



Tributes Paid to “Wonderful” Doctor

A MUCH loved Hetherset doctor has announced her retirement.

Nicky Morris says her farewells to the Humbleyard Practice at the end of the year after 25 years service.

Patients and local residents were quick to take to social media when the announcement was made on the practice's Facebook page.

“So sad our lovely Dr Nicky Morris is retiring, but here's wishing her a very exciting and happy one! She always made me feel cared for, with excellent and expert advice. A very special Doctor. ”

“She is very caring, thoughtful and kind. Always had time for you. ”

“Good luck in your retirement, I will never forget that you literally saved my daughter's life. ”

“I genuinely wouldn't be here if it wasn't for you! Thank you. ”

Dr Morris has been with the Humbleyard Practice for 25 years. She started as a GP trainee at Mulbar-ton Surgery and joined the practice as a part-time partner in 1995 at Hetherset. She stepped down as a partner to become a salaried GP in



Nicky Morris—Picture courtesy of Humbleyard Practice

2018.

Partner in the Humbleyard Practice Dr Siobhan Rowe thanked Dr Morris for her “dedication, clinical acumen and teamwork” over 25 years.

“Nicky has been a huge part of the Hetherset team for many years and I know many of you will have benefited from her expert care and attention. We are sad not to be able to have a proper retirement party,” Dr Rowe said.

For more on this story please turn to page five.

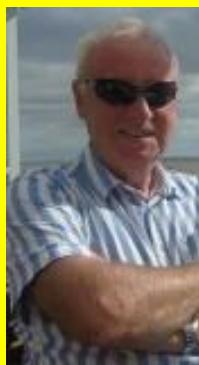
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A Message From The Editor



Hello again and welcome to the Christmas edition of Hethersett Herald which is also technically the first edition of 2021.

Many of the pages in this edition come under the general heading of Christmas in Hethersett.

As many feared, Christmas hasn't been cancelled but it will be very very different this year.

When it was realised that we would be in some form of lockdown as the festive season approached, what did Hethersett do? Quite simply Hethersett did what Hethersett does so well. It found new ways to celebrate.

Homes were lit-up, there were advent window and bauble trails and much much more.

But these are strange times which for me were summed up on December 16th when myself and Anne attended a Christmas service of carols and readings in St Remigius Church.

Who would have thought this time last year that to attend a Christmas service we would need pre-booked tickets, be met at the door by the Rector who was ticking names off, not be allowed to sing, have to wear masks and not socialise at the end and sit well away from friends? And who could envisage that the event would be attended by a congregation of only just over 30 people?

As they say in the movies—you couldn't make it up.

As I write this it looks a distinct possibility that we may go back into some kind of stiff lockdown in the New Year. Let's hope that the vaccine can be rolled out for everyone by Spring and that next year Hethersett, along with every other village, town and city in the country, can truly celebrate Christmas.

One thing you can be assured of is that Hethersett Herald will continue to reflect what is happening (or not happening) in our village.

Do have the best Christmas that it's possible for you to have.

Peter

Vaccination Programme Begins

THE Humbleyard medical practice's fight against the Covid virus is underway.

The first vaccinations were planned to start at Cringleford between 17th and 19th December.



The practice has pointed out that vaccines will be given only by invitation only, starting with patients aged 80 and over.

"Cringleford Surgery has been approved as a centre for the Covid vaccine delivery and administration. We will be vaccinating those patients over 80 who have been invited. This will include patients from other practices within our Primary Care Network, including Wymondham and Hingham Surgeries. We will be using our own staff as well as staff from the other involved practices. It is a team effort and everyone will be working hard to deliver this very important and vital service to you all," said practice partner Dr Siobhan Rowe.

In the days the vaccines are given, Cringleford Surgery will not be open for other face to face consultations with Hethersett and Mulbarton being used for other appointments. This may lead to a longer wait than usual for non urgent matters.

"We will continue to follow national guidance to screen patients on the telephone first to reduce risks to patients and staff. At present giving this vaccine needs much longer in GP and senior nurse time to prepare and administer. Patients have to wait on site for 15 minutes afterwards. Not easy with social distancing," Dr Rowe added.

The practice emphasises that patients should not contact them about vaccinations. "You will be telephoned starting with the over 80s so please don't contact us. My staff are working flat out and many will be working both weekends before Christmas providing vaccinations to try and get all our lives back to normal," Dr Rowe added.

"We wish you all a very Happy Christmas from the Humbleyard Practice and let's hope 2021 is a better year."

Peak Perfection

Retirement of Loved Doctor

(Continued From the front page)

Dr Morris, who is 58, is married to journalist Keith Morris and has two children—one of whom is a junior doctor and one of whom is a software development engineer.

During her time at Hethersett, she has taken a particular interest in osteoporosis and incontinence. She also enjoys academic medicine and has been involved in the Norwich Medical School as a tutor.

Outside of medicine, she enjoys gardening and keeping fit.

Back in 2012 Dr Morris marked her 50th birthday by taking on a marathon challenge. With her husband, she raised thousands of pounds by climbing 50 mountain peaks across the UK.

They climbed the peaks at an average of one per week to raise money for Mercy Flyers, a flying doctor service, to provide vital operations including eye surgery and limb amputations on rural Zambians who would not normally be able to receive the treatment.

All the peaks were at least 1000 ft high and included Scafell Pike, Snowdon, the Brecon Beacons and peaks in the Cotswolds, Yorkshire Dales and Peak Districts. At the time the couple said the climbs were undertaken to mark their landmark birthdays in a special way. They raised over £11,000 and details of their marathon effort are still available on the website 50peaks.wordpress.com

Flashback



Doctor Nicky Morris receives a cheque from Chris Trennerry for £500 from a Forties Day at Woodcote Sheltered Housing complex.

The money was used to buy blood pressure monitors for Hethersett Surgery. In the background is Woodcote resident Richard Headicar.

The presentation took place in September, 2017.

Village Screen To Continue (virus permitting)

A FINANCIAL shot in the arm means that plans for the re-start of Hetherset Village Screen can go ahead.

After announcing dates for the early part of the year, the future of the film shows was put in jeopardy due to the high cost of licensing charges and other overheads threatening to make the showings unviable.

But now the group has been offered reduced filming rates for the first three months of the year as one of the organisers James Utting explained.

*I'm pleased to say that we are proceeding with a Spring Season as we've been able to secure reduced film licensing rates for January, February and March which will allow us to go ahead—subject of course to Government restrictions."

The decision to carry on has been taken despite the group not covering its overheads during the past Autumn season owing to reduced attendances and costs remaining at pre-covid levels.

A programme has been arranged for the first three months of the year as follows:

On January 31st the film will be the 2020 British drama "Summerland." Written and directed by Jessica Swale, it stars Gemma Arterton, Gugu Mbatha-Raw, Lucas Bond, Dixie Egericks, Sian Phillips, Penelope Wilton and Tom Courtenay.

The film stars Arterton as a reclusive writer who is forced to bond with a young boy who has been entrusted to her care after the London Blitz. It was released in the United Kingdom on 31st July, 2020, by Lionsgate.

On February 28th, the feature is "The Secret Garden," a 2020 British fantasy drama film based on the 1911 novel of the same name by Frances Hodgson Burnett. It is the fourth film adaptation of the novel. Directed by Marc Munden and produced by David Heyman, it stars Dixie Egericks, Colin Firth, and Julie Walters. Set in 1947 England, the plot follows a young orphan who is sent to live with her uncle, only to discover a magical garden on his estate.



On March 28th the film will be "Misbehaviour" a 2020 British comedy-drama film directed by Philippa Lowthorpe. The film stars Keira Knightley, Gugu Mbatha-Raw, Jessie Buckley, Keeley Hawes, Phyllis Logan, Lesley Manville, Rhys Ifans and Greg Kinnear.

The 1970 Miss World competition took place in London, hosted by the US comedian Bob Hope. At that time Miss World was the most-watched TV show in the world with over 100 million viewers. Arguing that beauty competitions objectify women, the newly formed women's liberation movement achieved overnight fame by invading the stage and disrupting the live broadcast of the competition. When the show resumed, the result caused uproar. The winner was not the Swedish favourite but Miss Grenada, the first black woman to be crowned Miss World.

All features will, as usual, be accompanied by a short archive film and tea, coffee, biscuits and cold drinks will be available.

"We are not scheduling shows for April and May at this point - that will very much depend upon audience uptake to March, but with such a strong programme we are hopeful of being able to continue," Mr Utting added.



School Forced To Close Early

HETHERSET VC Primary School was forced to close early for Christmas after an outbreak of the COVID virus.

The doors were closed two weeks before the scheduled Christmas break when seven out of 10 classes were affected by the virus.

The closure meant that many Christmas celebration events had to be either cancelled or postponed.

The closure came on December 4th. Pupils are due to return on January 4th. Head Teacher Matthew Parslow-Williams told the local media:

"Out of 10 classes we have had to close seven. Staff members and also children are affected."

Runners-Up Place For Hetherset

HETHERSETT has been named runners-up in the Stars of Norfolk and Waveney Awards Village/Town of the Year Category.

Hetherset was pipped to the title by Halesworth in Suffolk but we can be proud of making the final three which consisted of Hetherset, Halesworth and Cley Next the Sea in North Norfolk.



Footpath Barriers Moved

THE barriers on the footpath between Great Melton Road and Richardson Crescent have been moved to allow mobility scooters to negotiate them.

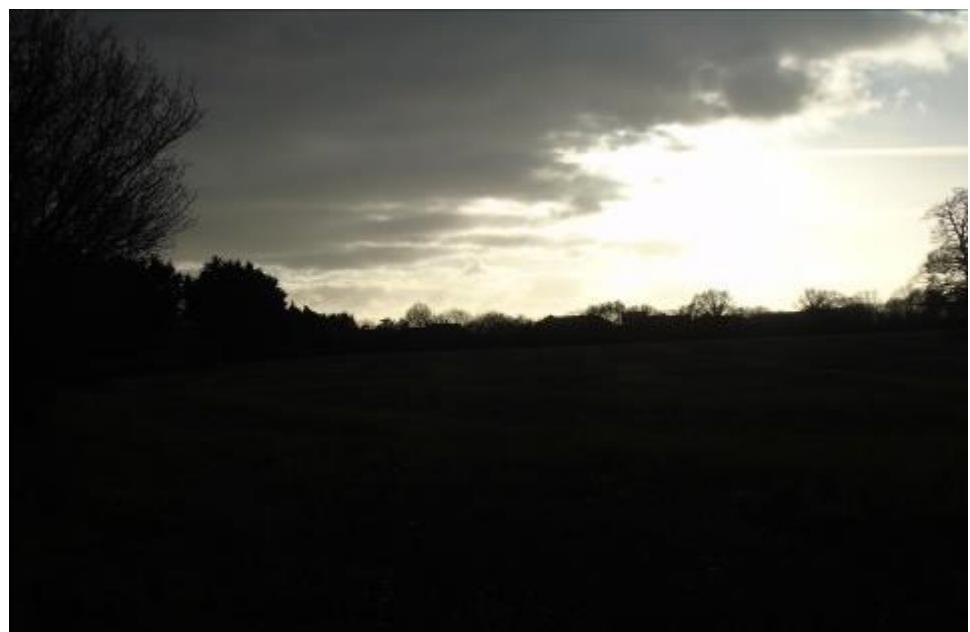
Hetherset Parish Council recommended the re-siting of the barriers after receiving a letter pointing out that they make it impossible to get through on a mobility scooter for those wanting to take the quickest way to the village.

The changes were approved by Norfolk County Council but haven't met with total support as one local resident pointed out on social media.

The footpath between Richardson Crescent and Great Melton Road had barriers installed to prevent cyclists from passing without dismounting. A few weeks ago these barriers were moved and now allow cyclists and of course motor cyclists to ride straight through which can be very dangerous on the bend."

Hethersett Pictorial







This lovely photograph of the fields around Hethersett was taken by David Bowden.

Sweet Sound of Maltesers

WITH many Christmas celebrations cancelled, the residents of one Hethersett Road decided to sing socially distanced carols in the street.

The mellifluous sounds of “Oh Holy Night,” “Away In A Manger” and “Little Town of Bethlehem” could be heard echoing around the Malthouse Road area on the Sunday before Christmas.

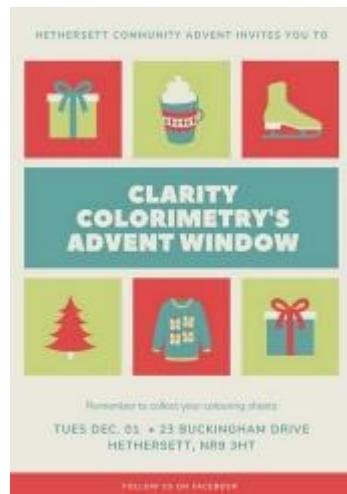
The tightly-knit community, who refer to themselves as Maltesers, were determined not to let a pesky virus destroy their Christmas cheer.



Christmas In Hethersett

Windows To Christmas

THROUGHOUT December, Hethersett homes and businesses combined for a community advent trail—one a day from the first of the month. Over the next few pages we feature photographs of just some of those taking part



Day One

The trail was kicked off by Ruth Codling of the Clarity Colorimetry business in Buckingham Drive.

You can see her window opposite

Christmas In Hethersett



Day Two— Day Two saw this house in Harman Close lit up in an impressive fashion.

Christmas In Hethersett



Day Eight—Hodge Podge in Oak Square



Hethersett Herald



Christmas In Hethersett

Follow The Trail

So where are the Advent Windows? Below is a full list and the dates they went online:

The Community Advent scheme has a Facebook page. Just go to Facebook and search Hethersett Advent

December 1st—Clarity Colorimetry, 23 Buckingham Drive
December 2nd—1 Harman Close
December 3rd—7 Buccaneer Way
December 4th—29 Horseshoe Road
December 5th—6 Baker Drive
December 6th—Janey's Village Café, Mill Road
December 7th - 72 Priory Road
December 8th—Hodge Podge, Oak Square
December 9th—86 Mill Road
December 10th—23 Recreation Road
December 11th—Café Kin at Rowan House
December 12th—Queen's Head Public House
December 13th—40 Great Melton Road
December 14th—42 Priory Road
December 15th—49 Coachmaker Way
December 16th—41 Lakeland Way
December 17th—28 Firs Road
December 18th—Kett's Kabin
December 19th—King's Head Public House
December 20th— 20 Drake Close
December 21st—20 Campion Way
December 22nd—12 Alcathou Close
December 23rd—To Be Announced
December 24th— To Be Announced

Christmas In Hethersett



Hethersett Queen's Head

Christmas In Hethersett



HETHERSETT-based designer Nicola Williams is bringing some Christmas cheer to the New Road area of the village, selling hand-made gifts from a stall at her home.

Nicola is at the helm of Nickname which specialises in personalised gifts for both children and adults.

