

# HETHERSETT HERALD

July 2018

Number 33

## New Library Hours Attacked



CONTROVERSIAL new opening hours at Hethersett Library have come under fire with one resident claiming that the service is being run for the convenience of Norfolk County Council and not for its users.

The new hours, which came into force on June 17th, will see morning staffed opening dropped in favour of the open libraries scheme which gives access to cardholders when the building is unstaffed.

But the new hours could spell the end to at least two of the library groups as one of the organisers Angela Farrington explained: (Continued on Page Three)

**Fun Run Form Available** - There's still time to enter this year's village funrun on Sunday 8th July. Entry forms are available in this e-magazine and online at [www.hethersett.org.uk](http://www.hethersett.org.uk). To find the form for this year's event turn to page 16.

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# Unhappiness Over New Library Hours

*(Continued from front page)*

“We are not at all happy about the new hours. It means the Monday morning walking group and the coffee morning will have to go. The adult colouring group will go ahead but opening just one morning but more evenings only seems to suit those who work,” Angela said.

“The library is being run for the convenience of Norfolk County Council and not for its users.”

“The main idea of the coffee morning was to offer friendship and a way of finding out what is available in the village for newcomers or older retired people. Mums and babies use this time also. It’s a cut too far. It seems the library is being run for the convenience of Norfolk County Council and not for its users and certainly not giving consideration to its staff.”

Angela fears that the new hours will see fewer people using the library, leading to closures:

“Use it or lose it on our terms seems to be the message from Norfolk County Council. Surely the way to keep the library and its vital services is to provide more hours to suit everyone. I have spoken to a few elderly residence who won't use the library at night nor in the afternoons because of the traffic congestion around school time. They won't come out in the evening mainly due to the colder, damper weather and of course the dark.”

The new hours will see the library staffed only on two mornings a week - Wednesdays and Saturdays with later opening times on both days from 11 am. It will be staffed until 7pm on three days a week (Wednesday to Friday). Open Library hours will see the building open for residents who have had their library cards authenticated seven days a week.

If you have any thoughts about the new hours or the staffing levels at Hethersett Library please let us know.

For a full list of the new opening hours turn to page 61.

Also read the comments of our columnist Scott Willoughby on page 22. Scott also comments on new development in the village and our new correspondent Elspeth Bell looks at the horror-show of traffic problems in Hethersett - something that seems to be getting worse.

# Keeping Abreast



*Hethersett Queen's Head staff members Lorraine Chenery and Philippa Bond in the gardens of the pub with their cheque for the Keeping Abreast charity.*

KIND-Hearted customers of Hethersett Queen's Head raised over £1,300 for a breast cancer charity from a special breakfast.

The charity meal was held on the same day as the Royal Wedding with those present being able to share in the nuptials via television screens.

The primary reason for the event, however, was to raise funds for the Keeping Abreast charity with staff giving their time and local companies providing produce and raffle prizes free of charge.

# New Chairman Appointed



HETHERSETT Parish Council has a new chairman and vice-chairman.

Adrienne Quinlan was appointed chairman at the June meeting with Stephen Slack taking on the role as vice-chairman. Mrs Quinlan was previously vice-chairman and replaces Jacky Sutton as chairman. Jacky Sutton remains on the council.

Stephen Slack, Adrienne Quinlan and Jacky Sutton are photographed above.

Mrs Quinlan was brought up in Norwich and her first memories of Hethersett are in passing the village on the way back from Cambridge:

"I always remember that we knew we were nearly home when we passed the King's and Queen's Heads on the way back from visiting my grandma in Cambridge.

"I first got to know the village properly when my mother moved here 30 years

ago. I did the same 13 year ago and my son and his family also found the pull of the village irresistible and have now been here for five years. So, we now have four generations in the village.

“I met my husband while we were both serving in the RAF and we came back to settle in Norwich about 35 years ago. I worked at the Science Research Park until I retired three years ago. I was a school governor for many years and, after I finished that, I was asked if I would join the parish council. I have been Vice Chair for the last year, she said.

“At the Parish meeting in May the main concern that residents expressed was the many problems with traffic in the village and I hope during my time in office to keep bringing this to the attention of the various responsible agencies. Sadly we have little direct control.

“Hethersett is a village that has slowly expanded over the decades meaning that we have many facilities that are not available in other villages but it also means that we have to accept that this means change as well. We hope with the help of the money coming to the village from the new developments to improve the facilities for all members of our community from the very young to the elderly,” she added.

Mrs Quinlan paid tribute to the work of Jacky Sutton as chairman and her words were echoed by Hethersett’s representative on South Norfolk Council, Leslie Dale who referred to a very good working relationship with Ms Sutton.”

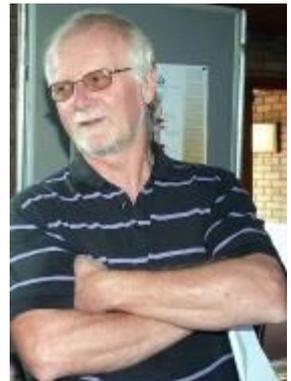
## Parish Clerk To Retire

HETHERSETT parish clerk Ian Weetman (pictured opposite) has announced his retirement.

Ian is stepping down from a post he has filled for the past 14 years.

His retirement was announced at the May council meeting and he will be leaving his post by September at the latest.

An advert for the post appeared in a number of local newspapers and bulletins and interviews will take place



for a replacement this month. The position of parish clerk attracts a salary between £27,358 and £30,756 pro-rata for a 30 hour week, although the number of hours may increase as the demands on the parish increase with the proposed additional development on its way to the village. We will have an interview with Ian on his time as parish clerk in a coming edition of Hethersett Herald.

# Groups and Societies

## **Hethersett Horticultural Society**

At Hethersett and District Horticultural Society's meeting on Wednesday 20<sup>th</sup> June, Liz Barnard described and advised on "Designing a Garden".

With a garden designing career chronicled back to 1983, Liz spoke with great knowledge, depth and passion about the three main aspects involved.

These were - the owner's ambitions for the garden, the constraints of the site including dogs and children and ways of making the garden appear visually interesting.

Having first captured the owner's ambitions for their new or revitalised garden, established their ability to fund both investment and maintenance budgets and noted the physical constraints, Liz moved on to discuss the artistic features and possible seasonally-based planting.

Boundaries might either need exposing or covering up. Dry, low maintenance gardens might suit better in East Anglia. Larger spaces can take evergreen and topiary shrubs. Artistic geometric paintings sometimes can inspire planting and paving schemes; large paving slabs can make a small garden seem large. In addition Liz explained about colour co-ordination of flowers for longer periods of duration of blooming. Also larger gardens can accept a focal point feature, eg a sculpture or cypress.

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

Our next meeting is on Wednesday, 18<sup>th</sup> July when we will be entertained by Norfolk Lavender's Lynn Shannon and on Wednesday 15<sup>th</sup> August its holiday time with the Eastons.

Leslie Dale, Committee Secretary.

More news from Hethersett groups and societies on pages 47 to 52.



**The Burrett family. Brian's sons Daniel and Nick with Brian's wife Karen and granddaughter Imogen. The gin and beer festival at Flordon raised money for Cancer Research**

## In Memory of Brian and Michelle

HETHERSETT and Tas Valley Cricket Club raised over £800 for Cancer Research in memory of two club members who died from the disease in 2017.

A gin and beer festival was held in memory of Brian Burrett and Michelle Harrison.

The event was organised by the club's social committee. Chair Harriet Matthews paid tribute to the bravery of both Michelle and Brian during their illnesses. A bench in Brian's memory was presented to the club by the Burrett family.

Karen said that her husband would be "overcome" with the outpouring of support and love.



*Members of the Hethersett and Tas Valley Social Committee who organised the successful gin and beer festival. See previous page for details.*

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## Sports Reports Needed

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

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

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

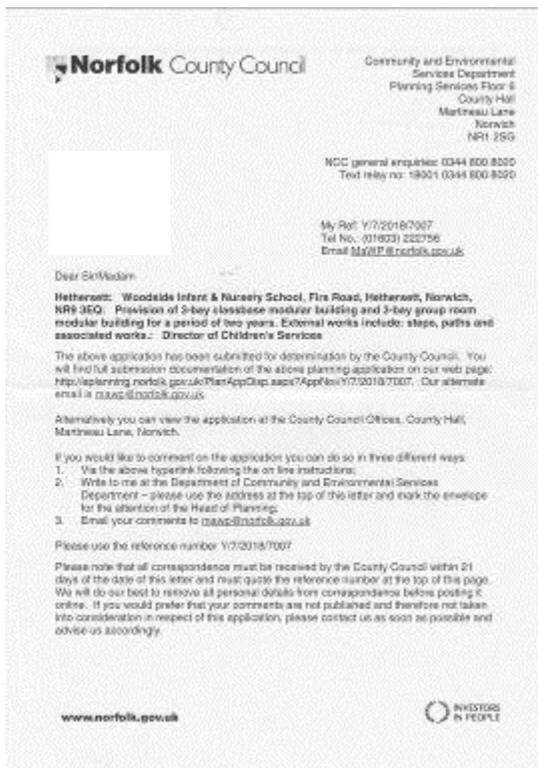
# Mobile Classrooms for Woodside

NEW mobile classrooms are to be put in place at Hethersett Woodside School to cope with the demand for additional pupils.

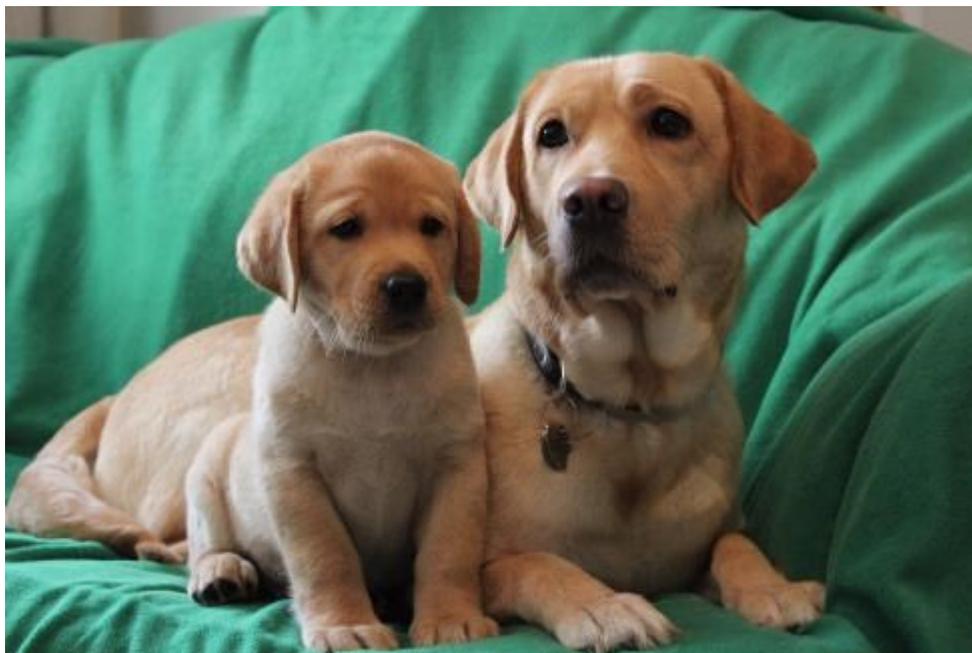
Residents living in Firs Road have received letters from Norfolk County Council informing them that the mobile facility will be put in place for a period of two years until a new school is built to give a permanent home to the additional pupils that continued development in the village will bring.

