

HETHERSETT HERALD

January 2019

Number 39



Hethersett Herald Wishes
All Our Readers a



Kindness at Christmas

By Peter Steward

KIND-HEARTED Hethersett residents are coming up trumps this Christmas with expressions of astonishing kindness.

A wave of good cheer has spread through the village, acting as a perfect foil to some of the selfish and less than savoury aspects of British life being experienced on a national level.

For while arguments rage about Brexit,

random acts of kindness seem to be gathering pace in our village with numerous examples of community spirit being brought to our attention throughout December.

The recipient of one of those acts of kindness took to social media to praise the caring nature of so many people in Hethersett. You can read her story and other examples of festive kindness by reading our special article starting on page six.

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

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

Pantomime Is A Sell Out

HETHERSETT'S 2019 pantomime "Cinderella" is a sell out over a month before it is due to take place in Hethersett Village Hall.

Tickets went like hot cakes as the sold out signs went up with all ten performances full and a lengthy waiting list being set-up and consequently being closed.

The group has promised "a very special" show for its 50th anniversary year. To try and meet the ever-increasing demand, an additional show was added making ten for the first time in the panto's history.

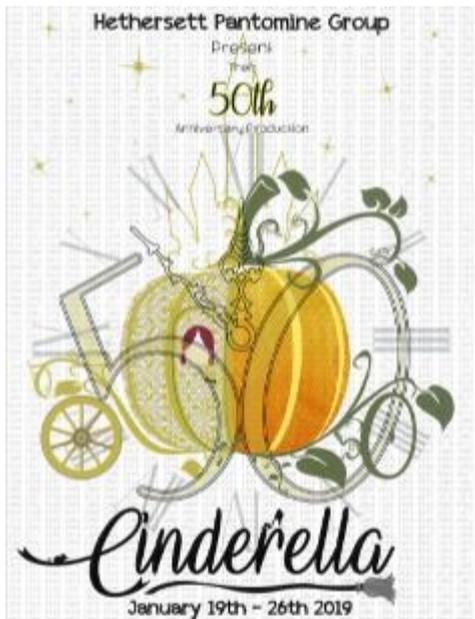
There will be matinees on both Saturdays and two shows on the Sunday - with morning and afternoon performances.

Cinderella will be performed from Saturday 19th until Saturday 26th January with no show on the Monday.

"The scenery and costumes will be the very best yet and the special effects will be extra special. There has been even more thought, planning and time put into this production, if that is at all possible," said Jenny Hoult from the group.

This year's show promises some very special effects - which are being kept under wraps until the January performances.

See page four for a sneak preview of one of the back drops for this year's show and meet the men responsible for producing them.



A Colourful Labour of Love

A labour of love that over the years has given pleasure to thousands of people from Hethersett and further afield - we meet the men behind the Hethersett pantomime scenery.

FUTURISTIC cities, fairy tale lands, ships and village greens are all in a day's work for pantomime group scene-setters Colin Wilson and Keith Drinkwater. Colin and Keith are responsible for the stunning scenery that adorns and enhances every village pantomime.

The duo admit that it's a labour of love, but each piece of scenery takes weeks of hard work and this year there are four special backdrops to "Cinderella."

Hethersett Herald had a sneak preview of the latest Hethersett village scene which appears opposite. We have had local village scenes in the past, but the latest has added Hethersett Hall and a topical "diversion sign" to the usual reproductions of the village pump, village sign, Queen's Head Public House and parish church.



Keith (left) and Colin at work on the scenery for the January production of Cinderella.

The massive backdrops, which run across the stage, are works of art in their own right. Each one can take Colin and Keith three or four weeks working up to four mornings a week.

Colin has been associated with the pantomime art since the production moved to Hethersett Village Hall in 1996 and has been responsible for creating over 100 backdrops. Keith came on board in 2009 and this will be his 11th production.

Today it's all very hi-tech as the first designs are put together on a computer and then an image is divided into sections which are then transferred by the two artists onto the massive sheets/canvases and that's where most of the work takes place as they produce a colourful display that enhances the pantomime.

Indeed the scenery often brings appreciative gasps from the audience. Colin

remembers fondly one year when a futuristic city brought a spontaneous round of applause at every performance.

Colin and Keith are typically modest about their creations - again underlining the massive effort from an entire army of people who work tirelessly behind the scenes to ensure the pantomime is a tip-top production.

Come January, Colin and Keith will be able to sit back and reflect on another "labour of love well done."

But they won't be able to rest on their laurels for too long as work on the next pantomime scenery will start in September. So what happens to past scenes? Many have been painted over and used again and others have been lost, but Colin estimates that over 40 still remain as a testimony to their work as artists painting on a massive scale.



A Phenomenal Creative Success

A creative writing competition for young people in Hethersett has proved a phenomenal success.

The competition, organised by the Hethersett Writers' Group and supported by South Norfolk Council, has attracted over 200 entries with local schools taking the project to their heart.

Such has been the success of the competition that there will be a delay in announcing the prize-winners as judges ensure that every entry is read and fully considered:

"We are overcome by the success of the competition and also the high standard of the entries. We hope to name the winners early in the New Year," said one of the organisers Connie Tindale.

Such has been the success of the competition that additional cash prizes have been added to the senior category.

We will announce the winners as soon as a decision has been made and will be publishing the best entries throughout 2019.

Sadly the founder of Hethersett Writers' Group Pat Lightfoot has died. We will have an appreciation of Pat's life in our next edition.

Hannah's Story

ON the front page of this edition of Hethersett Herald we underlined the festive kindness that is spreading through the village. On the next four pages we have a number of stories that we hope will give you a warm Christmas feeling.

Caring Hethersett

BY her own admission Hannah Harrison has had a bad year.

So picture her surprise and delight when she opened her door on December 7th to find a hamper on her doorstep.

Hannah takes up the story:

"I heard a knock on my door. Each time I opened the porch I couldn't see anyone so I didn't bother opening the front door. It kept happening and I was starting to get scared that someone was tormenting me. So in the end I opened the door and found this beautiful hamper on my doorstep. I looked around but there was nobody to be seen.

The hamper contained toys and games for my little girl, alcohol and yummy treats for my husband and I and Christmas decorations.

"We've had a pretty crappy year and we aren't able to do Christmas as we usually would as we are struggling with money. We are concentrating on making it a magical time for our two-and-a-half year old and we are spending any money we do have on her. So for someone to think of us as a deserving family for this sort of treat is completely overwhelming and has come at the right time," Hannah said.

Hannah did find out who the benefactor is, but she has asked to stay anonymous.

"I can't explain how wonderful it's made us feel and the faith it's restored in humanity. If I am ever in a position to be able to give to others then I absolutely will. I will pass this kindness on.

"I am so proud to live in Hethersett and be a part of the community. This is what Christmas is all about. Thank you so much Secret Santa, you'll never know how much we appreciate you."



Christmas Day Open Event

Caring Hethersett

IN last month's Hethersett Herald we carried a report on an invitation from two village residents for lonely people to join them on Christmas Day for home-made cakes, mince pies, tea and coffee.

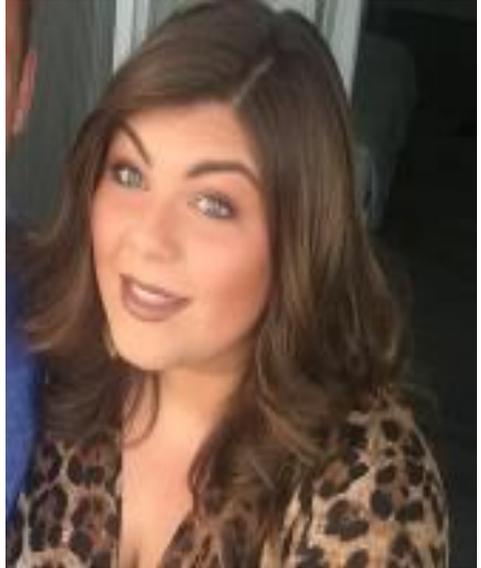
Over the past couple of weeks, Charlotte Rose (pictured opposite) and Christine Lily have been inundated with offers of cakes and other items for the Christmas Day open house at Rowan House Health and Well Being Centre in Queen's Road.

The couple believe that nobody should be alone on Christmas Day and so decided to invite people to join them from 10 am until midday.

"Christine Lily and myself have organised the event for residents of Hethersett and surrounding villages who, for whatever reason, want to get out of the house for a while on Christmas Day," Charlotte said.

Anyone interested in attending or anyone who knows somebody who would benefit from the event is asked to e-mail

ChristmasProjectHethersett@gmail.com.



The Christmas doorstep challenge is on!
Imagine how many Christmases could be brightened by a simple gesture.

The rules:

1. Pick someone who has had a tough time or would simply benefit from some festive goodwill. It doesn't have to be someone you know well.
2. Choose them a gift - big or small.
3. Write them an anonymous note, some kind words about why you were thinking of them.
4. Leave it all at their doorstep.
5. Knock on the door and leg it - make sure they don't see you!
6. Feel happy knowing that you have spread some Christmas cheer with no expectations of anything in return.

Kelly's Christmas Call

HETHERSETT resident Kelly Mendham has been busy ensuring that needy people in Norwich have a happier Christmas.

Kelly says she is overwhelmed at the response from Hethersett and elsewhere to her appeal for toys and food for the charity "Helping Hands at Christmas Norwich."

"I want to say a huge thank you to everyone following my appeal for help for Helping Hands. I've been collecting toys for children in need and other items for families that are really struggling this year," Kelly said.

Kelly's efforts have already met with a heart-warming response as she ex-

plained: "I was asked for help by someone struggling for food. I put a post on social media and received the most amazing response. So I got to deliver that food. I had so much (and bought some more to top up) so I shared it between two families. The tears as I delivered them made it all worthwhile. Thank you to everyone."

Kelly will be continuing to collect unwanted toys to give to those that are struggling to buy their children presents for Christmas. She will also take donations of food and other items including shampoo, conditioner, shower gel, feminine hygiene products, washing powder, squash, pasta sauce, butter, sugar, tea, coffee, tinned food, cheese and ham.

"When I say struggling I really mean struggling. Many of these people are going to food banks to get very basic food and going without food for days so their kids can eat. I'm helping three families that are going through this.

"I received an SOS from one of my families scared and worried about eating and not having enough food for her kids. She is embarrassed and doesn't want to ask on social media.

"The caring people of Hethersett have once again pulled together, proving what a great village it is. Following my appeal I received bread, snacks, cereals, crisps, tinned food. Cleaning products, cheese, sweets, chocolate, pasta, rice, sauces and much more," Kelly said.

Kelly explained that her connection with the charity began when she asked her son Oliver to clear his bedroom:

"I asked my son to clear his bedroom so we could help Dave Thomas' group helping hands at Xmas in Dudley.

"I went on Facebook and asked for help and it was so overwhelming there was no way I could post everything. So he asked me to set up my own group. Next year I'm hoping to continue with the food by teaming up with another charity that helps those in crisis."