Nicola trained at the London College Of Printing (BA Hons Degree in Graphic Design) and has since used that creative flair at the company 'Nickname'



Christmas In Hethersett

"We love nothing more than to bring you well made, up to the minute, well designed gifts that are both fun and practical.

"Be sure to check out our seasonal personalised Christmas decorations – once again unique to 'Nickname' and such a talking point over the Christmas holidays, Nicola said.

"Instead of flowers why not celebrate a special occasion with our made to order teddy bears – great for all ages and the perfect gift to cherish forever.

"If you can, do come and pay 'Nickname' a visit at the large exhibitions and shows we attend around the country. You can be sure of a lovely day out," she added.

The photographs on this and the previous page show some of the goods on display in Hethersett. You will find the stall in New Road.



Christmas In Hethersett



Picture by Barbara Ann Tooke

Christmas In Hethersett



Santa Takes to the Streets

THE annual donation of a Christmas Tree to a Hethersett group took a new twist this year.

Each year the patron of Hethersett Dementia Support Group, Sir Edward Lombe, presents a tree which is usually on display at the group's meeting place in Hethersett Methodist Church Hall.

This year, like so many others, the dementia group has been unable to meet. So the tree was offered to the village with the proviso that it should be placed somewhere the largest number of people could see it.

That's where local resident Annabelle Rose stepped in. Remembering that

Santa's Route

Santa's tour of Hethersett started and finished at the King's Head outside the pub that is currently shut but which we all hope re-opens not too far into 2021.

Santa was met outside the pub by a fair crowd and then made his way along Norwich Road before turning right into New Road and then onto Mill Road, West Croft, Park Drive, Mill Road (again), Natterer's Road, Barbastelle Crescent, Horseshoe Road, Serotine Road, Great Melton Road, Henstead Road, Lynch Green, Myrtle Road, Campion Way, Briar Way, Myrtle Way and back through Lynch Green to Henstead Road, Back Lane, Churchfields, Deacon Drive, Admirals Way, Heather Gardens, Burnthouse Lane, Harnessmaker Way, Frederick Grove, Coachmaker Way, Tailor Place, Baker Drive, Miller Close, and then back via Queen's Road.

Christmas In Hethersett



many years ago Santa used to tour the village on a lorry, she decided to arrange for the man from the North Pole to visit Hethersett.

With attendant elves, a snowman and a whole host of helpers both in the vehicle and “backstage”, Santa trundled round the village with people young and old coming out to wave him on his way.

Our picture gallery was taken at the King's Head and in Park Drive by the editor, Tina Bowden and Annabelle Rose.

After the tour Annabelle thanked everyone who made it all possible along with the numerous people who left positive comments on social media.

Christmas In Hethersett



Above, Santa on Tour organiser Annabelle Rose is pictured with a snowman who proved very popular with the children.

On the left Santa prepares for the off on his specially made "sleigh."

Christmas In Hethersett



Ho, Ho, Ho, Merry Christmas Hethersett, The banner was provided by John and Sally Anne Ashley, former licensees at Hethersett Queen's Head. They are photographed above with new licensee Justin Harvey (far right) and new landlord Ben Woof (far left). Justin is still hopeful that the pub will be able to re-open early in the new year. Watch this space as they say.

On the next page two cheeky elves place homemade baubles on the tree which will stay outside the King's Head until after Christmas. There is also a picture of David Bills, chair of the Hethersett Dementia Support Group, with the tree.



Christmas In Hethersett



Christmas In Hethersett



Christmas In Hethersett



By Peter Steward

IT was one of the strangest carol concerts/services ever to take place in St Remigius Church.

There was no singing from members of the congregation, it was a ticket only event with people being checked in by the Rector, everyone wore masks (apart from the Rector and the Church Choir), there was social distancing and only just over 30 people present and it was even easy to park in the church car park.

COVID seriously disrupted what is usually one of the best events in the Hethersett Calendar. Usually the schools and village carol services sees a church packed to the rafters. Sadly we will all remember the 2020 service for all the wrong reasons but full marks to

the church for at least bringing us a small slice of “almost” normality. You will notice in the photograph that the hand sanitiser plays a prominent part in the service.

* * *

The latest edition of the Hethersett Old Hall School Blue Newsletter looks back at Christmases past at the school. I remember their Christmas sales with fondness—the excellent refreshment and the numerous stalls which always heralded in the festive season but alas are no more.

On the next page we reproduce just one of the many memories from the latest newsletter which also mentions St Remigius. I am very grateful to the editors for permission to reproduce this passage.

Christmas In Hethersett



The following is taken from the Christmas edition of The Hethersett Old Hall School newsletter for former staff and pupils and is reproduced with permission.

"By far the most shared memory were those end of term carol concerts at St Remigius. There was never enough parking for the parents, which resulted in lots of cars balancing on the verge of the old A11 and the church was freezing! But there was such a wonderful Christmas buzz.

"The grand finale was the wonderful All Come All Ye Faithful – sometimes with the choir or Madrigal Group offering up the descant on the final

verse for added wow factor. We have already been in touch with the church and hope to bring you a special HOHS Christmas Concert in 2021, COVID permitting.

"A more recent tradition was the HOHS Snow Ball where the barn was decorated into a winter wonderland. The prep school would visit in the afternoon where they would receive a visit from Father Christmas.

"Then in the evening from 7 pm for three hours, Years 7 to 11 would attend the event wearing their loveliest party dresses. A disco was organised for them and they were served mocktails and food. All received a small gift from Father Christmas."

Christmas In Hethersett

A SPECIAL Christmas trail featuring 60 giant baubles was another one of the Christmas highlights in Hethersett.

The decorated baubles were hung in windows throughout the village with residents following a trail map which raised money for Hethersett Woodside Primary and Nursery School..

The trail was organised by the Friends' group at the school

One of the organiser Sarah Lawrence thanked everyone that had taken part:

"Thank you to everyone who took part in The Hethersett Giant Bauble Trail 2020, be it buying and decorating a bauble to put in their window, or buying a trail map to raise money for Woodside Primary and Nursery School.

"We managed to raise £204! An amazing amount of money which will go towards the extra little things to make Woodside students' time in school special.

"The favourite bauble voted for by people doing the trail, was number 50, located on South Croft. Congratulations!

"Lastly, a massive thanks needs to go to The Friends of Woodside Primary and Nursery School for coming up with the idea, and pulling it together at the last minute. A lot of hard work went into this behind the scenes."

The Hethersett Giant Bauble Trail

2020





Norfolk
County Council

Finding this winter even harder because of Coronavirus?



We are here to help.

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

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

Find out more online or call us now

www.norfolk.gov.uk/covidwintersupport

0344 800 8020

Or visit your local library for help with applying



Contact
us today

Christmas Services From The Churches

Date	Time	Event	Venue
December 24th	18.30	Carols with Communion	Great Melton
December 24th	15.00	Crib Service	Little Melton
December 25th	09.30	Christmas Day Communion	Little Melton
December 25th	09.30	Christmas Day Communion	St Remigius

Christmas at Hethersett Methodist Church

THERE will be no physical services at Hethersett Methodist Church this Christmas but a full programme via the Zoom social media platform.

A decision has been made that the Methodist Church in Great Melton Road will be shut until at least the new year.

Methodist Minister Rev Steve Cullis writes—

Before Christmas: Follow our Christmas Videos. Find our You Tube Channel: search Methodist Church Wymondham, Morley and Hethersett or Go to <https://www.youtube.com/channel/UCIXB5UpkTV7o8Xfh27Gox8w>.

Don't forget to subscribe!

From 12th December find videos when you pop into our Christmas Website at: <https://popincentral.weebly.com/>

Online Craft Club for all the family: There will be an online craft club for all the family at 4:30 pm on 22nd December. Make an angel and figures from the Christmas story. This will be by Zoom and the craft will be good for anyone from about the age of three upwards.

Children will need to be accompanied by an adult on screen at all times during the session. You can leave your camera off if you don't want people to see you.

Register by e-mail and you will receive log in details. E-mail popincentraluk@gmail.com

Christmas In Hethersett

You can find our Christmas Website: Central:*Christmas* which you can pop into and find lots of videos including Christmas crafting, some of your favourite carols to listen to, and messages about Christmas. This is available at: <https://popincentral.weebly.com/>

You can also visit our Facebook Page for updates, prayers of the day and more and please “like” it. Search Hethersett Wymondham and Morley Methodist Churches - <https://www.facebook.com/HMWMethodistChurches/>

There will be online Christmas Eve and Christmas Day services. An online Christingle Service will take place on Christmas Eve at 4 pm. Please e-mail popincentraluk@gmail.com if you would like to join us. If you would prefer to make a Christingle by watching a video visit <https://popincentral.weebly.com/>.

To this service please bring either a Christingle you have made, or bring an orange (or be different and use an apple, or a grapefruit - any round fruit), four cocktail sticks, four sweets or four bits of fruit, a ribbon (or sellotape or string if you haven't got spare ribbon), a candle and something to light your candle with.

The online Christmas Morning Service will take place at 10.30 am. Please bring either a homemade decoration or a present you would like to show. You could bring your Christingle you made the day before! This will be by Zoom and for joining information you can e-mail either popincentral@gmail.com or tgc.2016@outlook.com .

A copy of the form that needs to be filled in to join Central:*Christmas* is on the following page.

The editor and all the volunteers from Hethersett Herald would like to take this opportunity to wish everyone the best possible Christmas possible.

Let's hope that 2021 will bring some respite from all the problems we are suffering and that we can get back to some form of normality.

Christmas In Hethersett

Central : Christmas

BECAUSE CHRISTMAS ISN'T CANCELLED!

Thank you for your interest in registering for *Central Christmas*.

In order to access the live Zoom events, you will need to complete this form and return to papincentraluk@gmail.com.

Name	
Address	
Telephone Number	
Email Address	

- I consent that no child under 16 years old shall appear unsupervised during that meeting and that I will be present with them onscreen at all times during the zoom meeting
- I consent that my data will be held by Norwich Methodist Circuit for the purposes of contacting me regarding *Central Christmas*

Optional Extra

You do not need to complete this part to access *Central Christmas* but if you would like to hear about further online activities that will be run by Norwich Methodist Circuit please enter your name below

Name	
------	--



The **Methodist Church**

Christmas In Hethersett

*Christmas Greetings from
Hethersett & District Churches Together*



We invite you to join with us for Advent and Christmas service arrangements that are available in Hethersett and surrounding areas. For further information, please contact:

Church of England: Rev Derek McClean
 Tel: 01603 946656
 revdmac@gmail.com

Methodist: Rev Stephen Cullis
 Tel: 01953 609106
 stephen.cullis@methodist.org.uk

Roman Catholic: Parish Priest
 Tel: 01953 603104

Christmas In Hethersett



Turn to the next page to see what has made this resident of Hethersett Hall smile

Christmas In Hethersett



Hethersett Rainbows have been showering residents of Hethersett Hall Care Home with Christmas goodies and cheer.

Activities coordinator at Hethersett Hall, Charlotte Govier, said “we handed out the very special parcels from Hethersett Rainbows. They really made the residents smile. Thank you all so much.

“Thank you so much Hethersett Rainbows - you reminded our older friends that they are loved and that not only creates smiles, it helps reduce loneliness too .”

The gifts were arranged through the Friend in Deed charity that creates friendship across generations through intergenerational projects to reduce loneliness.

You can read more from Hethersett Hall later in this edition of Hethersett Herald.

Being Friends For Half A Century

By Kimberley Powles

THE Friends of Hethersett VC Primary School have been celebrating a significant milestone. On December 8th, it was exactly 50 years since the PTA group registered as a charity. We are looking to celebrate the fantastic work carried out by the group over the past five decades.

We'd particularly love to hear from past parents and pupils about their memories of events and fundraising for the school and to see any photographs from years gone by.

We're hoping to pull something together for the Hethersett Herald and possibly to get something in the Eastern Daily Press and Norwich Evening News' Through The Decades pages.

If you'd like to share memories, you can email them to me at

kimberleypowles@hotmail.com

For use in print we would ideally have photographs emailed to us please, at least 1MB in size, as if we are given permission to take them off websites they are usually compressed and too small to be good quality in the paper. Please make sure you have the permission of the copyright owner.

Hethersett Young Writers' Competition

The competition has been delayed from the Autumn term in 2020 due to Covid restrictions etc., but will take place during the Spring Term, 2021, writes *Connie Tindale*. The competition is open to all young people who attend Hethersett Academy, or who attend other schools but live in Hethersett, between the ages of 11 and 16.

All stories must begin with the words "It seemed a good idea at the time....." and should not be more than 1,500 words long.

The competition will be assessed by volunteer members of Hethersett Writers Group and others who wish to be involved in encouraging our young people to use their imagination and write their own unique stories. Final winners will be selected from the assessors' short lists by the competition organiser. There will be first, second, third and highly recommended awards of between £100 and £10 as in 2019.

This is the third year that the competition has taken place and we hope that there will be as many, if not more, entries, than in the very successful previous years where more than 150 scripts were received each year.

Careful How You Cross



HETHERSETT residents were left scratching their heads and more than a little amused when the latest set of traffic lights sprung up in the village in December.

It wasn't so much the traffic lights themselves as the fact that there was a pedestrianised option to the four way lights.

The lights were guarding a short stretch of Recreation Road close to the Memorial Playing Field and included a set inside the park itself.







THIS sign sprang up during the month in Whitegates in Norwich Road. The former headquarters of Norfolk Fire Service will soon become the HQ for the Norfolk Library and Information Service.



ANOTHER picture from the “Christmas House” in Firs Road—the home of Margaret and Tony Dunton.

This year the couple are raising money for the East Anglian Air Ambulance and Cancer Research.

Changes to Christmas Bin Collections

Bin collection days over Christmas and New Year	
Normal collection day	Temporary collection day
Friday 25 December	Tuesday 29 December
Monday 28 December	No Collections
Tuesday 29 December	Wednesday 30 December
Wednesday 30 December	Thursday 31 December
Thursday 31 December	Saturday 2 January
Friday 1 January	Monday 4 January

Changes to bin collections over Christmas have been announced by South Norfolk Council and are outlined above



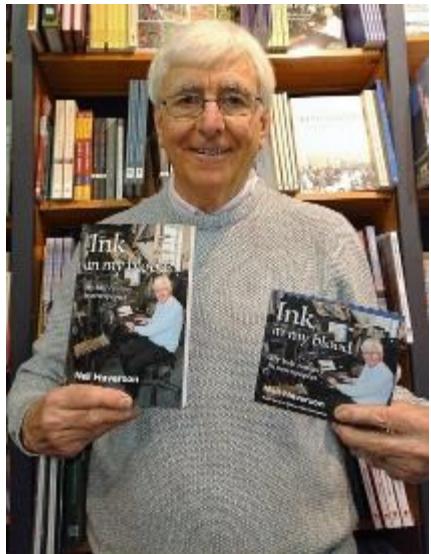
The Seeds of Hethersett

GUEST columnist Neil Haverson (pictured opposite) will be well known to many Herald readers.

