposed for Memorial Field

A number of improvements are planned for Hethersett Memorial Playing Field.

The trustees have been given the go-ahead to make the improvements in the next financial year. These will include the addition of more benches and picnic tables and the provision of additional litter bins.

The major work will be to replace safety surfacing in the playground and the trustees are currently looking at options. An overgrown area backing on to properties in Firs Road has been cleared and it is also hoped to install a noticeboard on the pavilion.

## Virus Concern As Post Office Closes

HETHERSETT Post Office was shut for a week in the middle of the month after postmaster Kevin Salmon was connected by the track and trace system and asked to isolate at home.

The office was closed from January 18th to 24th inclusive and re-opened on the 25th. Kevin apologised to customers on Facebook: "Please bear with me as isolating is a legal obligation. I'm only surprised that I have lasted this long," Kevin said. The office opened again on the 25th.



## Graffiti Hits Village Hall



HETHERSETT Village Hall is the latest place to be hit by unsightly graffiti in the village. The above slogan was painted onto the back of the building during the month. Hethersett Parish Council is aware of the spate of graffiti that has hit the village—particularly along the B1172. A few months ago the council spent over £200 having slogans removed from the bus shelter on the B1172.

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**Hethersett Memorial Field Under Water**



# Hethersett Education Update

WE are very grateful to Hethersett VC Primary School for permission to reproduce their latest set of photographs of the new facilities. The new block will

feature eight classrooms for key stage one students to help with the increase in size of the school which could rise from 240 to 420 pupils.

The new building





will also feature a new library, a new office and a new reception.

Head Teacher Matthew Parslow-Williams told the Eastern Daily Press Newspaper that the school had been “on a long journey” over the past few years which has seen it change from a Middle School to a Junior and now to a Primary.



John Fisher, Norfolk County Council Cabinet Member for children's services told the media:

“Our investment in new schools in the village demonstrates how we are delivering vital infrastructure to new and growing communities in Norfolk.”

The work at the Primary School is just one part of the multi million pound investment in Hethersett which has seen the closure of Woodside School and its conversion to a Primary School on a new site on the North Hethersett development and also major changes and improvements to Hethersett Academy.

You can find details of all these developments in previous editions of Hethersett Herald.

Back editions are available by logging onto the website:

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

# Downsizing Is Not For Us

**NEIL Haverson ponders on whether to downsize as he pounds the pavements of Hethersett.**

AS we pound the village pavements for our lockdown exercise, I've been studying properties for sale. I should say there is no serious intent that we will leave our current home after all these decades, but when you get to a certain age, the word "downsize" creeps into your vocabulary.

So, as my fitness tracker clocks up the steps on our village sorties, I weigh up what's on the market and where it is situated.

What about that bungalow? No stairs for creaking joints to negotiate, a smaller garden – and it's nearer the shops. But we get back home and immediately the thought is no, we don't want to leave here.

There's pressure from the Government who want the likes of us empty nesters to move out and make way for a

family. I can see their point. Why should the two of us rattle around in a four-bedroomed house?

The Government sees it from a detached practical view. Throw all the emotions and history into the mix and it's not so straightforward.

But, from time to time, Mrs H and I hold a full board meeting to plan our future strategy.

Look what comes up for discussion.

We certainly do not want to leave the village. We choose Hethersett because it is countryfied but close to the city with Wymondham just up the road.

There were just the two of us when we moved in and put down our roots. Then, with a couple of years in between, we brought two newborns home. Just walking into their old



bedrooms prompts memories of tucking them in and reading a story. The lovely Brambly Hedge books, The Tiger Who Came to Tea, The Famous Five; we've still got most of the books and I shall read them to our granddaughter.

I look out the window at the lawn where we played cricket and football. Those two fruit trees could have been planted especially for use as goalposts. Over there was the sandpit. Bang in the middle is where I helped our daughter build her first snowman. I get the

photos out occasionally and go all dewy-eyed.

As they got older, there always seemed to be one or more of their mates around plundering the larder. A couple of them even turned up one Christmas afternoon, just for a chunk of Mrs H's legendary chocolate log.

Even recently, in the garden I dug up of all things, a couple of plastic joints that belonged to the rickety Wendy House.

More memories.

We have great neighbours, but if we moved, who would be living next door?

We could, of course, consider joining Mr Steward in the Posh End. I'm sure the neighbours there will all be top drawer. But can you downsize to the Posh End; is there such a thing as an empty nester sized property in the swanky post code? We may have to appear before a residents' panel to be granted access. It wouldn't help our appli-

“What we have is not a house but a home, oozing with memories.”

cation if Peter had moved there to get away from us as neighbours.

So, what we have is not a house but a home, oozing with memories. Somewhere that rang to the sounds of exuberant children but was also a sanctuary in the difficult times, stress at work, teenage romance break-ups and be-reavements.

We ask ourselves how two young people can move out taking most of their clobber with them and the remaining two ageing residents can fill the empty space to overflowing. Goodness knows what we would do with it all if we did move.

All those bits and bobs we've kept, “just in case”. Personal things that will be of no interest to anyone when we've downsized to that great property in the sky – and heaven knows exactly what's in the loft. But on the

practical side, there's the cost of heating, all the decorating and the garden to maintain. And as Mrs H pointed out, the day will come when there will be only one of us to manage it all.

Neither of our children want us to move. In spite of their independence, they retain an attachment to the house where they were raised. Rather than us move, our son has said he will do the garden if it gets too much for us. If it came to it, I wonder if he would come through on this offer. After all, he does live in Notting-ham.

I'm sure that has nothing to do with the fact that, when he and the family pop back to Norfolk, there's room for them to enjoy free accommodation at the old homestead.

Well, for their sake, I guess we better stay put.



# Finding this winter even harder because of Coronavirus?

## We are here to help.

Norfolk County Council's Covid Winter Support scheme can help with:

- Day to day living costs including food & energy bills
- Daily essentials such as toiletries & nappies
- Food vouchers for school holidays

Find out more online or call us now

[www.norfolk.gov.uk/covidwintersupport](http://www.norfolk.gov.uk/covidwintersupport)

**0344 800 8020**

Or visit your local library for help with applying



**Contact  
us today**

# Death of Sporting Stalwart

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**Chairman of Hethersett Hawks Cycle Speedway Club Mel Perkins MBE remembers a stalwart of the sport who has died and also looks forward to when lockdown is over and the sport of cycle speedway can start again.**

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HETHERSETT Hawks/Yellow Brick Mortgages was saddened to hear of the death of Roy Chapman. Long-standing and former members plus supporters will remember Roy as the stalwart of the Spixworth Club for over 40 years. Taking over as Secretary from Mike Colman, he steered the club through its move to Crostwick Lane to become one of the leading clubs in East Anglia and, at times, even on the national stage.

For many years, Roy soldiered on without much help once the older riders had retired or moved on. He could often be seen working on the track alone and at matches he had been known to referee, act as starter, flag marshal and announcer all at the same time! He was not a top rider but many a youngster would be aghast at being passed round the banks of Spixworth by this "old guy" sitting on the seat of his trusty old bike.

Roy always gave a warm welcome and was proud of his Spixworth track. His dedication also spread into football where he managed sides at a high level locally and continued playing in goal well into his forties. Two of his proudest moments were being awarded the "Wilkinson Sword Award of Merit" and watching his Spixworth protege Phil Howells win the British title at Hellesdon - then in Hethersett colours having moved to the village.

Sadly, illness descended upon him several years ago and he had to give up his involvement. It is now even more significant that the clubs and riders in Norfolk do everything they can to support the work going on to revive the Spixworth Club. Our thoughts are with his family and friends at this time.

## Hopes For A Restart

HAWKS are keen to support the "Keep Kids Active" campaign and have vowed to be open for activity as soon as restrictions allow. It is planned to operate with club sessions Tuesday evenings and Saturday mornings as last season initially but then expand to some joint activity with Norwich CSC at all four Norfolk tracks. Activities are not limited to kids – we have active adult racing as well – just the thing to shake off those lockdown blues.

The club has co-opted Anna Clarke to the committee and are pleased to announce that Nigel Longlands has completed his British Cycling Level 2 Coaching Courses.

You can keep up to date with our activities on our website  
[www.hetherssetthawks.co.uk](http://www.hetherssetthawks.co.uk)







## Re-Vamped Plans For Pavilion

**REVISED plans for a new pavilion on Hethersett Memorial Playing Field have been lodged with South Norfolk Council.**

A pavilion group put together under the auspices of Hethersett Parish Council has lodged a new planning application for a pavilion that takes into account the growth of the village at the present time and into the future.

Original planning permission for a replacement building was granted in 2013. Now the organising group has put in fresh plans to keep up with demand:

“Since the 2013 application was submitted, the village has experienced rapid growth and will continue to do so for the foreseeable future with over 1,200 homes proposed for the Hethersett North development.

“The proposed update is to meet the pressure already being placed on the existing facility. The Memorial Playing Field is the only large freely accessi-

ble open space within the village and, in a post Covid society it is envisaged that sizeable events will return to the field,” the application states.

Since the 2013 application was submitted, the village has experienced rapid growth and is likely to continue to do so thanks to the Hethersett North development.

The South Norfolk Local Football Facilities Plan has highlighted the proposed pavilion as being key to its grass roots football improvement programme.

The current building is primarily used for sports changing but is thought to be inadequate and outdated. Proposed new plans will provide changing facilities, toilets and associated facilities which can be used by a number of sports clubs and groups including Hethersett Athletic Football Club, Hethersett Hawks Cycle Speedway Club, Hethersett Playing Field Bowls Club and Hethersett Croquet Club and potential new clubs.



It is also envisaged that a proposed meeting room and kitchen will be used by a number of village groups.

The new proposals have been agreed with Hethersett Parish Council, Hethersett Memorial Playing Field Trustees, Hethersett Athletic Football Club, Norfolk FA and the Football

Foundation. It is expected that the planning application will be decided in February.

**The photographs at the top of the page and below are an artist's impression of the new pavilion.**



## Sarah Joins Parish Council

HETHERSETT Herald columnist Sarah Lawrence (pictured opposite) has been elected to the parish council.

Sarah was co-opted at the January meeting to replace Shane Hull who has resigned from the council after a number of years service to the village.

In her monthly column which you can read starting on page, Sarah said that she had been keen to join the council for some time.

“I would like to be able to have a say in what is going on in our village and to have a part in shaping the future of our growing community,” she said.

Council chairman Adrienne Quinlan said she was delighted to welcome such “a village-minded person” to the council.

It was a case of one in and one out at the January council meeting, however, with the news that long standing councillor Marilyn Savory (pictured below) has resigned, citing a change in personal circumstances due to the COVID pandemic as her reason. Chairman Adrienne Quinlan thanked Marilyn for her work on behalf of the council over many years.

As well as being a member of a number of parish council committees, Mrs Savory was also the council’s representative on a number of outside bodies including Hethersett Pensioners’ Association, Hethersett Dementia Support Group and the Heart of Hethersett Bereavement Group.



# News From The Parish Council

## Parish Council Meetings

HETHERSETT Parish Council meets on the third Monday of each month apart from August.

Full council meetings begin at 7.30 pm and are preceded by meetings of the council's planning committee which start at 7 pm.

In addition the Memorial Playing Field Pavilion Development Committee meets on the first Monday of the month at 7.30 pm.

This meeting is preceded by a further meeting of the planning committee starting at 7 pm. These meetings are all open to the public

Meetings of the parish council usually take place in the village hall but are currently being held via the Zoom video conferencing platform.

Agendas and reports can be found on the council's website at:

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

There are two opportunities for the public to speak at each full council meeting.

Full council meetings for the remainder of 2021 will be held on the following dates:

February 15th, March 15th, April 19th, May 17th, June 21st, July 19th, August—no meeting, September 20th, October 18th, November 15th, and December 20th.



**Out with the old and in with the new. These two lighting columns stand side by side at the end of Haconsfield.**

**The old column will be removed in the near future.**

# News From The Parish Council

## How To Contact The Parish Council

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

Parish clerk Annette Palmer can be contacted by telephone on 07902 322729 or via email at [hethersett.pc@tiscali.co.uk](mailto:hethersett.pc@tiscali.co.uk).

The council has a website at

[www.hethersett-parish-council.norfolkparishes.gov.uk](http://www.hethersett-parish-council.norfolkparishes.gov.uk)

and also a Facebook page.

### Parish Shorts

#### **Grass Verge Improvements**

THERE has been an improvement in the state of many grass verges in the village, the parish council heard from South Norfolk Councillor Adrian Dearnley.

Mr Dearnley has been monitoring the state of verges with particular emphasis on those used by people parking vehicles. He reported that verges close to the Memorial Playing Field were “still messy” and potentially posed a safety issue with vehicles parked in an area used by children using cycles. He felt that unless something is done to protect the verges they won't improve significantly.

#### **20 MPH Speed Limits**

Councillors heard that the whole of what is known as the Watertower development at the top end of Great Melton Road will be designated a 20 mph zone.