Christmas Is Coming



Warmth Inside and Out

THERE was a warm glow both inside and out as Hethersett held its annual Christmas Fair in the Methodist Church on the last day of November.

Unseasonably warm weather helped to swell the crowds with people enjoying entertainment and a number of stalls run by local groups and charities.

The evening opened with carols and songs from pupils at Woodside School (photographed above) and continued with carols from the Methodist Church Singing Fellowship and St Remigius Church Choir.

Hethersett Methodist Church, which hosted the event, raised over £300 for church funds which included donations from stallholders. Individual charities such as the uniformed youth groups, Hethersett Jubilee Youth Club, Hethersett Women's Institute, the East Anglian Air Ambulance, the Royal Society for the Protection of Birds, Hethersett Environmental Action Team (EACH), Hethersett Parish Church and Hethersett Junior School all had stalls to raise funds for their own funds.



Christmas Is Coming



Two more images from the annual village sale. At the top of the page is a general view in the Methodist Church Hall and below is the church's Singing Fellowship entertain.



The event had a number of sponsors including Ivan Fisher Funeral Home, Janey's Village Café, Hodge Podge and Jeanette Raven

Much of the organisation for the event was carried out by Hethersett's South Norfolk Councillor Leslie Dale and Jackie Baker on behalf of the Methodist Church.

Christmas Is Coming



Above the St Remigius Choir entertain with Christmas carols.

On the right, leading Hethersett environmentalist, member of the Hethersett Environmental Action Team and Hethersett Parish Councillor Dr Anne Edwards with her individually designed Christmas trees made from tree branches. These were on sale at the village's annual Christmas Fair.



Christmas Is Coming



YOUNGSTERS from Hethersett Academy celebrated the festive season at a Christmas service featuring pupils from academies across Norfolk and Suffolk.

Held at St Andrew's Hall in Norwich on Wednesday, December 12th, the Inspiration Trust's annual Christmas service featured readings, carols, and music by pupils and staff from Hethersett Academy and its other schools in Norwich, Great Yarmouth, Cromer, Lowestoft, and Thetford.

The concert opened with "Once In Royal David's City" as a candlelit procession led through the hall.

Joint choirs and orchestras from the Trust's primary and secondary schools performed traditional festive pieces including "Away In A Manger" and "Gaudete," while the audience joined in for hymns including "O Come, All Ye Faithful" and "Hark! The Herald Angels Sing."

Hethersett Academy pupil Watty Riley gave a reading from the Gospel of Luke about the shepherds' visit to Jesus, and Rhiannon Roberts performed the female solo in Christina Rossetti's "In The Bleak Mid-Winter."

Christmas Is Coming



The programme was put together by Inspiration Trust director of music John Stephens, with music staff across the schools helping to co-ordinate rehearsals and performances. Inspiration Trust chief executive Dame Rachel de Souza, who read the final lesson on the mystery of the Incarnation, said:

“We are delighted to bring our pupils and families together for this joyful evening, which is one of the cultural highlights of our school year.

“To perform in front of family and friends in such a beautiful venue is an experience that we hope will stay with our young people forever.”



Christmas Is Coming



MEMBERS of Hethersett and District Churches Together warmed up a cold winter's day with community carol singing outside Tesco Express on Saturday, 15th December. The session raised £64 for the East Anglian Children's Hospice.

Saving the Thousands

Since 2004, local people have saved many thousands of toads, frogs and newts from being squashed by cars during the annual migration to the breeding ponds at Little and Great Melton, *writes John Heaser.*

Without our help the local toad population would now be severely depleted and as a consequence there would be many more slugs! If you would like to help us this year, please come along to the Village Inn in Little Melton on Monday 28th January at 8 pm when we will be meeting for a drink and a chat. There is more information at toadwatch.org or phone me on 01603 812472.

Please take a look your own fences and see if wildlife can migrate through your garden. Many hedges and old fences have been replaced with impenetrable concrete gravel boards. We suspect that the combined impact is having a serious impact on hedgehogs, amphibians and even some insects! Please try and leave some gaps in your gravel boards.

HARK THE HERALD ANGELS

THERE is an obvious thread running through this edition of Hethersett Herald and that thread is acts of kindness as we approach the Christmas season.

That got us thinking about the idea of Random Acts of Kindness throughout the year.

In the next edition of Hethersett Herald we will be launching our new campaign - Hethersett Acts of Random Kindness or HARK.

A lot of time and inspiration went into our heading at the top of this page (not really). HARK is the name of the campaign, the HERALD is obviously the publication and ANGELS are the people who are taking the village by storm through their kindness and generosity.

So it will be a case of HARK THE HERALD ANGELS. Full details of the campaign will appear in the February edition which will be online towards the end of January.

Hethersett Autumnal Scene



FREE TAP WATER REFILLS!



COULD a water refilling scheme be on its way to Hethersett?

South Norfolk Council is working with volunteers throughout the district to introduce a refill water scheme. Businesses displaying a refill sticker are happy for any person to refill their water bottle for free!

If you are a business or local volunteer who would like to sign up to or set up a scheme in Hethersett, please contact South Norfolk Council for more information.

There is also a free app to find your nearest refill water station. When you are out and about simply look at the app to find the nearest participating business.

A number of residents have already shown an interest in the scheme and a meeting could be on the cards in the New Year.

For Alzheimer's Society

Staff at Hethersett Hall care home swapped their uniforms for Elf costumes and raised £143 for the Alzheimers' Society.

Festive Bus Timetables

First Buses have released details of their services over the Christmas and New Year.
We hope the below helps with your planning for the festive season

Sunday 23rd	Normal Sunday Service
CHRISTMAS EVE	<i>Saturday Service with some extra buses (see next page) and last buses at around 6 pm</i>
CHRISTMAS DAY	No Service
BOXING DAY	No Service (please note as Norwich City have a home game on this day).
Thursday 27th and Friday 28th	<i>Saturday Service with some extra buses (see next page).</i>
Saturday 29th and Sunday 30th	Normal Saturday and Sunday Services
Monday 31st	<i>Saturday Service with some extra buses (see next page)</i>
Tuesday 1st January	No Service
Wednesday 2nd January	Normal Service

Festive Bus Timetables



Saturday Service with some extra buses as mentioned on the previous page will operate on Monday 24th December, Thursday 27th December, Friday 28th December and Monday 31st December.

The Green Line 14|15 buses which serve Hethersett will operate the normal Saturday route and timetable but there will be extra journeys between Norwich city centre and Broadland Business Park.

The Konnectbus service which sees number six go along the B1172 and stop at a number of places on the main road in Hethersett will be operating the following:

Saturday 22nd December - normal Saturday timetable.

Sunday 23rd December - normal Sunday timetable.

Monday 24th December - normal Monday to Friday timetable.

Tuesday 25th December - no service.

Wednesday 26th December -no number six service.

Thursday 27th December - normal Monday to Friday timetable.

Friday 28th December - normal Monday to Friday timetable.

Saturday 29th December - normal Saturday timetable.

Sunday 30th December - normal Sunday timetable.

Monday 31st December - normal Monday to Friday timetable.

Tuesday 1st January - no buses.

Wednesday 2nd January - normal Monday to Friday timetable.

Festive Bus Timetables

Thickthorn Park and Ride (Service 501) will be operating an enhanced timetable over the Christmas period. For more on this visit the web site:

<https://www.norwichparkandride.co.uk/times/501#timetable>

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

Christmas Bin Collections

AS usual there will be some changes to Christmas bin collections. The dates for black (rubbish) and green (re-cycling) are shown below. There will be no collection of brown garden waste bins from December 24th to January 4th.

Usual Collection Day	Revised Collection Day	Change
Tuesday 25th December	Thursday 27th December	2 days late
Wednesday 26th December	Friday 28th December	2 days late
Thursday 27th December	Saturday 29th December	2 days late
Friday 28th December	Monday 31st December	3 days late
Tuesday 1st January	Wednesday 2nd January	1 day late
Wednesday 2nd January	Thursday 3rd January	1 day late
Thursday 3rd January	Friday 4th January	1 day late
Friday 4th January	Saturday 5th January	1 day late

Christmas Is Coming



HETHERSETT Old Hall School's sports hall was filled with a range of different stalls, refreshments and activities for the annual Christmas Fair.

There were Christmassy stalls, crafty stalls, jewellery stalls and foodie stalls and also a children's craft corner where visitors were given the chance to make their own Christmas crackers.

The children had to colour-in the outside of the cracker, before stuffing it with party hats, jokes, sweets and a cracker snap. They then tied each end with ribbon to make the finished cracker.

There was also a pop-up café on site, where hot and cold drinks, plus cakes



Christmas Is Coming

and bakes which had been donated by parents and staff were served. Last, but certainly not least, the school was delighted to have a visit from the man with the bag himself – Father Christmas

(Information and photographs courtesy of Old Hall School's web site at: <https://www.hohs.co.uk>).



Two more photographs of the Christmas Fair at Hethersett Old Hall School.



Christmas Is Coming



IT wouldn't be Christmas in Hethersett without the festive lights going on at the home of Tony and Margaret Dunton in Firs Road.

For the past two decades, the couple have festooned their front garden with lights and festive cheer and raised thousands of pounds for charities from donations.

This year was the 24th that the couple have brightened up Hethersett life with many residents who remember the lights as they grew up now bringing their own children to see the lights. This year Tony and Margaret are raising funds for the East Anglian Air Ambulance. Donations can be left in a cash box attached to the gate of the property.



Christmas Is Coming

MORE photos from Hethersett's Christmas lights.

Opposite we captured a spider's web amongst the Christmas lights at the home of Margaret and Tony Dunton and below just one of the many designs that festooned the village.



Christmas Is Coming

Helping Other Children

CHILDREN and young people from Hethersett Methodist Church's FROGS youth group held a Christmas cake stall after Sunday Morning worship on December 9th.

Proceeds from the event amounting to £176.52, together with donations from the church's Christmas post box, will be sent to the Action for Children Charity.



Some of the youngsters who took part are pictured above.

FROGS will be attending the Christingle event in Hethersett Methodist Church on Christmas Eve at 4 pm. Everyone is welcome for this short celebration which will be followed by the lighting of Christingle oranges.

More Speed Stickers

HETHERSETT Parish Council is ordering another batch of 20 mph and 30 mph stickers to be placed on wheelie bins in various parts of the village. The idea has already seen stickers placed on bins in Queen's Road and Great Melton Road. The stickers remind motorists of the speed limits in force..

Building For Nature

HOUSEBUILDERS Taylor Wimpey East Anglia and Persimmon Homes Anglia have been working together to teach Hethersett schoolchildren about the role nature plays in construction and building.

Year Four pupils from Hethersett Junior School were invited to take a tour of the housebuilders' new development a mile away from the school. Both Taylor Wimpey's Heather Gardens development and Persimmon Homes Kett's Meadow development demonstrate key features designed to protect wildlife and encourage biodiversity.