The letter states that planning permission has been sought from Norfolk County Council for the “Provision of a 3-bay class base modular building and 3-bay group room modular building for a period of two years.” The buildings will include provision of steps, paths and associated works. Residents are being invited to leave comments on the proposals. Many comments to date have been concerning parking problems in Firs and the surrounding roads at school times.

On their website the school has the following to say: “Hethersett village is expanding day by day and the number of children applying to Woodside is increasing. The Governors and the Senior Leadership team are working closely with County to ensure children’s learning will not be affected during this transition period. We have been asked as a school to accommodate extra children in Reception this September and due to this, we will be taking on an extra Reception class. We will be having another mobile classroom to ensure there is enough teaching space for all the children.”



# A Prince Amongst Dogs



MEET Prince, the yellow Labrador puppy who is going to be a life changer! Local dog sitters Barking Mad South Norwich are delighted to announce that, after a successful fundraising campaign, their UK dog holiday network has sponsored a Dogs for Good puppy in training.

The money raised through Barking Mad's fundraising activities, which included coffee mornings, quizzes and making toy puppies out of face cloths to sell, will support Prince through his important first year with a volunteer puppy socialiser. It has also funded a puppy starter kit including: a crate, bed, food, bowls, toys, identification, working jacket, collar and lead.

Prince was born on 16<sup>th</sup> February, 2018, to Brenda, one of Dogs for Good's brood bitches. His name was announced at Barking Mad's 15<sup>th</sup> national conference and was chosen in celebration of the royal wedding of Prince Harry and Meghan Markle and also the birth of Prince Louis, third child of the Duke and Duchess of Cambridge. Smitten dog loving business owners melted when photographs of Prince were revealed during a presentation which confirmed that over £6000 has been raised so far. Peter Gorbing, CEO of Dogs for Good, also addressed the conference and said:

“As an organisation, Barking Mad has huge experience of the positive power of dogs and becoming a puppy partner to a dog that will go on to make a life-changing difference to someone will, I’m sure, be exciting and rewarding in equal measure. As such, we’re thrilled that Barking Mad has become a puppy partner to one of Brenda’s puppies as part of its commitment to Dogs for Good as its chosen charity for 2018.”

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

Barking Mad South Norwich, which includes Hethersett and the surrounding areas will be continuing to raise money for Dogs for Good to train more desperately needed assistance dogs throughout 2018, by holding local events and via their online fundraising page at:

<https://uk.virginmoneygiving.com/BarkingMadSouthNorwich>

If you would like to get involved, or find out more about the Barking Mad dog home boarding service, Helen Tyler can be contacted on 01603 340595 or email [helen.tyler@barkingmad.uk.com](mailto:helen.tyler@barkingmad.uk.com) or visit the website [www.barkingmad.uk.com/franchisees/southnorwich/](http://www.barkingmad.uk.com/franchisees/southnorwich/)

# International Friendship



A local community of dog lovers is inviting others to join them in celebration of International Friendship Day on 30<sup>th</sup> July.

This very special day, also known as World Friendship Day, was declared by the General Assembly of United Nations in 2011.

With the growth in popularity of social media, there has been an increase in the celebration of International Friendship Day online and with activities in local communities, aimed at bringing those of different backgrounds together.

The UN website states:

“Through friendship and by accumulating bonds of camaraderie and developing strong ties of trust we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all and generate passion for a better world where all are united for the greater good.”

Barking Mad South Norwich organises dog holidays as an alternative to kennels and has created a local community of dog lovers, by offering the opportunity to ‘host’ somebody else’s dog whilst they are away.

Hosts provide a loving home environment for doggy guests, whilst receiving full professional support, which can be a real antidote to loneliness.

Having a dog to stay obviously provides a loving canine friendship but, just as important, is being able to tap into the social benefits of joining a community of like-minded people. The opportunity to get involved in local shows and events such as coffee mornings and dog walks, is a wonderful extension of the need to have a dog back in your life.

“There is a real feeling of belonging and of making a valuable contribution amongst the Barking Mad community.

“Whether you are on your own and would love the opportunity to get out more, or recently retired and needing something to productively fill your free time, Barking Mad would love to hear from you, said Helen Tyler from Barking Mad South Norwich.

“It is such a wonderful feeling to see groups of like-minded people brought together, where the common thread is the love of dogs. Conversations and friendships are struck up easily over a shared interest and people love the sense of community. If you would like more information about becoming a host, please call us on 01603 340595.”

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

# Fun Run Sunday

THERE is still time to get your entries in for this year's village fun run on Sunday, 8th July. You can print out an entry form from our village web site at [www.hethersett.org.uk](http://www.hethersett.org.uk) or from page 16 of this edition of Hethersett Herald. Copies are also available from Hethersett Library, Rowan House and Hethersett Social Club.

Over 200 runners and walkers are expected to take part in the two mile course starting and finishing outside Hethersett Junior School.

The course will take runners along Queen's Road and part of Great Melton Road before turning left to go the length of Mill Road.

It will then turn left again into New Road and left onto the B1172 and then past the King's Head and Queen's Head and back to the start.

The event will start at 11 am and village roads along the route will be



closed for the duration of the run - expected to be about one hour. Honorary starter will be local environmentalist and parish councillor Dr Anne Edwards.

Once again this year, Rowan House Health and Welfare Centre and Hethersett Social Club will be hosting fitness-related events at the end of the run until 3pm in the afternoon.

Attractions will include stalls, fitness classes, South Norfolk's recycling and energy information bus and much more:

"The event is an opportunity for clubs and groups to promote what they do," said Rachel Pailes from Rowan House.

Any group wishing to play a part in the day can contact Rachel on 01603 813999 or via e-mail at [Rachel@rowanhousecentre.co.uk](mailto:Rachel@rowanhousecentre.co.uk).

Entry fees for the run have been kept at the same level as last year - £3 for adults, £1.50 for Under-16s. There will be a £1 supplement for entries on the day. Everyone finishing will receive a commemorative medal. As usual there will be a warm up session for those taking part on Hethersett Junior School field before the event.

# HETHERSETT "RUN THE SQUARE"

Sunday 8th July 2018.

Sponsored by: **Hethersett Social Club**

Start from Hethersett Junior School, Queen's Road, Hethersett. Registration is between 9am and 10:30am, warm up routines from 10:30, run starts at 11am.

2 mile fun run on a flat course through the village of Hethersett. \* Certificate and special Hethersett medal for all finishers.

Children under 8 must be accompanied by an adult. \* Fancy dress allowed - prize for best costume.

Digital finish clock & gantry. \* Car parking at Hethersett Academy.

Honorary Starter – Dr Anne Edwards B.E.M. \* Water Station – free to all runners.

Free Massage pre/post race available at Registration from Colin McDermott.

First Aid & Marshalled course on closed roads.

Nominal entry fee to cover insurance and first aid costs - £3 for adults, £1.50 for under 16`s.

**£1 supplement for entry on the day.**

## ENTRY FORM.

Full Name.....

Address.....

.....Postcode.....

Age on run day.....Name of Club (if applicable).....

Telephone.....

### Emergency contact/next of kin

Name.....Telephone.....

Do you have a medical condition that organisers should know about

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Applications can be handed into Hethersett Library, Hethersett Social Club & Rowan House with the entry fee. Cheques payable to "Hethersett Run the Square." There will be no acknowledgement of entries in order to reduce costs - just report to Registration on the day.

I understand that I enter the run at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to me, prior to, during or after the event. I understand the organisers' reserve the right to delay, postpone, cancel or not officially time the run in the event of adverse weather conditions or other events outside the organisers' control. Photographs and video images of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. Data above is requested for insurance and Health & Safety purposes only and will be destroyed by shredding within 48 hours of safe conclusion of the event.

Signature.....(Parent if under 8 years old.)

Supported by:  Norfolk County Council

and South Norfolk Council.



# It takes a village

A Family Wellbeing Day brought to you by Run the Square and Hethersett Partners

## Sunday 8th July 2018

10.30 am - 3 pm

After Run the Square, follow the trail through Rowan House, the Social Club and Hethersett Academy to discover;

Smoothie Making



Penalty Shootouts



Fitness Classes

Tennis / Badminton

Therapy Tips and Advice

South Norfolk Energy Bus & Refuse vehicle



Take a selfie on the South Norfolk giant Deck Chair

Pop Up Ping Pong Festival

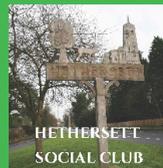


BBQ

Plus Local Business Stalls and Much More.....



ROWAN HOUSE  
HEALTH & WELLBEING



Becca Jermy  
Personal Trainer



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**With Hethersett Village funrun fast approaching we got together with Rowan House Health and Well Being Centre to bring you tips on how to get the best from running this summer and in the future**

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If you are looking to start running over the summer set yourself a small and achievable goal such as the two-mile Hethersett Run the Square on Sunday, 8<sup>th</sup> July. Create a training plan building up to your goal. This will allow the body to slowly adapt to the new stress it is being put under. It will also help prevent injuries and help you mentally achieve bigger distances. Prior to a run get a good night's sleep, have a small breakfast two hours before your run (a combination of carbohydrates, proteins and a little fat) to fuel your body. Slowly warm up to start blood flowing to the muscles to prevent injury.

During your run keep at a steady pace. When first running maintain a steady pace and effort, this will allow you to complete the run and not burn out too soon.

After your run cool down to allow your blood pressure and heart rate to slow down to help avoid dizziness and fainting. Cooling down will also give your muscles a chance to extend back to their optimal position.

Recovery Fuel – Eating a balance of carbohydrates and proteins after a run is a great way of replacing the nutrients and energy used during exercise whilst also helping with muscle repair. Preferably eat within 30 minutes of finishing your run.

Hydration – Keeping hydrated is essential to performance and recovery and will help prevent some side effects of exercise such as headaches, cramps and fatigue.

Have Fun – We all know that having fun makes everything so much easier. Finding a running buddy or joining a group can help keep you motivated as well as make training more enjoyable. This one is down to you.

Richard Morford  
Chartered  
Physiotherapist



A common myth is that running is bad for us. In fact, it has many benefits and is very rarely bad for you if done properly. Here are a few hints and tips that I hope you find useful, no matter if you are just preparing for a short fun run, or a longer competitive race.

### **Top tips for preparing for a race**

Build up slowly for the race. Try and aim to have run the race distance at least once prior to the race so that your muscles and tendons have been exposed to that.

Strength is important for your muscles and tendons—we often talk about the “stronger for longer” philosophy. The stronger you are, the more fatigue resistant you will be. Therefore incorporating strengthening exercises into your race preparation will help with performance (see ideas for exercises below).

Make sure prior to the race you have a rough plan as to the pace you wish to run. Don't change much from your training schedule, especially at the start.

Be dynamic with your warm up. We tend to encourage squats/lunges, toe walking/jumps as part of a warm up, not stretches. Get these muscles ready for what you want them to do which is to create power and strength.

### **Training Tips to Prevent Injury**

The most common cause of injuries that we see in our clinics is from a spike in training which causes an overload stress to the soft tissues. Build-up your speed and distance gradually giving yourself plenty of time. Set a realistic baseline as a starting point; this might be as little as a few hundred metres but it will give you a good point to progress from.

Make sure you are continuing with your strengthening exercises 2-3 times a week. This will allow you to create nice new strong collagen in your soft tissues which will help prevent injury.

If you develop a few aches and pains, don't stop running altogether. Try reducing speed and/or distance or reduce back to your baseline amount and then

build back up. You may want to speak to a physiotherapist about the injury and see if your training or exercise programme can be modified to aid a swift recovery.

### Common Running Injuries

Most running injuries affect the soft tissues, often the tendons. These often present themselves as Achilles tendon problems, plantar fasciitis, patella tendon problems, hip pain etc.