#### **Awaiting A Reply**

The parish council has not heard back from the post office authorities after contacting them with regard to a meeting to discuss the future of a post office in Hethersett.

#### **More Pizza**

The parish council has once again extended the permission for a pizza outlet to trade from the village hall car park on Saturdays for another month.

# Where Now For Great Melton?

**THE next decade is likely to bring many challenges for parishes and villages. Here Great Melton resident David Gregory gives an outspoken look at the past, the present and discusses the future of somewhere he has lived for 45 years.**

THE following discourse is an attempt to address what I perceive to be the most urgent needs of my parish in the forthcoming years in the hope that it will promote further thought and discussion.

I realise that we may eventually have to accept the parish as a unit of local government has come to the end of usefulness; although recent talk of decentralisation from Whitehall to the Regions may give the parish a role in their plans.

## The Past

Parishes were originally established as ecclesiastical divisions to support a parish church and priest. Great Melton ecclesiastical parish has lasted for over a thousand years; for much of that time little changed for those living in "their" parish.

Almost all men worked in agriculture and lived in the parish or nearby and many spent their entire lives in their parish. Because housing was dependent on employment and for most the only available means of transportation was on foot, parishioners therefore had little scope for movement after they married.

Fifty years ago many farming tenancies in Great Melton had been dissolved and large areas of the parish

## About David

**Our family have lived in Great Melton for 45 years. We have owned our family home in the parish for most of that time. I was employed in the parish for nearly 20 years. My wife and I have now been retired for several years. I have been a parish councillor for many years having earlier had a spell as Great Melton Parish Clerk.**

were farmed by Great Melton Farms though a few tenant farms remained and some livestock farming was still carried on in the parish. Today nearly the entire parish area is farmed by Great Melton Farms for the production of arable crops. Woodland is planted on poorer land unable to sustain profitable arable production.

## The Present

Within parish housing there is now a pronounced aged demographic. A few years ago I counted 18 children in the parish but today, because of the lack of facilities and the availability of affordable homes, most of those 18 have gone from the parish leaving behind the predominance of middle aged and elderly residents.

Most land -centred operations are now undertaken by contract and the num-

ber of people employed by businesses based within the parish has fallen to a very low number. The great majority of working age parishioners therefore commute to work in nearby towns. It appears that for a large number of parishioners the parish probably has no relevance in their lives.

Today, when housing that once would have housed a locally employed family falls vacant it is refurbished, usually to be let at the upper end of the rental scale. Clients for such properties have enough financial strength to give them independence from the social structure of a parish.

Their capacity to come and go at will makes a parish boundary irrelevant. For some parishioners, the civil parish is not an entity to which they relate; I suspect they would have difficulty in correctly naming the parish in which they live.

Parish Councils have difficulty finding parish members sufficiently interested to become parish councillors, elections for councillors are rare and it is more common for existing members to be returned "en bloc" or co-opted when a vacancy occurs. Great Melton at least meets its full quota of seven parish councillors; some other local parish councils continue to work though they lack sufficient interest to even make up the full number of council members they should recruit.

It seems that the average parishioner finds nothing in the role of parish councillor that is of any concern in their lives. It is a sad reflection and possibly the reason for a lack of interest from many parish members, that some councillors appear to be council members in order to safeguard their interests, be that Ecclesiastical, Business

or Investments; rather than first and foremost serving for the benefit of general parish members. It is therefore no great surprise that some parishioners may regard the parish council as a closed shop.

To some the Parish Council may have an appearance of impotence, which is further heightened by Norfolk County and District Council departments' penchant for ignoring local wishes when making decisions;. Our parish council's attempts to get changes to some highway speed limits within the parish is a long standing bone of contention in this regard. The 2011 Local Government Act was supposed to give greater autonomy to parish councils but in practice it had the opposite effect. The real power has gone to district councils who now play the tune to which parish councils must dance. We are very fortunate in currently having a district council representative who works very hard on behalf of the parishes within her responsibility.

Such has not always been the case and no doubt will not be so on future occasions. Another effect of the Act is that parish clerks are now paid a Civil Service pay grade; no longer is the parish clerk's remuneration agreed between the clerk and the council but is now a Civil Service national pay grade with a statutory salary level and statutory annual pay increases. In this parish over 60% of the parish's annual income is now absorbed by paying for our parish clerk and associated expenses. After meeting other statutory expenditure, insurance, audit fees, etc., an annual balance of only 18% (worth £440 pounds in the current financial year) of the council's annual income remains to be disbursed for the benefit of parishioners. Even simple

requirements such as the replacement of the parish noticeboard can not now be undertaken without first having obtained some form of grant aid from South Norfolk District Council.

## The Future

To my mind the parish urgently needs two things: Firstly, an influx of young families to balance the ageing of the parish demographic. Secondly, an increase in the opportunities for entrepreneurial investment in small business developments with a corresponding increase in employment available within the parish.

**Young families.** To get which we need to have a supply of suitable starter housing and more facilities for young parents and children within the parish. The parish also needs better connectivity to Hethersett. A proper cycleway connection to Hethersett would become essential for the safe movement of children from homes in Great Melton to schools in Hethersett. Speed limits on parish roads would be a great help to make it safer and easier to move around in the parish, possibly having the effect of deterring some rat-running vehicles from passing through the parish at all.

Otherwise a re-designation of some of our parish roads to limit entry to some stretches of road for “access only” might be a consideration.

A solution must be found to safely meet the needs of the greatly increased numbers of walkers, cyclists and horse riders now using parish roads.

**More employment.** The parish needs sites for light industrial development to provide for entrepreneurial investment

in the parish. The parish also needs an extension of fibre broadband coverage to areas away from High Green to encourage small internet based businesses within the parish.

The “worst case” scenario is that Great Melton gives up its status as a parish and amalgamates with an adjoining parish to spread the overhead costs imposed by the Local Government Act. Though, in my opinion, this is unlikely to bring any great reduction in the financial burden borne by Great Melton parishioners because Great Melton’s adjoining parishes are far more heavily populated –therefore communally wealthier – and have far better facilities than we have in our parish.

The monies intended for the benefit of Great Melton parishioners garnered by successive Great Melton Parish Councils over many years would not be used for the benefit of Great Melton but mainly used to the advantage of parishioners of a more heavily populated adjoining parish.

It therefore seems likely that this parish will be treated as an outlier to the main centre of any new parish amalgamation with no great benefit to Great Melton parishioners from any such union. The “do nothing” scenario. Without a conscious effort to steer the parish in another direction I would expect the parish will continue developing along its current path; that is an increasing trend to move the general parish habitation towards a wealthier more genteel class of personage.

The Lombe Estate as the main land and property owners in the parish have shown no desire to sell off further land or property. From their point of view any substantial transfer of property into other ownership will compromise their



ability to run the parish in the family's best interests; it therefore seem likely that the majority of parish housing will eventually become let for high rents to high salary earners or those with a substantial pension pot.

The small number of estate houses

that cannot be let for maximum rents will probably be "improved" as they become vacant, though present experience suggests that the rent demanded upon letting will almost certainly be too high to attract young families into the parish.

NOTE: Since writing this article David has resigned from his position on Great Melton Parish Council. If you have any views on David's article please send them to the editor at [petersteward@lineone.net](mailto:petersteward@lineone.net).

We are happy to publish news from Little Melton, Great Melton and Ketteringham. Items should be sent to the email address above.

## Dale's Beauty Tips

Dale Evans continues her regular column giving beauty tips and answering your questions.



### Dale Evans at the Willows

Advanced Beauty Clinic

The Willows, Hethersett, NR9 3JY

Tel. 07921367910

[info@daleevans.co.uk](mailto:info@daleevans.co.uk)

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

By Appointment Only

[@daleevansbeauty](https://www.instagram.com/daleevansbeauty) 

## The Glamorous World of A Walking Beauty Therapist

SINCE the latest lockdown, my need to 'get out' has been almost overwhelming. I find my new hobby, walking, a really grounding and humbling experience, I really appreciate the big Norfolk skies and the way nature moves on regardless. I've been going out in all weathers, there is something perverse in walking in driving rain and getting absolutely soaked (or maybe I'm just going a little bit

mad). What has been complaining about my new norm is my skin. Leaving the centrally heated house for another minus 2 degree walk takes a little more preparation than normal.

Some of my top tips are to:

Change your cleansing routine to a cream type cleanser that can maybe be removed by cotton wool instead of water, if your skin feels tight and even flaky. We live in a hard water area and washing off our cleanser at this time of year can leave a residue on the skin, which can cause flare ups on more sensitive skin. Maybe remove with a gentle rose water or gentle toner instead.

Sunscreen is still necessary at this time of year. Although the UVB rays are low, UVA ( the skin ageing ones) are still around. A lot of moisturisers and foundations have them added which is probably adequate in the winter.

I'm sure we are all sick of this advice. Drink more water! So much more difficult at this time of the year, and I don't know about you, but I definitely need to 'go' more in the cold. It is absolutely crucial for our skin though. Central heating zaps our skin of all moisture, leaving it compromised and struggling to adapt to all that life throws at it. I find it easier to drink room temperature water and have even been known to boil water and add a slice of lemon. Some of the herbal teas are quite comforting too.

Don't ditch the make-up! If you aren't working at the moment, applying your make-up just seems pointless, BUT, foundation is a great barrier to some of the stresses our skin endures in the winter. The cold, central heating, car heaters. office fans etc. Also I don't know about you, but my make-up routine makes me feel 'normal' in these un-normal times, even if I have cut it down a little.

Being a glass half full sort of woman, I will have to point out some benefits of winter skin, yes there are some. Cooler weather can act as an astringent to the skin, reducing clogging of the pores, making them look more refined. Also it keeps sebum production down, so spots can be reduced and there will be less shiny faces.

The cooler nights are also helpful for a better night's sleep. This helps reduce the dark circles and gives the skin time to recover from the day's excesses. Reducing the temperature in the bedroom at night will really help the skin. If your skin still feels dry at this time of year, adding a serum, perhaps with hyaluronic acid or niacinamide will really help. The lighter texture product always goes on first. So serum before moisturiser.

As many of you know, I specialise in a lot of anti-ageing treatments, among them being, CACI, non surgical face lifting and Radio frequency facials for increased collagen production. Unfortunately these machines are tucked away safely until Boris says they can come out of hibernation. In the meantime to give yourself and your face a uplifting experience, why don't you try 'face yoga'. Danielle Collins can be found at the [faceyogaexpert.com](http://faceyogaexpert.com) .

Maybe FaceTime a friend and do it together, it certainly brings a smile to your

face and we all know if we can manage a smile the face looks immediately younger..... so happy smiling and keep safe and positive. If you would like any more advice on any skin issues or concerns you have please don't hesitate to call me, or email or maybe sign up to my newsletter on my website.  
[www.daleevans.co.uk](http://www.daleevans.co.uk)

## Hethersett Herald—The Collection

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

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

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

**You can read back copies of Hethersett Herald by going to [www.hethersettherald.weebly.com](http://www.hethersettherald.weebly.com)**

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**Across the fields from Hethersett—the twin towers of the churches of Great Melton.**

# Sarah's World

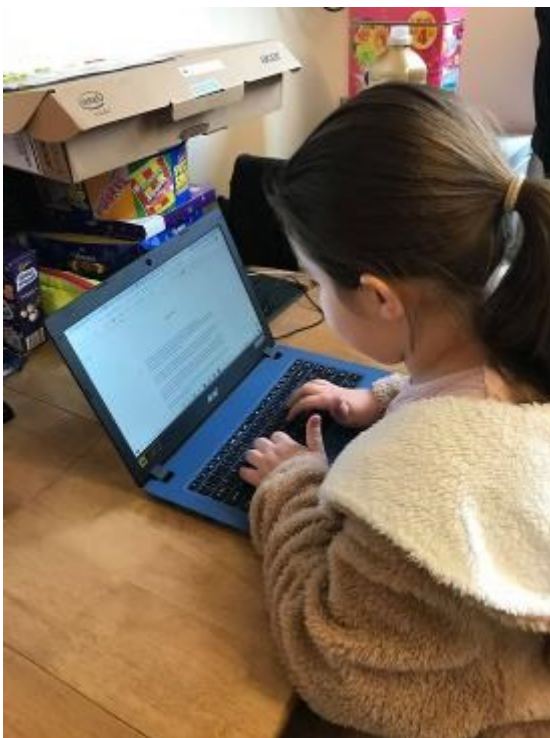
Sarah Lawrence continues her monthly column giving us her take on Hethersett life.

## The Blockbuster That Is Lockdown

HERE we are, Lockdown 3 - Return of The Virus. It sounds like some kind of Winter Blockbuster doesn't it? But it's not. It's the reality that we're all living now, and probably all will for a while.

We've had to cancel a holiday to Butlins with our friends in February. We booked it in April, I think. Back when Coronavirus was a new kid on the block and we thought that Lockdown 1 (A New Virus - if we're going with the movie theme) would be wiped out in a few months.