Hethersett children learned about the vital role nature plays in construction projects during an ecology workshop. The youngsters were hosted by Jordan Last, Senior Planning Co-ordinator for Taylor Wimpey East Anglia, and Simeon Nelson, Head of Technical for Persimmon Homes Anglia.

The visit, on 20th November, was led by Kevin Joyce from The Ecology Consultancy, an ecological and environmental consultancy with a regional base in Norwich, with whom both Taylor Wimpey East Anglia and Persimmon Homes Anglia have been consulting on a series of ecological matters for local developments.

The visit showed pupils some of the features that have been designed into the two developments to protect native wildlife and encourage biodiversity, such as parks, trees and drainage ponds. This followed classroom-based ecology workshops .

The school is currently raising money for the World Lands Trust, which works to



Kevin Joyce, from The Ecology Consultancy, Jordan Last, Taylor Wimpey East Anglia and Simeon Nelson, Persimmon Homes Anglia with Year Four pupils from Hethersett Junior School

save threatened habitats worldwide. During the workshops, Kevin linked the charity's work to the inclusion of green infrastructure in residential developments.

Paul Mardell, Year Four class teacher at Hethersett Junior School, said: "The ecology workshop earlier this year built upon what pupils had already been taught about nature and conservation, and complemented our residential trip to How Hill National Nature Reserve in September.

"The visit to the new homes development site then allowed them to see for themselves the work Taylor Wimpey and Persimmon Homes are doing to protect existing habitats and create new ones. It was a fascinating day out and we would like to thank Jordan and Simeon for taking the time to speak to the children."

Jordan Last said: "Identifying and protecting animal and plant life on our sites is an extremely important part of the house-building process and we were delighted to talk to Hethersett Junior School pupils about the work we are doing nearby.

"The children asked some intelligent questions both during the visit and the workshop and it was good to be able to link the session to their previous work and charity fundraising. We hope they went away with a greater understanding of the care we take to minimise our impact on the natural environment."

Simon Nelson added: "In our role as developers we need to show how we can enhance communities through a number of methods, one being the improvement of the natural environment around us. During the class time session the children



Pupils from Hethersett Junior School investigate



Kevin Joyce from The Ecology Consultancy speaking to year Four pupils of Hethersett Junior School.

learnt how different animals adapt to their surroundings. This is important for us as developers to remember that we can adapt to our changing environment too. The planting of trees, creation of new wildlife habitats and also adapting to the changing climate, play an important part of our designs.

“It is lovely to see how a whole new generation are learning how their choices impact the world around them and what they can do to improve it.”

Kevin Joyce, Ecologist at The Ecology Consultancy, said: “The children showed great interest in the workshop, especially when we discussed great crested newts and the methods we employ to ‘save’ animals from harm.

“The site visit enabled a ‘real-life’ engagement with the habitat and the measures we had taken to protect the newts and helped the pupils put into context what they had learned during the workshops.

“The pupils are very proud of the fundraising work that they are doing for the World Land Trust - they engaged well with the idea of green infrastructure being created on the nearby development and understood its value to wildlife.

“They all grasped the fundamental concepts about nature and conservation really well and they all showed plenty of enthusiasm.

“I suspect there are a few budding David Attenboroughs at Hethersett Junior School.”

Death of Well Known Village Character

IT'S always sad when a well-loved village character dies and the outpouring of love for Graham Cox has been huge since his passing in November.

Sarah Lawrence led the praise on her Facebook "All About Hethersett" site:

"Graham Cox passed away a couple of weeks ago. He was a lovely man who I would chat to whenever I saw him, be it in Tesco when I was working, when I was doing the school run or just walking around the Village. Our family loved his always smiling face, and you'd often find him walking to Hethersett Library or to Tesco late afternoon time. He had lived in Hethersett an awfully long time. He was tall and carried a big black umbrella when it rained (which he hung at the front of Tesco while he shopped). He wore a cream/beige coat and was always dressed fairly smart. He liked to chat."



Kathy Floyd also remembered Graham:

"He was an extremely kind-hearted and intelligent man. He grew up in London I believe and his family spent some time living on a barge. He loved to have a laugh and was keen to talk with all who crossed his path. He used to leave his leftover food in my gate for my chickens and would wrap a tin of biscuits for my daughter and myself at Christmas. I believe he worked for BT for many years and stayed living in the house where he lived with his parents in Hethersett. Rest in peace gentle man xx."

Other messages were:

"Bless him. I thought I hadn't seen him in a while. He always had a smile no matter what the weather and I always smiled back and said hello. He will be missed ."

"Oh this is sad. He was lovely, we used to call him the smiley man. Never knew his name."

“Hethersett won't be the same without you.”

Graham originally came from London and was educated at Ealing Grammar School and the University of Southampton before moving to Norfolk. He spent many years working as an engineer for BT. Graham was a keen photographer and the image of Hethersett in the snow was taken earlier this year and appeared on his Facebook page.



A funeral service for Graham, who was 70-years-of-age, took place at Earlham Crematorium on December 6th with donations going to Graham's favourite charity - The East Anglian Air Ambulance.

After the service, Graham's sister Elaine Allsop took to social media to thank the people of Hethersett for their support:

“On behalf of Graham's family, I would like to thank everyone from Hethersett who attended my brother's funeral on Thursday. I was so thrilled at the number who came - close neighbours, staff from Tesco and friends from around the village. I tried to thank everyone personally but I know some slipped away to get back to work. So a big thank you to you all - Graham would have been so pleased .I shall miss him dreadfully but seeing so many in the chapel who cared about him somehow made the grief slightly easier to live with.”

Sports Association AGM

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

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

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

News From the Parish Council

Mixture of Housing on New Development

THERE will be a mix of traditional and more modern designs on the next phase of development in the village, members of the parish council heard at the January meeting.

Dan Humphries and Jordan Last from the developers underlined the next phase of development which would bring another 181 homes to the village by 2020.

These will be made up of two bedroomed homes (11%), three bedroomed (56%), four bedroomed (30%) and five bedroomed (3%). A total of 36 of the new builds will be affordable social housing. The area will provide 450 parking spaces which equates to almost two and a half spaces per dwelling. There will also be a number of car parking spaces for visitors.

The development will also feature recreational and open spaces and will be developed jointly by Taylor-Wimpey and Persimmon Homes.

Allotments and sports pitches are also being designed into the new areas of development, although the actual set-up of these is still under discussion.

Steeple Tower Entrance Improvements

WORK to repair and improve the entrance to Steeple Tower has been delayed but will now start in the week commencing January 8th, the parish council heard.

Over the past year councillors have expressed concern over the state of broken seats and the dilapidated look of the entrance to Steeple Tower.

Home developers and South Norfolk Council agreed to spruce up the area, but work was delayed on more than one occasion. It is now ready to go ahead. The work will cause minimum disruption and will take a maximum of two weeks.

News From the Parish Council

Increase In Parish Precept

HETHERSETT Parish Council has voted to increase its parish precept for the coming financial year.

Band D properties will be asked to pay an additional £7 a year in order to meet the cost of services coming under the parish umbrella. Properties in this band will now pay £48.86 a year. It is expected that South Norfolk Council and Norfolk County Council will also raise their precepts.

The parish council provides a number of vital services to the village including supporting the village hall, jubilee youth club and memorial playing field, providing and maintaining street lighting, grass cutting on various village sites including the churchyard, providing dog bins and bags and maintaining recreational equipment. It allows the village to enter into parish partnership deals with Norfolk County Council to provide road crossing improvements and bus shelters. It also pays for a full time parish clerk..

Election Time Approaches

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

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

Parish Council elections take place every four years.

The January meeting of the parish council will take place on Monday January 21st at a venue to be decided as the village hall will be unavailable due to the annual village pantomime.

Get Your Thinking Caps On

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

1	"Smoke on the" was big rock hit but not by this long-running group
2	17th in line (but not for long)
3	A family in Wimpole Street follows England's next Nations League opponents
4	Addition to top newspaper initially read by teachers and company
5	African country's premiers join in next to the south entrance to a Suffolk town
6	Bill and Hillary exchange cards here
7	Buzzes around and then end up waiting in line
8	Chubby cheeks
9	Pen before arrive at Heathrow
10	Cumbria
11	Eel pie at Twickenham is one
12	Fastest man on four wheels is seen behind the toilet
13	Get backgammon or pheasant here
14	Get in or go up
15	Get prickly after having to hang around
16	Global supply of copper
17	Go on planes or trains for the first time
18	Half of a female singer repeatedly asked to be quiet
19	Halley's should return in 2061
20	Hands-free on way to Hertfordshire residence
21	Have a short - whiskey - before American Football and Baseball
22	How Saudi Arabia compares to Iceland
23	Hundreds go after tea wearing a cape
24	Irish van headed south to sing
25	Joints beside East Anglian river
26	Left passport behind, for example, so left again
27	Listen up! There is a joint behind a Norfolk town
28	Little Edward went with the butcher and candlestick maker
29	Long distance runner in South America
30	Most sparsely populated country in Europe
31	Neat and proper to go on board boat

32	Old foreign currency spent by Miss Lady Diana
33	Pet gets hot while children get 100
34	Princess does not go East for long, hot seasons
35	Red on a Monopoly board but could be dark in France
36	Rogan Josh and Chicken Korma
37	Roy Rogers sang about his home thereon
38	Show displeasure before going to backward thoroughfare
39	Spent in Melbourne by US prosecutor
40	Split personality of GB's most successful female Olympian and controversial Newcastle Utd owner
41	Start off in a country in South America and then use a map
42	The importance of being him we hear singing Delilah
43	The pinnacle of retailing?
44	The Queen initially is against
45	These people sang YMCA
46	We hear them working in offices
47	What we colloquially dream of at Christmas
48	Where Scotsman lives in series first screened 50 years ago
49	Won best film Oscar in early 1970s
50	You have 1, 2, 4 and 7. So what is 11?

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

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

We will have the full story in our February edition.

Sports Reports Needed

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

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

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

Social Media Watch

Hethersett is being mentioned more and more on social media. Here are just a few of the comments this month:

PACT Charity Shop

“The PACT charity shop is well and truly up and running with some fantastic bargains to be had. I popped in this morning to drop some donations off and came out with a painting by my favourite artist. They are always pleased to receive donations of clothes, kitchen , ornaments and even electrical items, in fact anything apart from furniture. Please support this excellent local charity who help not only domestic animals but wildlife too.”



Footbridge Upgrade

“I contacted the Parish Council to see if the footbridges in the corner of the field near Heath Fields could be upgraded to include a handrail and have new chicken wire to cover them as they are slippery when wet. Today when I took Max for a dog walk the work was done which is great. It's so much better with a handrail it's scary crossing the bridge with a dog barging past your legs.”

Missed Opportunity

Once again council has missed a golden opportunity to cut speed on Back Lane, all they had to do was incorporate a speed hump in the new tarmac during resurfacing. Cars are still doing 40 plus.