It is commonly a response to the tendons being overloaded through lack of correct conditioning exercises or a spike in training as previously mentioned. These injuries often do not need you to stop running but you may need to reduce intensity whilst you rehabilitate the injury.

Pain is also often experienced around the patella femoral joint (or knee cap joint) from running and this is a common problem seen in our clinics. The causes of this can often be due to weakness around the top or bottom of the leg, or muscle tightness affecting how the knee cap moves.

Very occasionally a runner may suffer from stress fractures but these are very rare and normally can be treated with conservative management/rest.



If you experience aches and pains with running that do not seem to settle, it is best to speak to someone about it. Whilst rest can often ease the pain, the problem then often recurs when the runner starts their running again.

### Exercises

As mentioned, strengthening exercises are a really important way of keeping your muscles and tendons strong enough so they have the capacity to deal with running, no matter what your ability.

These exercises can be done with minimal equipment and often a gym ball and exercise band is all that is required.

For the squat and lunge, you might want to use some weights to make it harder, or put some weights in a ruck sack.

The hip abduction with the band requires a piece of theraband which your Physiotherapist can provide, or can be bought on line

For the exercises, 3 sets of 10, or as many as you can is a good amount to do. If this is too difficult to begin with, then maybe start with three sets of 5 and then build up. For the plank, we would suggest you do three sets to fatigue each time.

All of the exercises should be sufficiently challenging for you. You should try and do them 3-4 times a week if you can

### Race recovery tips

Make sure you suitably hydrate during and after the race as this will help recovery and make sure you try and eat afterwards to replace any lost electrolytes.

Often post-race massages can help alleviate muscle soreness.

After a race you may want to taper down your training a little bit, to aid some recovery before you start preparing for your next race.



## Churches Together in Hethersett Village 'Fun Run' – Sunday, 8th July 2018



Churches Together in Hethersett have joined forces in supporting the Fun Run and to share in this annual village event. The Methodist Church on Great Melton Road will be open for refreshments and use of facilities as well as ensuring a warm welcome to all participants. Our photograph shows Methodist Minister the Rev Matthew Olanrewaju and helpers at last year's event.

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

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

## In and Around Hethersett with Scott Willoughby

YOU will no doubt have received through the post a flyer for the latest phase of village development at Heather Gardens off Back Lane.

This one comes from Taylor Wimpey along with all the usual bells and whistles, promising a Utopian society that none of us are ever likely to experience.

We cannot get away from the fact that over the next decade or so Hethersett will see a considerable amount of development and of course it is massively unlikely that services and facilities will keep up with the additional homes being provided.

Nevertheless every time a developer puts forward a new scheme we are promised paradise on earth with walkways, cycle paths, woodland area, trout lakes, sports facilities, shops, cafes etc etc. The list seems to be endless.

Sadly all too often the reality is so different to the promise. Additional housing puts tremendous pressure on existing amenities. Often new groups and amenities have to be run by village volunteers - something there is a lack of at the moment. When something needs repairing - as is the current case with the entrance to Steeple Tower - the promises far outweigh what is actually delivered.

It is down to residents to hold developers to account. Sadly some of the promises are just not sustainable and are made more as a sop than anything tangible.

So let's have a look at the new leaflet. I'm not suggesting that the proposed development will be sub standard, but will we get everything we are promised? That surely is the most important question.

The third sub phase of development comprises a proposed 181 new homes. Of these 36 are designated affordable homes for local people in housing need. So we are promised:

A bus route servicing the new development

Pedestrian and cycle routes

Green open spaces or as the flyer puts it "A series of green links comprising retained hedgerows and pockets of woodland to provide both pedestrian and wildlife links through the development. A mix of informal green spaces, and existing pond and local areas of play."

The flyer goes on to say: "In accordance with the ecological masterplan, Phase A2 will look to work with the existing landscape and local biodiversity to enhance both at every opportunity through sympathetic landscape design and ecological enhancements. Existing landscape assets such as mature trees, watercourses and hedgerows have been identified and will be largely retained and ultimately used to inform and enhance the new development."

It's certainly re-assuring to know that there is a ecological masterplan! The flyer is of course couched with all the usual marketing guff, much of which is likely to be ultimately meaningless. For the record we are also promised a financial contribution towards the following:

Land for a new primary school

Land for a new neighbourhood centre that may include uses such as shops, small business units and other community facilities

Sports pitches and informal recreational space.

It should be noted that Taylor Wimpey will only be making "a financial contribution" towards these things and not actually providing them and, when you read a little closer into the wording, you will see that the land mentioned MAY include shops, business unite etc and not WILL. Of course any shops and businesses will depend entirely on commercial enterprises being interested in locating there and community facilities will be dependent on volunteers being prepared to run them.

\* \* \*

There's a line in one of my favourite songs of the year so far by Frank Turner which goes as follows:

In a world that has decided  
That it's going to lose its mind  
Be more kind, my friends, try to be more kind

Those sentiments seem very apt for our village at the moment. Chatting with people recently it has become quite obvious that some homeowners have been subjected to unreasonable levels of abuse outside their homes. The main bone of contention is often parking. Sadly the abuse comes from the very people who are parking irresponsibly and seem to think it their right to hurl foul-mouthed abuse and park across driveways and other public areas. Be more kind, my friends, try to be more kind.

\* \* \*

I have mixed views on the changes to library hours at Hethersett. Over the past couple of years the library has positioned itself as a hub of village life with a number of groups using it as a base. The days of libraries being places of silence have long gone. At their best they answer a big social need, offering friendship, education and of course books, DVDs and magazines.

So any change in opening hours can be seen as an attack on the fabric of our village society. On the other hand, technically, access to the library is being increased, albeit when the building is largely unstaffed.

So where does this leave us? One resident points out in our lead story that the new hours are an erosion of facilities and Norfolk County Council setting up new

opening hours in order to deliberately fail to give it a chance to close libraries.

There is no doubt in my mind that there is a considerable amount of politics involved here and only time will tell just what the “hidden agenda” is. What isn’t in doubt, however, is the financial attack the present government has made on library services. This is to be deplored. I keep using the phrase “hub of the community” but that is exactly what Hethersett Library is.

Since writing this column one thing that has hit me is how many issues there are to be debated in the village at the present time. Hopefully the Herald will continue to highlight the important issues in village life.

## Our New Columnist Elspeth Bell says

Taking a drive or indeed a walk around Hethersett can seriously damage your health. All the roadworks and traffic lights have gone, well at least for a few days but still a short trip can leave you debating whether you are delusional or you definitely are living somewhere else than a village that only a few years ago won a Big Society award from the then prime minister David Cameron.

First there are the cars or workmen’s vehicles parked very close to major junctions or on bends.

Then there are those collecting children or even worse teenagers from schools in the village who insist on parking with no consideration for householders or library users. If you block someone’s driveway do you blame them for wanting to drive in or out of their premises?

I was shocked to see that someone has had to resort to erecting a small wicket-like fence on a corner of Recreation Road to deter those who would park on a very dangerous bend, where numerous young children walk every day to get to school.

However, the height of lunacy was witnessing the driver of a large four wheel drive trying to reverse out of Tesco’s when the driver of the neighbouring vehicle only about a foot away was opening their car door.

These are not one off incidents but everyday occurrences and I’m sure many of our readers could come up with numerous other examples of the way our community seems to be faltering. No we are not at the levels of recent high profile areas of Ipswich and Luton but we could all play our part in showing consideration in small ways which might result in a stronger community spirit and a much safer, calmer environment for all.

David Cameron is long gone but has his dream of a Big Society and Hethersett’s claim on that award gone with him?

# Candles of Life

WHEN Liz King wanted to source sweet smelling and eco-friendly candles for her shop in Salisbury she turned to her sister for inspiration.

That meant a phone call to the Hethersett home of Kathy Floyd and many months later it has resulted in the Wiltshire interior designer and the Hethersett gardener producing a range of what are believed to be the first non toxic candles to be produced in Norfolk.

“My sister asked me to do some research on candles to find some nice smelling ones that she could stock in her shop in Salisbury. I had some downtime from my gardening business in January and so I began to research and read up on candles. The more I read, the more interested I became in actually making them.

“I realised that the most natural ingredient to use was rapeseed wax. I sourced essential oils which I tested out. I then found that there are hundreds of different wicks available and it took a while to find a suitable one.

“I became intrigued by the whole idea of producing natural candles that didn't smell artificial. I would wake up in the middle of the night thinking about various combinations of things to try and would get up and sneak into the kitchen and try different things. It was so exciting when I found something that worked,” Kathy said.

The result was a range of candles made from natural ingredients with no petroleum or oil based by-products. The duo took some time finding a suitable name but eventually hit upon Greenburn: “It seemed to sum up what we were doing,” Kathy said.

As well as producing the candles, however, Kathy found herself having to wade through pages of European Union legislation: “There was so much to do with regards to an EU directive referred to as CLP which stands for Classification,





Labelling and Packaging,” Kathy added.

With all that sorted, Kathy turned to friends to test the candles and this brought forth positive feedback. A web site was set-up and currently the candles are sold through a variety of outlets including Mio Interiors and the Well Natural Health Food Shop in Salisbury, Norwich Castle Museum Shop, the Good Earth Clothing Company in Pottergate, Norwich, and Hethersett Farm Shop.

“Rapeseed wax is sustainable, renewable, biodegradable, produces a lower carbon footprint than soy wax, is toxin free, vegan friendly and clean burning,” Kathy added.

Greenburn produce a collection of five candles made with three different complementary oils which are chosen to support and enhance various states, activities and moods. The candles, named Work, Rest, Play, La Reine and Le Roi, contain 150 grams of wax and burn cleanly for a minimum of 30 hours.

“Our wicks are made of unbleached cotton, our packaging is minimal and recyclable and our candles burn beautifully and smell gorgeous,” Kathy added.

You can read more about Greenburn candles at [www.greenburncandles.com](http://www.greenburncandles.com). Kathy Floyd can be contacted on [greenburncandles@gmail.com](mailto:greenburncandles@gmail.com) or on 07825045804.

# Raging

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**Attleborough-based author and member of Hethersett Writers' Group, Linda Negus has just had a book published aimed at helping couples looking after disabled children. Peter Steward helped to proof read the original narrative. Here he talks about the book.**

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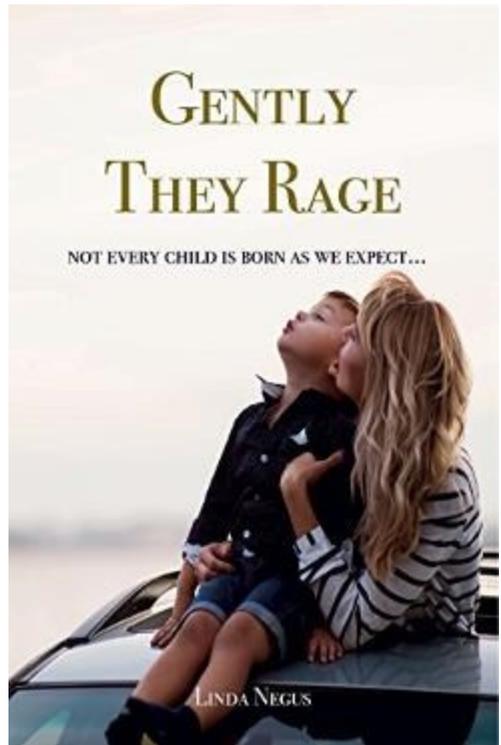
WRITING and publishing a book didn't come easily for Linda Negus, a founder member of Hethersett Writers' Group.