Neil, who lives in Hethersett, has written extensively for publications from the Archant stable of newspapers including the Eastern Daily Press, Norwich Evening News and Wymondham Mercury and for many years wrote the Fortress H column featuring his family including the legendary Mrs H.

In 2018, Neil's book "Ink In My Blood" reflected on 50 years in local newspapers.

Here he talks about his life in our village in what he calls a column of whimsy.



THE seeds of our life in Hethersett were sown when we rented a property on New Road.

It was my brother's bungalow and we, a newly married couple, lived there while he was on secondment with the Home Office to Botswana.

We moved away to buy our first house, but those seeds had already taken root and we bought the house we still live in 40 years

on. When we moved in we discovered one of our neighbours was a young man I worked with named Peter Steward. Whatever happened to him?

The bus stop was just outside my brother's bungalow, so, to go to work, it was out of the front gate and climb aboard the Eastern Counties double-decker.

We are in the days where the entrance to the bus was open to the elements so we headed

for a seat upstairs at the front, furthest away from draughts. Then off down New Road, turn right onto Mill Road, past the bakery and Greenacres Office Equipment, now Janey's Café.

We turned right into Great Melton Road and on the right was the little wooden unit, home to a sewing and haberdashery shop.

On through the village, passing Woodbine's fish and chip shop and the M and W stores.

The Post Office on the corner opposite Hens-
stead Road sold a mul-
titude of things, from
tools to toys. Our
daughter was allowed
to buy a farm animal
there on the rare occa-
sions she behaved her-
self. Needless to say, it
took quite a while for
her to populate her
farm.

Hethersett DIY
on the right, so
handy rather
than a trek to the
stack 'em high,
sell 'em not so
cheap super-
stores in the city.

Then out of the village
onto what was then the
A11. This was 1974,
before bypasses. Imag-
ine what is now the
B1172 coping with to-
day's volume of traffic.

St Remigius Church
was on the right and
there was a large field
on the left. That's now
Steeple Tower. Then it
was onto Norwich with
the inevitable hold-up
at Cringleford Bridge.

I still use the bus, alt-
hough. rather than a
weekly ticket, I swipe
my bus pass. In fact, it
was on the bus a while
back that it sunk in just
how much the village

has mushroomed.
Travelling on the top
deck down Back Lane
through Steeple Tower
I saw for the first time
the extent of the devel-
opment of Heather
Gardens, over to the
left. I knew of the ex-
pansion but hadn't re-
alised just how vast it
was.

After all these years

**"We had no idea that nooks
and crannies existed. There
were cut throughs we had
never seen or didn't know ex-
isted."**

living here, perhaps I
don't know the village
as well as I thought.
Well, in my early days
as a resident, like
many I suspect, I ate
drank and slept here
but on weekdays I was
at work in the city.
Weekends were taken
up with sport, jobs
around the house and
garden so there wasn't
much time to get out
and about in the vil-
lage.

Mrs H on the other
hand took our children
to the Mum and Tod-
dler group, she joined
the Young Wives and

later became a teach-
ing assistant at the
Middle School so she
was much more part of
the local community
than me.

When lockdown set in
and to get some exer-
cise, we began regular
walks around the vil-
lage. Even she was
amazed at the nooks
and crannies we had

no idea existed.
Cut-throughs we
have either never
seen or long
since forgotten.

"Of course," we
cried as we en-
tered Cann's
Lane, "I remember
now, you can get to the
playing field through
Kett's Close."

We walked round the
field and I tried to work
out where the cricket
square had once been.
On match days the late
Tony Curson could be
seen preparing the
wicket. I played against
him a couple of times
and fell to his bamboozling
"donkey drops".

I couldn't remember
the last time I drove
down Lynch Green let
alone walked it. From
there through Steeple
Tower – it's much big-

ger than I remembered the field or was it fields; it is built on. Along the new cycle lane – in all our walks we haven't encountered a single cyclist – then back through the village along Queen's Road, past the Middle School where Mrs H worked for 11 years.

Ah, the memories of Christmas plays and the parents' turkey suppers!

The High School standing back behind the library. Oh, that parents' evening when our son's form teacher sought us out and enquired: "That note about his absence was just for one day he was off. Should it have been for both?"

Both? We didn't know what to say. When confronted, the little toe rag admitted to bunking off school for a day.

He didn't do it again.

Our daughter joined us for one walk for part of which we retraced the school run to the First School in Firs Road. We stood gazing sadly at the now empty shell of her first seat of learning. We could almost hear the thronging sound of children.

On the introductory parents' evening the headteacher, Mrs Horrobin, said that if we only believed half of what our children told us about her, she would believe half of what they told her about us.

To encourage us to be discreet, she illustrated her point by saying she was aware of one mother who had just acquired some black lingerie.

Murmurs all round.

For the fancy dress competition at one of the school fêtes, we decked out our little girl

as the Queen of Hearts. Lips trembling, she resisted our efforts to persuade her to join the other entrants. Finally, she relented and took her place in the line - and won first prize.

For all its restrictions, an upside of lockdown has been to help us see the village we moved to four decades ago in a new perspective and awake memories that had long-since been consigned to the mind's dusty vaults.

And that Peter Steward I mentioned earlier. As he told me when they left our neighbourhood, they moved to the "posh end" of Hethersett.

As folk from the humble end, we have yet to embark on a walk that takes us through the Belgravia area of the village.

EDITOR'S NOTE—I believe it was Neil who referred to our new house as being in the Posh End. I was always highly honoured when I appeared in Neil's newspaper column. I was forever trying to get a mention by winding him up. I'm very pleased to have been able to turn the tables on him.

Neil's Book "Ink In My Blood" is still available from local booksellers and also via Amazon which also has copies of his Fortress H series.

Jubilee Youth Club Hethersett

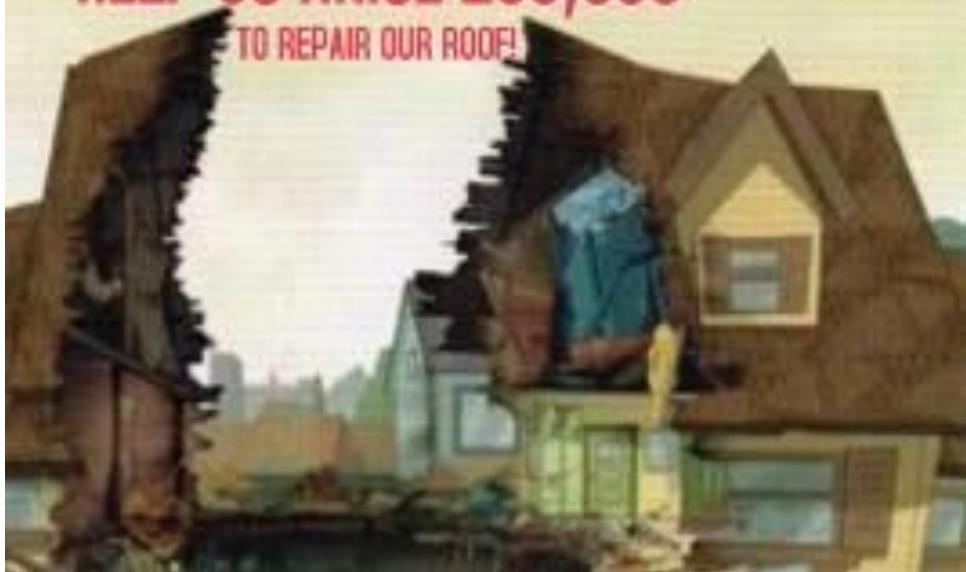
We have a lovely hall for the Youth Club.

BUT...The roof has given up and badly needs replacing.

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

HELP US RAISE £30,000

TO REPAIR OUR ROOF!



There is No Planet B

Penelope Brown

New coral reef discovered and animals coming back from extinction.

THE OCEANS HAVE BEEN HIDING A 500M TALL CORAL REEF FOR OVER 100 YEARS.

THE discovery of a new deep water reef off the northern coast of Australia is making waves in scientific discussions. This latest reef is a mesophotic reef (found below 30 metres).

Because it's deeper and further from the shore, the reef is less susceptible to the threats of bleaching, fishing pressure and land-based pollution.

Such deep reefs are still degrading, but at a slower rate than their shallow-water counterparts. Exploration at these depths has only become possible relatively recently and so there is scope (and hope) for more discoveries of this kind.

Uncovered as part of a 12 month mapping project of Australia's oceans, this 500m tall coral reef is located about 60 miles off the Cape York Peninsula, a wilderness area of Northern Australia. At 1.5 km long and 40 metres below the surface at its peak, estimates suggest this beauty could be up to 20 million years old. The detached reef is not part of the Great Barrier Reef, but sits instead among seven other reefs which were discovered in the late 1800s.

The "new" reef differs from its neighbours, however. Excitingly, the ecosystem appears to be more vibrant with early investigations suggesting a thriving population of both fish and sharks, such as tiny hatchetfish, silvertip, and grey reef sharks. The upper section doesn't seem to contain many hard corals, but it does have an array of sponges, sea fans and soft corals, indicating the circulation of nutrient rich water.



The discovery was made by the Schmidt Ocean Institute, using an underwater robot called "SuBastian". This remote controlled device can collect samples and images to then be identified by the scientists. The team have said that this process will take a long time, however, so it's yet to be seen if any new species have been found. The project has already discovered several new species and what is believed to be the longest recorded sea creature, giving just a glimpse of the richness of the biodiversity of our oceans.

'HANDSOME' BRITISH SPIDER REDISCOVERED AFTER NOT BEING SEEN FOR 20 YEARS

At two inches (5cm) wide, the great fox-spider is one of the largest members of the wolf-spider family. It is known for its speed and agility and its eight black eyes, which give it wraparound vision. It's a hunting spider, which means it does not use a web to catch prey. It was also last seen in 1999 – until a few weeks ago that is!

Several great fox-spider males, one female and some unidentifiable immature spiderlings were discovered by Mike Waite from the Surrey Wildlife Trust after a two-year search. Fittingly, the elusive spiders had been hiding incognito at a Ministry of Defence training ground, which cannot be named for security reasons.

The patron of the British Arachnological Society, Nick Baker, described the discovery as "the most exciting thing to happen in wildlife circles for quite some time". He said: "It's about as handsome as a spider gets, it's big and now it's officially a member of the British fauna again."

THIS BIG CAT IS CLAWING IT'S WAY BACK FROM EXTINCTION IN EUROPE

In more good animal news, after being on the verge of extinction two decades ago, the population of Portugal and Spain's beautiful Iberian Lynx continues to increase, with numbers rising from 94 in 2002 to 855 this year, thanks to a 20-year project to reintroduce the species across the peninsula.

A recent census that used camera-traps revealed that more than 80% of the Lynx population is in Spain, and 311 kittens were born on the peninsula last year. These results mean that if the current conservation efforts continue as they have been, the Iberian Lynx could be out of danger by 2040.

Miguel Ángel Simón, a biologist who spent 22 years conserving and building up Lynx numbers before retiring last year, said "Today, the situation is pretty good and I think we can be optimistic and fairly calm because we haven't just recovered the population in Andalucía, we've also built populations in Portugal – where the Lynx was extinct – and in Extremadura and Castilla-La Mancha."

More from Penelope's natural world in the February edition of Hethersett Herald which will be published online at the end of January.

Hethersett Herald—The Collection

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

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

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

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

Archive Back Online

HETHERSETT village archive is back online. The website was taken down some time ago due to a number of technical issues.

Now it is up and running again at
<https://hethersettheritage.org/>

There are a number of new features and an extensive gallery of historic Hethersett photographs including the rather magnificent photo of a shepherd pictured here.

More pictures from the archive in next month's Herald.



News From The Parish Council

A Christmas Message From The Chairman

Chairman of Hetherset Parish Council, Adrienne Quinlan, wanted to thank village residents for all their efforts to brighten up the village this Christmas.

Shortly after the end of the December parish council meeting she posted the following message on social media on behalf of the council.

I have just finished the last Parish Council meeting of 2020 and they have asked me to pass on our thanks to all those who have worked so hard to brighten up the village for Christmas. There is no way that Father Christmas can miss the village with all the lights we have. In fact he

did a very successful test run on Saturday to check out all the addresses in the village. The bauble trail and the Advent calendar have also added to the festive look.



Clarification Needed on Future of Hetherset Post Office

HETHERSETT Parish Council is asking for a meeting with post office authorities to clarify the situation with regard to the village post office.

Councillors have expressed concern about the future of Hetherset Post Office following the announcement from current postmaster Kevin Salmon that he intends retiring towards the end of 2021.

The council wrote to the post office following its November meeting which was attended by Mr Salmon. At their latest meeting, councillors felt the reply received was non-committal and unhelpful.

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

"Our local team are aware of the issue with the lease of the premises. However, at this time the postmaster has not provided us with any potential closing date for the branch. (continued on the next page).

News From The Parish Council

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

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

The Post Office website has the following to say about Hethersett:

"Post Office Ltd is looking for a successful retailer to either purchase the current business or incorporate a Post Office Local into their existing or proposed business."

They add that a post office could be integrated into a "vibrant and sustainable business."

But councillors have expressed their concern about the future of a service in Hethersett and also the nature of the response from the post office authorities:

"We do not know any more. I fear we could lose our post office and that would be very sad as it is so important for the village," chairman Adrienne Quinlan said.

Bridget Williamson said she found the response from the post office "unsatisfactory" and Stephen Slack said he feared the post office was being "a little bit secretive about its plans."

It was agreed that further contact should be made with the post office authorities with a request for a meeting to clarify the current position.

Expansion at Thickthorn Park and Ride

WORK on extending the number of parking spaces at Thickthorn Park and Ride could start in the near future, members of Hethersett Parish Council were told by the village's county and district councillor David Bills.

An additional 400 spaces are being created as part of the major development of the Thickthorn area. It is possible that some of the additional spaces will be set aside for workers from the Norfolk and Norwich University Hospital and the Norwich Research Park.

Councillor Bills said that a shuttle bus service could be introduced to the hospital and research park and also electric bikes could be made available.

Councillor Bills also outlined plans for a bus terminus facility at the hospital with improved customer facilities including a coffee shop and newsagents.

News From The Parish Council

Helping to Fight The Virus

The parish council has distributed 400 free safety visors to help with the fight against coronavirus.

The visors were given to the parish council for distribution amongst local groups/organisations.

Hethersett Academy and Woodside School each took 100 visors and 75 went to Hethersett Surgery. Cringleford Parish Council took 50 and Little Melton Parish Council took 25. The remainder will be going to Great Melton Parish Council.

The visors have been provided free of charge by Panel Graphics Ltd of Loddon and distributed through the auspices of the Norfolk Association of Local Councils

Parish Shorts

Two pizza traders have had permission to trade from Hethersett Village Hall extended for at least another month. Elsie's Pizzas have been trading from the village hall car park for a number of months. A second takeaway pizza company has been given permission to trade but not taken up the option to date. Until this month the traders have been allowed to sell takeaways without paying any rent but will now be asked to pay £100 per month.