Time For Space Travel

Permanent traffic lights will be installed at some time (on B1172), reason being.....houses, houses, houses.....any land that is deemed suitable is up for grabs. Situation is fairly bleak sadly. Our small Island is full.....and it is getting fuller. Not sure what the answer is.....Space Travel?

Hectic and Successful Time For Finnbar Charity



IT'S been a hectic few weeks for the Hethersett-based Finnbar's Force Charity.

A special Christmas concert in St Remigius Church on December 9th capped off a remarkable few weeks for the charity which saw it win a top local award.

"We're absolutely over the moon to find out that Finnbar's Force won at The Parent and Baby Show, Pregnancy, Baby and Child Awards 2018," the charity stated on its web site.

The charity picked up the award in the Pregnancy, Baby, Child Related Community Project, Charity or Event category.

The awards evening took place near Holt and brought together some of the best of Norfolk's child-based businesses in recognition of the hard work and dedication to making life better for Norfolk's parents and children.

"We're honoured to have been recognised for our efforts amongst some amazing people and strong contenders," the charity said.

The charity also had a presence at the Norfolk and Norwich University Hospitals NHS Foundation Trust Christmas Fayre with a selection of cakes and merchandise, including special crocheted wool foxes. The charity has also held a



£500 Christmas raffle.

In November Finnbar's Force was at the Virgin Money Lounge in Norwich for a cake sale and also at Sainsbury's Longwater for four days, raising awareness and raising money for the cause.

The photographs above and on the previous page are of the special pre-Christmas concert in St Remigius Church and are taken from the Finnbar Force Facebook page at: <https://www.facebook.com/finnbarsforce/> and used with permission.

The concert helped to bring the amount raised by the band during the year for Finnbar's Force to almost £3,000 as the Facebook page informed us:

"What a magical afternoon, Thank you to everyone who joined us this afternoon for the wonderful performance by Norwich City Concert Band. We are quite lost for words to describe how beautiful the performance was but hope everyone enjoyed it as much as we did, with a lovely selection of Christmas songs and from some brilliant films, including Finnbar's favourite; Star Wars, which was very emotional for us.

It was so lovely to see so many people enjoying themselves, including plenty of children singing and ringing bells! And the finale really was spectacular!

To top it all off, we were absolutely delighted to receive a cheque from the band for their fundraising efforts on our behalf for such an incredible amount, close to £3000!

Thank you again to all of the band members for their fantastic work and wonderfully professional performances, and to all that have donated at their shows."

An Historic Request

WE have been contacted by Ben Craske who is archive editor for publishing group Archant. Ben is helping to co-ordinate the Local Recall Project which is aiming to make almost 150 years of the Eastern Daily Press newspaper available online with a special voice search function.

“The Local Recall platform takes the news stories and local history from the communities around us that still resonate today and puts them at the public’s fingertips.

“Whether users want to research their family history, learn a little more about the place they call home, or simply ask when was the last time the Queen visited Sandringham – Local Recall helps its users start a conversation with the past,” Ben said.

Digitising almost 150 years of historical newspapers involves a considerable amount of scanning with the first 15,175 pages scanned producing more than 287,000 articles.

“The text recognition software is incredibly advanced. It does a terrific job of taking delicate printed materials and turning them into robust and useful digital text files that are searchable to a high degree of accuracy but sometimes it takes the keen eye of a human being to realise that chunks of text are missing because the newspaper fell apart or smudged print ink created digital gobbledegook,” Ben added.

“In order to ensure the historical materials we are making available to the public are in tip-top shape before we upload them online we are looking for people that are passionate about our region’s history and heritage that can help us to quality check the digital files before they’re unleashed on the World Wide Web.

“The plan is to create a group of community volunteers that can contribute to the Local Recall Project by checking the digital files from home, using an easy-to-use editing suite. There are no expected minimum (or maximum) contributions – volunteers can check as many articles as they like. Any and all assistance will be most gratefully received,” Ben added. More details of how to volunteer are included on the posters on the next two pages. The volunteer sign up page can be found at <https://localrecall.archant.co.uk/volunteer>.

CALLING ALL LOCAL HISTORY ENTHUSIASTS!

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



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

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

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



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

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



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

Herald Health - Fighting Christmas Stress

CHRISTMAS can be a stressful time. So how can you cope without the festive season “tipping you over the edge?” Here Rachel Pailles of Rowan House Health and Well Being Centre in Queen’s Road gives us some hints on how to survive and how a little self care can drastically ease your stress levels. Rachel is a chartered physiotherapist who has a passion for working with babies, children and the family unit.



IN this modern day and age, the world seems to move so fast. We’re constantly being bombarded with information - social media, news, adverts, deadlines and many other demands on our time.

No more so than at Christmas!

At this festive time of year we’re spinning more plates than ever before, balancing the needs of family, friends, pets, kids work and finances with festive food shopping, choosing the perfect Christmas Day seating plan and figuring out how we’re going to fit in all those fabulous seasonal TV specials.

No wonder so many of us feel so stressed out!

So what can we do to avoid the damaging mental and physical effects of festive stress and have a calmer, happier, Christmas instead?

Step forward self-care.

Wondering why the run-up to Christmas can stress you out SO much?

Stress is a natural reaction and in some circumstances can actually be quite beneficial. Stress puts our body on instant high alert – rather handy if you ever need to jump out of the way of an errant vehicle heading your way (yes, kids on scooters and runaway sleds count), or run away from something or someone.

It isn’t particularly helpful though when you feel overwhelmed by a huge pre-Christmas break workload, worried about how to spread the cost of gifts or threatened by a looming Christmas lunch argument between your mum and mad uncle Bob.

That kind of stress sucks. But there is good news. Self-care can help.

It’s all about how we react to stress.

Often our first reaction to stress is emotional. You might feel agitated, nervous and even angry. After a while that frustration can turn to feeling anxious, run-down, and even depressed.

This in turn causes physical symptoms. They may start a little later but often go right along with how you're feeling mentally. Common symptoms of stress include:

- Feeling tense and taught.
- A sore neck and shoulder muscles.
- Painful headaches.
- Stomach pains, upset stomach and even diarrhoea.

And no-one wants to feel that way on Christmas Day, right?

Of course back in the Stone Age when stress was a reaction to a physical threat, all of this made sense. Tense muscles and agitation would help us run faster and fight harder if cornered by a scary Sabre Tooth Tiger!

But today, many causes of stress are mental rather than physical and our bodies simply haven't caught up yet. So, if left unchecked and untreated, emotional problems often manifest into physical health issues.

Add to this the fact that many of us are under constant stress in the run up to Christmas and it's no wonder that we're suffering adverse health effects.

Preventing Christmas stress with self-care.

So what can you do to ease and even prevent stress from affecting your festive fun?

First, be proactive and cut as much stress as you can out of your life. That's easier said than done, but even small, simple changes can help and will add up over time.

Look at the daily events in your life and identify the trigger points. If you're stressed out in the morning because the kids aren't ready to head out the door on time, spend an hour in the evening getting book bags, lunches, and school clothes ready. If you get stressed out about not finding the work files you need, reorganise so you have everything at your fingertips when you need it.

If you're a busy therapist who is stressing out over how you are going to fit in social media marketing over the holidays, consider setting aside some time to schedule posts in advance or investing in social media planning software. You could save hours in December and beyond!

Get clear on your priorities and then delegate or cancel anything that's not important or essential.

Finally, take the time to indulge in a little self-care, a small but regular treat could be just what you need to de-stress in December. If you take care of yourself, you end up happier, healthier and in a much better frame of mind to serve those around you.

Make time for me time

You see by paying just a little bit of attention to your own self-care, the fog will lift, you'll feel more connected to yourself and the world around you and things won't seem quite as difficult as they did before.

What's more, creating a positive daily ritual helps us make the time to refuel our bodies and, when done regularly over a period of time (at least 30 days), actually helps re-programme our minds to be more positive.

Start by picking a time, place and activity that will help you relax. Don't be afraid to try different things until you find the ritual that feels right to you. It's something unique to you.

If calmness is what you seek, consider a daily meditation practice. Meditation helps us remember what's important and gives us a better perspective on life's ups and downs. It is also very soothing for the part of our brain that doesn't want to switch off and is endlessly trying to achieve or improve things.

Join a meditation class or download meditations to listen to in your own time, once you begin to feel the benefits you'll be hooked.

Need something a little more active? You might try to find a physical outlet for the pent up energy caused by stress. It could be something high energy like kick boxing or Zumba or something more relaxing like yoga or even Qi-gong.

Here are a few self-care ideas that might help you de-stress. Remember, it's important that your ritual is something you enjoy. Use these ideas as a starting point to get thinking.

- Free up some time by cancelling or re-arranging unnecessary plans or appointments.
- Take 30 minutes out to read a good book.
- Run yourself a hot bath, pop in some Epsom salts and relaaaaaaaax.
- Take a break. Yes really, even if you just fix yourself a nice cup of tea, and then give yourself a quiet five minutes to actually drink it!

- Join a local group where you relax, chat and get support. If you are a new mum we'd love to see you at our regular Motherhood Matters pop-up Café!
- Write a list of everything and everyone who has caused you stress in the last 24 hours, then bin it, burn it and release.
- Take a nap, seriously, it really helps.
- Give yourself permission to say no.
- Meet a friend for coffee and cake.
- Or even better, meet a friend for a few glasses of wine.
- Book a relaxing massage. A good massage can help relax tight and painful muscles, improve range of motion in the joints, enhance circulation and lower stress levels.
- Go for a short walk, take in the sounds, sights and smells of nature.
- Let go of other people's expectations of you. What other people think of you is none of your business
- Treat yourself to your favourite magazine and head to bed an hour early to read it.
- Actually, just head to bed an hour early anyway.
- Pamper yourself with a DIY face mask.
- Snuggle for a few minutes with your favourite pet. Kitty cuddles are the best!
- Try a five minute guided meditation.
- Get up a few minutes earlier to have quiet time to drink your coffee and contemplate your day.
- Take 10 minutes at the end of each day to write in a gratitude journal.
- Be creative, take time out to practice your favourite hobby, sewing, knitting, and writing have all be shown to help eliminate stress.
- Listen to some soothing music.
- On a sunny day, go cloud watching – find a peaceful spot, lie back, relax and simply watch the sky go by.
- Switch off everything around you. The TV, your phone, everything. And just sit quietly and enjoy the peace.

- Recognise that self-care isn't selfish. It's essential to festive season survival!
- At the end of the day it doesn't really matter what you do as long as it's something you enjoy and it's something you do for yourself. Work it into your daily schedule and most importantly, give yourself permission to indulge in these little rituals. They are fuel for your soul and will make you a better person the rest of the day.

Not So Festive Lights



THE end of November brought more misery on the B1172 as our photograph shows. It was taken during the morning of Tuesday, November 27th, when the four way lights made a two day re-appearance at the junction of the B1172 and Colney Lane.