For Linda could be described as shy and slightly lacking in self confidence when it comes to writing. But she had a vision and a dream to write a book to "change people's perspectives of disabled children and bring awareness into an emotionally charged situation that needs special understanding."

Mother of four Linda wrote the book in memory of her severely handicapped son Stephen who died in 2003 at the age of 29:

"Over the years, and particularly after Stephen died, I poured my feelings of despair onto paper as a way of trying to make sense of the life he had been given. I wrote hundreds of words but never with the purpose of them being published and it wasn't until I attended a creative writing course at the University of East Anglia that things changed.,” Linda said.

Linda wanted to produce a collection of true life stories concentrating on families whose children have different conditions, instead of focusing on just one family as books have tended to do in the past. That's where the books sub



title came in - “Not Every Child Is Born as We Expect.”

Linda felt that featuring a number of families with children suffering from a wide range of condition would have a great impact, enabling readers to easily focus on the condition they have an interest in, while being able to compare how parents cope with other conditions.

Linda criss-crossed the length and breadth of the United Kingdom to speak to parents about their children. Her interviews uncovered a whole host of emotions from heartache and sadness to joy and overwhelming love. The book chronicles the heartbreak and the pressure on relationships, but overall the triumph of the human spirit.

Along the way Linda learnt much about caring and understanding and made many friends and one of the primary lessons was how the attitude of authorities has changed over the past few decades.

“From a very young age, Stephen had been severely and heartbreakingly disabled with a range of complex conditions that made life very difficult for him, although these weren’t diagnosed for quite some time. Unlike now, there was nowhere to go for support or guidance and I found it very difficult, not only to cope with a situation that I had no knowledge of, but with my inability to ease his discomfort. He constantly cried, wouldn’t be pacified and I was fobbed off by professionals – the very people who parents need support from – with the words, “That’s what babies do!” I felt both desperate and helpless, knowing that there was something wrong with my son and yet being unable to explain what it was. It didn’t help that we lived in a small town and, because there was no one else in a similar position, I felt quite isolated.

“It is quite different now. We live in an age where there is not only more awareness from health professionals but also information available with the click of a button on the Internet and from organisations connected to children’s conditions.

“This also means that parents can reach out to others whose children might have a similar condition and who will understand how we feel with our despair and bewilderment, and it can make a huge difference,” Linda said.

Linda wrote many hundreds of words about Stephen but at first found things too raw to consider having them published. The creative writing course changed all that, however:

“It was suggested that I use my own experience and contact other parents to find out how they coped with their situations. I felt much more comfortable with this idea, and that collectively their stories would give a fuller picture than my own story in isolation. So I contacted various children’s organisations and many of them placed my details on their websites, inviting parents to get in touch. As a result, I was inundated with mums and dads wanting to talk about their experiences.”

As a result “Gently They Rage” is a selection of the stories Linda encountered : “Time and again, I was struck by how many of the parents I interviewed felt the same fears, confusion, exhaustion, loneliness and self-doubt. In listening to them I was able to understand why I had not been able to cope as well as I thought I should.

“My writing journey has not been an easy one – I have gone down a few blind alleys and been plagued by health problems, but at long last I have put together my collection of stories. I hope they will offer an insight into how this complex situation can be an overwhelming experience for some and yet a fulfilling experience for others. This includes not only parents of special needs children but their friends and families, as well as those who have a professional connection.

“My wish is that this book will help to change people’s perspectives of disabled children and bring awareness into an emotionally charged situation that needs special understanding.

“Gently They Rage” features ten of Linda’s interviews. She has numerous others already written and ready for the possibility of a second volume.

You can read more about Linda and the book on the official web site at:

[www.gentlytheyrage.com](http://www.gentlytheyrage.com)

The web site also includes a list of helpful charities and organisations

On the next page Hethersett Herald editor Peter Steward reviews “Gently They Rage.”

**“Gently They Rage is available from good booksellers and online stores such as Amazon in paperback format for £7.99 or Kindle edition for £3.99.**

I first got to know Linda Negus as a founder-member of Hethersett Writers' Group a number of years ago.

Linda had a passion to help others through writing about families through interviews with those having to cope with disabled children. As I read through Linda's various chapters I was struck by the complexities of the conditions she was writing about.

Each family was different and each family coped in different ways. Linda, herself, was not only undertaking a personal journey but also helping families to understand that they "were not alone."

The result was a heart-warming read, at times sad but always life-affirming and gripping. As she made her journey Linda realised that the best way to deal with the prose was to let the families tell their own stories through a series of interviews.

Mainstream publishers rejected the book on the grounds that it was too wide reaching and not specific to one condition. But that is exactly its strength and now, thankfully "Gently They Rage" is available to a wide audience.

The power of the book is perfectly summed up by the following comment left on Linda's web site by one of the mums interviewed.

"Hi Linda, Your book arrived this morning and I'm already halfway through!! I just wanted to congratulate you on such a wonderful piece of work which I'm sure will really support and inspire many people. I also wanted to thank you for being so truthful and sticking exactly to what I told you. It was a big leap of faith sharing my experience not knowing how much would be altered and worrying how I may come across, but you treated the information with sensitivity and honesty."

That response says in a few words exactly what the essence of the book is. We will have an extract from "Gently They Rage" in the next Hethersett Herald.

## Volunteer Deliverers Needed

Hethersett Good News magazine is looking for volunteer distributors to deliver its monthly publication.. Anyone interested should contact Monica Moore on 01603 811731.

# Hethersett Schools' Watch

A talented violinist from Hethersett Academy has added another string to his bow as he's been selected to play in Italy with a prestigious youth orchestra.

Oliver Battley, who is a Year 8 pupil, will perform at an open-air concert in Verona, as well as in the stunning Lake Garda village of Pastrengo, as part of Norfolk County Strings' July tour.

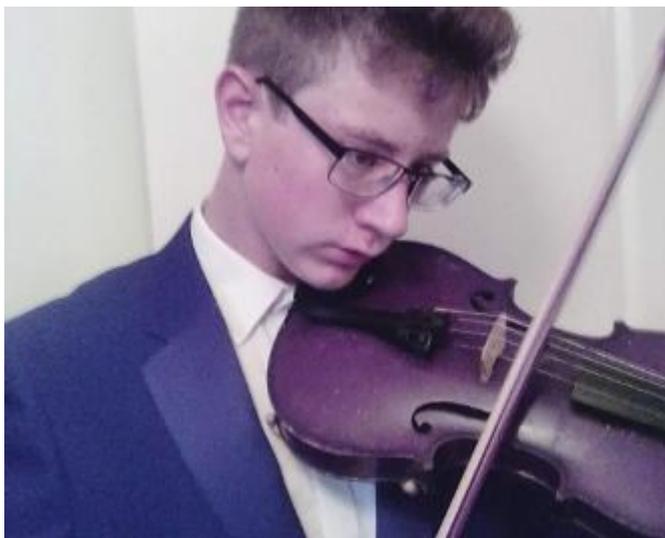
The young maestro started playing the violin in Year 2, and recently passed his Grade 4 exam.

He's been playing in the string ensemble, run by the Norfolk Music Service, for just over a year.

Oliver said: "I'm really looking forward to going to Italy for the first time to perform with the orchestra.

"I'm also excited to experience some of the culture, like going to the opera and visiting a water park!"

This story is taken from the Hethersett Academy web site at:



[www.inspirationtrust.org/hethersettacademy](http://www.inspirationtrust.org/hethersettacademy)

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

# Hethersett Schools' Watch

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In the June edition of Hethersett Herald we carried a piece about the retirement of popular Hethersett Old Hall School Facilities Manager Michael Reeves. Here Liz French pays her own special tribute to Michael and introduces his replacement

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WHEN Michael Reeves, our illustrious Facilities Manager and erstwhile chef too, first joined Hethersett Old Hall School in 1990, Mrs Thatcher was still Prime Minister, the Channel Tunnel wasn't quite finished and the very first web server, the foundation of the internet, was just being launched.

It could reasonably be claimed that in the intervening 28 years, this capable, reliable, multi-talented Irishman has made as big an impact on our school as those events have made on the world!

Before preparing to return to his beloved Ireland to enjoy a well-earned early retirement, Mr Reeves spoke to assembled staff of his affection for the school and was presented with gifts from catering, teaching and office colleagues, including a framed print of the school, hand-coloured and with a personal embellishment courtesy of Year 10 pupils!

Mr Reeves said he had been overwhelmed by the generosity and good wishes he has received from staff, pupils, parents and suppliers past and present. We will all miss Mr Reeves and wish him the very best for this next exciting chapter in his life - and some rugby victories for Ireland!

The above story was taken from the Hethersett Old Hall School web site and used with permission. The web site can be accessed at:

**<https://www.hohs.co.uk/>**

Chris Wilson has been appointed the new facilities manager. Mr Wilson joins us with a wealth of varied and practical experience in hospitality, leisure and tourism and most recently from a similar role in another independent boarding school.

He says that he knows that Michael Reeves will be a very hard act to follow but that he is looking forward to the challenge. "There's a huge amount to learn about the workings of the school", he said, "but everyone has been so friendly and helpful - it seems like one big family really!"

Mr Wilson will be running many of the practical aspects of the school and its buildings and grounds, including working with external organisations who rent our facilities when they're not in use by the school.

# Hethersett Schools' Watch

A high school pupil has won a national competition to design a postage stamp highlighting the importance of oceans and reefs.

Laura Gilbert, a year seven pupil at Hethersett Old Hall School, will see her winning design featured in the Year of the Reef issue of stamps for the British Indian Ocean Territory (BIOT).

A panel of judges selected Laura's design, which depicts a turtle swimming through a reef.

Laura said: "I like art and drawing so it was good when our science teacher Mrs Mann suggested that we get involved in this competition.

We had just been discussing about how the oceans are being polluted with plastic and the coral reefs are dying.

"My picture for the stamp shows a reef how it should be, healthy and alive. We need to make sure we save the coral reefs, otherwise we lose a big part of our world."

Bryony Mathew, deputy commissioner of the BIOT, sent Laura a letter from the Foreign and Commonwealth Office which said: "We had a huge number of entries and it was very hard to choose the winners but we loved your design and think it will look fabulous as a stamp for the territory."

Laura will receive a framed copy of the first issue, First Day Cover, together with two unframed covers and a certificate from the commissioner of the BIOT.

Hethersett Old Hall School had another success in the competition, with Maisie Alger in year 12 receiving a high commendation in the older age group entries.

The BIOT is a large and isolated atoll complex half way between Tanzania and Indonesia, with more than 50 small islands and many coral reefs.

In 2010, the UK government created one of the largest Marine Protected Areas (MPA) on the planet inside the BIOT.

All commercial fishing was stopped, making a 640,000 square-kilometre of the



# Hethersett Schools' Watch

Indian Ocean a safe refuge for 310 species of coral, 821 species of fish and 355 species of molluscs.

Victoria Mann, head of science at the school, said: "I love the idea of science and art coming together in such a topical and interesting competition.

"It's a great way to draw attention to the territory's conservation work and their Year of the Reef initiative and I am thrilled that Laura's design has been chosen – and that Maisie's has been commended too."

## To Let



### **Woodcote, Firs Road, Hethersett**

1 bed, 2 person first floor flat.55+ with level access shower, communal garden, close to amenities

**Please Call 01603 750248**

Rent	£403.51
Service charges ineligible for housing benefit	£34.60
Service Charges eligible for housing benefit	£100.00
Water	£11.87
<b>Total</b>	<b>£551.98</b>

# The Model Prison

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Hethersett-based author Neil Haverson is one of many volunteers at the Wymondham Heritage Museum. In a special feature for Hethersett Herald, he looks at the history of Wymondham Bridewell.