However, By the time Lockdown 2 came around (The Virus Strikes Back) I think we all knew we were in it for the long haul. Thankfully Butlins had a 'Coronavirus Guarantee' where we could get a refund or rebook another date if circumstances meant we couldn't go when we had planned to. We're looking into rebooking for potentially May, or even September, but obviously no one knows when this hell is going to end. Like my friend says, she just needs something to look forward to. I'm the same, at the moment, I'm finding all work and no play makes Sarah a dull girl.



Going with the Lockdown 3 theme, we have restarted home learning with my two daughters. During Lockdown 1, this wasn't the most successful of ventures. School work is now published online and then children do the work - in Woodside's case - through a site called Google Classroom.

# Sarah's World

Back in March, we didn't have a laptop or computer. We had tablets and our smartphones, but Google Classroom didn't work via those. We had to do a lot of old-fashioned writing with pens and pencils on paper and, because Amelia wasn't used to working on her own, we had a lot of tears! We did try to buy a laptop back then, but I'm guessing a lot of parents were in the same boat as us, as the laptops on the lower budget end were always out of stock.

The other day we did manage to get hold of one though, just in time for our next round of home learning. And, I'm using it to write this on, so the laptop has come in very handy for our household!

In our spare time when we're not home learning, and when I'm not at work, we still like to potter around the village taking our exercise, in between playing games and watching movies as a family.

## Mud, Mud, Glorious Mud

WE recently had a trip to the (very muddy) park at the Memorial Playing Field. We had taken our wellies, anticipating the mud, but we had grossly underestimated the amount we'd be encountering.

I think by the time we had walked across the field from the path to the park itself, our boots were caked in the stuff. By that point, I'd told myself to just embrace it, surely we can't get much muddier? I was very wrong. My Husband decided to help my youngest daughter take a spin on the roundabout, after hearing her pleas of, "faster!" He grabbed hold of one of the bars and pulled as hard as he could, sending Hattie whizzing round. Unfortunately, George had forgotten the golden rule of roundabout safety, he hadn't warned Hattie to hold on tight.



I don't think I'll ever forget the look on Hattie's face after she went flying straight off the roundabout, nor the noise the mud made as she landed in it. Fortunately, she found it all rather hilarious and was in absolute stitches while I slid around trying to help her up. We left not long after that and, when we got home, I chucked them both straight into the bath!

# Sarah's World



## More On Sandwich Superheroes

OVER the Christmas period, Hannah Harrison and I (mostly Hannah if I'm honest) put together some Christmas Hampers for three families as part of our work for Sandwich Superheroes. If you haven't heard of Sandwich Superheroes, where have you been?

We started the group in October as a response to the Government removing the Free School Meals initiative during the holidays. Our aim was to help out any families that were struggling, and to fill the gap left by the removal of this important lifeline.

Thanks to members of the All Things Hethersett Page on Facebook, articles in the EDP and Evening News written by our lovely Herald Editor Peter, and word of mouth, donations came flooding in from caring members of the public and businesses. (Editor's Note—Flattery will get you everywhere Sarah).

Back to the Hampers. Paid for and filled with donations, we were able to really

# Sarah's World

help three families enjoy their Christmas after a challenging year. With meat kindly donated to us from Farmer Barnes' Butchery on Norwich Road - we had expected to pay for this part, but after messaging them regarding the order we wished to place, they gave it to us free of charge. A very kind gesture considering they already help Anon (a group feeding the homeless) supplying meat for meals.

We bought vegetables, selection boxes, mince pies, puddings and lots of other bits and pieces, to make a Christmas feast from the donations received on the Go-fundme account, and we even received lots of donations of Christmas gifts from people wanting to help too. Hannah wrapped them all up and they were collected two days before Christmas by some very grateful families. Thank you so much to our wonderful supporters, this wouldn't have been possible without you!



## Out Of My Comfort Zone

THIS month I've gone a bit out of my comfort zone and done something I've been wanting to do for a long time. I've applied for a position as a councillor on Hethersett Parish Council. It's something I've been eager to do at some point, but initially wanted to wait until my children were older. When a space became available on the parish council after the resignation of Shane Hull, I had a long discussion with my husband, and decided that now was the time that I bit the bullet. If I didn't apply now, who knows how long it would be before I got this kind of opportunity

again? My application consisted of a brief summary of my background, and two questions; why do I wish to be considered for the position and what do I feel I could bring to the council? My answers to the two questions were very long-winded! To put it in a more succinct form, I just would like to be able to have a say in what is going on in our village, and to have a part in shaping the future of our growing community. By the time you read this, you'll have learned of my success or failure to land a space on the parish council. I, however, have to wait another week or

# Sarah's World

so from the time of writing before I learn my fate! If they choose someone else, I'll be disappointed. But I'll know that they have their reasons, and I'll know that I tried my best. The moment another slot opens up, I'll be there

though, having another go at getting aboard.. They won't be able to shake me off that easily!

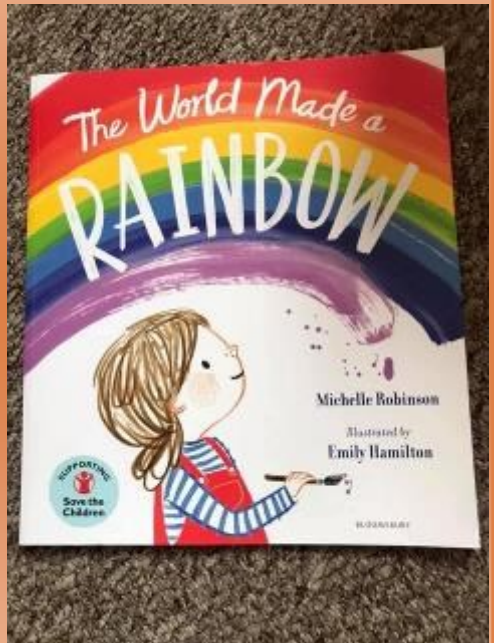
**Editor's Note—Sarah was successful in her application.**

## A Book Full Of Colour

And finally, I wanted to share a book with you that we bought earlier in 2020 for the girls (and me, if I'm honest). It's called, 'The World Made a Rainbow' by Michelle Robinson. As you can imagine, it's all about the pandemic and how we deal with it, without explicitly naming Covid.

It talks about making coloured rainbows and putting them in our windows, video calling friends and family, and home schooling, amongst others. We really enjoyed reading it, mostly because it resonated with us and how our lives have changed since all of the lockdowns began.

I would really recommend it as a book for young children - mine are nine and three - as a bedtime story or just some light reading, not to mention it being a wonderful keepsake of these crazy times we are living through. We bought our copy from Amazon, but it's available elsewhere too. Stay safe and I'll see you next month!





## “Secretive” Post Office Criticised

THE possible plight of Hethersett Post Office was highlighted in the Eastern Daily Press.

In the last Hethersett Herald we reported on a response from the Post Office authorities to concerns expressed by Hethersett Parish Council about the future of the Hethersett office.

Subsequently journalist Daniel Moxon wrote a piece in the local media under the heading “Secretive” Post Office criticised amid fears over branch’s future.

The article says that Hethersett councillors have described the Post Office’s response to their questions over the future of their local branch as “disingenuous”.

The article quotes councillor Bridget Williamson who said: “I thought the reply was totally unsatisfactory. I do think they need to be challenged, or we will just lose our Post Office.”

The council described the Post Office response as a “Fobbing off letter.”

The parish council has asked the Post Office for a meeting. Following the article on the EDP24 website there were a number of posts from the public. One said: “If Norwich can’t support a proper Post Office city centre branch, what hope has a small village like Hethersett?”

Another said: “The post office is now all about the shareholders and making prof-



*The following is part of the response by the Post Office to the parish council’s letter of concern.*

The response was from Michael Norman from the Office of the Group Executive was as follows:

“Our local team are aware of the issue with the lease of the premises. However, at this time the postmaster has not provided us with any potential closing date for the branch.

“We understand and appreciate how much communities rely on our services and we are already making plans for the area following any closure.

“I can confirm that the branch is currently advertised on our website and we would welcome interest from anyone who may be interested in this opportunity.”

# News From The Media

its, it's not there for the benefit of a small village or the like.”

This is a story that is likely to continue throughout 2021 and Hethersett Herald will bring you any updates in future editions.

## Proposed pavilion extension 'will support the growth' of village's five sports clubs

Proposed pavilion extension 'will support the growth' of village's five sports clubs

At least five amateur sporting clubs will all benefit from plans to extend the pavilion in a village close to Norwich, according to sporting bodies.

Hethersett Parish Council has applied to extend the existing pavilion on the Memorial Playing Field of Recreation Road.

Full planning permission was originally given in August 2013, but the council has submitted fresh extension plans as the village has seen "rapid growth" in the time since.

In the design and access statements, the council said the update is "to meet the pressure already being placed on the existing facility", with hundreds more new houses

**JENNIFER BRAGGON**  
Hethersett@hethersett.gov.uk

proposed for the village.

The revised proposal includes provision for two changing rooms, as well as two separate kit bag stores, a separate disabled changing facility and two courts for match officials.

Also included are a function room, a kitchen, internal and external toilets and storage rooms for large items like postboxes.

The application also specifies that the extended pavilion "will now include provision for Hethersett Athletic Football Club, Hethersett Cycle Speedway Club, Hethersett Croquet Club, Hethersett Bowls Club, Hethersett Running Club and six new clubs formed".

When consulted on the proposal, Sport England said it was "likely" that it would support the proposal as it is for facilities supporting the playing field and does not affect the usage, quality or quantity of playing pitches.

In a joint statement, the Football Foundation and Norfolk FA said "Norfolk FA are supportive of



the proposed design, and the Football Foundation has approved the design.

"The layout and design of the new pavilion will support growth and retention of grassroots football activity via the resident football club Hethersett

Athletic FC, as well as supporting a number of other sports including bowls, cricket and cycle speedway.

"Assuming planning permission is obtained, both Norfolk FA and the Football Foundation will work with the project applicants to

develop their application to the Football Foundation for funding to support the delivery of this proposed new pavilion."

Consultation on the plans is open until JANUARY 22, while the application is expected to be decided upon in February.



The current Hethersett Pavilion on the Memorial Playing Field

## Eva, four, aims to put smiles on faces with princess walks in lockdown

Four-year-old princess aims to put smiles on faces with princess walks in lockdown

Four-year-old princess aims to put smiles on faces with princess walks in lockdown



**JENNIFER BRAGGON**  
Hethersett@hethersett.gov.uk

Four-year-old princess aims to put smiles on faces with princess walks in lockdown

Four-year-old princess aims to put smiles on faces with princess walks in lockdown



THE above cutting comes from the Eastern Daily Press newspaper and covers the new plans for a pavilion on Hethersett Memorial Playing Field. See our story on page

Opposite are Hannah and Eva Harrison aiming to put smiles on faces with their princess walks during lockdown.

You can read more about their efforts for charity elsewhere in this edition of Hethersett Herald.

# News From The Media

## NEWS

### Work completed on £3m village school expansion

It may currently be closed to all but vulnerable and key worker children, but when pupils return a village primary school will welcome them back to a £3m extension.

Work to build a new eight classroom block for five stage one children at Hethersett VC VC Primary School has been completed.



**SIMON PARKIN**  
from publicis.com/uk/psk

It is set increasing growth in the coming years, with 1,500 new homes approved to be built in the village.

In 2019, Hethersett VC Junior School was converted into a primary school, increasing the number of school places from 200 to 420.

The project to improve facilities also includes improvements to the existing accommodation, a new library, new office and reception.

Headteacher Matthew Purkiss-Williams said: "We have been on a long journey over the past five years changing from a junior school to primary school but the work has been worth it.

"Having a primary school gives us the chance to mould children in our school and values and also help them to develop from reception through to year six.

"We are already blessed with a great staff team at the school



The new 420 place Hethersett VC Primary School which opened in 2019. Photo: Hethersett VC Primary School Headteacher Matthew Purkiss-Williams.

Photo: MICHAEL SMITH/GETTY IMAGES/ALAMY FOR NEWS RELEASE

we would schools area and are now, the addition of eight classrooms has added to this."

"Two other schools in the village have benefited from £200m in county council funding as part of plans to meet increasing demand for school places.

"Hethersett Walskella Infant School was converted on a primary school and started in a year from

Hethersett Academy unveiled a new 800 extension in September last year complete with 17 new classrooms and a state-of-the-art library.

John Pether cabinet member for children's services, said: "The completion of work marks the final stage of our project to deliver modern new schools to children

parents; we have achieved our aim of creating hundreds of new school places.

"Our investment in new schools in the village demonstrates how we are delivering vital infrastructure to new and growing communities in Norfolk.

"It is more than an investment in new buildings though, it is an investment in the education and

ABOVE is coverage in the Wymondhham Mercury about the completion of the improvements to Hethersett VC Primary School in Queen's Road. You can see photographs of the new areas on page 41.

On the right is coverage from the Eastern Daily Press and Norwich Evening News on the U-turn by Hethersett Parish Council with regards to paying for grass cutting of Hethersett Churchyard. You can read more on this story by going to page 13.