The following day it was even more chaos following a jackknifed lorry on the A11.

Ivy's Day of Celebration

IT was a special day at Woodcote Sheltered Housing complex in Firs Road as long-term resident Ivy Thraxton celebrated her 100th birthday.

Ivy was born in Stoke Holy Cross just outside Norwich on November 30th, 1918, just days after the armistice was signed to end the First World War.

Friends, relatives and residents of Woodcote got together to toast Ivy and help to make her landmark birthday a very special day as she



was surrounded by flowers, bouquets and a birthday card from the Queen.

Ivy has lived all her life in Norfolk and was one of the original residents of Woodcote when it opened 33 years ago.

Ivy has two daughters - Janet and Pauline - two grandchildren - Alison and Jayne - and four great grandchildren - Megan, Vinnie, Harvey and Harry. All live locally.

Much of Ivy's working life was spent at Norwich High School for Girls on Newmarket Road in Norwich where she undertook many and varied tasks.

Ivy, who still does all her own cooking and housework, said that she was "overwhelmed" by the response to her 100th birthday and very happy that so many people were able to share her big day.

Ivy is pictured on the previous page and this page has a general shot of some of the guests along with a picture of the ladies responsible for putting together an extensive buffet.

Meanwhile the Eastern Daily Press Newspaper marked the 100th birthday of a former Hethersett resident who now lives in a home at Long Stratton.

Winnie Jones celebrated her 100th birthday at Harker House care home, surrounded by friends, family and staff, on November 26th. Mrs Jones lived most of her life in Hethersett. She worked as a charwoman and land girl during the Second World War



Village Screen Films Announced

Disney Christopher Robin



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

Films for 2019 kick off with Christopher Robin on January 6th and this is followed by King of Thieves on February 3rd, The Little Stranger on March 3rd, Stan and Ollie on April 7th and First Man on May 12th.

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

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

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

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

More information is available at facebook.com/hethersettvs and twitter.com/hethersettvs.





Dog Cuddling - A Solution to Modern Day Loneliness

By Hethersett Resident Helen Tyler

VOLUNTEER dog cuddling is being offered by Barking Mad South Norfolk as an antidote to the problem of loneliness in modern society.

For those who are retired or work from home and are spending large chunks of time alone, caring for a waggy-tailed companion on a temporary basis and meeting other like-minded dog lovers could really help to overcome feelings of isolation.

The perception of loneliness as mainly an issue for the older generation is now proving inaccurate. A study from the Office for National Statistics suggests that young adults are more likely to feel lonely than older age groups. Due to huge advances in technology, the number of freelancers and remote workers is rising, with an article in Business Leader claiming that a 'third of business owners think that the workforce will work remotely by 2020.'

Whilst remote-working has obvious advantages, working alone under pressure and not having the physical presence of a team to support you can lead to lone-

liness that can't be fixed by any kind of app. Caring for a friendly dog not only provides canine cuddles (far better than any virtual hug) but also the motivation to go and take a walk at lunchtime, increasing the likelihood of adhering to New Year fitness resolutions.

The community of Barking Mad host families mainly consists of active retired people and those who either work from home or have extended periods away from work. It offers the opportunity to care for dogs in your own home while their owners are away on holiday. Hosts experience all the benefits of dog companionship without any of the emotional or financial responsibilities of full time pet ownership.



To find out more about becoming a Barking Mad host, you can call me on 01603 340595 or email helen.tyler@barkingmad.uk.com.

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

Moaning Minnie

It must be my age, as I find some of the Christmas lights not very Christmassy. When I was young they were gold, silver, red or green, colours that seem to BE Christmassy. Not blue. I don't find blue lights attractive. I thought it was me, moaning again, then I met a young couple standing looking at a blue tree. They turned to me as I passed and said "that's not right". When I asked them what they meant the man said "blue is not Christmassy". I don't feel so old now

THE flooding problem in Southcroft is 80% sorted, Hethersett Parish Council heard at its latest meeting. It is hoped that flooding in the area will soon be a thing of the past after a survey of the drains to find the cause of problems which turned out to be roots, weeds and debris. Steps are now being taken to clear remaining problems.

Snow and Sun

Some people claim that our seasons are becoming completely mixed up and perhaps our photographs illustrate this. The top one of Great Melton Road was shot at the beginning of March during the notorious Beast From The East which had us all shivering in our shoes and the bottom one was shot in the middle of December when bright sunshine was the order of the day.



Making A Will Your New Year's Resolution

Hethersett-based solicitor Salena Dawson from Dawson's Law takes us through the process of making a will

If you are making a New Year's Resolution how about making a will?

When talking with clients over the years I have heard a variety of reasons why preparing a will is one of those chores that has often been delayed. Such reasons include: "I didn't think I had anything worth leaving" or "I thought that's what you made when you are older" and "I never really had the time to think about making a will" and often "I didn't like to think about things like me dying but now people around me are dying I should do something now" and "I thought it cost more to make a will so didn't think I could afford it."

Let's dispel some of the myths together. Wills are not just for older adults. There are various life triggers which mean you should consider preparing a will regardless of age.

For example If you have just had a child or children, if you have purchased a property or an expensive item which you want to pass on, if you have started saving, or have a cherished pet or collection (stamps, wine etc) then you really should consider making a will because who will have these when you are gone.

Some people are passionate about certain charities, clubs, schools or volunteer groups and may have donated money to them over the years. A gift in a will is a way for you to ensure such good causes are not suddenly left without once you have passed. In certain circumstances such gifts also may reduce your inheritance liability (if any) upon your passing.

So What is a Will?

A will is a legal document where you state what should happen to your as-

sets when you have passed. If you have not made a valid will you have no choice as to who then benefits from or administers your estate, instead this is dictated by law. This is called Intestacy.

Be aware that If you live with your partner but are not married (often called cohabitation) your partner will not automatically inherit anything after your death as under current Intestacy Laws they are not defined as your next of kin. Although it can be difficult to think about, if you do want to provide security to your partner in the event of your death it is important to do so by making a will, especially if you have children together.

Also, if you have children under the age of 18 years a will can appoint guardians for your child or children in the event that both parents pass. Although this is an unlikely occurrence it is important to make provision for the worst-case scenario and a will allows for this and ensures your wishes are heard in respect of who would care for your children.

I know it “Is the season to be jolly” and thinking about making a will does not conjure up such merry images. However, this is the season for family, to be with loved ones and so it is the time to consider how to best protect them when you are no longer here to do so.

My experience over the years is that families often have challenging individuals or circumstances which means that the wishes expressed by a person who dies without a will, are not always at the forefront of the minds of those left behind. Matters that may appear trivial to those who are not part of the family, such as the cherished teapot not going to a sibling, can often lead to family rifts.

A will would be your opportunity to express your wishes and ensure they are adhered too.

At Dawsons Law we offer wills at fixed fee prices. We will also come to you at no additional charge, so you can discuss with one of our qualified solicitors your exact requirements in the comfort of your own home. Make preparing a will your New Year resolution. Call 01603 327280 for an appointment.

More from Dawson’s Law in the February edition of Hethersett Herald which will be available exclusively online at the end of January.

Hethersett Matters

WITH Christmas approaching there seems to be no drop in scams. Here, in conjunction with Norfolk Police, we highlight just some of the scams currently doing the rounds and how to avoid becoming a victim.

Cold calls claiming to be from ‘Norwich Police’

Norfolk Constabulary is asking residents to be vigilant for cold callers claiming to be police officers following several incidents across Norfolk.

Officers have received reports where an elderly person has been called by someone claiming to be a police officer. They will then state someone the victim knows has been arrested before asking for personal bank details.

Detective Inspector Bruce Clark said: “We are concerned about the number of reports we have received this scam and we're urging members of the public, particularly the elderly who are primarily being targeted, to be vigilant to cold calls made on the telephone.

“In some of these cases the victim has handed over a large quantity of money, whilst in others the victim has become suspicious and ended the call.

“Genuine police officers or staff will never approach residents and ask for cash withdrawals to be made or for people to purchase items on their behalf.

“I would ask people with vulnerable relatives, friends or neighbours to make sure they are aware of this type of scam,” DI Clark said.

Norfolk Constabulary offer this advice:

- Never give out personal information about your bank account to anybody over the phone.
- If someone calls claiming to be a police officer, ask for their identification number and police force. Hang up and call 101 using a different phone. If you can't use a different phone, wait at least five minutes before calling back. A genuine police officer will not mind waiting while you check.
- Police and banks will never ask you to give out personal details such as account numbers or PIN numbers.
- If you have given out information which could compromise your bank account security in any way, call your bank to cancel your cards as soon as possible.

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

Please share this warning and advice with family, neighbours and friends, especially those who could be more vulnerable to this type of approach.

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

Cold Callers Claiming To Be From the Cyber Crime Unit

Norfolk Trading Standards are warning the public about telephone cold calls claiming to be from the 'National Cyber Crime Unit' stating "your broadband will be cut off within 24 hours."

These calls are not genuine and are likely to be used to seek remote access to computers, gather personal, account or financial details or attempt to take payments.

Trading Standards are also warning the public to be on their guard against single line emails. These have no subject and only contain a link and the name of the sender. The email will often appear to come from a "known contact" which will make the recipient believe that they are genuine. Very often the links will go to sites offering scams such as fake investments or pharmaceuticals.

The advice is always to be wary of content and never to click on links you are not sure of.

Emails claiming to be from Virgin Media

Emails have been circulating claiming to be from Virgin Media stating, "Your latest Virgin Media Bill cannot be processed."

The email is not from Virgin Media and is designed to panic the recipient into thinking their service is about to be disconnected.

Anyone following the link 'to update your billing details now' will be taken to a realistic looking faked version of the Virgin Media website which will attempt to gather personal, financial and account details which could be used to commit further fraud.

This is a common phishing email approach and there is likely to be several versions of this email, using different 'disconnection' dates, circulating along with similar emails claiming to be from other telecoms providers.

Virgin Media offer the following advice on their website about phishing emails:

- If you've received an email stating your Virgin Media account is set to be closed due to financial issues or that you have another account issue

you need to resolve do not click the link and visit virginmedia.com/myvirginmedia to login to My Virgin Media and check the status of your account.

- Disregard the email – if there really is a problem with your Virgin Media account, they will be in touch via letter or phone. We will never take action such as close your account after only sending you an email.
- You can forward suspicious Virgin Media emails to phishing@virginmedia.com

Scam Alert – Emails attempting to ‘blackmail’ the recipient.

There is a warning about emails circulating which attempt to blackmail the recipient. The emails often state they have ‘hacked this mailbox’ or have been ‘observing you online’ and include a password that will be known to the recipient.

The emails will make claims to have ‘access to all your accounts, social networks, email, browsing history’ and ‘all your contacts, files from your computer, photos and videos’ and often make accusations about websites you have visited. It then threatens to share this with your contacts unless an amount is paid in bitcoin.