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IN 1553 one of Henry VIII's palaces was converted into a House of Correction to deal with vagrants. The palace was known as 'Bridewell Palace' because it was near the Holy Well of St Bride in London. As other houses of correction came to be built, they too were called 'Bridewells'.

The first Bridewell in Wymondham dates from 1619 when the basement of an old medieval house, on the site of the existing Bridewell, was used as a dungeon. Prisoners were kept in chains in the darkness.

Today, The Bridewell is the home of Wymondham Heritage Museum. It is the building that



helped shape prisons across the country and in America – thanks to 18<sup>th</sup> century prison reformer John Howard (pictured on the previous page).

Howard was born in Hackney in 1726, the son of a partner in an upholstery business. When his father died in 1742 he inherited considerable wealth and travelled widely on the continent. In 1773 he became High Sheriff in Bedfordshire. Among his responsibilities was Bedford Gaol.

When he inspected it he was appalled at the conditions and shocked that the only money jailers got was fees from the prisoners.

Also, that prisoners were kept in after serving their sentence because they hadn't paid their release fees.

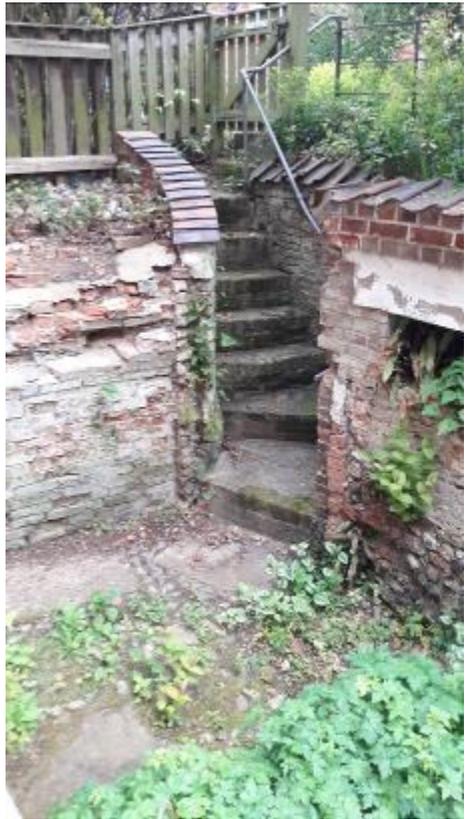
Howard persuaded the House of Commons to pass two acts that stipulated first that discharged persons should be set at liberty in open court and that discharge fees should be abolished and secondly, that justices should be required to see to the health of prisoners.

However, he was not satisfied that the acts had been fully implemented. Between 1775 and 1790 he made seven journeys across Europe in search of a humane prison system for English gaols to follow. In 1779 he came to Wymondham's Bridewell. He described it as "one of the vilest prisons in England". He put forward recommendations which led to the building of a new Wymondham Bridewell. It followed the design of Sir Thomas Beevor

Beevor was well-known in the town for his agricultural interests and was chairman of the local magistrates. A meeting was held at the King's Head in Wymondham Market Place in July 1784 and a committee formed "for the erecting of an additional building to the Wymondham Bridewell".

Sir Thomas produced the first set of rules for the best management of prisons.

Built in 1785 to John Howard's standards, the "new model prison" in The Bridewell opened with two wings containing seven or eight cells in each and a workhouse on the ground floor. A staircase led to women's cells with a workroom, infirmary, scullery and toilet.



Other innovations included each prisoner having his or her own cell and men and women being kept separately from each other. Reform rather than repression was the guiding principle of the new prison. This more humane prison was used as a blueprint for gaols across the country and in America. It is known as The Model Prison.



In 1810, the Bridewell was extended to provide a home for the prison governor and additional facilities. It closed in 1825 but reopened in 1832 as the Norfolk Women's Penitentiary.

The women prisoners ran a laundry and washing was hung on lines in the old exercise yard, now the museum's garden. A 1995 excavation of the yard revealed the original cobbled dungeon floor, which is now on public view

Each prisoner was given a New Testament and one of these was used to make a pack of playing cards, which can be seen in the museum today.

Visitors to The Bridewell can see the steps that John Howard descended to inspect the dungeons, a recreation of the dungeon and ankle chains from the original dungeon plus a cell door dating from 1810.

The building served as a prison 1785-1878, a police station 1850-1963 and a courthouse 1879-1992. In 1879 the south wing of the Bridewell, now the main gallery of the museum, was converted to a courtroom. Magistrates also had rooms in a part of the building which had previously been the prison governor's house. Petty Sessions were held there until 1992.

The Bridewell then became derelict until Wymondham Heritage Society bought it with the aid of grants, from Norfolk County Council in 1994.



In 1996 the Duke of Gloucester officially opened Wymondham Heritage Museum and the Bridewell complex. The Howard League for Penal Reform was established in 1866 and is named after John Howard. It is the oldest penal reform charity in the UK. [www.howardleague.org](http://www.howardleague.org)



### **What to see at the museum**

Displays and artefacts tell the story of Wymondham and its people over the centuries. Medieval pilgrimages and Wymondham Abbey, The Great Fire of 1615 and the Market Cross which celebrates its 400<sup>th</sup> anniversary this year. Victorian games and pastimes and there are many familiar products in the re-creation of a 1930s general store. The agricultural display recalls the days of farming with horse power and the Brushroom charts the history of the town's once major brush making industry and reveals why it went into decline.

“The Lost Pubs of Wymondham” exhibition feature proved so popular last year it has been retained for a further season. It displays photos of the old pubs together with stories about their history - and some of the stranger things that happened in them.

What happened to “Treacle Jack” after drinking his last half pint in 1899 at the White Horse? Which pub was a bullock driven into and why? And which Market Street pub was known as “Up the Steps”?

### **Highlights for 2018**

A major exhibition marks the centenary of the end of the First World War. It features Wymondham



women on the home front and how they stepped up to fill the roles of the menfolk while they were away fighting.

Women such as Elsie Standley, a Red Cross nurse who worked at a local hospital. She also drove the van for the family's ironmonger's shop, something the men would have done before the war.

And, of course, the story of the town's most famous citizen, Robert Kett. Kett's Rebellion was a protest against rich robber barons who had stolen the common land, leaving the peasants to starve. It was the most serious outbreak of unrest during the reign of Edward VI. But why did a wealthy yeoman farmer and tanner become the leader of this rebellion? Visitors can find the answer in the refurbished section devoted to Robert Kett plus what fate befell him and his brother William.

Wymondham Heritage Museum, The Bridewell, Norwich Road, Wymondham is run entirely by volunteers and is open from March to October, Monday to Saturday 10am to 4pm, Sundays 1pm to 4pm. The Museum's Bridewell Tearoom serving tea, coffee plus homemade cakes and scones is open Monday to Friday 10.30am to 3.30pm. Go to [www.wymondhamheritagemuseum.co.uk](http://www.wymondhamheritagemuseum.co.uk)

## All Aboard to Counter Loneliness

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**Traditionally August can be a lonely month for some in our community. In a special article Debbie Rose from the South Norfolk Hub Community Project looks at how the Wymondham-based charity is reaching out to those suffering from loneliness in our society. Hethersett residents are cordially invited to join the All Aboard initiative.**

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THIS time of year is traditionally a time when we look forward to our summer holiday and meeting family and friends for fun and adventure. However, for some in the community this seems unattainable as they simply have 'no-one to go with'.

There has been much media coverage recently about the impact of loneliness in our communities.

Hub Community Project, a Wymondham based charity, is repeating it's project for those who feel lonely or isolated to meet up with others for companionship, food and fun. This will be in the format of a 'holiday at home' with three days

of themed activities and entertainment including a coach outing. Refreshments and lunch will be provided. The project is supported by two local retailers, One Stop and the Co-op, each by making a grant towards the costs from their 5p charge for carrier bags.

The Manager of Wymondham Co-op in Wymondham Market Place, Alan Tilley, said: "I am really proud that we can support such a worthwhile cause in our community".

Loneliness can affect people of all ages but for the elderly it can be an issue which leads to emotional and mental health problems. Many older people live alone and are not often visited by their children or other relatives.

They can often lose touch with their other contacts, as they or their friends become increasingly ill and less able to leave their homes, or they suffer bereavements which leave them feeling less able to make connections with new people.

This isolation is widespread among those over 75, with nearly half saying that television or pets are their main form of company and, with as many as 13% of over 75 year olds, admitting that they are either often or always lonely.

All Aboard! will take place from Tuesday 14th August to Thursday 16th August at the Hub, Ayton Road, Wymondham, NR18 0QJ.

The project aims to gather older people and connect them with those with similar interests so that lasting friendships can be formed.

At the close of the project people will be signposted to local activities; with a companion it is hoped that they will be able to play a fuller part in the community.

Evidence shows that combatting loneliness in this way will have a positive and beneficial effect on the health of those attending.

There is no charge for this event but booking is essential. For a booking form please call 01953 798505. For more information please contact Linda Bradbeer by email at [linda.bradbeer@lineone.net](mailto:linda.bradbeer@lineone.net) or call 01603 812619.

Hub Community Project runs a number of support activities for families in the community, see their website [www.hubproject.org.uk](http://www.hubproject.org.uk) for full details.

You can view a poster for All Aboard on the next page.

# All Aboard!

10.00am – 3.30pm Tues 14 - Thurs 16 August 2018  
The Hub, Ayton Road, Wymondham, NR18 0QJ

## August doesn't have to be a lonely month

Another chance to enjoy three days of activities and adventure for seniors who feel lonely and/or isolated to come along and have some fun and make new friends. Inclusive of:

**Refreshments & lunch • Activities & entertainment • Coach outing**

Transport can be provided from Wymondham Market Place.

For more information contact Linda  
email [linda.bradbeer@lineone.net](mailto:linda.bradbeer@lineone.net)  
or tel 01603 812619  
[www.hubproject.org.uk](http://www.hubproject.org.uk)

To book please contact  
Debbie Rose, tel 01953 798505  
The Hub, Ayton Road,  
Wymondham, NR18 0QJ

All Aboard is part of Hub Community Project. Registered charity no 1131485

Thank you to our sponsors:



# Council/Government Contact Numbers

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

## **Member of Parliament**

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

## **Norfolk County Council**

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

## **South Norfolk Council**

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

## **Hethersett Parish Council**

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

# HETHERSETT HERALD

Your Monthly E-Magazine

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

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

**HETHERSETT HERALD**  
February 2017  
Number 98



### On The Shortlist

2017 will be a year of promise for the village. In the past few weeks we have seen a number of successful candidates for the role of village councillor. The shortlist for the role of village councillor is as follows:

**More Accolades for Hethersett Academy**

Hethersett Academy has been awarded the title of 'Outstanding' for the second year in a row. This is a testament to the hard work of the staff and the support of the parents and the community.

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December 2016  
Number 97

Rememberance Special - Pages 16-20

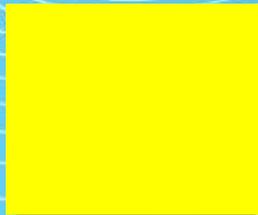
### Major Honour for Mike



Major Mike has been awarded the title of 'Outstanding' for his services to the village. This is a well-deserved honour for his many years of dedication and hard work.

### More Development?

The village is currently in a state of development. There are a number of projects in the pipeline, and it is hoped that these will bring about a number of new developments in the village.



# Vote Vote Vote For Hethersett



THE project to re-build and modernise the out of date and unfit for purpose pavilion on Hethersett Memorial Playing Field (pictured above) is gathering pace and residents will have the chance to support it by voting for a grant whilst shopping.