* * *

The parish council is looking to put together an emergency plan for the village to deal with flooding or other emergencies. Councillors agreed that there is still a problem with localised flooding in the village—particularly in the South Croft area. The council's Environment and Infrastructure Committee will discuss the possibility of putting together an emergency village plan.

* * *

The parish council is hoping to be up to full strength in the near future. The council is one short of full strength following the resignation of Shane Hull. The council intends advertising the post again ahead of making an appointment. Being a parish councillor is an unpaid voluntary position. More details of the role are available from parish clerk Annette Palmer or council chairman Adrienne Quinlan.

News From The Parish Council

Parish Council Meetings

HETHERSETT Parish Council meets on the third Monday of each month apart from August. Full council meetings begin at 7.30 pm and are preceded by meetings of the council's planning committee which starts at 7 pm.

In addition the Memorial Playing Field Pavilion Development Committee meets on the first Monday of the month at 7.30 pm. This meeting is preceded by a further meeting of the planning committee starting at 7 pm. These meetings are all open to the public

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

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

<https://hethersettparishcouncil.norfolkparishes.gov.uk>.

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

The January council meetings will be as follows: Planning Committee on January 4th and 18th at 7 pm. Pavilion Development meeting on January 4th at 7.30 pm. Finance and General Purpose Committee on January 11th at 7.30 pm. Full council meeting on January 18th at 7.30 pm.

How To Contact The Parish Council

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

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

The council has a website at

www.hethersettparishcouncil.norfolkparishes.gov.uk

and also a Facebook page.

Check Out Our Facebook Pages

Lockdown restrictions may be all over the place and there is still a need to be kept informed on the up-to-date situation. There are a number of village Facebook pages that will do just that. The best page to view is the All Things Hethersett site which has over 3,500 members and includes numerous postings from residents throughout the day.

There is also a Hethersett Facebook page and a Hethersett Herald page. Just pop along to Facebook and search for them.

An Early Start To Breeding

By John Heaser

Local amphibians seem to be experiencing the effects of climate change and breeding activity has been starting earlier each year.

Great Crested Newts have been getting amorous in ponds in Little Melton since mid November – the books say that they don't return to the ponds until March! The newts could be badly caught out if there is a January cold spell and the ponds freeze.

During the 2020 spring, Toad-watch volunteers helped 2500 toads and many newts to cross roads safely on their way to breeding ponds at Great Melton and near to Wymondham. Toadwatch will be holding pre-migration meetings by Zoom in January on the 25th and 26th – the details are available at



<http://toadwatch.org/>

New helpers are always needed so please get in touch if you can spare a few evenings during February and March to help the animals. Toad patrollers work in pairs but at a distance in the open so we expect to still be able to patrol in spite of Covid restrictions.

Dale's Beauty Tips

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



Dale Evans at the Willows

Advanced Beauty Clinic

The Willows, Hethersett, NR9 3JY

Tel. 07921367910

info@daleevans.co.uk

www.daleevans.co.uk

By Appointment Only

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

It's All About The Eyes This Christmas

(That's all that's visible with our masks on)

To be honest I think mask wearing is going to be with us for the foreseeable future. So below are a few procedures that will make our eyes 'pop'

CACI EYE LIFT

This is a machine I have worked with for over 20 years. It can be used all over the face, just for jowl areas or just for eyes.

It uses two probes placed on the surface of the skin that uses a micro current to stimulate muscular reactions. These can lift a hooded eye, soften lax jowls and give an instant brighter look. If you have a one off session for a special occasion it will last about 24 hours, for a lasting, long term result an investment of 10 sessions is necessary. Normally taken twice a week, it's a completely painless procedure and you will be looking bright eyed and bushy tailed in no time.

MICROBLADED EYEBROWS

How are your eyebrows? Do they frame the eyes, give your face definition? Have they thinned and grown more sparse over the years, due to overplucking, medication, illness etc?

Microblading could be the answer, but ' I don't want a scouse brow or look like Brooke Shields, (showing my age now) ' I hear you cry.

There is no need for that. Microblading is a soft way of adding hair strokes alongside your own brows to recreate a shape or thickness that's required. A lengthy consultation is included where colour (and yes you can get light blonde ones!) shape is discussed and drawn on first until you are happy. The results when finished will give you natural eyebrows that don't need to be touched up again for 12 to 18 months.



EYELASH TINT

Generally us ladies fall into two categories, I can't leave home without applying my Mascara or Lipstick. I fall into the first one. Although most of us are probably in that category now since what is the point of wearing a lipstick with a mask..... dry messy business.?

Lipstick sales have dropped nearly 50% between August and October this year. Anyway I digress... eyelash tinting is a godsend for all you blonde and grey ladies (and men) out there. It is completely painless and takes about 30 minutes, there are different colours, from the softer brown tint to the darkest blue/black tint. It lasts about four to six weeks, but not exclusive to the fairest in the land, I have dark lashes but they lighten at the ends, so this definitely makes them appear longer.

REVITALASH

Would you like to have something in common with a Jersey Cow or a more festive Reindeer?

What's she going on about now I hear you cry? Long, fluttering, sweeping eyelashes of course. We all want them

Well I stock the answer. Revitalash! It is a serum that you apply to the lash line and in two weeks you can see the difference. It's not the cheapest but mine lasts a whole year. So good value for money and much cheaper than lash extensions that I used to maintain every three weeks.



- Soothes tired & puffy eyes
- Combats dark circles
- Reduces fine lines & wrinkles
- Lifts hooded eyes

Lastly I would like to wish you all a good Christmas. I'm a glass half full kind of person and this festive season I'm going to make sure it's overflowing (with Prosecco). Let's hope 2021 brings us more cheer and light at the end of a very long tunnel.

My website has more details about all my treatments and you can also buy products and gift vouchers on them. I will hand deliver before Christmas within a 10 mile radius. Free consultations can also be arranged online or in person.

Stay safe and positive.

My website is at: Www.daleevans.co.uk

Weight Loss Is The Name of The Game

We have been contacted by Kimberly Read with details about her Slimming World group which runs every Tuesday in the Methodist Church with sessions at 4 pm, 5 pm, 6 pm and 7 pm.

"We are a Covid secure business and therefore can still operate even under the new tier guidelines. We follow all Government guidelines and are operating a bookable appointment service only.

"We operate 52 weeks a year to ensure that all members have full support for losing weight and reaching their weight loss goals," Kimberly said.

She can be contacted for more information on 07584355415.

Sarah's World

Sarah Lawrence continues her monthly column looking at her take on Hethersett life.

It's Still Christmas

I LOVE this time of year. Christmas trees, coloured lights, festive music. I revel in the joy of the season. This year, as we all know, is a little different! I recently was speaking to someone I know, who, when I posed the question, "Are you all looking forward to Christmas?" answered back with, "Christmas is cancelled this year."

But why? Sure, Christmas is going to be a way away from how we, and most people, usually celebrate. We usually spend the run-up visiting friends and dropping off cards and gifts, looking forward to and helping with the Christmas events at Woodside Primary School and visiting the Christmas tree exhibition at my brother and sister-in-law's Church in Stalham. All are, of course, cancelled this year. But, there are so many other

ways to celebrate the season.

Every year on Christmas Day, we spend the morning at home, have breakfast and open our gifts that Father Christmas has brought. Then, we grab the gifts that we've bought for our families and then either drive off to Taverham, Hevingham or to the other side of Hethersett, to spend Christmas Day with either George's side, or my side of the family. This means that in all our 12 or so years of being a couple, George and I have never spent Christmas Day at home on our own, and we've never had to tackle making the roast dinner.

With the introduction of Lockdown, George has



spent a lot of his spare time in the kitchen. He has pretty much perfected the flapjack - in my eyes at least - and has tried his hand at Victoria Sponges, chocolate brownies and banana cake too (unfortunately for my waistline). He has also had a go at making roast dinners, which have come out remarkably as well, so Christmas dinner should be a cinch. My George is turning into quite the chef which is a good job really, as a chef, I am not!

Christmas Bucket List

ANOTHER item on our Christmas Bucket List is to have a wander around Hethersett looking for Christmas lights.

We've always seen the 'Christmas House' on Firs Road as the highlight of our walking tour, they are an absolutely wonderful display and they use them to raise money for the East Anglian Air Ambulance. We especially love the Nativity scene in the garage!

This year and last year, however, we have also enjoyed the lights at Park Green, in memory of and raising money for Finnbar's Force. The whole close has outdone themselves, it's really magical to walk through and marvel at the hard work it must have been to pull it all together. The look on my daughters' faces as we walked through was a memory I will treasure forever.

The picture of just part of the Park



Green lights is by Poppy Steward, aged five.



Two very different aspects of Christmas for Sarah.

A table decoration and an early morning web on the green bin.

Hannah Is A Community Hero

Six weeks or so ago, I came across an ad on Facebook from the East Of England Co-op, asking for people to nominate their Community Heroes. On a whim, I decided to nominate my friend Hannah Harrison for all that she does in the community and beyond.

Then I forgot about it. Imagine my surprise when a few weeks later, I was checking my emails and found a message from Lewis Upson - the Community Events Coordinator at the Co-op - telling me that she'd won.

If you live in Hethersett and haven't heard of our Hethersett Hannah, where have you been? She is the most perfect example of community spirit that you will ever find, and I'm very proud and lucky to call her my friend. Hannah's prize was a beautiful Christmas Hamper and £200 of Co-op vouchers (which I've told her she needs to spend on HER family). I even got a nice bottle of bubbly and some mince pies for nominating her! As part of her nomination I also had to write a passage about why I nominated her and why she's my Community Hero. I've copied the passage below:

"Hannah is forever putting herself out there to make people's lives better. She is one of those people who doesn't realise how truly amazing they are. She has a genuinely selfless desire to really help where she can, not for any kind of ulterior motive or thanks, but to make a difference to people who might be suffering and to let them know they're not alone.

Hannah cooks for the homeless once a month as part of a team of people helping to feed people in Norwich that don't have roofs over their heads.

She helps to organise litter picks throughout Hethersett, promoting them and taking part and helps to organise playgroup sessions as part of First Steps Play-



Sarah's World

group in Hetherset, often baking for special occasions and helping with the setting up and putting away of toys each week.

Hannah set up Refill Hetherset, a nationwide initiative to try to get people to reuse their own drinks bottles instead of buying single-use bottles of water. She contacted businesses throughout Hetherset to encourage them to take part in the scheme.

She fosters hedgehogs which have been found injured in Hetherset which would otherwise have died without her help. She set up Sandwich Superheroes, distributing food parcels to families suffering from the loss of school holiday food vouchers in the area, or just going through tough times. She has big plans to help out families over the Christmas period with hampers put together with donations received from kind supporters in the Hetherset area.

And above all else, she is an amazing friend! As you can see, she does so much for so many, and she thoroughly deserves the Community Hero accolade. Thank you, Hannah Harrison, for making the world a better place.

A Wonderful Group of Helpers

I recently attended a (virtual) meeting at Woodside Primary as part of their Friends Committee, it was their AGM.

The Friends are such a wonderful committee of parents and teachers who want to make the school even better for the pupils that attend there. This year has been more challenging than most when it comes to fundraising. We've not been able to do the regular fêtes and fayres, competitions, etc. that we'd usually be able to do to raise a bit more money for the extra bits to make time at the school special.

Last month, Kerry Macrae came up with the idea of a Bauble Trail around Hetherset to raise funds. It was all organised over WhatsApp, and pulled together very quickly, but with a lot of hard work we managed to put together quite a successful fundraising trail at very short notice!

The Friends of Woodside are always looking for new members, and especially someone to become secretary at the moment. If you're interested in joining us, please get in touch, or pop into the school office. We'd love some new blood!

Sarah's World



**Merry Christmas to
you all and your
families, wishing
you all a very happy
and prosperous
new year!**



News From The Media

Volunteers plant 1,000 trees to help protect natural beauty spot



PETER DRAKE
www.peterdrake.com

CLOSING DOWN In its latest edition, the *Eastern Daily Press* features the work to plant 1,000 trees in the Beckhithe area of Hethersett.

The different species including hornbeam, sycamore, ash, beech, silver birch, rowan, hazel, willow and alder have been planted by individuals in the Beckhithe Woods Country Park as part of the project.

It's been a year of hope... although it's been a difficult year for many people, there has been a sense of optimism, especially when volunteers have come together to plant trees.

St John's RC Primary School pupils and parents were among those who took part in the planting of 100 trees at the school grounds.

After the first lockdown, the school had to close for three months, which caused a lot of stress for the staff and the students' families.

The children finally returned to school in September, but they still had to wear face masks and practice social distancing.

After two weeks back at school, the school was forced to close again due to the Christmas holidays.

SCHOOL IS FORCED TO CLOSE A man and a girl standing in a field.

The cutting on the left was taken from the *Eastern Daily Press* newspaper and features the work to plant 1,000 trees in the Beckhithe area of Hethersett,

We featured this story in the December edition of *Hethersett Herald*.

Below is a cutting about the early closure of a Hethersett school due to an outbreak of the virus pandemic.

School is forced to close for Christmas early due to coronavirus cases

RACHEL PARKER
rachel.parker@thetiverton.co.uk

A village school has been forced to close two weeks before the Christmas holiday break after coronavirus-affected seven out of 10 classes.

Hethersett VC Primary School has closed itself partly due to an increased number of positive cases of Covid-19 within the school, with a further 10 cases reported in the last two weeks of term.

Parents have been informed that the school will remain closed from the end of Friday, December 4 until pupils return after the Christmas holidays on Monday, January 4.

The school has six pupils and is part of the Hethersett Cluster of schools.

Headteacher Matthew Parkinson-Williams declined to give the number of positive cases at the school.

news



Hethersett VC Primary School Headteacher Matthew Parkinson-Williams

had said but said they were working with health officials to ensure the safety of all.

He said: "Due to 10 classes we have had to close seven, staff numbers and also children are affected."

"The school expects seven more cases next week when pupils return in January, so we are making up for the disappointment."

"We were going to be holding a community production earlier for parents that has been cancelled," said Mr Parkinson-Williams.

"We will now be doing it after the Christmas break. We were

supposed to be doing a Santa run and going to have children have a Christmas Jumper day and a Christmas party, but we have had to put them on hold which is disappointing and so sad, however, like in the great scheme of things it is just one year in a global pandemic."

Across a dozen schools across Norfolk were closed or partially closed because of coronavirus cases on Friday.

The Hethersett school has measures in place for children to continue their learning at home but the government system modelled after a closed school in a previous Covid outbreak.

Mr Parkinson-Williams said: "The feedback from parents during these two weeks was very positive."

"It is nice to see everybody. You know they are safe and happy with parents and families having lots of online meetings and children of different abilities in classes."

"It is very challenging for everybody but, just like we would do in school all we can do is try our best for the children."

News From The Media

Popular doctor is set to retire after 25 years at practice serving villages

A much-loved GP is retiring after looking after a large community for 25 years.