The use of a password known to the email recipient is designed to make recipients believe the email is genuine and consider paying the amount demanded. Action Fraud believe the email contact and the associated password are likely to have been gained by the scammers in an old data breach.

They are offering the following advice regarding this type of email and how to protect yourself:

- Don't reply to the email or be pressured into paying: it only highlights that you're vulnerable and you could be targeted again. The police advise that you do not pay criminals. Try flagging the email as spam/junk if you receive it multiple times.
- Perform password resets as soon as possible on any accounts where you've used the password mentioned in the email. Always use a strong, separate password for important accounts, such as your email. Where available, enable Two-Factor Authentication (2FA).
- Always install the latest software and app updates. Install, or enable, anti-virus software on your laptops and computers and keep it updated.
- If you have received one of these emails and paid the fine, report it to your local police force. If you have not paid, report the email as a phishing attempt to Action Fraud using their online form or by telephone on 0300 123 2040.

Amy's Impressive Medal Haul

An up-and-coming taekwondo star from Hethersett Academy has topped the medals' table at a major European championship.

Amy Hayes was crowned the Outstanding Athlete of the 2018 European Martial Arts Games after winning seven gold medals, two silvers, and one bronze for Team GB at the tournament in Lichtenstein.

Her medal haul helped Team GB to overall victory at the championship, with a total of 64 golds.

Amy, 15, has been practising taekwondo for over seven years and is a 2nd Dan black belt. Alongside training at least two hours per week, she helps at club

gradings, coaches other youngsters and competes at tournaments across the UK and Europe.

Amy said: "I enjoy taekwondo because it helps my confidence and determination as well as my fitness.

"My favourite part is the competitions, because I can do patterns, sparring, and self-defence all in one day and I'm able to learn from other people's approaches and styles."



Hethersett School Watch

Generous students, staff and families at Hethersett Academy have donated trolleyfuls of groceries to help feed those in need this Christmas.

They donated packets, jars, and tins for the Norwich Food Bank, which helps families who are struggling to afford to eat.

Head of modern foreign languages Rebecca Irving organised the collection and delivered it to the food bank on Tuesday, December 4th.

She said: "We had loads of donations - a massive thank you to everyone involved."



Hethersett Pictorial

A December photograph of St Remigius Parish Church on the B1172.

Work to improve the church car park has been completed.



From the Press Bench

As usual there has been plenty of coverage of village matters in the local media.

The Eastern Daily Press newspaper covered the story of two year old Ellie Shepard of Taylor Place who was diagnosed with a rare form of cancer in 2017.

Almost a year after being given the all clear, the plucky youngster, now four, and her siblings have received national bravery awards from Cancer Research UK Kids and Teens.

* * *

A family that had threatened to stage a protest at a Hethersett housing development over fears they could be homeless at Christmas have finally been promised the keys to their new home.

Scott and Gemma Wilson had warned they planned to begin a protest including pitching a caravan outside their unfinished new home on the Heather Gardens development.

It followed what they say is months of uncertainty and lack of communication over completion dates promised by house builders Taylor Wimpey with no guarantee whether they would be able to move in before Christmas. The story has a happy ending, however, as the couple received the keys to their new home.

* * *

Concerns have been raised about a “confusing” planning application for almost 200 new homes in Hethersett.

Parish councils for Hethersett and Little Melton said diagrams attached to the latest application phase of the Taylor Wimpey development on Little Melton Road, Hethersett, were unclear and that key traffic documents were missing.

In an email to South Norfolk Council, Annette Palmer, Hethersett Parish Council clerk, said it was unable to comment on the most recent stage of the Taylor Wimpey development because the application and documents submitted alongside were not “public user friendly”.

* * *

The Eastern Daily Press reported that plans for an obstacle course close to the Thickthorn roundabout have been recommended for approval by council officers. An application from Brad Williams, director Norfolk-based 121 Gym, is seeking to use a meadow off Norwich Road, close to Hethersett, as an assault course,

From the Press Bench

which would feature climbing walls, balance beams and scramble nets.

The proposal will be discussed by South Norfolk Council's planning committee with officers recommending that members give it the nod.

Concerns had been raised around noise made from the site, however, case officer Jacqui Jackson said she had been assured the site was not intended to be "boot camp style".

She said: "Local residents have raised some concern on the level of noise such a facility may cause from shouting instructions and machinery, however, it is not the intention to use any form of tannoy system as clients will work at their own pace, not 'boot camp style'.

"I am of the opinion there will be some noise, but not so significant to have an adverse impact on neighbouring properties," she said.

Championing Our Village

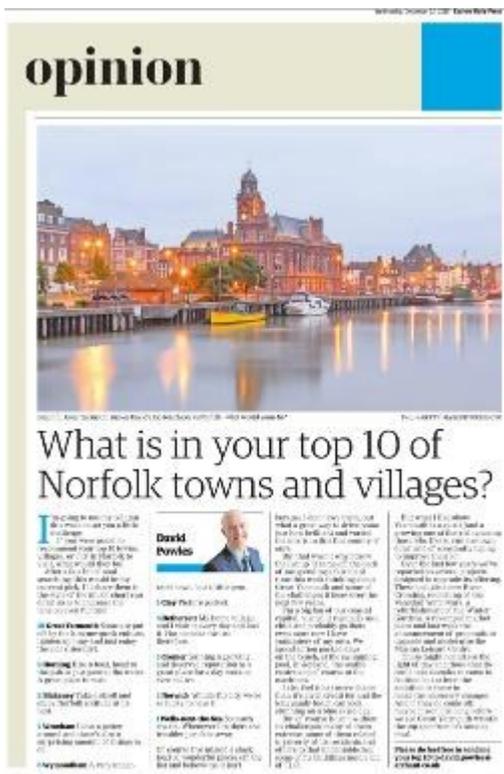
One of the aims of your Hethersett Herald is to champion the village as a caring community and a good place to live.

But we are not the only person regularly doing this. Editor of the Eastern Daily Press and Norwich Evening News newspapers David Powles lives in Hethersett and regularly writes about the village in his columns.

In December, David listed his top 10 places to visit in Norfolk and Hethersett came in at number four. David had the following to say about Hethersett:

"My home village and I visit it every day and love it. Has to make the list therefore."

Top of the tree for David is Wells-Next-The-Sea with only Cromer and Norwich making it ahead of Hethersett. Near neighbours Wymondham are sixth in David's list.



Council/Government Contact Numbers

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

Member of Parliament

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

Norfolk County Council

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

South Norfolk Council

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

Hethersett Parish Council

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

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

www.hetherssettherald.weebly.com



The Scott Willoughby Column

IT is often all too easy to moan, complain and whinge about village matters and this column has certainly been guilty of that in the past.

Of course not everything in our village garden is rosy but there seems to be a quite wonderful revolution going on.

I would call it a revolution of the silent majority but, thankfully, this one isn't silent. A number of people seem to be standing up for what is right and what is caring about our village.

I was amused recently when I read a story about the Prime Minister of Australia Scott Morrison telling school pupils: "What we want is more learning in schools and less activism."

This so called advice came after a national strike by pupils to protest government inaction on climate change. Mr Morrison seems more concerned about the walk-out of pupils than about the obvious lack of effort of his government.

So what does this have to do with Hethersett? The point is that activism when channelled in the right way can only be a force for good.

I'm not talking here about rioting as we have seen in Paris or the nonsense from all sides on the Brexit situation but the efforts of local people to improve not only our environment but the life of residents.

Like Norwich City climbing to the top of the football Championship, this revolution is going on seemingly "Beneath the radar." Nobody is shouting the odds, there are very few politicians involved and a Hethersett-based social media site is at the heart of what's going on.

The "All About Hethersett" Facebook site is becoming increasingly popular both in keeping people informed about what is going on in our village and also as a call to arms.

Much of what is posted on the site looks at the ways in which Hethersett can be improved as a caring community. Take this Christmas Day for example. Lonely people and those wanting to get out of the house for a couple of hours are being invited to Rowan House Health and Well Being centre in Queen's Road to enjoy

The Scott Willoughby Column

coffee and tea and cake and mince pies. Then there are the efforts to clean up the village of litter and the ongoing success of the Hethersett Environmental Action Team which had its largest turnout ever for the last village litter pick. It looks as if litter picks could become more regular than every two months.

The Facebook site was a source for sharing memories of well-known Hethersett resident Graham Cox who recently died. Tributes were many to this kind-hearted and friendly man.

Even away from social media there is plenty happening of a positive nature. The New Year will see an umbrella group being set-up to help support many of the caring groups in the village and help residents to find groups to support them.

This is a wonderful idea and really an extension to what happened 10 years ago in the field of sport, fitness, health and well being when Hethersett and the Meltons Sports Association came into being and pulled together many of the sporting groups in the village.

Looking back through old copies of the Good News magazine, there is coverage of an umbrella group that existed between the Two World Wars and which brought all the village groups and organisations together. Today's Hethersett is too diverse for this to happen again, but we are certainly working in the right direction towards providing a caring and nurturing environment for residents.

I must also mention the creative writing competition for local youngsters. The response for this has been labelled "phenomenal" by the organisers - Hethersett Writers' Group - with over 200 entries received. This shows that young people are still hugely interested in writing and the English language and another reason that libraries must remain open and the arts be properly funded and supported by the powers that be and not seen as the easiest things to cut when the country is in a recession.

As a regular columnist for Hethersett Herald I would like to take this opportunity of wishing everyone the complements of the season and urging everyone to make 2019 a year to remember in our village for all the right reasons.

A Happy New Year

WINTER grinds on and the weather has been so changeable that Harry, a long term resident, does not know whether he is coming or going. Reaching a good weight, he was transferred from my study to the shed and from there to the outside run where he roamed about happily along with Hector for several weeks. Hector, being much bigger than Harry, sort of loomed over him now and then but never actually touched him or bullied him and each kept faithfully to their own houses.

Then the weather turned very cold and Hector decided that he might as well snuggle down in his nice little house and sleep the winter away. He has not been seen since. He is safe from predators and there is always food and water available for him should he wake up and wander about. If he survives the winter then he will be released in the spring.

Harry on the other hand did not sleep at all but disliked the cold so much that he seldom came out to eat. Consequently he lost weight and it became likely that if he did decide to hibernate he would probably not wake up in the spring but would simply waste away.

So I had hoped to regain possession of my study and have the house smelling sweet for Christmas and New Year. No such luck as Harry is now a resident again along with Herbert and Snuffles. Snuffles and Hugo went off to the Chapelfield vets to see if we could do something for their coughs. The Vet there gave them excellent care with antibiotics and vitamin injections but, although Snuffles is now fine, sadly Hugo did not make it.

I know that losses should be expected when taking care of extra small animals but this year the losses got to me and, having three die in a short space of time, made my confidence wane and I was on the point of giving up being a hedgehog carer. I am glad that I did not succumb as, apart from Hugo, all the others have been fine including several tiny 80 gm prickly matchbox sized patients that came in. Again I am in debt to Paul Baisley our local dentist for stepping in and fostering yet another hoglet from the Steeple Tower estate. Doc and cheeky Fleabag are now in his care. Both of them are now flea-free and growing like weeds.