The project has been shortlisted for the Tesco Bags of Help Grant Scheme for a customer vote in selected stores during July and August. The pavilion project will go forward with two other projects for an in-store vote at Tesco shops in Hethersett, Drayton, Taverham and Acres Way in Norwich.

“Your project, along with the other two successful projects in your region, will go forward to a vote in Tesco stores where their customers will decide the outcome by voting for their favourite project each time they shop. Voting will take place from Sunday, 1st July, to Friday, 31st August,” the publicity states.

The result of the vote will be known at the end of September. The project with the highest number of votes will receive £4,000, the second placed project will receive £2,000 and the third placed project £1,000. The pavilion project has also applied for a share of the £150,000 available to the village from S106 development money. The closing date for applications for this money was the end of June.

# Cottages and War Experiences

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**We conclude our extracts from the diary of Bill Morton taken from the web site Hethersett - A Village at War. In this third extract Bill looks at slot machines, pubs and sport in Hethersett.**

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## MY FIRST ENCOUNTER WITH A SLOT MACHINE

ONE of my earliest memories was my first encounter with a slot machine. At the junction of the main road into the village and the London Road, was a Public House called the Queen's Head.

Next to the Pub was a tobacconist sweet shop and one day a square box arrangement appeared fastened to the outside wall of the shop. Inquiries revealed that it was called a slot machine and that if you put a penny in the slot, a package of chewing gum would come out. Chewing gum was a fairly recent thing in the village and a slot machine was a mechanical marvel. The only problem was that very few of the boys had the necessary penny to make this contraption disgorge a package of chewing gum.

One day one of the boys earned a penny and word went around that he was going to put his penny in the slot machine, so we all went along to watch this encounter. He advanced upon the slot machine and with an assumed nonchalance inserted the penny into the slot, pulled the lever and lo and behold out came this small package marked Wrigley. Inside this package were four small peppermint objects which we all gathered around to admire. He made quite a performance of chewing and we all watched him with envy.

Another wonder appeared in the village. A local man obtained a potato chip cart. This was a horse-drawn cart with the capability of frying chipped potatoes. He would set up at a convenient spot in the village and French fry chipped potatoes which he then wrapped in newspapers and sold a small bag for a few pennies.

The village would be visited about twice a week by ice cream vendors riding cycle contraptions with boxes on the front in which were stored ice-creams. They had loud bells which they rang to let us know they were in the village. There were two of these vendors who sold ice cream bars called Eldorado and the other was labelled Walls. Walls seems to have been a fairly large firm in the food

business as I remember sausages made by them.

The village had a good football team (soccer) as well as a cricket team. The football team played on a field adjacent to the Rectory which was also used by the National School team. The cricket team had its own pitch close to Hethersett Hall.

The two schools had football and cricket teams. There were area sports events and the two benevolent societies, the Odd Fellows and the Foresters, held their own sports days. For swimming we went to Barford and there was a boxing club in the town of Wymondham which some of us attended. Cycling was a good recreation and, for a couple of years, I was a member of the Cyclist Touring Club and attended their Sunday rides to various destinations in the county.

We played a game we called basketball with a ball about the size of a soccer ball which required two farm baskets (used for gathering fruit) at each end of our playground. We had to get the ball into the baskets and were only allowed to take a few steps when in possession of the ball.

The most popular sport among boys as I was growing up was soccer. Very few of us could afford a soccer ball, but anything we could kick such as a tennis ball or even an empty salmon tin would suffice. Often we resorted to kicking "road apples" left by horses but they disintegrated much too easily. One boy went to the local pork butcher and came back with a pig's bladder which turned out when blown up to be not much good for soccer but worked better for the form of basketball we played.

Organised sports for young people were not very well developed in the village. The school had a soccer team but the problem was getting soccer boots. Most boys could not afford to buy soccer boots and playing the game in the boots we wore to school was frowned on by the schoolteachers, not to mention the families who found it difficult to keep boys shod in any event.

After reading Bill's memories on the Hethersett at War website, Martin Summers from Australia sent us some of his own memories.

"Bill mentioned the arrival of a machine that dispensed chewing gum on the wall at the Queen's Head, also a tobacconist and sweet shop adjoining the pub. I was born at the Queen's Head and my parents ran the Pub for over 44 years. As far as I can recollect there was never a tobacconist and sweet shop adjoining the pub. There was, however, a wool shop which Edna Fiske ran. All sweets and tobacco products would have been sold in the pub. After Edna finished there was a cobbler in there. Did you know there were two bombs dropped in Hethersett? One at the harness makers, Hickling's, which knocked one egg cup off the wall and one on Back's land towards their enclosed garden walls. Two soldiers were also killed outside the Queen's Head and their bodies were stored in the shed until they were removed by the undertaker just behind the air raid shelters."

# Groups and Societies

## Heart of Hethersett Bereavement Group

The group continues to meet fortnightly on Tuesdays from 5.30 until 6.30pm at Woodcote Sheltered Housing complex in Firs Road. Everyone is welcome and light refreshments are served. A programme for the remainder of the year is being put together. Meetings in July will be on Tuesday July 3rd, July 17th and July 31st.. The group will be celebrating its second birthday in September.

## Funding for Dementia Group

Hethersett Dementia Support Group has been awarded a £1,000 grant from South Norfolk Council.

The district council has chosen a number of community groups from throughout South Norfolk to give grants to under its community action fund initiative.

The panel considered 28 applications with 14 of those successfully securing funding from a £50,000 funding pit.

South Norfolk Council's deputy leader Michel Edney said: "There are some fantastic projects happening in South Norfolk and we were overwhelmed and delighted with the volume and variety of applications. This fund really makes a difference, supporting voluntary groups and communities and improving local people's quality of life."

The money for Hethersett Dementia Support Group will help to fund a much needed laptop computer as the village looks into launching an umbrella organisation to bring together all the "caring groups" in the village.

The Dementia Support Group holds a café on the third Tuesday of each month in Hethersett Methodist Church Hall between 10am and midday. This provides an opportunity for dementia sufferers and their carers to meet and chat over refreshments and take part in activities such as singing. There are also guest speakers. Further information is available by e-mailing [hethersettdementia2016@gmail.com](mailto:hethersettdementia2016@gmail.com). Please leave a telephone contact number and a member of the group will get back to you within 48 hours.

# Groups and Societies

At the group's monthly café on June 19th, former Hethersett Police Community Support Officer Darrin Sore entertained with songs from a number of decades from the sixties to the eighties. Darrin is now a full-time entertainer after the decision to cut the entire Norfolk PCSO workforce.

## Hethersett Women's Institute

Members enjoyed a demonstration of Furoshiki the Japanese art of scarf folding by Cindy Puttock. Members heard that squares can be used to gift wrap presents or to make a colourful purse or handbag. Scarves can be used to cover items such as books or bottles.

A number of institutes from around Norfolk - including Hethersett - combined for a get-together and enjoyed a talk from Dr Penelope Watkins on the subject of fashion. She has enjoyed an interesting life as a technical fashion design consultant, travelling the world. Her aim was to help women enjoy their shape and have a better understanding of garment fit from the inside out. Her talk focused on lingerie through the ages.

## The RiNG

The Rheumatism in Norfolk Group enjoyed a talk by Kerrie Gallagher from South Norfolk Council on "The Hub." The group's summer outing will be on July 22nd when members will be travelling by coach to Houghton Hall. There will be no meeting in Hethersett Village Hall in July but the RiNG will return to the venue on August 1st when Clare Ouaddane from the Red Cross will talk about First Aid. The group welcomes anyone suffering from arthritis in whatever form. The entrance charge of £3 covers entry, speaker costs, tea and cake. Annual membership costs £6. The RiNG is a non-profit group. For more information visit the group's website at [www.thering.org.uk](http://www.thering.org.uk) or telephone 0800 072 9597.

## Singing Fellowship Music and Tea

Hethersett Methodist Church's Singing Fellowship held a summer music and tea event in the church hall. A good number attended an afternoon of music, readings and poems followed by tea and home made cakes.

# Groups and Societies

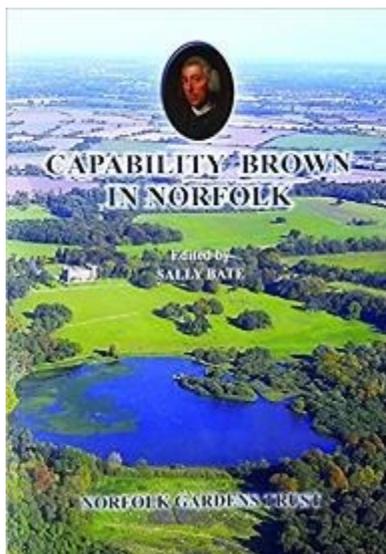
## Hethersett Parochial Charity

Hethersett's parochial charity has received a "substantial increase" in requests for funding during the past year, the annual meeting heard. The trustees made grants totalling £1,015 to Hethersett residents in 2017, compared with £513 in 2016. The charity's income for 2017 was £662 from investments. The charity still has funds available to support all areas of the village from children and young families to the elderly. Further information is available from clerk to the trustees Stephanie Clarke on 01603 811589 or from any of the other trustees whose details are on display in Hethersett Library.



## Hethersett Probus Club

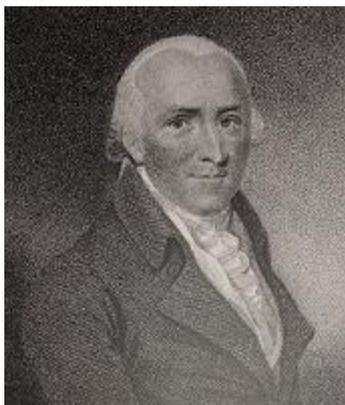
Probus welcomed Charles Lewis, WEA lecturer, who talked about the importance of Mosques in Islam. He illustrated his talk with slides of Mosques from across the Islamic world from the sixth to the 20th century. It concluded with an image of the Taj Mahal in Agra which was completed in 1652 and erected as a tomb for the Emperor's wife Mumtaz Mahal. It took more than 20 years to build and is said to be the most beautiful building in the world. At a subsequent date, Tina Chamberlin entertained with Norfolk poems and dialect. Tina, whose poems have been featured in previous editions of Hethersett Herald was born in Swardeston before moving with her family to Bawburgh. Tina read poems from her books "I Sit Here Think Un" and "Un Still A Think Un."



# Groups and Societies

## Hethersett Society

Sally Bate, Vice-Chairman of the Norfolk Gardens Trust, described the impressive work of the trust and then spoke about Capability Brown, showing examples of



his landscaping in Norfolk on the large estates of Sheringham Park, Melton Constable, Kimberley and other sites such as the Great Hospital in Norwich. She also spoke about estates further afield such as Chatsworth and Blenheim. Sally is the co-author and editor of the book “Capability Brown in Norfolk” and will have a book on Humphrey Repton published in the near future. Pictured above on the left is Humphrey Repton and on the right Capability Brown. Repton is buried in the graveyard of St Michael’s Church in Aylsham and Brown is buried in Fenstanton in Cambridgeshire.

***Herald Associate Editor and Hethersett Society member, Gary Wyatt, reviews the society’s June meeting –***

The talk in June was given by Andrew Shelley. It was billed as ‘Hethersett Excavations’ although Andrew told us at the outset that most of the talk would be about the St. Anne’s Wharf site in Norwich. Andrew worked for the now defunct Norfolk Archaeology Unit until 2005, during which he was involved with the Myrtle Road site at Hethersett, but returned to the area in more recent years to work for Orbit Homes on the site in Norwich.



# Groups and Societies

The Myrtle Road site was an area of land now occupied by the 'Poppyfields' housing development and the excavations were undertaken on behalf of Taylor Wimpey, the site developer. Unfortunately the excavation report has never been published, but Andrew gave us a summary of the main findings.