Dr Nicky Morris, 58, is leaving The Hetherset Practice, which has 15 surgeries in Hetherset, Metheringham and Cramptonford at the end of this year.

Former in the practice, Dr Stephen Rose, thanked Dr Morris for her "dedication, clinical acumen and teamwork" over her 25 years with the practice on its Facebook page.

Dr Rose said: "Nicky has been a huge part of the Hetherset team for many years and I know many of you will have benefited from her expert care and guidance. We are sad not to be able to have a proper retirement party."

Dr Morris started as a GP trainee at Metheringham Surgery and joined the practice as a part-time partner in 1996 in Hetherset.

She stepped down as a partner to become a salaried GP in 2006.

SOPHIE WELLS

sophie.wells@bskyb.com

During her time at Hetherset, she has taken a particular interest in complementary medicine.

She also enjoys amateur medicine and has been involved in the Norfolk Medical School as a tutor.

Following her retirement announcement on the practice's Facebook page, there were several messages of support from patients.

One said: "So well our lovely Dr Nicky Morris is retiring, but how's wishing her a very caring, happy one. She always made me feel cared for, with excellent and expert advice. A very special doctor."

Another read: "She is very caring, thoughtful and kind. Always had time for you."

One patient added: "I will never



Dr Nicky Morris, 58, who is retiring as a GP at The Hetherset Practice, Hetherset, Norfolk.

forget that you literally saved my daughter's life."

And another well-wisher said: "I genuinely wouldn't be here without you! Thank you."

Dr Morris is married to journalist Keith Morris and has two adult children, one of whom is a senior doctor and the other is a software development engineer.

Ourselves of medicine she enjoys gardening and keep fit.

She worked for 20 years working in sales on a marathon challenge along with her husband, raising over £11,000 for Macmillan Cancer Support.

Coverage in the Wymondham Mercury of our lead story for this month about the retirement of much loved Hetherset GP Dr Nicky Morris.

Below is a cutting about the appointment of Dame Rachel de Souza, Chief Executive of the Inspiration Trust as Children's Commissioner.

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News

Academy trust chief poised for role of children's commissioner

Academy trust chief poised for role of children's commissioner

The chief executive of a Norfolk academy trust is poised for the appointment to a key national role.

Rachel de Souza, the chief executive of the Inspiration Trust, which runs 18 schools across Norfolk and Suffolk, has been nominated to the Department for Education's shortlist of candidates for the role of children's commissioner.

Predominantly hearing with the government's decision selection committee, she will be interviewed by the DfE later this week to incorporate her nomination alongside Gavin Williamson, with prime minister Boris Johnson's seal of approval.

Dame Rachel began as the Inspectorate Trust in 2010, which consists of the Norfolk, Suffolk, Hetherset Academy and Sir Isaac Newton Sixth Form

DATA: RACHEL DE SOUZA

rachel.de.souza@inspirationtrust.org.uk

amidst its schools.

She said: "It is a welcome honour to be nominated for the role of children's commissioner."

De Souza, who while working at the trust has been a passionate advocate for children and young people, their disadvantaged backgrounds and finding ways to support them so they can realise their potential has been a driving force behind the success of the trust.



Dame Rachel de Souza, chief executive of Inspiration Trust

and look towards a more positive future.

The Inspiration Trust, chairman of Inspiration Trust, said: "We are incredibly proud that Dame Rachel has been nominated for the role - in our view she is the ideal person to represent the interests of children in the UK. We see the new children's commissioner's confidence."

In comes four years after the Inspiration Trust chief was linked to a row over an consultancy body that, among other things, carried out inspections of schools in a number of staff.

Dame Rachel will be tasked with making sure that every child in the country is safe and happy, regardless of the circumstances of their birth or the backgrounds of their parents.

Dame Rachel has an open mind when it comes to the issues during her term of office, but she is also determined to make sure that the inspection service is a better place to work.

Classics of Back Lane with Penelope Brown

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

No. 15 - Animal Farm by George Orwell

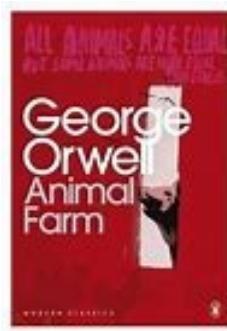
THE poorly-run Manor Farm near Willingdon, England, is ripe for rebellion from its animal populace thanks to neglect at the hands of the irresponsible and alcoholic farmer, Mr. Jones. One night, the exalted boar, Old Major, holds a conference, at which he calls for the overthrow of humans and teaches the animals a revolutionary song called "Beasts of England".

When Old Major dies, two young pigs, Snowball and Napoleon, assume command and stage a revolt, driving Mr. Jones off the farm and renaming the property "Animal Farm". They adopt the Seven Commandments of Animalism, the most important of which is, "All animals are equal".

The decree is painted in large letters on one side of the barn. Snowball teaches the animals to read and write, while Napoleon educates young puppies on the principles of Animalism.

To commemorate the start of Animal Farm, Snowball raises a green flag with a white hoof and horn. Food is plentiful, and the farm runs smoothly. The pigs elevate themselves to positions of leadership and set aside special food items, ostensibly for their personal health. Following an unsuccessful attempt by Mr. Jones and his associates to retake the farm (later dubbed the "Battle of the Cowshed"), Snowball announces his plans to modernise the farm by building a windmill. Napoleon disputes this idea, and matters come to head, which culminate in Napoleon's dogs chasing Snowball away and Napoleon declaring himself supreme commander.

Napoleon enacts changes to the governance structure of the farm, replacing meetings with a committee of pigs who will run the farm. Through a young porker named Squealer, Napoleon claims credit for the windmill idea, claiming that Snowball was only trying to win animals to his side. The animals work harder with the promise of easier lives with the windmill. When the animals find the windmill collapsed after a violent storm, Napoleon and Squealer persuade the animals that Snowball is trying to sabotage their project and begin to purge the farm of animals Napoleon accuses of consorting with his old rival. When some



animals recall the Battle of the Cowshed, Napoleon (who was nowhere to be found during the battle) gradually smears Snowball to the point of saying he is a collaborator of Mr. Jones, even dismissing the fact that Snowball was given an award of courage while falsely representing himself as the main hero of the battle. "Beasts of England" is replaced with "Animal Farm", while an anthem glorifying Napoleon, who appears to be adopting the lifestyle of a man ("Comrade Napoleon"), is composed and sung. Napoleon then conducts a second purge, during which many animals who claim to be helping Snowball in plots are executed by Napoleon's dogs, which troubles the rest of the animals. Despite their hardships, the animals are easily placated by Napoleon's retort that they are better off than they were under Mr. Jones, as well as by the sheep's continual bleating of "four legs good, two legs bad".

Mr. Frederick, a neighbouring farmer, attacks the farm, using blasting powder to blow up the restored windmill. Although the animals win the battle, they do so at great cost, as many, including Boxer the workhorse, are wounded. Although he recovers from this, Boxer eventually collapses while working on the windmill (being almost 12 years old at that point). He is taken away in a knacker's van, and a donkey called Benjamin alerts the animals of this, but Squealer quickly waves off their alarm by persuading the animals that the van had been purchased from the knacker by an animal hospital and that the previous owner's signboard had not been repainted. Squealer subsequently reports Boxer's death and honours him with a festival the following day. (However, Napoleon had in fact engineered the sale of Boxer to the knacker, allowing him and his inner circle to acquire money to buy whisky for themselves.)

Years pass, the windmill is rebuilt, and another windmill is constructed, which makes the farm a good amount of income. However, the ideals that Snowball discussed, including stalls with electric lighting, heating, and running water, are forgotten, with Napoleon advocating that the happiest animals live simple lives. In addition to Boxer, many of the animals who participated in the rebellion are dead or old. Mr. Jones, having moved away after giving up on reclaiming his farm, has also died. The pigs start to resemble humans, as they walk upright, carry whips, drink alcohol, and wear clothes. The Seven Commandments are abridged to just one phrase: "All animals are equal, but some animals are more equal than others." The maxim "Four legs good, two legs bad" is similarly changed to "Four legs good, two legs better." Other changes include the Hoof and Horn flag being replaced with a plain green banner and Old Major's skull, which was previously put on display, being reburied.

Napoleon holds a dinner party for the pigs and local farmers, with whom he celebrates a new alliance. He abolishes the practice of the revolutionary traditions and restores the name "The Manor Farm". The men and pigs start playing cards, flattering and praising each other while cheating at the game. Both Napoleon and Mr. Pilkington, one of the farmers, play the Ace of Spades at the same time and both sides begin fighting loudly over who cheated first. When the animals outside look at the pigs and men, they can no longer distinguish between the two.

My Photographic Diary *by John Head*

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

It is a beauteous evening, calm and free,
The holy time is quiet as a Nun
Breathless with adoration; the broad sun
Is sinking down in its tranquillity;

William Wordsworth

Across the fields of Hethersett. Pictures taken between 3 and 4 pm on 27th November.



My Photographic Diary *by John Head*

The Building of Norwich Castle Mall



A slight diversion this month as I turn the clock back to May, 1992, when I was invited onto the Castle Mall project site in Norwich. This to me, remains an incredible piece of architecture/construction.

The construction goes down (not up) as the photos show and, with an integrated drainage system for the gardens on top, the project fits beautifully into the topography of the city as it does not detract from the heritage buildings and the Castle.

No matter what road/street the public are on they can walk into the development at that level there being no steps, stairs or elevators until inside to move up to other levels.

On a personal note I could never see the need for another shopping mall

My Photographic Diary *by John Head*

(Chapelfield) as I believe several shops moved from the Castle Mall to Chapelfield giving the impression that the Chapelfield project was successful.

How much better if that land had been used totally for housing (appreciating there are apartments there).



My Photographic Diary *by John Head*



Down Memory Lane

The Bokenham Family

Lewis Buckingham continues his historic journey through Hethersett.

IF you cast your mind back a few months, you may recall that - despite diversions - I was writing about the history of Home Farm on Ketteringham Lane.

For a few months we've journeyed together on a very slow carriage ride along the main Street of Hethersett in 1675. Now it's time to get back to Home Farm - which of course still won't be built for 160 odd years.

Back in the September edition of the Herald we left off in 1681.

Jeffrey Betts, respected man about town, had passed on in 1680 and was buried beneath the North aisle of St Remigius Church.

The following year his daughter Thomasine had sold his land holdings - including the plot in Shovel Field upon which Home Farm now stands - to Hugh Bokenham, a Suffolk man who had done well for himself in Norwich.

When Hugh bought the Betts' land, he added the last pieces to an estate that would remain in his family for around a century.

His lands seem to have run up both

sides of what would later become Ketteringham Lane and then north of the main street. In total he had about 33 acres of land, along with seven Messuages (a term for a home and the associated land that comprises its site, along with the adjoining yards or gardens). One of these was described as a mansion.

Hugh had left his native Suffolk by around 1661, becoming a Freeman of Norwich in that year, having been apprenticed to a woollen draper.

It may be that he had been there some time in 1661, but only now, once the Restoration had taken place, did he have an opportunity for advancement.

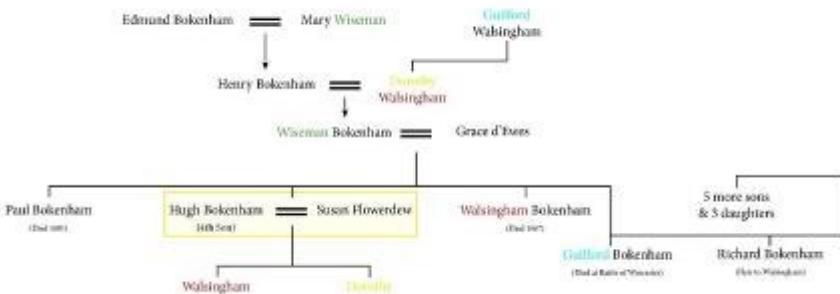
His family were evidently quite strongly royalist. His brother Guilford died in 1651 at the battle of Worcester - the last battle of the Civil War - fighting for the king, and another brother, Paul, was a Captain in the Royal forces, proudly holding the banner for the Duke of York after the Restoration.

His family roots don't appear to have ever been far from his mind.

The Bokenhams were a family of long standing that could trace themselves

Down Memory Lane

The Bokenhams and their Namesakes



back to the time of the Conqueror. They originally hailed from Snetterton, and were known as the "de Snetterton" family, before gaining lands in Old Buckenham and slipping south into Suffolk.

Hugh was something like the seventh or eighth Hugh in the line. For generations, Hugh had been the name of the first born son, but that particular tradition had given way to remembrance of family names from the mother's side.

So Hugh's father was named Wiseman, after his (Wiseman's) grandmother Mary Wiseman, and his brother was named Walsingham, after he and Hugh's grandmother Dorothy Walsingham.

Hugh was the fourth son of 10. Perhaps he felt the need to revert to earlier family traditions, as when his only son was born in 1667, he baptised him as Hugh.

Unfortunately, Hugh's brother Walsingham had died at the end of August. Perhaps the news hadn't reached Hugh by November when he baptised his son Hugh. Nevertheless, Hugh junior was soon renamed Walsingham, and when his sister was born two years later, she was named Dorothy, presumably also after Hugh's grandmother.

Pew! If there was ever a time a family tree was necessary in one of my articles, this is the time. Hopefully if you have a gander, it'll all seem less like mud.

The Bokenham Family and their namesakes are at the top of this page.

You may have noticed two things by now:

1/ I know a fair bit about the Bokenhams.

2/ My surname (Buckingham) sounds a fair bit like Bokenham.

Down Memory Lane

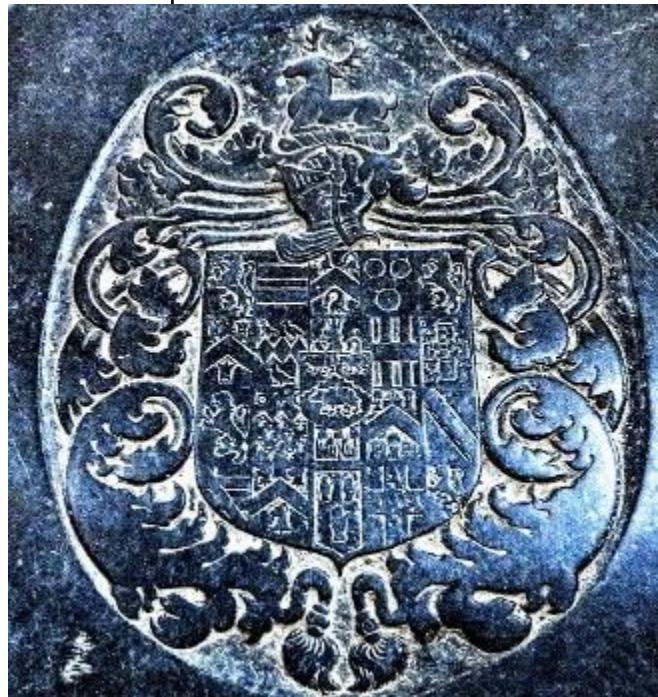
Both of those are true, and both are linked quite closely. I'm not the first member of my family to try to find a link between the two families, and there may indeed be one - though I've never found the proof.