If you see a hedgehog roaming about your garden during January, unless it looks thin or as though it is in trouble, it is safe to leave it alone as they often wake up and move home. If it is in trouble then please take it to a place of safety

Hethersett Hedgehogs

where it will be cared for.

As we start a new year, I want to thank Peter Steward for bringing the plight of hedgehogs to everyone's attention through his magazine. Hethersett and the hedgehogs owe him buckets of gratitude. We still do not have the highway through the estates that the hedgehogs need but individuals are increasingly making their gardens wildlife friendly by adding water and providing places and materials for animals to make safe homes. Every little thing helps.

Keep up the good work. Hedgehogs were voted as the country's favourite wild animal and we do not want to lose them.

By Way Of Clarification

WE received the following query from village resident Brant Broughton:

"Having read the article about the routing of a section of the cycle path along Old Norwich Road instead of adding a dedicated section alongside the B1172, may I ask for clarification?

When I heard that this was the selected route, I assumed that cyclists (of which I am a keen member) would be using the existing general road surface of Old Norwich Road. In this case, the "flashpoints" you list would be no more hazardous to cyclists than they are at present.

However, your use of the phrase "*the path at various places is very narrow and also at various parts of the day will be filled by children coming and going to the village schools*" on page 7 suggests instead that the footpath (pavement) is the intended route for cyclists rather than the road itself.

Could I ask that you confirm this is the case? I imagine that if it were the case most cyclists, myself included, would use the general road surface anyway so would prove no danger to pedestrians on the pavement."

Brant is quite correct. The proposal is for the cycle route going through this part of the village to be along the existing road and not on a cycle path.

Community Choir Raises £4,000 for Bereaved Children



Norwich Community Choir, which has a number of singers from Hethersett, has finished 2018 by raising £4,000 for Nelson's Journey, a charity that works with bereaved children in Norfolk.

The choir performed two special fund-raising concerts this year, at the Assembly House and Norwich Cathedral, to celebrate 10 years of singing in community and harmony.

Their most ambitious piece, one which was in the creative process for two years, was Allegri's Misere-re, reworked by Meg Turpin, the choir's director, who says of its creation: "I asked members to tell me what singing in the choir meant to them and they told of the joy and emotional healing that come through choral singing and from this the words and spirit of our Miserere took shape."



"People warned me I'd never be able to teach a community choir to sing the Alle-gri but we did it! And a packed Cathedral audience witnessed it. The concert was a great success, and I'm grateful to our soloists Kyanna Sutton, Brian Allen and Bob Taylor."

The choir was introduced by ex TV presenter Carol Bundock and the audience included the Lord Mayor of Norwich, the Sheriff, plus guests from local businesses who generously sponsored the event.

In December, carol concerts have taken over as the choir performs right up until Christmas to raise money for other local charities such as Norwich Door-To-Door, Norfolk Blood Bikes and Age UK. Some of the choir will even be turning out on Christmas Day to entertain at the St Andrew's Hall Open Christmas.

For more information about the choir please contact Meg Turpin, the musical director: meg@norwichcommunitychoir.co.uk or by telephone on 01603 495062.

New members are always welcome to join the choir. There are no auditions and all songs are taught by ear. The choir's website is at:

www.norwichcommunitychoir.co.uk

Groups and Societies

Cringleford and Hethersett Flower Club

Coming events for 2019:

January 28th - David Wright "All Kinds of Everything."

February 25th - Anne Colby "Memories."

March 25th - AGM a ticketed event to include supper

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



Hethersett Women's Institute

Linda Scoles gave an insight into how she and her family settled in England. It was a story of her journey to gain citizenship from her original home in America with her husband in the American Air Force living in a small village in Suffolk. They fell in love with everything the village had to offer and didn't want to leave and they have indeed stayed. Gaining citizenship proved to be both difficult and expensive, however. But Linda said quite emphatically that she doesn't want to return to the States.

Hethersett and District Churches Together

Members of Hethersett and District Churches Together held their annual community carol singing outside Tesco Express on Saturday, 15th December. A bucket collection raised £64 in aid of EACH (The East Anglian Children's Hospice) Nook Appeal. For a photograph see page 15.

Singing Fellowship Tea Afternoon

Hethersett Methodist Church Singing Fellowship held its quarterly music and tea afternoon in the Methodist Church Hall on December 7th with about 60 villagers joining in a programme of carols, readings and poetry followed by tea and home-made cakes. Janet Halford welcomed the guests and refreshments were organised by Bonnie Vautier.

Groups and Societies



Hethersett Women's Institute hold meetings in the Methodist Church Hall at 7.30 pm on the third Monday of each month. Visitors and new members will be very welcome. See page 59 for a report on their latest meeting.

Hethersett Society

Herald Associate Editor and Hethersett Society member, Gary Wyatt, reviews the society's November meeting.

The talk at November's meeting of the society was given by Daniel Bradbury and entitled "The World Land Trust."

The Trust was the first organisation to use land purchase as its primary objective to raise funds for conservation, saving whole areas of threatened habitat to create protected wildlife reserves. It has many famous supporters including Sir David Attenborough but the Trust receives no govern-



Groups and Societies

ment funding, with 40% income from donations and 33% from business support. Daniel, a Hethersett resident,



has been the trust's director of communications and development since 2013. The trust has reserves worldwide, from Mexico in the west to Borneo in the east, from UK in the north to Argentina in the south, and Daniel described examples of their work. The trust works with local partners in each country where possible, as they are able to buy land much more cheaply than an international organisation. In Mexico, for example, they were able to buy forest land for the equivalent of £100 per acre and they now own some 70,000 acres of forest worldwide. Daniel told us 98% of coastal forest in Brazil has been lost and in Paraguay four acres per minute are being cleared for growing soya. Such tree felling can be more profitable than cocaine production. Other threats include open cast mining where huge areas are required as only 1% is metal with the rest being waste.

The Trust's first project was in Belize in 1989, the year it was founded, where the reserve now covers some 250,000 acres of forest. They are currently working to establish wildlife 'corridors' connecting otherwise isolated sections of reserve, allowing wildlife to be protected when moving from one to the other.

A reserve Daniel has visited himself is an area of cloud forest in Guatemala where the Trust has associated projects to help women, sustainable fishing and watercourse management. A bit closer to home (although not much) is their work in Armenia which, although rather unknown outside, has a very diverse range of wildlife in the Caucasus mountains.

The trust's work is mainly outside the UK but it does own Kites Hill in the Cotswolds, originally a farm, donated by its owner as a living legacy to ensure its protection.

Daniel finished his talk by telling us that pressure exerted by the Trust has led to the cancellation of potentially devastating development projects due to the publicity which they were able to generate.

Groups and Societies

Clearly this is an organisation worth supporting as they are very 'hands on' in their work and by actually owning the land their reserves are on they are better able to protect them. Further information on their work can be found on the website at <https://www.worldlandtrust.org>

There is no meeting of the Society in January so the next is on Monday 11th February, 2019, at 7.30 pm in the Methodist Church Hall, when the talk has the intriguing title "A Bishop, a Quaker and a Roll of Wire Netting," to be given by Barbara Miller. Non-members are welcome to any meeting for a £2 charge but membership for the full year is only £7.

HORTICULTURAL SOCIETY

At Hethersett and District Horticultural Society's meeting on Wednesday 21st November, Dr Anne Edwards relived her "Travels in Tanzania" with her "Test Tubes". Given the recent cold weather this was extremely welcome as well as interesting.

Anne's work was UK Government funded with the aim of upskilling young bio scientists across Africa. We saw a score of young Africans bending over microscopes looking at starch molecules and using mass spectrometers. That was technology transfer at its highest level.

Anne also mentioned the need to identify food producing plants which could benefit from the expertise at places like the John Innes research facility in the Norwich Research Park. For example the nutritious, drought and flood tolerant Grass Pea. If the long term limb paralyzing toxic side effects of this foodstuff, could be eliminated, it would form a safe and staple dietary item. Anne indicated that the UK Government is intent on funding this type of work as part of its foreign aid budget.

Toward the end of her stay, Anne was rewarded with a short holiday in some of the Tanzania reserves, where colourful plants and birds were to be found, plus the odd lion and cheetah safely photographed but avoided. Finally in looking at other plants scientific properties with medicinal use in mind, Anne and students were introduced to a Masai medicine man. Here he advised what various plants' medicinal properties were and made up a "vitamin brew", which all tried and then wished for that spoonful of sugar!

The society meets on Wednesdays at 7.30 pm in the Methodist Church Hall,

Groups and Societies

Great Melton Road, Hethersett. All are welcome - occasional visitors are charged £1.50; refreshments are included.

Our next meeting was scheduled for Wednesday 12th December when Ted Hallett was due to talk on "The Antipodes" and John Freeman was due to give some "2015 Highlights." On Wednesday 16th January, Graham Benerfer will talk about "Bonsai".

Leslie Dale, Committee Secretary

Coming Under The Umbrella

AN umbrella group for caring organisations in Hethersett could be set-up early in the new year.

The group - at the moment untitled - will see representatives from caring groups coming together to discuss shared aims and objectives.

The umbrella organisation has been initiated by organisers from the village Dementia Support Group and Heart of Hethersett Bereavement Support Group. Caring organisations throughout the village will be contacted over the coming weeks and invited to an informal get-together in the new year.

The aims of the umbrella group will be:

- To bring together the caring groups and organisations in the village
- Help those groups to become aware of each other and their functions
- To give local residents an idea of what is available from caring groups and organisations and how to join them.

Anyone interested in finding out more about the umbrella group can contact treasurer of the Hethersett Dementia Support Group David Smith on dls@davidsmith.plus.com. We will have more details about the inauguration meeting in coming editions of Hethersett Herald.

Groups and Societies

Heart of Hethersett Support Group

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

“Deep in earth my love is lying

And I must weep alone.”

Edgar Allan Poe

Supported by Ivan Fisher Funeral Homes

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

stephen.baxter@broadlandgroup.org

or Peter via e-mail at **petersteward@lineone.net**

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

<https://heartofhethersett.weebly.com>

or Facebook page at www.facebook.com/heartofhethersett/

Groups and Societies

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

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

www.hethersettherald.weebly.com

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

DO YOU LIVE IN

Hethersett
Ketteringham
or
Little Melton?



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

HAVE YOU HEARD ABOUT

Hethersett & District Aid in Sickness Fund ?

For further information or to apply for a grant please
telephone one of the trustees listed below:



Liz	01603 811057
Mary	01603 811330
Barbara	01603 810502
Rachel	01603 812596
Alex	07805 242326
Christopher	01603 811010

All applications are treated in the strictest confidence.
Registered Charity Number 211254

Hethersett & District Aid in Sickness Fund

(Previously known as the Hethersett Nursing Association)

was formed to give financial assistance to the sick of
the area of

Hethersett, Ketteringham and Little Melton.