### Council agrees U-turn on churchyard grass cutting following public appeals

**ALTERNATIVE TO GRASS CUTTING**  
Hethersett Parish Council has agreed to pay for grass cutting in the churchyard.

**PARISH COUNCIL**  
Hethersett Parish Council has agreed to pay for grass cutting in the churchyard.

**ALTERNATIVE TO GRASS CUTTING**  
Hethersett Parish Council has agreed to pay for grass cutting in the churchyard.



## Hethersett man named England Athletics Coach of the Year

### Athletics

BY PETER STEWARD  
p.steward@hethersett.co.uk

**A Norfolk athletics coach who 'lives and breathes the sport' has been named England Athletics Coach of the Year for 2020.**

The award comes as a remarkable tribute for Mike Using from Hethersett, who was previously named England Athletics Eastern Region Coach of the Year for 2002 and Norfolk's High Performance Coach of the Year in 2014.

England Athletics described Mike as "an incredibly kind, honest person who makes athletics fun and engaging."

"Mike is encouraging, extremely patient and goes the extra mile to help his athletes. Mike has a real love for athletics. He has coached Great Britain athletes at the 1990 Paralympic Games - London 2012 and Rio 2016."

Mike, who is currently a coach with the City of Norwich Athletics Club, was also praised for his interest and support for para-athletes. He has coached Great Britain athletes at the 1990 Paralympic Games - London 2012 and Rio 2016.

"The judges also praised Mike for giving his time freely to athletes, their coaches, parents and anyone needing his support, including running one-to-one sessions."

In accepting the award, Mike, in typical modest fashion, praised those who had made it possible.

"It's been an extremely difficult time with the pandemic being incredibly sad for many. Volunteer coaches have stepped up to support their athletes. The award is recognition for my team of volunteers and coaches in Norwich and the country along with all the volunteers," he said.

Mike got into athletics almost by default when, as a young man, he decided to hang up his football boots and cricket gloves. "I went out for a run. I knew I was a pretty average runner and was never going to get the world class, but I liked school with no qualifications and in many ways, I feel I could coach. I felt school with no qualifications and in many ways, I feel I could coach. I felt school with no qualifications and in many ways, I feel I could coach."

Every person is an individual and has to be treated as such," he said.



Mike Using, has been named England Athletics Coach of the Year for 2020

Pictures: MIKE USING

number of athletics clubs including Wyndham Road Runners, Dune Street Runners, Norwich Olympians and Norwich Athletics Club and also found

he had the ability to discover talent from secondary school sports days. He worked as a voluntary coach for 30 years before making up some professional coaching posts at the age of 68, 11 years ago. Mike was born in Norwich and

initial coaching career took an unexpected turn as he explained:

"Out of the blue, I received a telephone call asking me to look after young athletes with learning difficulties representing the Great Britain MEN-CAP team," he said.

He became involved in the national development programme which brought him into contact with some of the world's top coaches. Mike developed his coaching to embrace what he refers to as the three Cs - caring, connecting and communicating.

Mike's profile continued to go up as he looked after disabled athletes at the European Championships in Swansea in 2014, and the World Championships in Lyon in 2018 and Tokyo in 2020 and also the ultimate challenge - "The London and Rio Paralympic Games."

"I feel I have been on a long journey as a coach. I am a firm believer that you can make a difference to people simply by sitting down and talking to them. I love imparting what knowledge I have. I also love sharing it and helping the next generation of coaches," he said.

Daughter Alison led the tribute. "He gives up so much of his time to inspire and help young children and young people believe in themselves and reach their potential and he is always helping others. It is so nice for him to get the recognition he so rightly deserves," she said.

After the announcement of the England Athletics award Mike received congratulatory messages from top coaches from throughout the UK and admitted that he was "in shock".

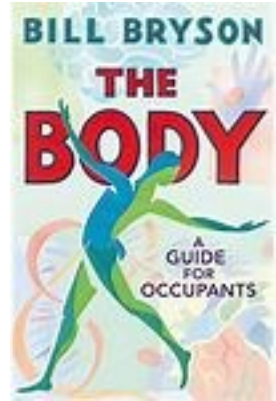
## Classics of Back Lane

The 15th in a series featuring a literary gem found in the Back Lane Book Swap. Books found during a wander along the lane. Of course by the time you read this the featured book may have gone.

### No. 15 – *The Body* by Bill Bryson

THE cartilage in your joints is smoother than glass and has a friction coefficient five times less than ice. The more exercise we do the more our bones produce a hormone that boosts mood, fertility and memory – staving off frailty, depression and dementia.

Taste receptors trigger insulin release, so that before we've even swallowed our bodies are preparing for a meal (there are even taste receptors in the testicles). We are made of seven billion billion billion atoms, the constituent elements of which would cost £96,546.79 on the open market (excluding VAT). A study of 60 people's belly buttons found 2,368 species of bacteria, 1,458 of them "unknown to science". Our ears can discern a volume range of 1,000,000,000,000 factors of amplitude.



Over a lifetime your heart performs the equivalent work of lifting a tonne weight 150 miles into the air. Through her nipples a breast-feeding mother's body gauges the microbes in her baby's saliva, to adjust the antibody content of her milk. If you laid all the DNA in your body end to end it would stretch 10bn miles, beyond the orbit of Pluto: "Think of it: there is enough of you to leave the solar system," Bill Bryson writes; "You are in the most literal sense cosmic."

Bryson's *The Body* is a directory of such wonders, a tour of the minuscule; it aims to do for the human body what his *A Short History of Nearly Everything* did for science. He has waded through a PhD's worth of articles, interviewed a score of physicians and biologists, read a library of books, and had a great deal of fun along the way. There's a formula at work – the prose motors gleefully along, a finely tuned engine running on jokes, factoids and biographical interludes.

Bryson is concerned not just with the peculiarities of our bodies, but their expiry dates. His introduction, "How to Build a Human", explores the mystery of life, why £96k worth of atomic matter self-organises into the miraculous and auto-

mous beings that we are (spoiler alert: no one really knows). After dispensing with the skin and hair (“no one ever died of baldness”), and the trillions of bacteria that share our bodies (“bacteria can swap genes between themselves, like Pokémon cards”), the brain, head, throat, heart, liver, skeleton, lungs, guts and genitals are given the Bryson treatment: wry, companionable, avuncular and always lucid. Despite his geniality, the pace is breakneck: six pages of the 454 span the history of cardiac surgery (a subject Thomas Morris’s *The Matter of the Heart* recently spent more than 400 pages on). In an express chapter on pain and nerves, migraine is allotted just one paragraph, as is the pain of cancer.

Bryson’s tour of the marvellous arcs into the remarkable achievements of an elite few of our fellow humans: the toddler who was fully resuscitated from hypothermia even though her heart had stopped for hours; the flight attendant who survived a fall of 33,000ft, cushioned by fir trees; the Spanish diver who held his breath for 24 minutes; the Chilean miners who do hard labour 19,000ft up a mountain. In terms of our reproductive capacities, you might be interested to know that the chance of conceiving on a single, randomly timed act of sex is 3%, the lucky sperm welcomed to the egg “like a long-lost if curiously diminutive friend”. As for the average size of the human penis, you can find it on page 287.

Bryson is concerned not just with the peculiarities of our bodies, but their expiry dates: through the 20th century, human life expectancy improved as much again as in the previous 8,000 years. The first thousand days of life from conception are crucial for your future health – stress in early childhood, and in the womb, makes you an unhealthier and more miserable adult.

Junk food and sedentary lives mean that children born now are expected to have shorter lives than their parents – a development that prompts Bryson into a rare bitter jibe: “We aren’t just eating ourselves into early graves, it seems, but breeding children to jump in alongside us.” This is a political more than a medical problem, and it has political solutions: men in the East End of Glasgow have a life expectancy of 54, 25 less than the UK average – improving that statistic requires government action, not medicine.

A 30-year-old black man in Harlem has a worse prospective lifespan than a 30-year-old Bangladeshi, just on the basis of stroke, diabetes and heart disease risk, and excluding drug deaths and violence. What factors improve our life expectancy? “One is that it is really helpful to be rich,” Bryson answers. And the second? “That it is not a good idea to be American.”

In the final chapters he gets angrier, and the book becomes even more interesting. He points out that even rich Americans die younger than the average-income European because of diet, obesity and America’s anomalous, hyper-expensive and iniquitous healthcare system.

Bryson was born in Iowa but has made his home in Britain, and relates with barely disguised horror that the average American eats two entire cheese-cakes-worth of calories more than the average person in Holland or Sweden,

every week. Americans shoot one another more often than anyone else, drink and drive more than “almost anybody else” and wear seatbelts less frequently than anyone but the Italians. Insulin, the patent for which was donated by its discoverers for the good of mankind, is six times more expensive in the US than in Europe. Cuba and Lithuania have better infant survival rates than America.

The US has double the number of financial administrators in its healthcare system than it does physicians. And just in case Brits are starting to feel smug, Bryson points out that UK government austerity between 2010 and 2017 has led to about 120,000 preventable early deaths. To its shame, the UK languishes among the poorest in the developed world in terms of cancer survival – because the very barriers to specialist care that make the NHS comparatively cheap to run also make it lumberingly slow.

On the subject of prostate cancer, the PSA test is “hardly more effective than a coin toss” according to Professor Richard J Ablin, who discovered it in 1970: “I never dreamed that my discovery four decades ago would lead to such a profit-driven disaster” (one of many moments in *The Body* when I stopped to applaud, and scrawled in my notes “I wish all my patients would read this”). It makes sense that enjoying good friendships in later life might promote longevity, but Bryson notes that a positive social and emotional life seems to actually protect our DNA. In one study looking at diabetic care and outcomes, the patients of doctors who were rated highly for compassion had a 40% lower complication rate.

You are a walking, talking catalogue of wonders. “And how do we celebrate the glory of our existence?” Bryson asks. “Well, for most of us by exercising minimally and eating maximally.”

For all Bryson’s encyclopaedic reading, his brain-picking sessions with medicine’s finest minds, the ultimate conclusions of his book could stand as an ultimate prescription for life: eat a little bit less, move a little bit more.



# My Photographic Diary *by John Head*

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



Hethersett fields devour the sun. These photographs were taken on Thursday January 7th between 3 and 4 pm.



# My Photographic Diary *by John Head*

In the fields between Hethersett and Ketteringham, the skeleton trees await the spring sun to breathe flesh into them (Ezekiel 37).

'Think how it woke the seeds  
Woke once the clays of a cold star  
If anything might rouse him now  
The kind old sun would know'



# My Photographic Diary *by John Head*



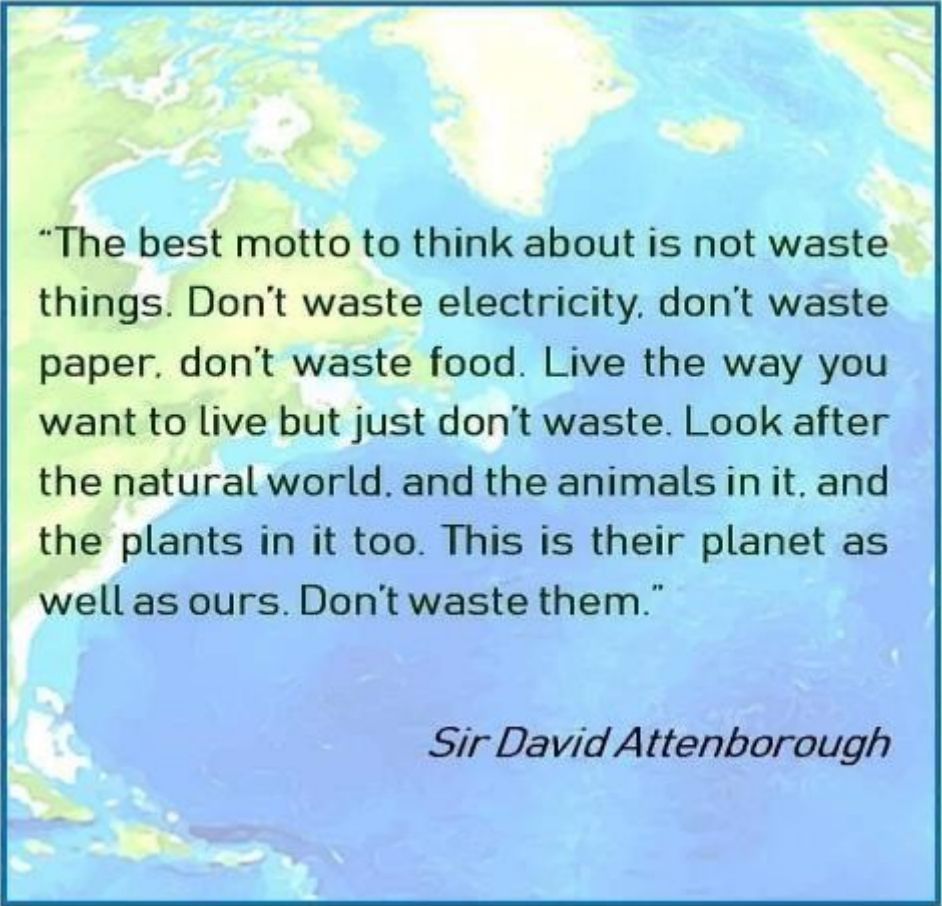
# There is No Planet B

## Small Steps to Save the Planet

Our regular feature with Penelope Brown

Sometimes more is said with fewer words. With that in mind, this month I have found a short but effective quote from David Attenborough.