The further back you go in your family history, the less records there are for the poorer folk. So if you want to get on deeper into the past, the quickest way is to hitch yourself to a member of the gentry, or to someone even posher.

I don't think my past research into the Bokenhams has been entirely fruitless, but it has certainly proven that sometimes the easiest way to delve further back into your family history is most definitely **not** trying to hitch yourself to a posh family. It can be damn difficult.

If we go all the way back to Hugh, we find that hitching yourself to someone more posh than you has always been a human failing.

Alongside the south side of the altar rail at St Remigius, you can find a coat of arms at the head of a black memorial flagstone. The coat is divided into 20 segments. It's the Bokenham coat of arms, along with those of 19 prestigious families which had married into



their family.

Our image above is just one of the Bokenham sections.

Hugh was very aware of the history of his family and, when he married in 1666, he wed someone from another family well steeped in their own history - Susan Flowerdew.

How they met isn't clear, but they were living in Norwich at the time, probably in the parish St Peter Mancroft.

Susan was the only surviving child of Christopher Flowerdew - who you may remember didn't get on too well with ...

Down Memory Lane

well with anybody, it seems.

He had sold the future site of Home Farm in 1650 while dealing with some money trouble, but still retained much of the land around it. Christopher died some time in 1667 and, at the end of October, his very heavily pregnant daughter Susan took up his lands at a Manor Court held in Hethersett. Less than three weeks later, her

firstborn would be baptised Hugh in Norwich.

The Flowerdewes had of course been the bigwigs in town for around 150 years before their decline. The decline being perhaps in no small part due to Christopher's antics. One of Susan's great aunts - also named Susan, and perhaps Susan's own namesake - still lived on Bracket Greene, at the top of present day Ketteringham Lane. She was the wife of a failed publican by the name of Richard Osborne, and Susan was now her landlord. The other members of the family had drifted away from Hethersett over time, although they would stake a claim to the Manors there once more in the not too distant future.

Sadly, Susan would not see the return of the Flowerdewes to their original



seat of power. On the 29th of December 1669 she gave birth to a daughter, baptising her as Dorothy that same day. Susan died before the day had ended and was buried the following day, despite the ministrations of her nurse Margaret Stanton.

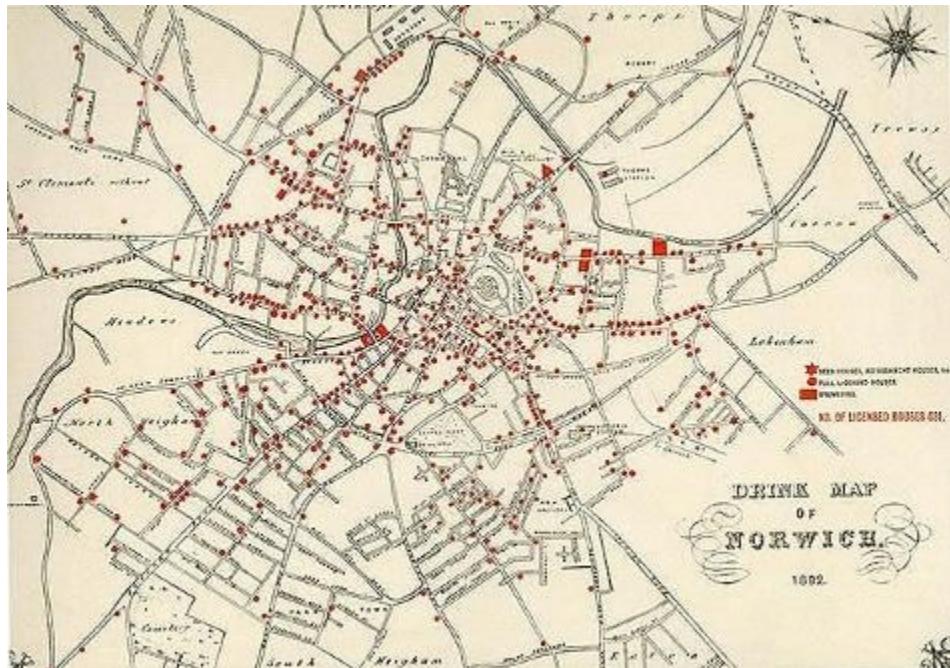
She now lies to the south of the altar rails in St Remigius under one of those ubiquitous black flagstones alongside her husband. The many Coated of arms we saw earlier lies above her name.

The image above is a blackstone memorial to Hugh and Elizabeth Bokenham.

The image is used with kind permission of jmc4 - Church Explorer

(<https://www.flickr.com/photos/52219527@N00/>)

Down Memory Lane



There's no evidence that the Bokenhams actually lived in Hethersett - although perhaps they did for that brief period between when Susan came into her inheritance and she passed away. Afterwards, Hugh based himself in Norwich. Although his political career took him many places, once Susan was laid in Hethersett, I think his own future - and that of the Bokenhams - also became linked with Hethersett inextricably.

Over the next few years he threw himself into his work.

Three years later, in 1673, he was elected as Sheriff of Norwich, and in 1677 he became an alderman.

An 1892 Norwich Pub Map - there were likely many more red dots in Hugh's time

Despite his personal misfortune, he seemed to be a people person. One writer at the time described him as "the gentlest and best behaved man in town." The same writer also said that he was "most sincerely addicted to the King's interest". So much so, that if anyone took affront to him in the town, it would signify that the whole town must be turning away from support of the king himself. It probably also helped that he was reputed to have estates worth somewhere in the region

Down Memory Lane

of £15,000.

It was quite exciting news around town in 1681, when Hugh's elder brother's son died without issue. That was another £700 a year to his advantage.

Perhaps upon receiving his inheritance, Hugh saw that he could finally complete his estate. He quickly bought up the rest of the land in Shovel field, including where Home Farm now stands. The estate his father in law Christopher Flowerdew had held was made whole once more, but now it was the land of the Bokenhams.

Hugh had been elected Mayor that same year. Right out of the gate, he started a campaign to shut down many of the alehouses in Norwich. The previous mayors had been brewers, and had approved surplus alehouses to their own advantage. It was said that almost every other house in Norwich was an alehouse, and every one of them was also a bawdy house.

The campaign may have ruffled more feathers than just those of the excise men (who took him before the king's



Above - 1689 Parliament session (House of Lords)

court). His wife's great aunt Susan Osborne still lived in Hethersett, and her husband Richard had lost his license in Hethersett for keeping a disorderly house many years before.

Perhaps his great love for the king helped him out with both the King's Court and his Great Aunt-in-law. Great Aunts have always loved monarchs, haven't they?

After his term as mayor, he pursued a role in Parliament, and was elected the MP for Norwich, holding the seat from 1691 until his death in 1694. As an MP, he was neither a Tory nor a Whig, and interested himself in wine duties.

Down Memory Lane

Before his death, his last committee posting involved helping to draft a bill to regulate the wool trade in Norwich. He had started his climb on the political ladder as a woollen draper and Free-man of Norwich in 1661, so it is fitting that his last days were spent in thoughts of where it all began.

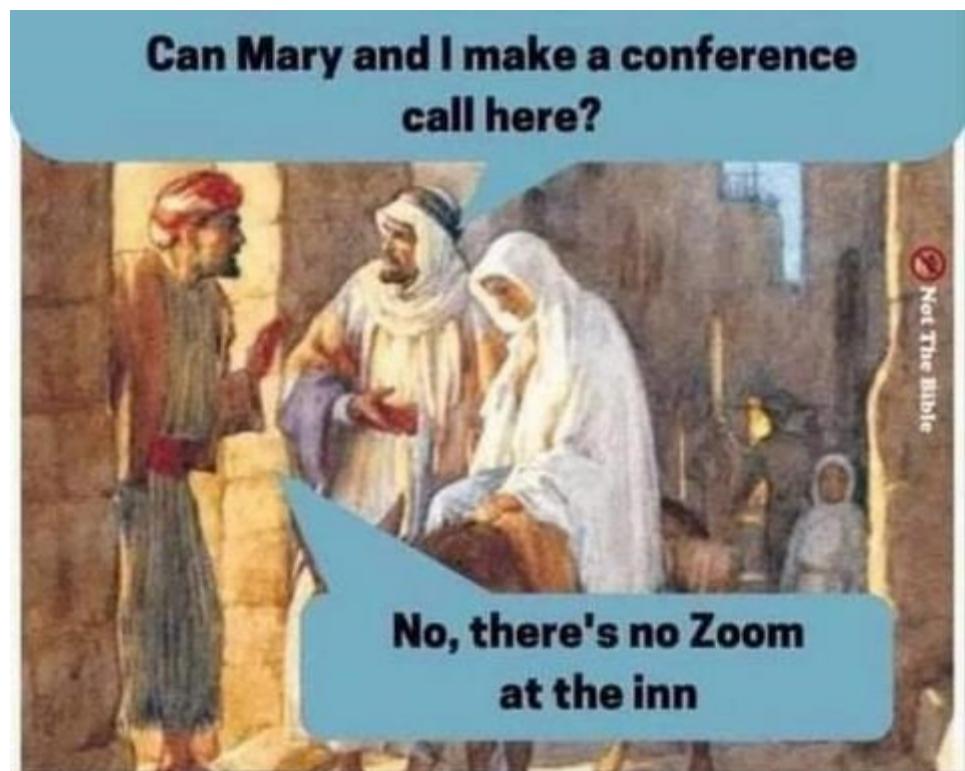
Hugh was buried beside Susan under the floor of St Remigius on the 28th April, 1694, two days after his death.

His heir, Walsingham Bokenham, held a name with strong family connections. Too soon he would lie near to his parents under his own black flagstone.

The Bokenhams had planted themselves in Hethersett and the lands around Home Farm would be a family affair for another century, long after the family's bloodline no longer existed.

But more of that next month.

The following was posted on Facebook by Karen Grimshaw, wife of former Hethersett Methodist Minister Rev Derek Grimshaw. It made us chuckle.



News From Hethersett Hall Care Home

All stories and photographs by Charlotte Govier

Getting oursELVES Ready For Christmas!



OUR annual Christmas market was a little different this year but that didn't stop us from having a great afternoon! As part of our community engagement, we set up several stalls to sell items on behalf on local businesses.

Staff also made great efforts to dress as elves to raise money and awareness of the Alzheimer's Society. One of our carers, Becky, made lots of delicious fudge which sold very quickly.

All funds raised from our tombola raffle and staff stall will go to our residents' fund. A huge thanks to everyone who took part and made this event very special for our residents.

News From Hetherset Hall Care Home



Christmas Trees Galore

The staff and residents of Hethersett Hall have been busy decorating to give our home a lovely “Christmassy” feel. Residents loved helping put baubles and tinsel on trees.

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



News From Hethersett Hall Care Home



Fa la la la laaaa!

On Friday 11th December we had a special visit from Blackfriars Rotary Club who kindly offered to sing some Christmas carols in the garden.

Staff and residents gathered round wearing Christmas jumpers to listen to some all time favourite carols.

Thank you to Blackfriars Rotary Club for getting us into the Christmas spirit.

We are really looking forward to the rest of our Christmas activities and making this Christmas as special as we can for our lovely residents.

Stunning Artwork in Lockdown

(Christmas Special)

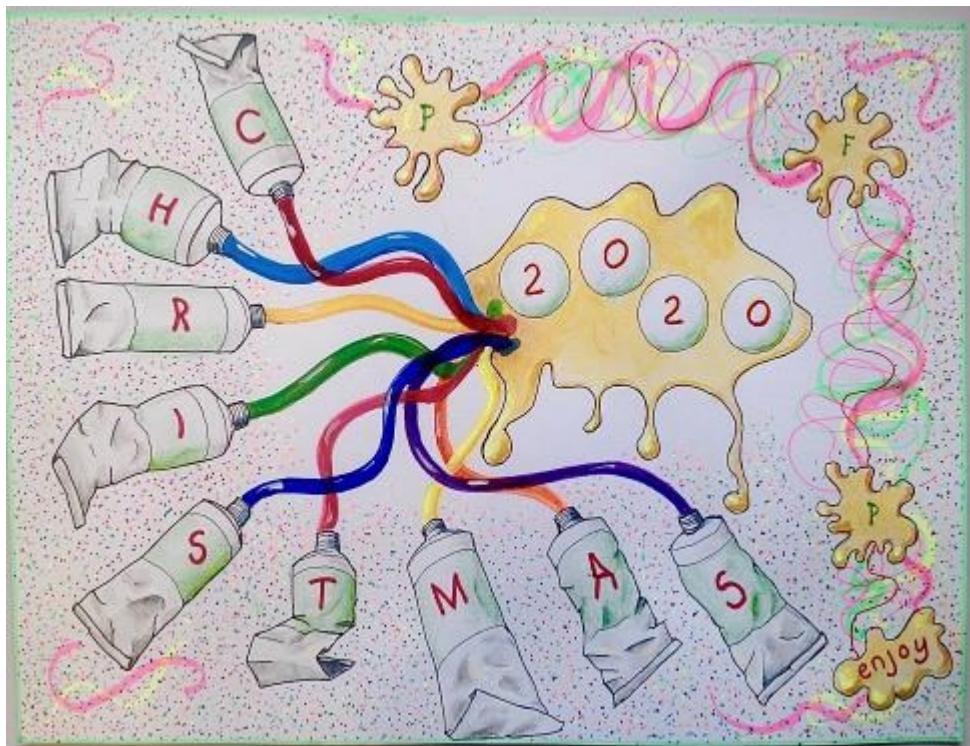
THE Hethersett Painting for Pleasure art group has been unable to meet face to face during lockdown and the subsequent social distancing rules.

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

We are delighted to be allowed to print some more this time with a festive flavour.