Its funds can be used to help individuals who are sick,
infirm or convalescent as well as for help in the
supply of medical or nursing equipment for
organisations or institutions involved in the
care of the sick.

Examples of help available

Grants are available towards:

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



If you have a need for something which is not
mentioned above please apply and we will try to help.

Groups and Societies



Singing Fellowship

Hethersett Dementia

Café's Christmas Special

Hethersett Dementia Café took on a sparkly Christmas theme for its December meeting.

The café gets together on the third Tuesday of each month in Hethersett Methodist Church Hall.

The entertainment opened with a talk by Anne Reeve secretary of FOND (Friends of Norfolk Dialect) who explained the differences between a Norfolk accent and dialect and then introduced a number of Norfolk words which proved of great interest (particularly to the “strangers” in the audience - those not born in the county). She illustrated her talk with poems and readings in Norfolk dialect from Wymondham's Tina Chamberlain and historic readings from Charles Loynes Smith, Colin Riches and Boy John.

A Christmas cake made by helper Pippa Downes was



Anne
Reeve



Stephen
Baxter

enjoyed by all. The Hethersett Methodist Church singing fellowship led carols and there was a special tribute to Stephen Baxter, a founder member and leading light of the café and Hethersett Dementia Support Group, who is taking a step back due to work commitments. Stephen will continue to work to support those suffering from dementia in the village. He was thanked for all his work by founder member David Bills who referred to him as “the backbone of the group.



Pippa Downes
with her Christmas cake

The next café will be in Hethersett Methodist Church Hall on Tuesday, January 15th from 10 am until midday.

New Year's Eve Party Details

HETHERSETT Social Club will be holding a special New Year's Eve party and have informed us that to enable everyone to have an enjoyable evening, guest tickets will be limited..

Guest tickets will only be available to members with a maximum of four tickets per member.

Guest tickets will not be available at the door and must be purchased in advance. For more information on Christmas events and opening hours at the social club turn to pages 79 and 80.

Hethersett Herald

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

www.hethersettherald.weebly.com

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

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

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

Herald Team

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Anne Steward.

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

Hethersett Herald What's On

Christmas Church Services

ONCE again this year Hethersett and District Churches Together has produced a Christmas card which has been distributed to homes throughout the village. As well as sending the season's greetings, the cards will also list church contact details and services in Hethersett, Little Melton and Great Melton. Members of Hethersett and District Churches Together are responsible for producing and distributing 3,500 cards.

Christmas services include the following:

4th Sunday in Advent-Sunday 23th December

- 10.00 Morning worship (Methodist Church)
- 10.30 United benefice Communion (Little Melton)

Christmas Eve Monday 24th December

- 15.30 Crib Service (Little Melton)
- 16.00 Christingle Service (Methodist Church)
- 16.00 Crib Service (St. Remigius)
- 18.30 Carols with Communion (Great Melton)
- 23.15 Midnight Communion (Hethersett Methodist Church)
- 23.30pm Midnight Communion (St. Remigius)

Christmas Day - 25th December

- 09.30 All age Family Communion (St Remigius)
- 09.30 All age Family Communion (Little Melton)
- 10.30 Christmas Day Celebration (Methodist Church)

Sunday 30th December

- 10.00 Morning Worship (Methodist Church)
- 10.30 United Benefice Communion (Great Melton)

Monday 31st December

21.00 onwards - Social evening followed by Watchnight Service (Methodist Church)

Hethersett Herald What's On

Christmas information from Hethersett Social Club in Queen's Road.

CHRISTMAS OPENING TIMES

SATURDAY 22ND DECEMBER	12.00PM - 12.00AM
SUNDAY 23RD DECEMBER	12.00PM - 6.00PM
MONDAY 24TH DECEMBER (CHRISTMAS EVE)	12.00PM - 11.00PM
TUESDAY 25TH DECEMBER (CHRISTMAS DAY)	11.30AM - 1.30PM
WEDNESDAY 26TH DECEMBER (BOXING DAY)	CLOSED
THURSDAY 27TH DECEMBER	7.00PM - 11.00PM
FRIDAY 28TH DECEMBER	5.00PM - 11.00PM
SATURDAY 29TH DECEMBER	12.00PM - 12.00AM
SUNDAY 30TH DECEMBER	12.00PM - 6.00PM
MONDAY 31ST DECEMBER (NEW YEARS EVE)	12.00PM - 3.00PM 7.00PM - 1.00AM
TUESDAY 1ST JANUARY (NEW YEARS DAY)	2.00PM - 6.00PM

A VERY HAPPY CHRISTMAS TO
ALL OUR MEMBERS FROM
SUE, IAN AND ALL THE BAR STAFF

Hethersett Herald What's On

HETHERSETT SOCIAL CLUB

CHRISTMAS IS COMING

DECEMBER ENTERTAINMENT

CHRISTMAS EVE - 24TH DECEMBER



FAMILY DISCO

4.00 - 8.00 PM



JOIN IN WITH AN AFTERNOON OF FAMILY FUN AND MUSIC

GUESTS £3 ON THE DOOR - CHILDREN FREE



★ **NEW YEAR'S EVE** ★

PARTY NIGHT DISCO/KARAOKE

Let in the New Year with all your favourite music

7.00 pm - 1.00 am

GUESTS BY TICKET ONLY - £5 PER ADULT

Membership cards must be shown

See Poster for Christmas Opening Times

Open to Members and Guests



Hethersett Herald What's On

The following are just some of the events taking place in Hethersett in the last week of December and the whole of January. If you have an event you would like to see featured in Hethersett Herald, please send details including its date, time and venue to the following email address:

petersteward@lineone.net

December

Tuesday 25th - Christmas morning cakes and coffee at Rowan House for chat and refreshments 10 am to midday.

January

Saturday 5th - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

Sunday 6th - Hethersett Village Screen, Hethersett Village Hall, 3 pm.

Wednesday 9th - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

Saturday 12th - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

Tuesday 15th - First Steps pre-school group meets in Hethersett Village Hall.

Tuesday 15th - Hethersett Dementia Group monthly café, Methodist Church Hall, 10 am.

Tuesday 15th - Heart of Hethersett Bereavement Support Group meeting at Woodcote Sheltered Housing complex, Firs Road, 5.30 to 6.30 pm.

Wednesday 16th - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

Saturday 19th - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

Monday 21st - Hethersett Parish Council, venue to be announced, 7.30

Hethersett Herald What's On

pm preceded by planning committee at 7 pm.

Tuesday 22nd - First Steps pre-school group meets in Hethersett Village Hall.

Wednesday 23rd - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

Saturday 26th - Soup and sandwich Saturday at Hethersett Hall Residential Home, 12.30 pm.

Saturday 26th - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

Monday 28th - Cringleford and Hethersett Flower Club - David Wright presents "All Kinds of Everything." Hethersett Village Hall, 7.30 pm.

Tuesday 29th - First Steps pre-school group meets in Hethersett Village Hall.

Tuesday 29th - Heart of Hethersett Bereavement Support Group meeting at Woodcote Sheltered Housing complex, Firs Road, 5.30 to 6.30 pm.

Wednesday 30th - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

Planning Ahead for 2019

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



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



Library Opening Hours

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

Monday: 1.30-7 pm

Tuesday: Open Access Only

Wednesday: 11 am - 7 pm

Thursday: 1.30-7 pm

Friday: 1.30-7 pm

Saturday: 11 am-4 pm

Sunday: Open Access Only

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

Hethersett Library will close at 4 pm on Christmas Eve (December 24th) and will be closed on Christmas Day and Boxing Day. Normal opening hours will recommence on December 27th. On Monday 31st the library will close at 4 pm.

In 2019 the library will be closed on the following dates: 1st January - New Year's Day, 19th April - Good Friday, 22nd April - Easter Monday, 6th May - May Day bank holiday, 27th May - Spring Bank Holiday, 26th August - Summer Bank Holiday

Regular events in Hethersett Library include the following:

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

Lego Club all the other Fridays in the month. Free. Starts 3.15 pm.

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

Wednesday weekly walk followed by coffee at library. Free 10.30 am.

Knit and Natter every Monday except first in the month when the group meets at Woodcote Sheltered Housing complex in Firs Road. 2 pm Free.

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

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

Have You Missed an Edition?



YOU can catch up on previous editions of the Hetherssett Herald by going to www.hetherssettherald.weebly.com and following the links. Hetherssett Herald is an independent publication for news, views and features about Hetherssett and general articles written by residents. It is currently available only online.

News and Features Needed

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

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

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

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

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

CRUSADERS

✝ *Rugby Club* ✝

OPEN TO NEW PLAYERS YOUNG & OLD



SENIORS
(AGES 17 PLUS)
TRAINING
TUESDAYS
7PM-9PM

MINIS
"BOYS & GIRLS"
(AGES 7 TO 11)
TRAINING
SUNDAYS
10:30AM - 11:30AM

YOUTH & GIRLS
(AGES 12 TO 18)
TRAINING
SUNDAYS
10:30AM - 12PM



www.crusadersrugbyclub.com

Little Melton Rd, Hethersett, NR9 3NP

Hawks' Presentation Evening

Report by Mel Perkins

Photographs by Peter Steward

HETHERSETT Hawks/Myhill Decorators staged its annual presentation evening at Hethersett Social Club. It was attended by almost a full squad of members and families who heard about a successful season.

The highlights were international performances in Euro Club Championships and racing in the Euro Individuals in Poland, reaching the British Open Club Final and being runners-up in the Division Two League Cup.

After celebrating the Club Championship winners and six Norfolk Champions, Owen Wells was acknowledged for his part in the Region's success in the Battle of Britain Junior series displaying the winning team's trophy.

It was then time for the Club awards - Top Scorer - Leigh Cossey; Best Newcomer - Charlie Lyth; Most Improved Junior - Paul Delaiche and Club Member of the Year - Jenny Melvin; Team Managers then stepped up to present their Riders of the Season - these went to Liam Webster (First Team) and David Adams (Second Team). The Club's Coach presented his award to Owen Wells and a special award to Supporter of the Year to the very young



Isaac Webster who had the biggest smile of the evening.

During the evening members were asked to vote for the prestigious Sports Person of the Year and a very popular winner was Liam Webster.

The Club made a special presentation to Caroline Collins who had been with the Club 17 years and was standing down as refreshment co-ordinator. Nick Myhill was called upon to make the presentation - his last role as sponsor of the Club for the last three years. In appreciation of his support he was presented with a bottle of his favourite tippie.



The Club enjoyed a very successful bowling evening on December 11th and will have representatives in the British indoor Championships in the Midlands on January 5th/6th. Above left Nick Myhill presents Caroline Collins with a gift to mark her 17 years of service to the club. Above right is Liam Webster and on the right Nick Myhill with a present to mark his support for the club.

Hethersett Hawks will be announcing a new sponsor in the near future.