David Attenborough was asked by a five year old boy: "What can I do to save the planet?"



"The best motto to think about is not waste things. Don't waste electricity, don't waste paper, don't waste food. Live the way you want to live but just don't waste. Look after the natural world, and the animals in it, and the plants in it too. This is their planet as well as ours. Don't waste them."

*Sir David Attenborough*



## HETHERSETT HERITAGE

AN ARCHIVE OF OUR VILLAGE HISTORY

### THE HETHERSETT ARCHIVE

**Honorary archivist Gary Wyatt tells us more about the village archive.**

FOLLOWING on from the mention of the relaunch of the Hethersett Archive website in last month's Herald, I thought I would tell you a little more about the archive.

I guess, in fact, that there are many of the newer residents who are unaware that the village has

a very long history, and also that there is an official archive of historical information about Hethersett.

The Hethersett archive started life as a small collection set-up by the former Hethersett librarian, Janet Smith. In the 1990s it was given to the parish council which has continued to care for it and provide some financial support. The archive is now a collection of historic documents, photos and artefacts covering the history of the village back through several centuries. A limited amount of material on the surrounding villages and towns such as the Meltons, Ketteringham and Wymondham is also held in the archive.

Bill Reekie was the first archivist appointed by the parish council and he continued to build up the collection with the help of various other enthusiastic Heth-



ersett residents until early 2014 when he retired. I had helped Bill with the archive on occasions and was flattered when he asked me to take over.

Unfortunately Bill has since died and his knowledge is much missed, as well as his contribution to the success of the Hethersett Book-worms quiz team. But that's another story.



The archive has been professionally catalogued and the catalogue is available on the recently revamped website, which can be found at:

**<https://hethersettheritage.org/>**

A search facility allows you to enter keywords and find entries in the catalogue. Where an image has been linked to the catalogue entry the search results will show this as a thumbnail. A gallery page has recently been added which displays all the images currently uploaded to the site.



One of the main sources of photos of Hethersett in the past was the work of Tom Nokes, a Norwich photographer who worked mainly during the Edwardian era and beyond (roughly 1900-1920) producing postcards. His work has provided us with an incredibly valuable legacy of our village at a time when photography was still not widespread amongst the general public.



I've illustrated this article with a few of Tom's photos, and it is perhaps surprising how many scenes from a century ago are still recognisable today, despite all the changes in the village since then.

Unfortunately the archive is not open for general public inspection as it is in secure storage with restricted access. However, in the past I have given many talks on the archive to Hethersett groups, clubs or societies and am keen to do it again when 'normal' times return (remember those?). Meanwhile, if you have any queries about the archive or would like further information on an item you can contact me at [hethersett.heritage@gmail.com](mailto:hethersett.heritage@gmail.com).

I hope you enjoy some of the pictures here from the archive.





Photographs  
courtesy of the  
Hethersett's official  
archive.

On this page are  
photographs of various  
Hethersett  
street scenes including  
the corner  
of Henstead and  
Great Melton Road  
and Cann's Lane





**Hurn House, Hethersett, at the top and below it a steam train approached Hethersett Railway Station.**



# Down Memory Lane

John Head shares his photographs of the day village stalwart Duncan Pigg was honoured for his 40 years of service to Hethersett Parish Church. The photographs were taken at a reception in Little Melton Village Hall on May 9th, 1996. Some of our older readers will recognise many of those photographed



In the photograph above on the left are Tony Curson and May Shakespeare and on the right are Duncan and Jenny Pigg. On the left, Duncan cuts his celebration cake and on the right is a picture of the cake with an edible version of Duncan in the front.



# Down Memory Lane



Above left to right—The Rev Michael Sexton, Margaret Sexton, Kate Wood, Duncan and Jenny Pigg.



The group in the photograph opposite features—Rev Di Lammas, Duncan and Jenny Pigg, Mary and Harold Kerslake. Margaret and Michael Sexton and the Rev Dan Shakespeare.

# Down Memory Lane

## More Bokenham Banter

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Lewis Buckingham continues his journey through Hethersett history.

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**Last month we brought our tale up to 1694. In that year, Hugh Bokenham, MP and perhaps Teetotaller, passed away.**

Of course our main interest here is in the tale of Pump Hall on Ketteringham Lane and what came before, so it goes without saying that Hugh owned the farmland there and much more besides.

By the time of his death, he'd seen his eldest, Walsingham, called to the Bar at Gray's Inn and his daughter Dorothy married to the son of a former mayor of Norwich. Dorothy sadly died young, only a year or so before Hugh. Her only child, Bokenham Brockden, pre-deceased her just after his first birthday.

With Hugh's passing, Walsingham was left alone to carry on the Bokenham legacy. Of those with the Bokenham name, only his uncle Richard, living in London, remained.

You may remember that Walsingham and Dorothy's mother Elizabeth - the last of the Flowerdews in Hethersett - had died when they were just toddlers. The whole single dad raising his family



A 17th Century nurse maid

thing would have been a very unusual choice in the 17<sup>th</sup> century, so they were likely raised by a series of nurses.

A nurse named Martha Stanton looked after their mother Elizabeth as she both gave birth to a child and then passed on. Martha also cared for the

little baby - also named Elizabeth - for the single day she spent in Hethersett before she followed her mother into the grave. Perhaps Martha looked after the toddlers as well.

What we do know is that another maid named Martha Robertson became a valued member of the family. Even after Dorothy was married, Martha thought of her as her 'Mistress Dorothy'. Hugh looked after her well in his will and, when Martha eventually died herself many years later in 1710, Walsingham buried her so close to his father that their coffins touched.

She seemed very much thought of as part the family.

So much so that, when Walsingham wrote his own will around the time of Martha's death, he left bequests to her nephew and to his wife who cared for Martha at her death. He added:

*"I will have it inscribed upon my Grave Stone that near this place lyeth the Body of my honest old Servant Martha Robertson who is buried so near my Father that the coffins touch each other."*

Although born in Norwich, Walsingham's heart seems to have lain in Hethersett.

This was despite the fact that he spent much of his formative years elsewhere.

His early teenage years and schooling were led in Drinkstone in Suffolk - the Manorial seat of the Mothams who lived in Thickthorn Hall. Aged 17 he was admitted to Trinity College at



Cambridge and, two years later, he was studying law at Gray's Inn, London. Eventually he would be called to the Bar as a 'Bencher' - one of the Masters of the Bench, responsible for the running of the Inn.

It's not clear whether he actually practiced law himself or it was all just part of a good formal education. He did rub shoulders with lawyers, such as Robert Snell, a Norwich lawyer who lived in one of the grand houses of Hethersett, and thought of them as his close friends.

Along with John Amyas, the Rector of the Parish, he was also quite actively sought after as an Executor or witness to wills in Hethersett. This may have been more to do with his standing in the community, however, than any particular skill with the law.

He was independently wealthy. His property inherited through the Bokenhams in Suffolk included Manors, so he need not have practiced any form of occupation, apart from participating in that honoured calling known as being a "Gentleman."

When Walsingham penned his own will, he didn't only set aside time to care for his old maid's remains and for

her family. He also cast his mind across all those most dear to him. As an orphan, he had made a family of his own. He made gifts to childhood playfellows and to people local to Hethersett and Norwich, though he also held a fondness for his Tyrell cousins in Gipping.

Although he and his uncle were the last actual Bokenhams of his line, there were other Bokenhams still known to him here and there. But the Tyrells in Suffolk, were the next nearest to him in blood. His aunt Grace Bokenham had married into that very wealthy family, and though distant, he must have visited them off and on, at the very least while he spent time at Drinkstone, which was about 10 miles distant from their seat.

By all accounts he took an active part in village affairs. He was often present at the local Manor Courts, and was for at least the last decade of his life one of the Trustees for the Poor of Hethersett. As a Trustee, he was charged (alongside two other local worthy gentlemen) to administer the use of a Tenement known as Jeck's for the the benefit of the Poor. By that time it was probably already known by a name more familiar to today's residents of Hethersett - The Queen's Head.

A local by the name of John Roope had bequeathed the tenement to the town in perpetuity, any profits to be used for the clothing of the poor.

Walsingham never married, and died of smallpox in 1714, aged 45.

Although he had requested his nurse Martha to be mentioned on his own funerary slab, his wishes weren't followed through. This was not the only case where his wishes were subvert-

ed, but for that we may need to wait until next month.

His lands in Hethersett were only a small part of his estate, but the village clearly held a large place in his heart. In his blood lay the last of the fierce love of land that dwelt in the Flow-erdews, and the unexpected fondness for a new place that the Bokenhams had found when they moved North of their ancestral lands.

When he thought of his legacy, perhaps he had an inkling that something special was required. Little did he know that he would be the last resident landlord of his estate for a century or more. No-one in the line to which he left his lands would ever live in Hethersett, or hold her fields dear to themselves.

Eventually his land would be sold out of the family. Only then would a personal interest be taken in them once more. Eventually another family of newcomers would farm the lands, fall for them and buy them for their own.

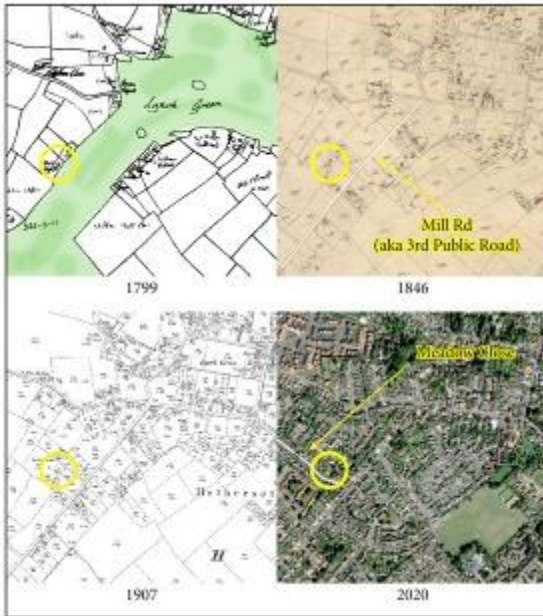
But that would not be for many years.

Though his family would eventually fail him, Walsingham did manage to leave part of his heart to the village.

Perhaps inspired by John Roope's legacy, Walsingham put aside £60 (that's 14 cows, or 666 days work for a skilled tradesman) towards the purchase of another building in aid of the poor.

It was a pretty good bequest: so generous in fact, that his executors couldn't find any properties that expensive for sale. They made do with a tenement they could purchase for £50, giving the rest to the Rector and the overseers of the poor in order to do it up.

It sat just to the North of the common



*"such poor persons as are legally settled in the said Parish who do not receive any week or weekly collection but only take aught to have some relief in case of sickness or some other accident, misfortune and have a great many children or impotent parents & by their great toil & industry endeavour to keep themselves & families from being a charge to the said Parish."*

Over time the building became known as the Poor House, but in the parish records, it was named "Bokenham's Legacy".

Many people have lived there in the 300 years since Walsingham bought it for the Parish.

In 1723, Henry Hott, and Benjamin Sword and his family in 1735.

### The Poor House Over Time

known as Lynch Green - this was long before the Enclosure of that Common and of the others in Hethersett. At the time a James Lightwynn (or Lightwing, a name of some long standing in Hethersett at the time) was resident, and a little land was attached, suitable to be let out to a small farmer.

This was exactly what Walsingham had been after. He was very specific about how he would like the charity to work.

A low room, or ground floor room, was to be rented out at 20 shillings a year, and a chamber (which was a room upstairs) at 10 shillings. The land attached was to be rented out to a local farmer for profit, and any proceeds above the running costs were to go towards what would in the 19<sup>th</sup> Century be termed 'the deserving poor.'

He described the character of the intended recipients very carefully:

The Wiffen family - local Quaker's of note - lived next door for a time, and the Bailey family moved in a little before 1800, staying for half a century or so. During the Baileys' time, the Green called Lynch Green was subdivided, and a road was laid up the neck of the Common from the Great Common to Lynch Green itself.

The new road was initially given the utilitarian name of "3<sup>rd</sup> Public Road", and ran just South of the Poor House. Over time it became known as Mill Road, and by the mid 1850s John Thraxton, a Well sinker, had moved in. He undoubtedly inspired my own ancestors who would start their own well sinking businesses. After his time there came a man by the name of George Warman who moved in around 1900. He worked as a horseman on the local farms.

James Mann moved in before 1910. He set up a market garden on the plot, and stayed there for 40 years until his death.

"Mr Bokenham's Benefaction" was still run by the Trustees for the poor around 1910, but after that the trail has run cold for me.