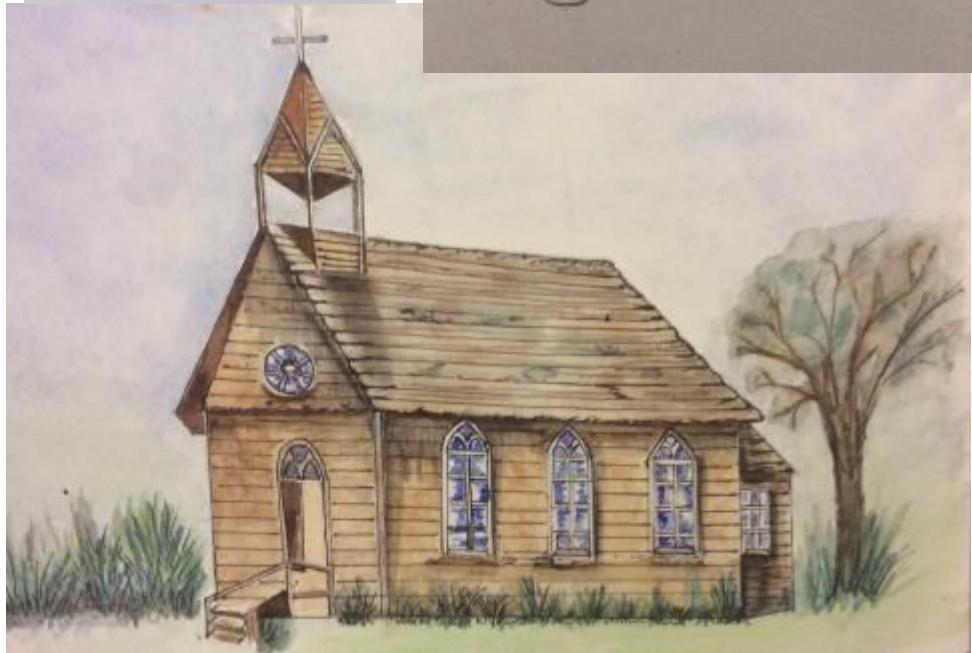
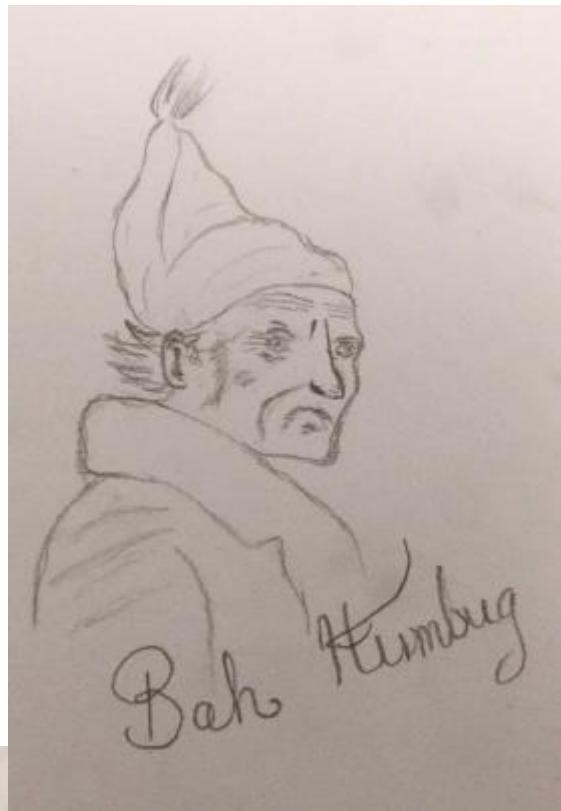
In normal times the group meets in Hethersett Village Hall on Wednesday mornings.

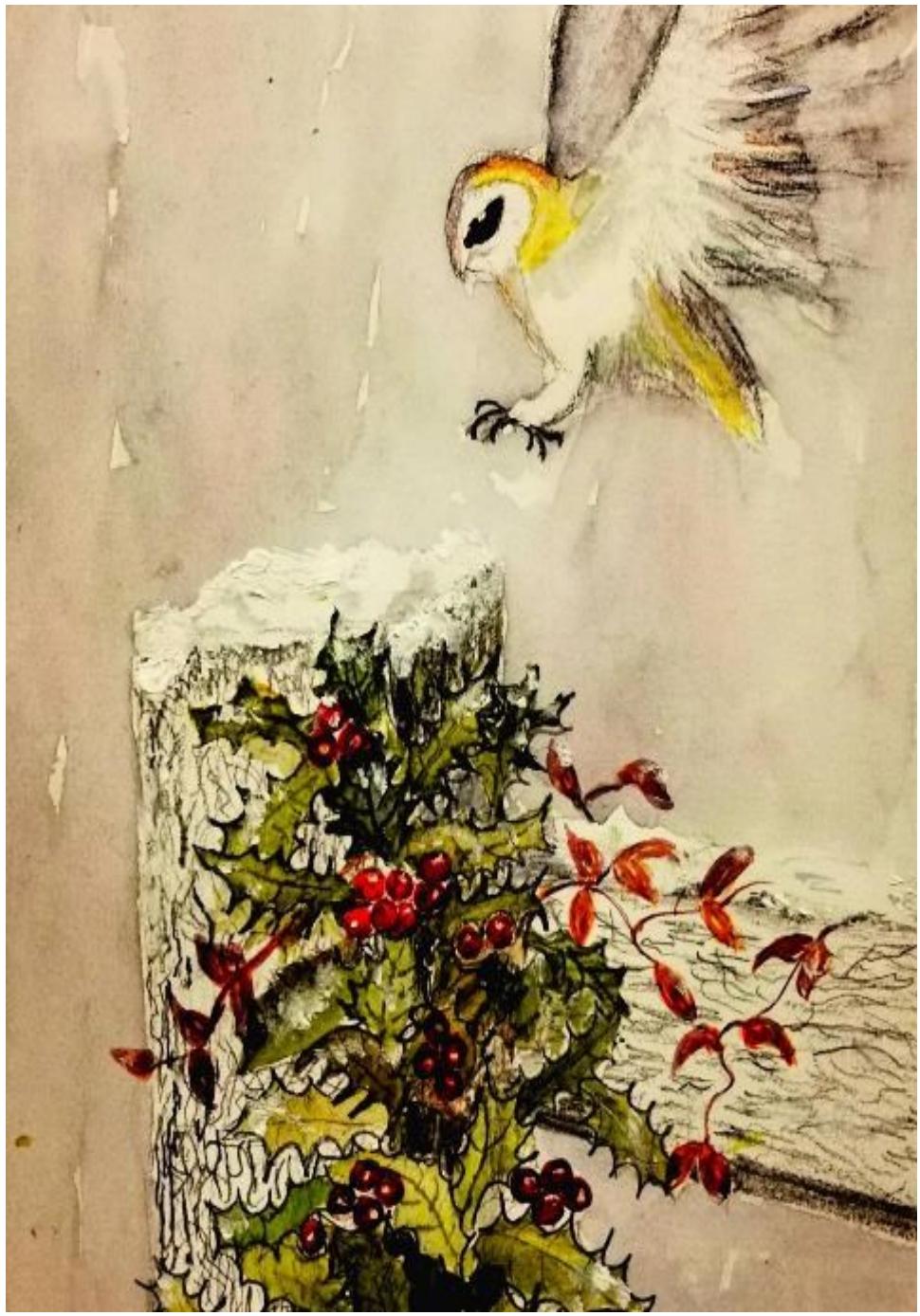
A variety of media has been used from watercolours to felt tip pens, salt, collage and computer generated images.











HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



A/Insp. Dave BURKE
Local Policing Commander

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



101 Ext: 4151



David.Burke@norfolk.pnn.police.uk



PC Andy HUDSON
Engagement Officer

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

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



PC Chris BODEN
Beat Manager

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

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



101 Ext: 2955



Christopher.Boden@norfolk.pnn.police.uk



SNTHethersett@norfolk.pnn.police.uk



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Little Melton Village Hall, Mill RD, Little Melton
01603812362

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

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

Join The Email Group

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

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

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

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

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

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

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

petersteward@lineone.net

We Are On Facebook

Hetherset Herald is on Facebook. You can follow us at

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

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

Advertise In Hethersetts Herald

Hethersetts Herald is a monthly e-magazine published in the last week of each month. We are now happy to take advertising. If you want to promote your business to a wide audience and support our aims of bringing village news and views to as many people as possible why not take out an advert? Our rates are detailed below.

If you wish to advertise in Hethersetts Herald please contact the editor Peter Steward on petersteward@lineone.net or 01603 811052.

Artwork should be supplied by the advertisers in Jpeg format.

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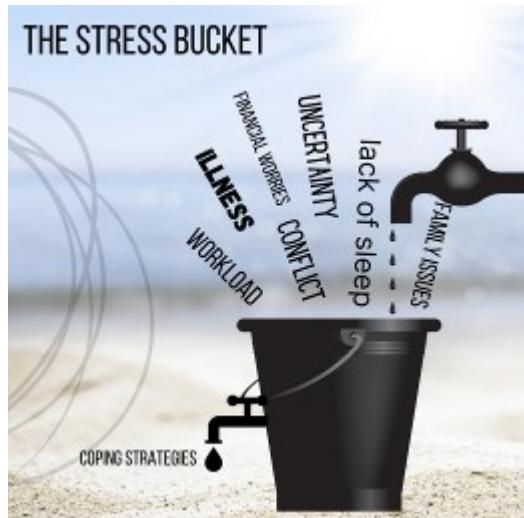
Taking Things In Your Stride

By Brett Rennolds

IN 1983, Mathew Wilder, so eloquently said, 'Ain't nobody going to break-a my stride'. This statement epitomises those people around us who appear to 'take everything in their stride'. Often these people will maintain a positive outlook on life and an obvious resilience that flies in the face of the constant flux that has come to represent 2020; How?

This month I will endeavour to explain how, as individuals, we too can begin to 'take more things in our stride' so that we too can be more resilient, sustain an ability to cope during these challenging times and endure beyond this pandemic, emerging more positive, self-aware and that best version of you.

To begin this journey remember our blog about Emotional Intelligence and how people with a high degree of emotional intelligence (EQ) think about what they're feeling, what their emotions mean and how these emotions can effect other people. Self Awareness of these feelings is one of the fundamental pillars of EQ and is the start of any change, for it is how you think, that will inform how you feel that, will ultimately, influence your behaviour. By becoming more self-aware you will be able to identify your triggers, mitigate the amount you choose



to put in your stress bucket and fundamentally cultivate more positive behaviours for yourself and the people who matter most.

In practical terms consider this; You've had a 'bad' day, you are experiencing the 'signs and symptoms' of stress e.g. you are feeling increasingly frustrated, worried or sad. You then react to your partner, your family and or your friends or colleagues. This may manifest as shouting, withdrawing or crying. The benefit of becoming more self-aware means that you can 'get out ahead' of your emotional response to prevent an overflowing stress bucket. You will be better informed, able to deploy defusing techniques that help you retain

control and think, feel and behave more positively.

Becoming more self-aware and putting less in your stress bucket allows you greater space and capacity to consider what the 'lived experience' may be for loved ones, friends and colleagues. It is this empathy that makes you better able to defuse from any negative be-

haviours you may be on the receiving end of.

Empathy provides context, context ensures you remain present. In remaining more present your increased empathy further informs your motivation, self-regulation and social skills, enabling you to take more things in your stride.

Keeping Hethersett Safe

A new Facebook group has been set-up aimed at keeping Hethersett safe.

Neighbourhood Watch, Hethersett, will be working with Norfolk Police to provide a forum for residents to voice their worries and concerns within a kind and caring environment.

At the time of going to publication the page already has 467 members.

It was set-up by local resident Megan Prescott who will be working with local police to bring up any concerns about crime and safety in the village. The Facebook page is at:

<https://www.facebook.com/groups/677254546537990>

How To Donate

IF you would like to show your appreciation of the Christmas lights in the Park Green area of the village there are a number of ways you can donate to the Finnbar's Force charity.

There is a wishing well and collection tin as part of the display (and of course if you contribute that way, you get a wish—we bet most people will wish for an end to the pandemic).

You can also donate online at <https://bit.ly/ForceLights20>. Thirdly you can text Forcelights to 70085 to donate £5.



Hethersett Matters

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

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

This month's main warning concerns a scam alert following a cold calling incident in Hethersett.

On 15th December, a man cold called at a property, showed the resident a flyer he was carrying and then attempted to deliver a sales pitch offering property exterior maintenance. The resident declined the offer and reported the incident.

Currently retail door-to-door sales should not be taking place in areas within tiers one, two or three. Sales activities should be conducted remotely, such as by phone, online, or mail.

If you see cold callers operating in Hethersett or have concerns about a business complying with the coronavirus restrictions, please ring **0808 223 1133** or Norfolk Constabulary via **101**. If you feel intimidated or are concerned for vulnerable neighbours call **999**.

There have also been reports of people being contacted out of the blue with offers of a coronavirus vaccination. The approaches have been made by text and from a recorded voice message on the telephone. In each case the recipient is required to respond by clicking a link in the text message or by pressing 1 when receiving the call. They are then asked to give personal information, as well as financial details to book their vaccination.

These contacts are not genuine and are a scam.

Criminals are exploiting the current situation to attempt to steal personal details and your money. The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. These people will be contacted by the NHS.

There has been a surge worldwide of vaccine-related phishing email scams. We

Hethersetts Matters

expect to see an increase in these in the coming days.

Phishing emails seen have contained malicious files that installed malware, or links to bogus websites to obtain the victim's information.

Protect yourself from vaccine-themed phishing campaigns by:

- Checking the email addresses on incoming messages and be alert to hyperlinks that contain misspelled domain names
- Being aware of highly emotive language designed to manipulate you
- Not supplying login credentials or personal information in response to an email; monitor key financial accounts regularly
- Keeping software and apps updated

Finally this month please be on your guard for telephone cold calls claiming to be from 'Amazon'.

There have been several reports of recorded message calls claiming to be from Amazon that advise your Amazon Prime subscription 'is about to renew at the cost of £39.99'. The call then states you can 'press 1 to speak with someone'.

Where residents have interacted with the call, they have then been connected to a person who attempts to gather personal, account or financial details.

These calls are a scam and are not connected with Amazon in any way. If you receive this or a similar call the advice is do not interact with the call and hang up.

Amazon have put together some helpful tips on how to identify if a phone call is from them. This information can be found on the Amazon UK website.

Have you received post telling you you've won a lottery and all you need to do to claim the prize is send a small administration fee? This is a sign of a lottery scam.

Have you received post out of the blue telling you that you need to purchase a 'lucky' charm for protection?

This is known as clairvoyant scams! These are letters that claim you might have an upcoming positive change in your life or that you're in trouble, but they can help.

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](https://twitter.com/@Bacon4SNorfolk)

Norfolk County Council

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

South Norfolk Council

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

Hethersett Parish Council

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

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

www.hethersettherald.weebly.com

Patience is not just a virtue it is a necessity

Backyard Bonsai with Connie Tindale

For your stick in a pot to become a bonsai masterpiece will take time. So, you need patience and lots of it. You need also to be pragmatic. If your tree dies, you do not give up you simply start working on another tree.

It is when the tree is decades old and it suddenly dies that the pain really becomes intense. So, take photos of your trees as they progress so that you can see how beautiful they have become and note what still needs to be done to improve them or simply to look at how lovely a tree once was before its demise.

Winter is pretty much a time of inactivity for the passionate gardener. When the hedges are trimmed and the borders put to bed there is little to do. You can only spend so long looking through seed catalogues and plant brochures. Looking out of the window at grey skies and pouring rain is depressing. The bonsai enthusiast always has something to do because winter is the time to work on and repot your deciduous trees.

You can simply nip outside and pick one from your stands, bring it in and put it down on a table or on the draining board and then get going with the scissors. Long ago my husband made me a rotating table from an old office chair which freed up the kitchen surfaces and enabled me to look at a tree from all angles. Computer monitor turntables work well too.

Your aim is to make the tree look like an ancient woodland specimen in as short a time as possible. Do not worry about pots at this stage as you will choose a pot to match the tree and enhance its beauty which is not always evident when you first start working on it.