The work took about six weeks in late summer 2005 and involved excavating a rectangular block covering about half the site. The site was almost certainly a Roman farmstead, probably attached to the known villa complex in the field to the west beyond the green lane which leads to the parish pit. The site was probably occupied from the late third century AD to the end of the Roman period in Britain in the fifth century.



The archaeological findings on the farm include a quarry site, wells and stock enclosures. There was also what seems to be a quite sophisticated crop drier, built from clay walls with a ventilation system which would circulate warm air from a fire in a hearth. (What did the Romans ever do for us? Invented crop driers ....) There was also a large ditch filled with what Andrew called 'high status' objects, including table vessels and a 6cm long copper bird statue.

Andrew then moved on to talk in more detail about the St. Anne's Wharf site in Norwich which is situated between King Street and the River Wensum. Building of apartments on the site is well advanced at the time of writing, and can be viewed from the new(ish) footbridge which crosses the river opposite the cinema not far from the train station.

Prior to this development, the site was occupied most recently by various Watney Mann brewery buildings (some readers will fondly remember the infamous Watney's Red Barrel beer) and had been excavated before, in 1970, and again between 1999 and 2004 after closure and demolition of the last brewery buildings.

# Groups and Societies

The known history is that it was the site of settlement of the Austin Friars, who came rather late to Norwich in about 1289, when the higher settlement sites in the city were already occupied by other friars, such as the Dominican, Franciscan and Carmelites, leaving only a rather marshy area on King Street by the river as a possible site.

An interesting point is the River Cockey, which runs underground through the city centre, apparently still outfalls into the Wensum at the bend in the river by the site.

Excavations clearly show that the newcomers raised the site with earth banks and built a church (St. Michael in Conisford) above river level, and also a culvert carrying the Cockey, which was probably used as a sewer.

Walls and numerous tombs were revealed in the excavations, some closely packed with skeletons, and some of which were apparently buried with 'papal objects'. Other finds included bone flutes, spindles, gaming counters (did the friars gamble, I wonder?), an ice skate made from sheep bone and parchment pricklers.

It is known that the friary was demolished during the dissolution of the monasteries in around 1538 and the site became the garden for Howard House, the home of the Dukes of Norfolk, which still stands on King Street and has been carefully restored by the current developers as part of the planning deal for the site.

Although not quite as billed, this was nevertheless an interesting talk, and stimulated numerous questions from members at the end.

The talk at the July meeting, Monday 9<sup>th</sup> at 7.30pm in the Methodist Church meeting room, will be given by Mary Parker (coincidentally a former work colleague of your correspondent) who will speak on "The restoration of the Ketteringham Icehouse". As usual, new members are very welcome.

IF you would like your group or society featured in Hethersett Herald please send reports and details to the email address below:

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

# Hethersett Matters

**OUR monthly round-up in conjunction with Norfolk Trading Standards of some of the scams currently doing the rounds and how to avoid becoming a victim.**

Our first warning this month is to watch out for telephone cold calls regarding loft insulation. During these calls a variety of claims and approaches are being used including:

- That they can offer a 'free roof insulation check'.
- That your insulation 'needs to be checked' and they offer a 'free loft survey.'
- That 'old' or 'fibreglass insulation' is now 'illegal' or 'unsafe', sometimes stating this is due to 'fire safety' or 'Brexit.'
- That they are 'doing quotes in your area'

The cold caller will then attempt to make an appointment for a 'surveyor' to visit your home.

Always be very wary of any approach made in a telephone cold call and never give or confirm any personal details or agree to someone visiting your home if approached in this manner.

If you need advice about cold calling or have agreed to a visit during a cold call contact the Citizens Advice consumer helpline via their online reporting form or telephone 03454 04 05 06.

Our second scam alert this month surrounds telephone cold calls claiming to be from HMRC about Income Tax debts.

During the cold calls the callers are often stating they are 'HMRC Officers' and are calling about 'discrepancies' or 'underpayment of tax,' sometimes claiming the debts go back a number of years.

The cold callers are then making a number of demands including:

- That the resident gives the caller personal information and bank account details.
- That the resident arranges to transfer part or all of the alleged 'debt.'
- That the resident withdraws cash from accounts which will then be collected from their home.

- That the resident purchases high value gift cards, often iTunes cards, to the value of the alleged debt. Following this the resident will receive a further call to take the details from the gift cards to 'clear the outstanding balance'.

In some cases the cold callers are making threats about the call recipient being 'arrested' or having to attend court if they do not comply with the caller's instructions.

HMRC advises that phone scams are widely reported and generally attempt to target elderly and vulnerable people. They often involve people receiving a call out of the blue and being told that HMRC is investigating them. If you can't verify the identity of the caller, we recommend that you do not speak to them.

We advise you to always be very wary of any approach made in a telephone cold call and never give or confirm any personal details, financial details or agree to make payments if approached in this manner.

You can report suspicious telephone cold calls to Action Fraud on 0300 123 2040.

## EDITH CAVELL DAY CENTRE SWARDESTON

### ***An Update From The Edith Cavell Centre***

We have welcomed some new members this month and it is good to see them joining in with the activities and entertainment that we offer. For those who wished to, there was an outing to Banham Zoo, and a lunch party kindly organised at a volunteer's house. The June programme also included, Bring and Buy stalls, Reminiscences on "A day at the seaside", a cookery demonstration and making Poppies for a county display in commemoration of the 100<sup>th</sup> anniversary of 1918 Armistice.

Hand and foot care, hearing aid checks, and seated exercises are also regularly offered .

We would welcome new members from Hethersett and transport can possibly be arranged. If you or anyone you care for would like to come for a free taster day (by appointment please) telephone the organisers Liz Brown and Julia Jones, between 10am. and 3pm Monday, Wednesday, or Thursday. For more details also see our website [www.ecav.co.uk](http://www.ecav.co.uk).

The fundraisers are organising a summer garden party on Sunday, 29<sup>th</sup> July, from 2-5pm at the Old Rectory, Swardeston. Admission is £5 which includes refreshments and raffle.

# Picture Perfect



Pictures taken of the floral display outside Hethersett Youth Club by Angela Eden



## Hedgehogs in Crisis

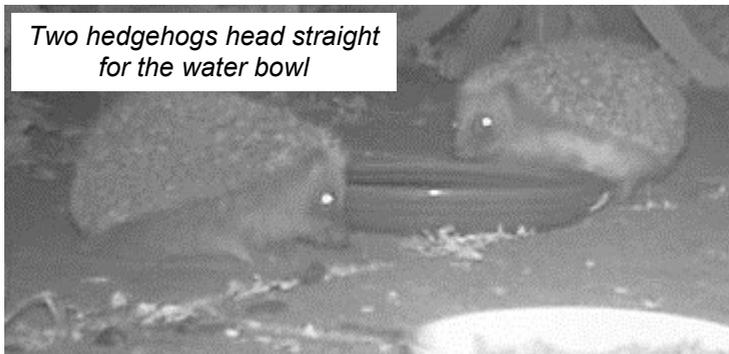
FLAMING June brought with it days of sunshine and heat and drearier days overcast with cloud. What it did not bring was rain. This was wonderful for BBQs and days-out but dreadful for wildlife.

In my garden, some of the flower beds are baked so hard that not even the most desperate worms would have poked their heads above the surface. In May and June only one inch of rain fell in two months. Farmers are split about whether the warmth is good or bad.

Fruit farmers are delighted that their strawberries are ripening while cereal farmers have seen their crops brown and wither with a possible loss of 50% of their yield gone.

The nights are so short and the days so long that nocturnal animals only have about six hours to find what limited amount of food is available. Hedgehogs have

been coming out looking for food in my garden several hours before dusk and on occasion have been there as early as 7 pm. They are not sick animals looking for warmth; they have simply spent too long without food or water.



*Two hedgehogs head straight for the water bowl*

If you see one out and about at this time and it looks active and healthy then make sure that there is water available and then leave it alone.

For months I have been talking about the decline of hedgehog numbers and this has been confirmed by a recent report which estimates that numbers have fallen by up to 73% in the last two decades and that only around 500,000 are left. They are now considered to be at risk. Hopefully people will now accept that they have been at risk for a long time and that more needs to be done to protect them.

We had one patient in care here - Mervyn. He was found in a lorry yard in day-

# Hethersett Hedgehogs

light, dusty and with a bad leg. His finder had kindly taken him to the vet who x-rayed him and found no broken bones.

He spent several days

resting in one of the hutches then several more days in the outside run. Cameras showed that he was no longer limping so the run was opened and he could have left whenever he chose to but he was wise enough to stay put where he had a house, a comfy bed and lots of food and water.

It was days before he roamed away. I still put food in the run every night and it is always eaten by morning.

There are a lot of hedgehogs in my garden not only from those that have been released there but from the nearby fields as they are aware that it is a place where food and water is always available. My neighbours see them scampering across their lawns heading in our direction and they cross the road from the houses opposite.

If all the food has gone before the last hedgehog has left then I know that I have to put out more. The amount I offer them has increased a lot in the last three weeks until I now put out six pouches of wet meat-based cat food and five dishes of dried food which is a mixture of kitten biscuits, mealworms and special hedgehog food, every night. There are also three large shallow dishes of water that even the smaller hedgehogs can access.

The cameras have shown some terrible fights among the alpha males and there is one hedgehog in particular who appears to have taken up the crown held by Asbo last year.

He is easily identifiable as he has an odd marking and is nasty but like all bullies one day they meet their match and he has been dethroned by another male who refuses to be bullied but does not bully others. Peace may reign again.



# Hethersett Herald

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

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

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

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

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

## **Herald Team**

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Patricia Mills

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

# Hethersett Herald What's On

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

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

**Sunday 1st** - Tortoise Open Day at Hethersett Village Hall, 10am to 3pm. See page 62 for further details.

**Tuesday 3rd** - Heart of Hethersett Bereavement Group meets at Woodcote Sheltered Housing Complex in Firs Road, 5.30-6.30pm. All welcome.

**Tuesday 17th** - Hethersett Dementia Support Group café, Hethersett Methodist Church Hall, 10.30 to midday.

**Tuesday 17th**- Heart of Hethersett Bereavement Group meets at Woodcote Sheltered Housing Complex in Firs Road, 5.30-6.30pm. All welcome.

**Saturday 28th** - Hethersett Hall Soup Saturday from 12.30pm. See next page for details

**Tuesday 31st** - Heart of Hethersett Bereavement Group meets at Woodcote Sheltered Housing Complex in Firs Road, 5.30-6.30pm. All welcome.

## HETHERSETT SOCIAL CLUB

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

**Mondays - Closed**

**Tuesdays - 7-11 pm**

**Wednesdays - 7-11 pm**

**Thursdays - 7-11 pm**

**Fridays - 5-11.30pm**

**Saturdays - Noon to Midnight**

**Sundays - Noon to 6 pm**

# Hethersett Herald What's On

## Cringleford and Hethersett Flower Club *By Jenny Walpole*

Forthcoming events in 2018:

**23<sup>rd</sup> July** - Crystal Dyball "Let's Celebrate"

**24th September** - Lorraine "Floral Fusion."

**22nd October** - Anna Potter "Ragged Robin Flowers."

**26th November** - Nick Grounds "Bah-Hum Bug."

We are having an outing to Dale Farm on Monday, 2<sup>nd</sup> July; a personal tour followed by tea with homemade cakes.

There will be a garden coffee morning at 20, Colney Lane, Cringleford, on Saturday, 7<sup>th</sup> July from 10.30am to 12.30pm in aid of the Star Throwers Charity.