I think Walsingham would have been most gratified that his legacy lasted even so long as 1910. Perhaps it lasted longer still, but I'm fairly sure it is privately owned now

You see, I saw it for sale not long ago.

Another Road has been laid since the Mann family moved in - Meadow Close - and the cottage now appears to be two cottages. Quiet a few changes have occurred to its structure over the years, but that's the nature of life, and Hethersett is very different now to Walsingham's day.

That old Poor House remains where it has always stood, while the village has moved and grown around it. While standing still, it has still managed to move to a new address.

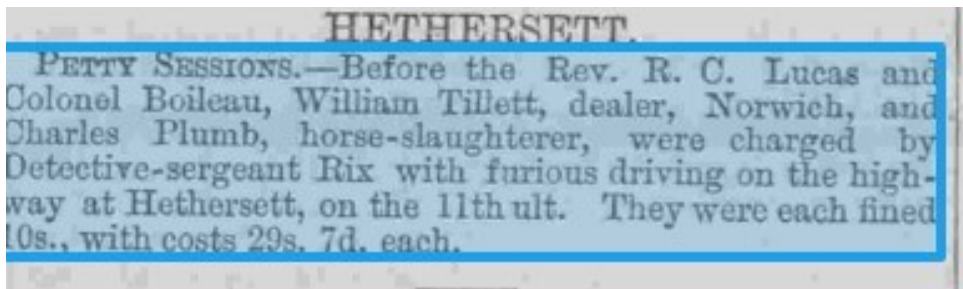


### Walsingham's Final Resting Place

It now stands on Meadow Close, not Mill Road.

Walsingham lies beneath the aisle of St Remigius, and though his wish to honour his old maid servant wasn't followed, his desire to help those in need in the village came to fruition. Perhaps the two were linked, and "Bokenham's Legacy" was an enduring way in which he sought to honour Martha's memory.

The lasting proof of his affection for Hethersett still stands today, and I hope it stands for many years to come.



From the Eastern Daily Press newspaper of November 8th, 1880.

# Hannah's Hethersett Life

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HETHERSETT Herald Associate Editor Hannah Harreison gives her take on the life we are leading at the present time.

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## This Lockdown Feels Worse

SO here we are in lockdown 3. I don't know about anyone else but it feels a whole lot worse this time around. The figures are higher and it feels a lot more hopeless. I distinctively remember how I felt when the first lockdown was announced. I was scared, anxious and tearful wondering how on earth I'd cope with three weeks of not seeing my friends, family and without being able to go out to the shops, cafes and groups with my daughter.

I felt like I just wouldn't survive it, mentally. Now I try to imagine how I'd feel if Boris had said : "We will be in a worse position in 10 months' time, you still won't be able to socialise or live your life how you're used to"

I imagine that a lot of people like myself would've given up there and then. So, I'm almost glad that it's happened in the stages that it has, with each lockdown/ tier feeling like it was actually making a difference. Whereas the reality feels very different. I'm unsure of how I think it's happened; whether I blame the government for not acting quickly or fiercely enough, or whether I blame the percentage of the population who have been ignoring the guidelines and/or disbelieving that Covid is even real.

Regardless of blame, we are where we are. All we can hope is that the various vaccines work and get us back to some kind of normality sooner rather than later, for the sake of people's mental health if anything. I've included some phone numbers and websites that may be of use to anyone struggling with their mental health during this horrible time; I've personally used the Samaritans online chat recently and found it really helpful.

**Samaritans - 116 123    [www.samaritans.org](http://www.samaritans.org)**

**CALM - 0800 585858    [www.thecalmzone.net](http://www.thecalmzone.net)**

**MIND - 0300 1233393    [www.mind.org.uk](http://www.mind.org.uk)**

**Papyrus - 0800 0684141    [www.papyrus-uk.org](http://www.papyrus-uk.org)**

**SHOUT – (free text) 85258    <https://giveusashout.org/>**



# Hannah's Hethersett Life

I realise that I must sound quite negative. What we should remember is that this WILL end, we just have to stick to the rules and take care of each other. Albeit, from a distance.

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## Eva's Smiles and Miles

As you may know, I help to cook for Anon Street Team - Norwich, once a month. Anon Street Team is a grass-roots group FULL of the most kind-hearted volunteers you could ever hope to meet. Many of them work tirelessly getting supplies to make it possible for us to feed, clothe and help hundreds of homeless people each month on the streets of Norwich (we even help local families that are struggling).

We rely on numerous sources to donate food for us to cook/give out, but there are other costs that we have to cover; hand warmers, warm clothing (gloves, hats etc), sleeping bags, equipment for us to use, clothing and footwear. That's just the tip of the iceberg! Every single penny we raise gets used on food or the items listed above, none of it goes to waste.

You may remember that my mum and I did a fundraiser last year, in which we both cycled (me on an exercise bike and my mum on a push bike) 12k a day, every day in May. We raised £1,080 for Anon and every penny was spent on much needed, useful things.



To name but a few; two new trolleys (used to cart around food and clothes along the streets of Norwich), 1000 coffee cups, 60kg chicken, two flasks and some storage units for the storage unit we now have in Wymondham. That's what just half of that money

# Hannah's Hethersett Life

went on. Nearly a year on and I've been itching to raise more much needed funds.

Onto my daughter: Four-year-old Eva, is normally roped into helping me cook for the homeless, as well as litter picking around our village and packaging up food parcels for people in need in our local area. So it's only right that she's the centre of attention in this year's fundraiser.

Eva decided to walk one mile per day (quite a distance for little legs!) starting from Monday 11th of January, every day for 28 days (possibly longer distances on the days she can manage more) whilst wearing one of her many dressing up outfits to make passers by SMILE! How can you resist donating money to a cute four-year-old? That's right, you can't!

We decided to record each journey either on FitBit or Strava and post on Facebook/GoFundMe just so everyone could see that we had completed each day.

We made sure that this could be done safely due to the new national lockdown. We did it as part of our daily exercise and we chose routes that were quiet so as to not "bump" into anyone

If you would like to donate, please contact me or head to our GoFundMe page which is

<https://gofund.me/201f7e1b>

At the time of writing this, we were on day 5, mile 5. By the time the next Hethersett Herald is out, we'll be able to update you fully on how it went! We are hoping to reach our goal of £1,500.



# Hannah's Hethersett Life

## Christmas Hampers

IN October, 2020, my best friend, Sarah Lawrence and I, set up Sandwich Superheroes. Prompted by the decision of the Government who chose not to provide school lunches in October half term, we came up with a plan to provide lunches for children in and around Hethersett who genuinely needed them. We only had a couple of people come forward but then a few more trickled in once we started offering it to whole families, not just children. We had some food donated from Hethersett residents and also money – which meant we could go shopping and buy what the families needed. We then slowly stopped this once half term was over, but we kept a mental note of a few of the families that were struggling a great deal.



We then chose three of those families to give Christmas hampers to. When I say hampers, I mean the full works. Thanks to kind donations of some very generous people, we were not only able to provide the ingredients for a full traditional Christmas meal, but we were able to buy numerous Christmas presents for each adult and child, as well as lots of snacks, sweets and chocolates for them for the rest of the Christmas period. What an amazing feeling it was, to provide a full Christmas for people that otherwise perhaps wouldn't have been able to enjoy things. At least it meant they could spend any money they had on other things.

The one and only reason we were able to do this is down to the pure generosity of so many of you with the donations of food, presents and money.

I haven't yet mentioned where the meat for the hampers came from. The lovely Sarah Barnes from Farmer Barnes' Butchery (on Norwich Road in Hethersett, in the same building as the Church Farm Shop and Tearooms) has often donated meat to Anon Street Team. Only a few days ago she donated 6kg of mince! Anyway, back to the hampers. We ordered the meat from Farmer Barnes' because of Sarah's kindness in the past and we wanted to make sure they got our business.

We weren't expecting her to give them to us for free! What a lovely bunch of people, you can read more about Sarah and her team in my article elsewhere in this issue of the Herald.

# Hannah's Hethersett Life



Thanks to lockdown, we are now reliant on walks around the village for our daily exercise/entertainment, whatever you want to call it. Luckily

enough that's good enough for me! There's not much I like more than going for a walk on my own around beautiful Hethersett. Thanks to numerous goings on in the village, we've had plenty of reasons to get out and about (safely of course). There were the Finnbar's Force Christmas lights which once again didn't disappoint, as well as the wonderful



house on Firs Road which raises money for the Air Ambulance by seemingly lighting up their whole house and garden for Christmas. Then David Powles and his Hethersett challenge which has had me walking 10k twice (it's a lot further

# Hannah's Hethersett Life

than I thought. Others are running it. Then Eva and I have been out litter picking and now Eva's Smiles and Miles. I've included some photos of our various walks, should anyone like to see.



# Hannah's Hethersett Life



Photography by  
Hannah Harrison.



# Hannah's Hethersett Life

In the last issue of the Hethersett Herald, you may recall seeing Sarah Lawrence talk about her nomination for East Of England's Co-Op "Win Christmas". That nomination was me!

Thanks to Sarah and the Co-Op, I won a hamper full of delicious treats and £200 worth of Co-Op vouchers! Sarah explained that the reason she nominated me was because of various things I do/have done; the Refill scheme, Sandwich Superheroes, feeding the homeless etc.

What she failed to mention was the fact that she has been by my side, helping me with most of the things I've been doing. Sarah is always on hand to listen to my ideas and usually jumps at the chance of teaming up for one of our many schemes. She is one of the greatest people I know and I am so lucky to have her as my friend, I couldn't do many of the things I do without her. So I wanted her to know how much I appreciate her and to say a big THANK YOU!



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## Charlotte Govier looks back on a busy Christmas at Hethersett Hall

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THE staff and residents of Hethersett Hall were very busy decorating to give our home a lovely "Christmassy" feel! Residents loved helping put baubles and tinsel on trees.

Overall our home had 11 Christmas trees on display including a real tree in reception which was entered into Barchester's Christmas Competition. We even had a tree in our new visiting suite! Michelle, our head of housekeeping, designed and made outdoor Christmas scenes for our residents to admire. We would also like to thank Church Farm in Hethersett for the boxes they donated to make a train as part of our outdoor display.

### Science Experiments - A Christmas Special!

Throughout the year we have been invited to take part in many wonderful activities with Friend in Deed from sing-a-longs, to pen pal writing and science experiments!

Our residents have loved them all. Recently we took part in yet another successful science session with Lucy and little visitors. We received a pack full of



resources for experiments as well as some Christmas messages and treats. Our residents thoroughly enjoyed interacting with little visitors and learning about science!

### Christmas Party Fun!

We had a fantastic afternoon getting into the festive spirit at our residents' Christmas party. Our kitchen staff prepared and served a delicious buffet for all to enjoy followed by some live entertainment via Zoom from Arianne, a mix of 50s, 60s and Christmas classics.

Relatives were invited to join us for the



# News From Hethersett Hall Care Home



raffle draw via Zoom followed by a toast, thanking everyone for their support and to wish them a Merry Christmas. Residents were able to say hello and wave to their loved ones too! The highlight of the day was an appearance made by Daisy, our new friend at Hethersett Hall. She brought lots of smiles and laughter!

## Sharing the Love

We received some very special Christmas packages from Hethersett Rainbows including some

hand-made calendars and Christmas tree decorations. Our residents were beaming as they received their gifts and their decorations on the trees. Thank you



# News From Hethersett Hall Care Home



# Stunning Artwork in Lockdown

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

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

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

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

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

**Some as we show have a distinctly Hethersett flavour to them.**







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## Hopefully Back in 2022



USUALLY in the February edition of Hethersett Herald we have a full report with photographs of Hethersett's annual pantomime.

Sadly this year's panto went the same way as everything else and was called off many months ago.

So to brighten the load a little we thought we would turn the clock back a few



years with a couple of panto pictures from the past.

The cast are all hoping that the village pantomime will be back for its 52nd production in January 2022.

**WHILE** we are on the subject of entertainment, opposite you will see a cutting from the Eastern Daily Press newspaper of the 1880s.

It describes a musical entertainment held in the village (no venue is given).


**HETHERSETT.**

**ENTERTAINMENT.**—The Easter vacation has given opportunity for another of those village entertainments which were so popular at Christmas. The programme began with “La Malle des Indes” and ended with “Il Cerecuto” by the band, which also well performed the toy symphony of Romberg. Besides part-songs there were three charming specimens of cultivated talent by Miss Barwell, two solos on the violin by Miss M. Raikes, and a solo song by Mr. A. Back (encored) and another by Miss E. Back, besides two readings—one pathetic and the other humorous—by the Rev. W. Vincent. After “God save the Queen” had been sung, it was announced that a similar entertainment would be given on the following evening, as many more wished to be present than the room would have accommodated. The whole was under the direction of Mr. Edmund F. Plume. After the conclusion of the concert on Tuesday, a presentation was made to Mr. Edmund F. Plume, of a memorial of his connection for the last six years with the Hethersett church choir and organ. This was in the form of a handsome silver coffee-pot, cream jug, and a dozen spoons besides a teapot with the inscription “To E. F. Plume, from the parishioners of Hethersett, A.D. 1881.” The arrangements for this memorial were made by Captain Pinwill, one of the churchwardens; and the presentation was made by the rector on behalf of the parishioners. In his very graceful and modest acknowledgement of the gift, Mr. Plume expressed his sense of the great kindness he had received, and his hope that, though now at Cambridge University, he might still keep up his connection with Hethersett.

# HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



 **A/Insp. Dave BURKE**  
Local Policing Commander

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




101 Ext: 4151



[David.Burke@norfolk.pnn.police.uk](mailto:David.Burke@norfolk.pnn.police.uk)



 **PC Andy HUDSON**  
Engagement Officer

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

Contact them for local enquiries that affect your neighbourhood.




101 Ext: 2377



[Andrew.Hudson@norfolk.police.uk](mailto:Andrew.Hudson@norfolk.police.uk)



 **PC Chris BODEN**  
Beat Manager

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

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



101 Ext: 2955



[Christopher.Boden@norfolk.pnn.police.uk](mailto:Christopher.Boden@norfolk.pnn.police.uk)

 [SNTHethersett@norfolk.pnn.police.uk](mailto:SNTHethersett@norfolk.pnn.police.uk)

 [/SouthNorfolkPolice](https://www.facebook.com/SouthNorfolkPolice)

 [@SouthNorfPolice](https://twitter.com/SouthNorfPolice)



**NORFOLK**  
CONSTABULARY  
*Our Priority is You*



# **LITTLE MELTON PRE-SCHOOL NURSERY**



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

***Open Monday-Friday during term time.***

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

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

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

***[www.littlemeltonpreschoolnursery.co.uk](http://www.littlemeltonpreschoolnursery.co.uk)  
Registered Charity No:1028459***

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



# Join The Email Group

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

We also post copies of new editions, along with an archive of editions from the past five years, on the website [www.hetherssettherald.weebly.com](http://www.hetherssettherald.weebly.com).

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

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

**The February edition of Hethersett Herald will be online at the end of January.**

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

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

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

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

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

## The Power of Affirmations

By *Brett Rennolds*

THIS month we will consider the power of affirmations. As a solution focused practitioner, I am committed to helping people identify the solutions that are right for them, providing a safe, nurturing and non-judgemental package of support to improved wellbeing, so I am an advocate of positive thought.

Why use positive affirmations?

Often people will present with a challenge that they are unable to defuse from and all too often this will manifest as a negative and intrusive thoughts that seem compelled to undermine personal efforts to resolve the situation. These negative and intrusive thoughts often leave people feeling overwhelmed, exhausted and defeated leading to increased feelings of frustration, worry and sadness. So, can affirmations help proverbially loosen the lid on the bottle to a positive thought?

Well yes there is empirical evidence to show that affirmations can decrease health-deteriorating stress, increase physical behaviour, promote the intention to change for the better, increase academic achievement and lower stress. As Dolly Parton says, 'You can do it, just use your mind' in her song of the same name and this is, in essence, the power of positive thought and that in essence, is affirmation.

What are positive affirmations?

**Affirmations are positive phrases or statements used to challenge negative or unhelpful thoughts.**

It can seem too simplistic to simply 'think ourselves positive' but, if you are reading this article, you are curious and therefore considering making a change for your own personal reason (s). Affirmations can help 'oil the gears', getting your thinking 'up to speed' so that you are better equipped to challenge any negative or unhelpful thoughts that, can accompany the positive changes we seek to implement for our lives.

How do positive affirmations change behaviour?

The science behind affirmation in neurological terms is clear. Those who are more positive of thought will have a more active pre-frontal cortex. An 'up-regulating' prefrontal cortex ensures the hypothalamus produces more serotonin, more serotonin ensures a more active prefrontal cortex, a positive fuelling for change, allowing you to see a clearer path towards that best version of you.

When the prefrontal cortex is engaged, we are able to make a proper assessment, identify the right solutions and commit to action, by implementing the necessary 'small steps' towards the

change we seek.

Consider this, if you wished to run a marathon, learn a foreign language or paint a sunrise it will require you to practice in order to achieve that goal. You cannot run 26 miles, converse fluently in French or capture the essence of a sunrise 'straight out of the gate', one must build their physical condition, linguistic function or that deft touch in using a paint brush. This takes practice and practice takes time. Affirmations take practice and practice takes time.

How do I use positive affirmations in daily practice?

To help you with your affirmation practice consider keeping a journal. Journaling has been shown to aid in the practice of practicing. Use the journal as a platform to formalise your own affirmations. Oprah Winfrey, an advocate of affirmation, has said

'Good riddance to decisions that don't support self-care, self-value, and self-worth.'

and

'Everything passes if you learn to hold things lightly.'

I especially align to the 'Everything passes if you learn to hold things lightly', although I would **replace 'if' with 'when'** as, for me, it optimises the positive framing required of all affirmations. Affirmations are a statement of intent, your own 'strapline' a keystone for the building of positive thought.

Language is key to understanding the world and how we interact with it. Affirmations provide the time and space to think about the statement that affirms your life. The affirmation shared by

Oprah is right for her, but it does not assume that it is right for me. My semantic change of 'if' to 'when' is more a reflection of my own affirmation. This is not simply about good or bad grammar rather, it reflects my desire to affirm my intent, I remove the ambiguity in my version of this affirmation; Everything passes when you learn to hold things lightly, making it more 'personal' so that I can own the affirmation.

How do I start to write my own personal affirmations?

In considering what affirmation is personal for you reflect on further examples shared by Oprah. These examples are only intended to provide you with a framework, a starter for ten, however, an affirmation must be personal to you, your situation, your context. Affirmations cannot be prescribed; affirmations are a construct of your mind and your mind alone. It is not a prerequisite to share your affirmation with anyone else for affirmations are 'you time', time that you dedicate to affirming your life, your experience your aspiration.

Affirmations can be a catalyst for positive thinking, a gateway to being kinder to yourself. Affirmations give you the permission to think, act and interact more positively. By disciplining ourselves to think, act and interact with the world around us more positively, we can choose to start our day in a more positive frame of mind, enabling that all important flow of serotonin. By making affirmations part of your 'everyday' you make a small step towards greater control, confidence and compassion for your life. Having greater control results in you thinking, feeling and behaving more positively and who doesn't want that for 2021?

# Hethersett Matters

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

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

UNSRUPULOUS scammers are attempting to take advantage of the COVID vaccines to make money.

Text messages are circulating claiming to be from the NHS and offering COVID-19 vaccine.

These messages such as those below are fake. Anyone following the links supplied in the messages will be taken to a fake NHS website which will attempt to gather personal and financial details.

The NHS is currently offering the COVID-19 vaccine to people most at risk from

NHS: We have identified that your are eligible to apply for your vaccine. For more information and to apply, follow here [uk-application-for-vaccine.com](http://uk-application-for-vaccine.com)

**SCAM**



# Hethersett Matters

coronavirus. These people will be contacted by the NHS. You will never be asked to supply financial details for the vaccination.

If you receive this or a similar text message you can report it by forwarding it to 7726.

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

Scammers are also using COVID as an excuse to send out text messages claiming to be from Gov.UK stating that “due to the new national lockdown you are eligible for a tax rebate.” An example of this is below:

These messages are fake. HMRC do not send text messages about tax refunds or ask you to disclose personal or payment information by text message.

There are likely to be several variations of this message circulating containing different link addresses.

You can forward suspicious tax related text messages to HMRC by forwarding the message to 60599 (text messages will be charged at your network rate).

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

Also be on your guard against e-mails informing you that you have been successful in a lottery win. These are grammatically poor which should immediately make you suspicious. The one we received had the following wording:

“This email has been sent to remind you that you didn't claimed your prize. You were selected in the biggest National Lottery Reward program in United Kingdom. We have given you the chance to win Aldi, Boots, Argos or Tesco gift cards.”

Text Message  
Today 22:46

GOVUK: Due to the new national lockdown, you are eligible for a tax rebate. To calculate your outstanding total please visit:  
<https://rebate-taxuk.com>

# Hethersett Matters



## COVID-19 VACCINE FACT CHECK



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



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

# Council/Government Contact Numbers

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

## **Member of Parliament**

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

Email - [Richard@richardbacon.org.uk](mailto:Richard@richardbacon.org.uk).

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

Telephone: 01379 642097

Web site: [www.richardbacon.org.uk](http://www.richardbacon.org.uk)

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

## **Norfolk County Council**

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

## **South Norfolk Council**

Our South Norfolk Council representatives are Adrian Dearnley, Phil Hardy and David Bills. David can be contacted on 01603 813041 or at [dbills@s-norfolk.gov.uk](mailto:dbills@s-norfolk.gov.uk), Phil on 07985 695668 or at [phardy@s-norfolk.gov.uk](mailto:phardy@s-norfolk.gov.uk) and Adrian on 07957139880.or at [adearnley@s-norfolk.gov.uk](mailto:adearnley@s-norfolk.gov.uk).

## **Hethersett Parish Council**

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

The Parish Council usually meets on the third Monday of each month at the Village Hall. The planning committee meets on the first and third Monday (depending on planning applications). Currently all council meetings are being held on the zoom social media platform.

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

Email: [hethersett.pc@tiscali.co.uk](mailto:hethersett.pc@tiscali.co.uk)

Website – [hethersettpc.info](http://hethersettpc.info)

# HETHERSETT HERALD

Your Monthly E-Magazine

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

[www.hetherssettherald.weebly.co](http://www.hetherssettherald.weebly.co)





# The Editor's Hethersett Diary

The following extracts are taken from the editor's blog on Hethersett and other matters which has been running since the beginning of lockdown in March—looking at many different areas of village life. The full blog is available at [www.peterowensteward.weebly.com/blog](http://www.peterowensteward.weebly.com/blog) and blogs are also posted daily on the Facebook page at : <https://www.facebook.com/groups/486377568989294/>

Peter is currently working on turning the blogs into a self-published book under the title "A Year In Lockdown" to be published to mark the year of lockdown in March. Any proceeds from the book will be donated to the Priscilla Bacon Lodge Hospice Appeal.

## Sunday January 10th

Yesterday was a cold but beautiful day with bright blue skies. So on our Steward Stroll I decided to take some photographs of some of the village buildings.

These are what we journalists call "stock pictures" because they are useful to drag out to illustrate stories/blogs etc in the future. My problem is I have a disorganised mind. So when I come to need one of the images I guarantee I won't be able to find it.

I have what I call a butterfly mind where my thoughts drift from one thing to the next with no order to them. One minute I will be thinking about writing this blog and the next I will be thinking about football or art or



# The Editor's Hethersett Diary



lunch or tomorrow or next week. I'm sure some of my readers know exactly what I'm talking about. It's probably the opposite of somebody who stays in the so called zone and concentrates on the here and now.

You see I'm doing exactly that now as I've totally moved away from what I was talking about. So back to the photographs and the reasons that I took them.

You never know when things in the village will change and so it's good to have a record of how things are in January 2021.



# The Editor's Hethersett Diary



THE photographs on this page were taken during a variety of strolls around Hethersett and the surrounding countryside. The church opposite can be found in Little Melton.

# The Editor's Hethersett Diary



# The Editor's Hethersett Diary

## Victorian Miniatures and a Bath of Blood

During the month I received a note from one of the readers of my blog with a cutting from the Daily Telegraph where columnist Charles Moore talked about the book "Victorian Miniature" by Owen Chadwick which discusses the sour relationship and feud between the squire and parson of Ketteringham.

In 1847 a rumour spread around Ketteringham that Queen Victoria had ordered that all children under the age of five should be killed and she had started the ball rolling by killing two of her own children.

Obviously this was nonsense and arose after an order that children in the poor house should be vaccinated against Smallpox. Chadwick cites this as how credulous and ignorant rustic communities were in those days.

"If one judges by today's anti-vaxxery. such credulity and ignorance are alive and well and flourishing on social media," Charles Moore states.

After I blogged about this I was contacted by local historian Mary Parker who lives in Ketteringham and who filled in a few more details taken from the Ketteringham Hall Book which is a handwritten book used by the Boileau family to record visitors, family events, amusing happenings, news from the Ketteringham estate and much more.

So on April 27th, 1847, Lady Catherine Boileau wrote the following:

"Walking in the village this day, I met an old women (Mrs Durrant) who after answering my enquiries after her rheumatism etc, exclaimed in a voice of lamentation "What a sad thing this is, is it not my Lady? Is it not dreadful? "

"What things?" said I.

"Why sure have you not heard my Lady? I mean about the children being killed?" "No" I said, "What children, and how?" (thinking some accident had happened).

"Oh dear" she answered. "I wonder you have not heard, that the Queen has ordered all the children in the Kingdom under 5 years of age to be killed!"

She was so serious and looked so unhappy, that I could not laugh at her – so I tried to show her such a thing could not be even if the Queen wished it, but that she was such a good and kind woman she never could wish such a thing – and succeeded in comforting her a little; I then went into nearly all the cottages and in everyone found the report believed! The mothers lamenting and the children trembling! Some to be sure said they hardly knew how to believe it, especially as it was said the Queen was to begin by two of her own children! But then, as

# The Editor's Hethersett Diary

they were dumb and had not "their right know" (meaning that they were idiots) she did not perhaps mind so much.