Choose a tree with an interesting trunk, the branches can be developed later but it is hard to thicken a trunk quickly. You can slash it with a blade to form callouses but from experience all that really does is leave lumps and ugly scars.

None of my trees would win prizes in a bonsai competition but when seen as a collection they are deceptively attractive. In 1990, I bought a Corsican Pine from my local garden centre and started work on it immediately. It was not a good choice as Corsican Pine has long needles and really you need something that is compact.

After trimming, it looked dreadful just like a pencil with some pipe cleaners attached. A couple of years later it had begun to fill out a bit but after six years it was still looking straggly. I kept with it and now it is one of my favourite trees.

It now sits on a large home-made rock pot and is under planted with alpines. It is no taller than it was at the beginning but looks far more substantial. Rock pots are fairly quick and easy to make and can be ideal for a rugged looking tree. It is easy to imagine this tree clinging to the side of a mountain and fighting for sur-



vival. So, no matter how overwhelming your first efforts may be over the years they come into their own.

Next month I will work on trimming and repotting an Acer that I bought for £4 from Tesco three years ago.

It has been in an oversized plastic bonsai pot while its roots developed but now I will trim its roots and move it into a smaller ceramic pot.

I admit that I am always nervous when I trim a tree's roots.. You will be too.

The pictures on this page show three years of development from 1991, 1993 and 1996. Over the page you can see a photograph from 2020.

Happy snipping and happy New Year.





2020 – *in need of repotting and a trim - in a large home-made rock pot*

Across The Fields by John Head



Following the sun along
the fields of the B1172
to Kett's Oak on 17th
December. Whilst these
words are not appropri-
ate to me I could not
help thinking of them:

"One day, you'll look
To see I've gone
For tomorrow may rain,
so I'll follow the sun"
(Lennon and McCartney)

The Editor's Hetherset Diary

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

December 1st

Two things to look forward to are the village bauble trail which starts on December 4th and the village advent window which start tomorrow.

I was very pleased to see my piece on the Hetherset tree planting on the EDP 24 site. To read this and plenty more coverage of Hetherset, just Google EDP 24 and then search “Hetherset.”

December 2nd

Today I wandered back across the fields to have another look at the 1,000 fledgling trees planted in the Beckhithe County Wildlife Site. They will certainly, in time, make a good barrier against nearby development and help to protect the wildlife.

The light across the fields was very interesting with bright sunshine and some storm clouds. It's difficult to think this was in the fields around Hetherset. It feels more like an African scene.

Technically yesterday was the last day of lockdown before we move into the tier system. That means the latest lockdown has lasted for 27 days. My aim was to walk 100 miles and I'm pleased to say that my total is just over 125 miles. I'm going to continue for the next four days to give me a 31-day total which to my mind is a complete month. So I could still get somewhere close to my re-assessed aim of 150 miles.

Yesterday was also the first day of the Advent window calendar trail in the village.

December 3rd

I had a lovely conversation yesterday with a student of journalism Danielle Champ. Dan wanted to interview me for a few projects and that

The Editor's Hetherset Diary

made me feel very important. We spoke on zoom for almost an hour and I thoroughly enjoyed talking about my thoughts on lockdown, Hetherset and community spirit. I am already looking forward to a follow-up call when I can find out a little more about her burgeoning journalism career.

Dan is South African and we got to talking about Oscar Pistorius and I promised I would mention The Blade Runner in today's blog. I have been watching a BBC documentary on Pistorius. To me this is a travesty of a documentary much of it focusing on Pistorius as a South African and Global hero rather than as a vicious murderer.

December 5th

Our family, like so many others, have a great deal to thank Dr Nicky Morris for.

I won't go into the reasons. Let's just say that Nicky was hugely supportive of us at some difficult times.

Many others feel the same way. When it was announced that Nicky would be retiring at the end of the year, many patients took to Facebook to thank her. One of the comments was quite simple. "Without you I wouldn't be here."

Hetherset is now on the national tree planting map following Sunday's epic effort in the Beckhithe area. We have been added to the Countryfile tree map.

I returned to that area a few days later and couldn't help staring at the nearby fields which all too soon won't be fields at all as development continues to cut away at our countryside.

It will be such a shame to see more countryside eroded. When it comes to development I have mixed views.

It's always good to welcome newcomers to the village. They bring fresh outlooks, new skills and in the main will be good for the village with many becoming involved in community life.

On the other hand we seem to be growing like topsy. We are losing countryside and my fears are that amenities do not keep up with devel-

The Editor's Hetherset Diary

opment. In fact over the years we have seen amenities watered down. We used to have a branch of the Halifax Building Society and a branch of Barclays Bank. In 12 months time we may or may not still have a Post Office.

December 16th

Yesterday I had a walk round the village - it seemed to take forever as there were so many people to pass the time of day with. I do love stopping to have a chat. Hetherset is by and large a very friendly place.

When I write that I can't help but think of the lyrics of another of my favourite songs.

"Twelve Thirty" was written by John Phillips and recorded by The Mamas and the Papas way back in the 1960s. It chronicles the band's move to Laurel Canyon which is an area of Los Angeles that in the sixties was the hang-out of many legendary musicians. If you want to get a flavour of the place watch the Quentin Tarantino film "Once Upon a Time in Hollywood."

Anyway back to the song. The first verse is about the band's life in New York:

I used to live in New York City
Everything there was dark and dirty
Outside my window was a steeple
With a clock that always said 12:30

The next verse is a contrast and after they have moved to California:

At first so strange to feel so friendly
To say "Good morning" and really mean it
To feel these changes happenin' in me
But not to notice 'til I feel it

I do think that in Hetherset when people say hello they really do mean it.

Hard Times For Hedgehogs

DECEMBER was a very busy month for hedgehog carers as centres became overwhelmed with autumn juveniles. Our juveniles have been coming in, getting fattened up and then released again. This year there are four foster carers in the group but next year there will be many more as several Hethersett residents have come forward volunteering their services. Caring for something so helpless is worrying but very rewarding.

December's arrivals ranged in weight from 230 gm upwards, with some being elongated, starved and lethargic but others being round and full of energy. It is heart breaking to think of these innocent little mites out there in the cold and rain with no chance of survival. Fortunately this year people are far more aware of their plight, pick them up and quickly get help, spending time to ring around and find just who has space for them. Some sanctuaries would not take those that were just small, devoting their limited resources to those who were obviously sick.



One skinny hoglet was brought in with a very serious skin complaint that we did not have the facilities to deal with. Fortunately it was taken in by PACT but since then we have expanded our range of medicines to cover diagnosis and treatment of ringworm so that we are better able to assist in the future.

Hethersett Hedgehogs *with Connie Tindale*



How these tiddlers fare depends on a lot of things. We have two that came in within days of each other both weighing around 300 gm. One now weighs 478 gm but the other weighs 799 gm and is about to be released as it is showing no signs of wanting to hibernate. They were treated in the same way and given the same types of food and worming medicines so there is little to account for the differences in growth patterns. We have no idea what sex they are. A lot is to do with their reaction to being caged and their will to live. This means that we have had some unexplained deaths but those have been far outweighed by successes.

As some do not respond well to captivity, we rearranged the outside run to give them more space and get used to replenishing their own beds before they are released. Plant pots and piles of leaves and straw were added to provide the hoglets with 'entertainment'. When there is a clear dry spell that is not overly cold the run will be opened and the present residents can stay or leave as they wish. Food will be put inside the open run throughout the winter

I have three trail cameras and do not need to use them all so am able to lend one of them on a weekly basis to anyone who would like to see what is happening in their garden and to monitor their feeding stations. If you want to see if hedgehogs rather than rats or neighbourhood cats are eating the food you put out then send me an email and I will get one ready for you.

You would need 4 AA batteries and an SD card to make it work. Please contact me at connie@connietindale.com.

Hethersett Hedgehogs

This is the first report of 2021 and one where we can hope that the numbers of hedgehogs in our area are increasing. Lockdown has made many people much more aware of the wildlife around them. Please let this awareness continue after the Pandemic has been conquered. We will do our best to give you any help or advice that you may need.

Please can I thank all the people who have called in and left a hoglet in our care. They are heroes. Without their concern there would be no hedgehogs left in Britain in ten years' time. Keep up the good work and please help making a hedgehog highway around our village.

Happy New Year everyone.



Groups and Societies

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

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

Reports of events and meetings can also be sent to the above email address.

The deadline for copy is the 15th of each month. Hethersett Herald is published on or around the first day of each month via the web site

www.hethersettherald.weebly.com

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

If you enjoy reading Hethersett Herald please pass details on.

Please Get In Touch

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

News From The Garden

With Associate Editor Roger Morgan

JANUARY is the start of the gardening year and it's the time for a fresh start with renewed energy. Jobs in the garden are mostly about keeping things neat and tidy and getting ready for the year to come. It might be cold and wet outside, but there are still plenty of jobs to do in the garden this month.

1. Put your new-year enthusiasm to good use by cleaning pots, tools, water butts and greenhouses in preparation for spring. It's not the most glamorous of tasks, but it will set you up for a great growing season.
2. Start planning what you want to do with your garden in the months to come. Now is the time to order seeds and plants from the comfort of your armchair.
3. Check your winter protection is still working for you – survey any stakes, supports and ties that might have been damaged in bad weather.
4. Continue looking after wildlife – put out food for hungry birds and continue to leave some areas of your garden uncut for shelter until the spring.



In the Flower Garden

Finish pruning wisteria, cutting back summer side-shoots to two or three buds.

Prune rose bushes –January is the perfect time to do this as roses are still dormant. Cut back to just above a bud and remove any crossing or dead branches

Cut back ornamental grasses. Clip the old foliage from ornamental grasses before new growth begins – cut back to within a few centimetres of the ground.

Tidy up perennials. Cut down the old stems of perennial plants like sedum – be careful of any new growth.

Remove old hellebore leaves – this will make new blooms more visible as they emerge this spring.

Deadhead winter pansies. Remove any faded flowers from your winter pansies to stop them setting seed.

In the Vegetable Garden

Harvest parsnips and leeks – now is the perfect time to do this.

News From The Garden

Remove yellowing leaves from your winter brassicas – they are no use to the plant and may harbour pests and diseases.

Prepare the ground for early peas. Place a cloche over the soil this month, to help warm up the ground for a few weeks before sowing.

In the Fruit Garden

Now is the perfect time to prune fruit trees like apples and pears to maintain an open, balanced structure and encourage quality fruit production. The exception is plums, cherries and other stone fruits that should not be pruned until the summer to prevent silver leaf fungus. Use clean, sharp secateurs to avoid damaging your trees.

Prune blackcurrants, gooseberries and redcurrants to maintain a productive framework.

Force rhubarb plants by placing an upturned bucket or bin over the crown. The tender pink stems will be ready in about eight weeks' time.

Don't prune your plum trees now as they will be susceptible to the silver leaf fungus - wait until midsummer.

Other jobs

Sweep up debris and fallen leaves that harbour overwintering fungal spores and create hiding places for slugs and snails.

Wash down all of your garden tools and give them a wipe of linseed oil on the wooden and metal areas to help prevent rusting.

Get rid of slimy patches on the patio and paving by scrubbing with a broom or blasting with a pressure washer. For an easy alternative try a liquid patio cleaner.

Aerate your lawn with a garden fork to avoid waterlogging and compaction over winter.

Re-use spent compost from annual container displays as a mulch on the garden.

Wash and disinfect bird feeders and bird tables. Clean out bird baths too.

Turn your compost heaps to mix the ingredients and help the contents to decompose.

Shred your Christmas tree and add it to compost bins. Alternatively, the stripped down branches make great pea sticks.

Groups and Societies

Cringleford and Hethersett Flower Club

The club hopes to be back in the New Year and has already organised meetings for January and February. On Monday 25th January Jacquie Aldous will be entertaining with the subject "Encore—The Autograph Collection."

On Monday 22nd February Pat Barton will be presenting "Where In The World?"

The meetings will take place in Hethersett Village Hall at 7.30 pm. But will be subject to re-organisation if lockdown restrictions continue.

Have You Missed Out ?

YOU can catch up on previous editions of the Hethersett Herald by going to

www.hethersettherald.weebly.com

and following the links. Hethersett Herald is an independent publication for news, views and features about Hethersett and general articles written by residents.

It is currently available only online. If you have news or would like to be featured in Hethersett Herald contact editor Peter Steward on

petersteward@lineone.net



To prevent the spread of Coronavirus,
**regularly wash your hands
for at least 20 seconds**

with soap and warm water



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

Where To Eat In Hethersett

Church Farm Shop and Tea Rooms -

Norwich Road (B1172). Telephone 01603 814151

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

Janey's Village Café -

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

Hethersett Queen's Head -

12 Norwich Road. Telephone 01603 810226.

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

Park Farm Hotel

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

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

Café Kin

Rowan House, Queen's Road, Hethersett.

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

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

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

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

Hethersetts Herald

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

www.hethersettserald.weebly.com

Hethersetts Herald is a non profit making and independent publication providing news, views and information about Hethersetts. It has no affiliation to any specific group, organisation or political party. Views expressed in Hethersetts Herald are those of individual authors and not necessarily the views of the volunteers or the editor.

Information, reports and photographs are always welcome. These can be e-mailed to petersteward@lineone.net. Everyone who works or contributes to Hethersetts Herald does so on a voluntary and unpaid basis. We are happy to hear from anyone who would like to help us increase and improve our coverage of village life.

Herald Team

Editor - Peter Steward—petersteward@lineone.net

Associate Editors - Roger Morgan and Hannah Harrison.

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

Proof Editor - Gary Wyatt.

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

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

Hethersett Herald What's On

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

petersteward@lineone.net

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

Regular Events:

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

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

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

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

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

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

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

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

In the light of the Coronavirus epidemic we have suspended our normal What's on listings. The listings will be re-introduced once groups and societies begin meeting again.

Christmas Quiz - loosely based on the Twelve Days of Christmas.

There are 80 possible answers including the two bonus points. Try to find the answers without looking any of them up writes Associate Editor Roger Morgan.

Name the **one** British Prime Minister who was born in America.

Name the **two** chemical elements that begin with the letter Z.

Apart from the UK, which **three** other countries keep GMT?

Apart from the UK, name the **four** sovereign states, according to the United Nations, with Union Jacks on their flags. (Not overseas territories)

Name the **five** known children of President Donald Trump.

Name the **six** London underground stations that begin with the letter F.

Name the **seven** James Bond films with a single word title.

Excluding Tokyo 2020, name the last **eight** cities that have hosted the summer Olympic Games. (Bonus point for getting the correct order)

Name the **nine** N° 1 singles from ABBA.

Name the **ten** most populated cities or Primary Urban Areas (PUAs) in the UK. (Bonus point for the correct order)

Name the **eleven** male winners of the eighteen series of BBCs Strictly Come Dancing.

Name the **twelve** American states apart from Texas and Washington that both start and end with a consonant.

Answers next month