"I tried to trace the origin of this extraordinary report and heard from Mrs Thrower (the only disbeliever by the bye!) that her son had heard it read from a newspaper at Hethersett.

"I" came home, having (Agnes and I) done all in our power to persuade them of the folly and untruth of such a report, but feeling quite melancholy at the sort of panic we had witnessed and also at the sort of helpless resignation with which one and all seemed to look forward to their cruel fate! Some said the victims were to be under 5, other said all under 14! Was the report raised by chance, folly or wickedness?"

Mary also sent me another mention of the rumour in an essay by Charles Buxton in Cambridge Essays of 1857 entitled "The Questions Raised by the Mutiny" which took the rumour even further by mentioning a bath of blood. The mutiny in question was the Indian Mutiny which had no relevance to the Ketteringham mention.

It stated the following:

At the village of Ketteringham, in Norfolk, five years ago, the people were thrown into a painful state of excitement by the report, which they seriously believed, that the Queen had ordered all their children below two years old to be killed, in order to make a bath of blood for the Prince of Wales, 'because he hadn't his right know.' A thousand similar cases might be collected, of the rapid spread, through ignorant masses, of the strangest illusions. And one highly important element in this matter seems not to have been fully appreciated. The dread of committing sacrilege was enough to

It is very interesting to read that the rumour may have started by a newspaper read in Hethersett.


Mary also came up with another gem of a story surrounding poached eggs and showing that words are not always what they seem to be. This again came from the Boileau book—this time from February 1853.

"Mr Tunally surgeon of Wymondham and Doctor of this Union told Lady C (Lady Catherine Boileau) that having ordered poached eggs for Mrs Groom a poor


# The Editor's Hethersett Diary

woman of this Parish some years since, as light and nourishing food when recovering from an illness for which he attended her – he learnt from her at a subsequent visit that she had not had them and questioning her Why? she said all her neighbours were so close (ie watched her closely) 'she could not find an opportunity of getting any', having understood by poached eggs –stolen ones– Norfolk ideas of poaching!! getting privately."

In other words this dear lady had misunderstood the word poaching—taking its meaning as stealing rather than as a method of cooking eggs!



To prevent the spread of Coronavirus,  
**regularly wash your hands  
for at least 20 seconds**  
with soap and warm water



For more information on  
how to protect yourself,  
visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)

## Hibernation is For Sissies

A WHOLE herd of hedgehogs with only one brain cell between them would realise that when it gets as cold as it has been recently that it might be a good idea to sleep through it all and wake up again when the sun is shining. But not the ones we have. Hethersett's hedgehogs are made of strong stuff. They are all (with one exception) wide awake and eating voraciously.

Extra nesting material is placed in the eating areas of their hutches each night and they carry it into their sleeping areas and mix with their straw and hay to form a heap under which they curl up and slumber each day. It gives them something to do and acts as an enhancement to their environment. Without 'entertainment' they get bored and start tearing up their homes, tipping everything over and pooing in their food dishes as can be seen by the large dark pile on the steel dish on the right hand side of the photo over the page.

Their heat pads have been switched off and the temperature in the shed has fallen as far as 1C so they know it is winter but they are tenacious. I could reduce the amount of food they are offered but I am loathe to do that as I have one which is refusing to eat other than a few morsels and, despite medication, does not grow but strangely neither does it die. It is there in a sort of suspended animation. It is still no bigger than it was when it was picked up whereas Prince Prickles aka Fatty is now a small football weighing over 1 kg. His weight has to be watched because if he gets too fat then he will be unable to curl up and protect himself.



**The hedgehogs drag extra bedding into their sleeping areas to make it cosier.**



# Hethersett Hedgehogs *with Connie Tindale*

The hogs in the outside run are beginning to settle down for the winter and only eat every few days. Soon they will fully hibernate but it is January already not October. This seems to be becoming the norm. Last year we still had hogs awake in February and one did not wake up until May missing some of the breeding season. The change in the weather patterns has not just affected hedgehogs as baby ducks have been hatched from later laid eggs. Autumn juveniles appear to be increasing as just about all the animal sanctuaries have been overrun with various babies this year.

I try to have as little contact with the animals in our care as it is so important that they do not become used to interactions with humans. They are wild animals and have to care for themselves when they are released to socialise them may be fun and allow lots of charming photos but it is not doing them any favours.

I know that some Hethersett residents are eager to become hedgehog carers and we will have a sheet ready for the spring to give people lots of time to prepare for their new little lodgers. No need to be worried over what might happen if one gets ill as Paul and I will do everything we can to make it better. I would have been unable to cope without Paul's Baisley's support. Thank you Paul you are a star.

And thank you to everyone else who does their bit by keeping an eye out for our prickly friends. We cannot allow them to be lost completely. It would be a very sad world without them.

Over the page is a picture of "Fatty" being weighed.



**If bored, they tip over their dishes, tear up the newspapers and poo in their dishes.**

# Hethersett Hedgehogs



## Backyard Bonsai

### Desirable Tree From a Stick In a Pot - Hopefully

*By Connie Tindale*

THIS is not just backyard bonsai it is budget bonsai without specialist tools and using whatever is to hand. First thing to do is select your tree. It could be a garden centre tree or just something neglected in a pot in the garden. Choose a native tree as it is much more likely to survive than a tropical one. I chose a spindly acer in an over-large, waterlogged pot that had a lot of weeds.

Then get everything you need ready before you start tacking it. In the photos I have gathered together (a) a new pot, (b) wire to hold the tree in place, (c) some good quality compost, (d) some potting grit, (e) a cup to use as a measure, (f) some fish blood and bone, (g) a fork, and (h) scissors. Use the cup to measure out sufficient compost and grit to repot the tree with a ratio of two parts compost to one part grit. If I was repotting a conifer I would add more grit. Take a handful of the mixture and rub it in your hand. It should make a grinding noise. The grit will stop the compost getting too wet and add little air pockets in the mixture which will help prevent root rot.

Take the pot and thread a length of the wire down one hole and up the other so that the tree can be firmly fixed into the pot when it is in place. Cover the bottom of the pot with a layer of compost mixture and sprinkle a bit of fish blood and bone on the surface. This will feed the tree without burning the roots.



*Choose your tree and get your equipment together*

Lift the tree from its pot and remove any loose old compost. Then, using a fork, tease out the roots so that you can spread them out. I am using the kitchen worktop so have put some newspaper down to stop making too much of a mess. Cut off any roots that would overhang your new pot. When trimmed, cover the roots so that they do not dry out. Before you can fit the tree into the pot you have to think about which branches are to be removed. Take off any branches that are growing straight up or straight down. Remember that you are trying to make it look like a mature tree in a field.

My tree is very tall which makes the trunk look like a matchstick so it needs shortening. It has a mass of branches growing from one spot whereas in a mature tree there would never be more than two branches coming from one place. It also has an straight piece sticking straight up which needs shortening and eventually removing as it is ugly and out of proportion. Turn your tree regularly

while you are working on it so that you can get an idea of balance as you cut back the growth.

When you are visually happy with your tree, remembering that Rome was not built in a day and that you have years ahead to refine your work, then choose its best side and fit it into your pot. Off centre and toward the back is the most pleasing position. Wriggle it down a bit and when you are satisfied fix it firmly into position with the wire so that it cannot fall over and topple out when



moved. Back fill the pot with your compost and decide if you are going to enhance it with top dressing. I chose moss and a small rock collected from the garden. The photo also shows all the branches that I have snipped from the tree.

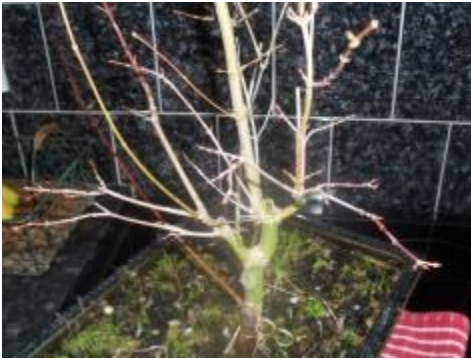
The tree is still far from perfect but it should be attractive when the new growth appears and the leaves unfurl

Thread wire through the drainage holes and cover the bottom with compost as illustrated above and below.





**Study the branch structure of your tree**



There is a tangle of branches here and a very ugly branch poking straight up



# Groups and Societies

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

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

**If you enjoy reading Hethersett Herald please pass details on.**

## Please Get In Touch

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

# Where Are The Best Deals?

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

## Herald Petrol Watch

Prices have shown a steady rise since our last survey in mid December with rises between 3p and 5p a litre. It's annoying as always to have to report that the two garages at Wymondham (Waitrose and Abbeygate) and Thickthorn Services continue to be 10p per litre more expensive than some of the other garages.

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

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

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

	Unleaded	Change	Diesel	Change
Asda Hall Road, Norwich	112.7	+4p	116.7	+4p
Tesco Express, Earlham Road, Norwich	112.9	+4p	116.9	+5p
Sainsbury's Queen's Road Norwich	113.9	+4p	115.9	+4p
Tesco Harford Bridges, Norwich	113.9	+5p	116.9	+5p
Sainsbury's Longwater, Norwich	113.9	+4p	117.9	+5p
Abbeygate Wymondham	123.9	+4p	128.9	+3p
Waitrose Wymondham	123.9	+4p	128.9	+3p
Thickthorn Services, Hethersett	123.9	+4p	129.9	+5p

# Reading Back Copies

## Have You Missed Out ?

YOU can catch up on previous editions of the Hethersett Herald by going to [www.hetherssettherald.weebly.com](http://www.hetherssettherald.weebly.com)

and following the links. Hethersett Herald is an independent publication for news, views and features about Hethersett and general articles written by residents.

It is currently available only online. If you have news or would like to be featured in Hethersett Herald contact editor Peter Steward on [petersteward@lineone.net](mailto:petersteward@lineone.net)





# Where To Eat In Hethersett

## **Church Farm Shop and Tea Rooms -**

Norwich Road (B1172). Telephone 01603 814151

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

## **Janey's Village Café -**

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

## **Hethersett Queen's Head -**

12 Norwich Road. Telephone 01603 810226.

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

## **Park Farm Hotel**

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

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

## **Café Kin**

Rowan House, Queen's Road, Hethersett.

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

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

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

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

# Hethersett Herald

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

[www.hethersettherald.weebly.com](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. Views expressed in Hethersett Herald are those of individual authors and not necessarily the views of the volunteers or the editor.

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

## **Herald Team**

Editor - Peter Steward—[petersteward@lineone.net](mailto:petersteward@lineone.net)

Associate Editors - Roger Morgan and Hannah Harrison.

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

Proof Editor - Gary Wyatt.

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

To contact us e-mail [petersteward@lineone.net](mailto:petersteward@lineone.net).

# Hethersett Herald What's On

*The following are just some of the regular events taking place in Hethersett. If you have an event you would like to see featured in Hethersett Herald, please send details including its date, time and venue to the following email address:*

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

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

## **Regular Events:**

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

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

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

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

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

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

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

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

**In the light of the Coronavirus epidemic we have suspended our normal What's on listings. The listings will be re-introduced once groups and societies begin meeting again.**

# Christmas Quiz - loosely based on the Twelve Days of Christmas.

We hope you enjoyed the Herald Christmas quiz and for those tearing their hair out over the answers, here they are:

1. Boris Johnson
2. Zinc and zirconium
3. Portugal, Eire and Iceland
4. Australia, New Zealand, Fiji and Tuvalu
5. Ivanka, Donald Jr, Barron, Eric and Tiffany
6. Fairlop, Farringdon, Finchley Central, Finchley Road. Finsbury Park and Fulham Broadway
7. Thunderball, Goldfinger, Moonraker. Octopussy, GoldenEye, Spectre and Skyfall
8. Rio de Janeiro 2016, London 2012, Beijing 2008, Athens 2004, Sydney 2000, Atlanta 1996, Barcelona 1992 and Seoul 1988
9. Waterloo 1974, Dancing Queen 1776, Fernando 1976, Mamma Mia 1976, Name of the Game 1977, Knowing Me Knowing You 1977, Take a Chance on Me 1978, Super Trouper 1980 and The Winner Takes it All 1980
10. London, Birmingham, Manchester, Glasgow, Newcastle, Sheffield. Leeds. Bristol, Nottingham, Liverpool
11. Darren Gough 2005, Mark Ramprakash 2006, Tom Chambers 2008, Chris Hollins 2009, Harry Judd 2011, Louis Smith 2012, Jay Mc Guinness 2015, Ore Odu-  
ba 2016, Joe McFadden 2017, Kelvin Fletcher 2019 and Bill Bailey 2020
12. Connecticut, Kansas, Ken-  
tucky, Maryland, Massachusetts, Michigan, New Jersey, New York, Rhode Island, Vermont, Wisconsin and Wyoming.