We generally meet on the fourth Monday of the month (Bank holidays usually the third Monday) at Hethersett Village Hall, 7.30pm. We have a qualified demonstrator and you have the chance to win one of the arrangements via a raffle at the end of the evening. Our membership for a full year is only £25 and we welcome visitors at a cost of £5 per normal meeting. We are also on Facebook - Cringleford-Hethersett-Flower-Club.

## A Hearty Welcome

HETHERSETT Hall Residential Care Home has launched Soup Saturdays to help local people suffering from loneliness. Soup Saturdays will take place on the last Saturday of each month from 12.30pm.

"We know meal times can be a lonely time for some older people. That's why we are inviting local older people to take advantage of our hospitality and join us for some hearty soup. Guests are welcome to join us after lunch for games, activities and light refreshment," a spokesman for the home said. Places for the soup lunch have to be booked in advance on 01603 810478.

# Hethersett Herald What's On

## Big Changes to Hethersett Library Opening Hours

July sees massive changes to the opening hours of Hethersett Library and the end of weekly Monday coffee mornings, although this may only be a temporary step.



A number of library groups could be affected by a big change in the staffing hours. For those with open library access during unstaffed hours it will mean an increase in access time to the building including opening on Tuesday and Sundays for the first time.

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

Monday: 1.30-7pm

Tuesday: Open Access Only

Wednesday: 11am - 7pm

Thursday: 1.30-7pm

Friday: 1.30-7pm

Saturday: 11am-4pm

Sunday: Open Access Only

The new hours could easily lead to confusion amongst library users so we will try to simplify matters. Open Library Users who have had their library cards activated for open access will now be able to gain entry to the building from 8am until 7 pm every weekday (now including Tuesdays) and from 8am until 4pm on Saturdays and from 10am until 4pm on Sundays.

During Open Library Hours when the building isn't staffed residents will be able to return and borrow books, use computers but won't be able to borrow CDs or DVDs.

# Tortoise Health Checks

The latest open day organised by the Tortoise Club will take place in Hethersett Village Hall on Sunday, July 1st from 10am to 3pm.

The Tortoise Club is a Norfolk-based non-profit voluntary group that raises money for welfare work with tortoises.

Visitors will get the chance to see giant and baby tortoises and there will also be information stands, tortoise health checks, re-homing advice and information on how to volunteer to work with tortoises.

The event will include a raffle, tombola, games, a bouncy castle, plant sale and refreshments. A mini health check for tortoises will cost £5, worming will cost £5 and microchipping will cost £15.

## Moaning Minnie

I pay my taxes, I pay my community charges, I owe nothing to the local council/ Government etc. but they cannot be bothered to come and cut the grass border alongside the road outside my house.

I notice neighbours all have to do their own piece outside their houses. I do not have a mower and I am b..... if I am going out to buy one to cut the council's grass verge, so it grows....and grows.

When I asked someone about it (who was cutting a playing field) I was told that there are THREE different organisations in charge of cutting grass and his organisation was not responsible for verges. THREE different powers to cut local grass? The country has gone mad!

If I do have to go out and buy a new mower, can I take it off my council tax as an expense?

Well I suppose it makes a change from moaning about dog mess.

Do other older people wonder what has happened to "thank you for my present" letters. In my youth, mother made us sit down on Boxing Day or the day after our birthday to write to the present-giver. Nowadays, children have internet messenger, email, telephone, etc. but have no time to acknowledge gifts, but plenty of time to chat away endlessly on their phones. Obviously, they have not learnt to write, so don't expect a letter - unless their mother writes it for them!

# News From the Parish Council

The items below were discussed at the June meeting of Hethersett Parish Council when a new chairman and vice-chairman were elected (for details of these appointments see page five).

## **Dog Bin/Grit Bin Problems**

The council has appealed for residents to report any problems or damage to both dog bins and grit bins in the village to parish clerk Ian Weetman on 01603 810915.

## **Lighting Details**

Lighting columns in the village will soon be numbered and contain telephone numbers where any damage or problems can be reported. The numbering will allow for easy identification of the location of damaged or non working columns. Columns in New Road (which was damaged by a road accident), Great Melton Road near the dentists and Longview will be replaced or repaired in the near future

## **New Bus Shelters**

Three new bus shelters have been erected in the village as part of the parish partnership initiative which sees the cost of projects split between the parish council and Norfolk County Council. The new shelters are opposite Hethersett

## **Parish Council Dates**

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

Meeting dates for the remainder of 2018 are as follows: Full Meetings - July 16th, September 17th, October 15th, November 19th, December 17th. Planning Committee meetings will take place on the above dates and also on: July 2nd, August 6th, September 3rd, October 1st, November 5th, December 3rd.

# News From the Parish Council

Methodist Church, on the B 1172 and on Steeple Tower.

## **Speedwatch Volunteers Needed**

Hethersett hasn't given up entirely on the idea of starting a new speedwatch scheme but more volunteers and a co-ordinator are needed to make it a reality. Many residents have complained over the past year about speeding in the village but, to date, not enough volunteers have come forward to help with a scheme aimed at checking speeds throughout the village. Volunteers will receive full training from Norfolk Constabulary. Anyone interested in being part of a scheme should contact parish clerk Ian Weetman on 01603 810915.

## **Litter Pick**

The parish council heard that Hethersett had played a prominent part in the South Norfolk Big Litter Pick in May and had been awarded a first prize of £200 for the most successful pick. The village had received a further £20 for taking part. The litter pick was overseen by the Hethersett Environmental Action Team (HEAT). HEAT will once again be organising a Hethersett Open Gardens event in 2019, probably at the end of June. The group is currently looking at what projects should be supported from proceeds from the event.

## **New Parish Office**

Hethersett Parish Council is looking for a new parish office to replace the present one which is upstairs in the village hall. The current office is unsuitable and difficult to access by people with limited mobility. The council is looking for either a suitable existing building which could be adapted or into the idea of putting a mobile office on its land at the village hall.

## **New Signs?**

The parish council is looking into the possibility of providing a number of new signs at entrances to the village. The new "Welcome to Hethersett" signs could be placed at the entrances from Great Melton and Ketteringham and there is also the possibility in the longer term of having a sign from Little Melton. Signs may be purchased under the parish partnership scheme with the county council.

# News From the Parish Council

## A Problem of the Past

Flooding in St. David's Road and Karen Close should be a thing of the past, Hethersett's district and county councillor David Bills told the June meeting of the parish council.

Remedial drainage work should stop future flooding in the area Councillor Bills said. Problems still exist in Southcroft but this is being looked into. Our picture opposite shows a flashback to flooding in St. David's Road last July, quite a contrast with the drought-like conditions we have been suffering/enjoying over the past few weeks.



### DO YOU LIVE IN

Hethersett  
Ketteringham  
or  
Little Melton?



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

### HAVE YOU HEARD ABOUT

#### Hethersett & District Aid in Sickness Fund ?

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



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

All applications are treated in the strictest confidence.  
Registered Charity Number 211264

### Hethersett & District Aid in Sickness Fund

(Previously known as the Hethersett Nursing Association)

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

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

#### Examples of help available

Grants are available towards:

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



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

# Have You Missed an Edition?



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

## News and Features Needed

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

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

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

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

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

# Cricket News

## Youth Ahoy

HETHERSETT and Tas Valley youngsters Tom Worley and Jack Gibson pose under the scoreboard after putting on an unbeaten stand of 167 as the club's Under-17s beat Garboldisham by 10-wickets in a 16-over game. Garboldisham hit an impressive 166-1 but Tom and Jack overhauled the total with an over to spare.



Hethersett and Tas Valley Cricket Club announced its players-of-the-month for May at a gin and beer fund-raising festival. Junior player-of-the-month was Will English and senior player-of-the-month Al Watts. They are pictured above with club vice-president Richard Matthews one of the co-founders of the player of the month award.



# Schools' Cricket Festival

OVER eighty youngsters took part in the fifth annual schools' cricket festival organised by Hethersett and Tas Valley Cricket Club and held at its Flordon headquarters on Friday, 9th June.

Six schools from the cricket club's catchment area took part in a day of kwik cricket action with the youngsters playing in mixed-teams rather than in their school units in order to foster friendship and friendly competition.

Organiser Sara Worley praised all those who had made the day a success and said that the competition continues to increase in popularity and those taking part continue to improve: "It is so good to see youngsters playing cricket at school and coming to the festival with a good knowledge of the game," she said.

T-Shirts for the event were provided by Hethersett and Tas Valley Cricket Club and the winning team was grey who beat orange in the final of the day-long event.

## Match of the Month - One

*Hethersett and Tas Valley Seconds beat Hardingham by four wickets in Division Four of the Norfolk Alliance.*



Valley Seconds turned the formbook upside down to beat promotion-chasing Hardingham by four wickets, thanks in the main to a record first wicket partnership for the second team of 127 between Sam Morton and Ian Harrison (pictured above).

Valley restricted Hardingham to 205-8 from their 45 overs with Jack Gibson taking 3-35 and Sam Morton 2-22.

Hethersett looked to be waltzing effortlessly towards victory with that opening century partnership before Morton went for 38 and Harrison departed for a belligerent 91.

Valley then lost a number of wickets and seemed to be stuttering towards victory whilst giving their opponents a small chance of a surprise win. Skipper Tristan Hunt (18 not out) and Stephen Hayes (9 not out) steadied the ship and saw Hethersett home on 206-6 from 41.5 overs.

## Match of the Month - Two

*Hethersett and Tas Valley beat Swaffham by 132 runs in the quarter-finals of the Norfolk Association of Cricket Officials (NACO) Shield.*



Hethersett reached the semi-finals of the NACO Shield after an emphatic victory over Swaffham.

Hethersett hit an impressive 266-4 from their 40 overs with youngsters Sam Morton and Jack Gibson (pictured above) putting on 120 for the fourth wicket. Morton scored an unbeaten 74 and Gibson 68 and skipper Ian Bryce weighed in with 64.

Valley then restricted the opposition to 134 all out with spinners Indika Nanayakkara taking 3-35 and Ross Hazzard 3-6.

We understand that Hethersett will receive a bye into the final which will be held in August.

# Hethersett and Tas Valley Cricket Club Review For June

## June 2nd/June 3rd

Hethersett and Tas Valley had the weather to thank for avoiding defeat at the hands of old adversaries Ashmanhaugh and Barton Wanderers in the Norfolk Alliance Second Division. Valley seemed destined for defeat as they entered the last over with the final pair at the wicket and the total almost 70 runs short of their opponents target of 168-7 in a shortened match of 30 overs per side.

With 29.1 overs gone, the visitors had five balls to capture the final wicket, although in reality they had five balls to confirm victory. The weather Gods conspired against the visitors, however, with a cloud burst and torrential rain that saw the players scattering from the pitch and leaving large puddles throughout the ground, leaving the neutral umpires with no alternative but to abandon the game, giving Hethersett an unexpected eight point haul.

The club's second team were comfortably beaten by Snettisham. Valley batted first and hit 175-9 with James Hipperson hitting 58 and Tristan Henderson 50. Snettisham took just 29 overs to reach 177-2.

Valley Thirds scored 170-6 in a restricted 30 over knock against Hardingham with Ross Jones top scoring with 41. Hardingham replied with 74-1 from 11 overs when the game had to be abandoned through rain.

## June 9th/10th

Valley Thirds beat the Norwich Association of Malayalees in the Norfolk League. They bowled the opposition out for just 127 in 39.5 overs and then carefully edged towards their target – reaching 128-6 from 40.1 overs. Ra Mason claimed 4-29 and Chris Bolderstone 3-18 and when they batted Ollie Kilbourn hit an unbeaten 58.

Hethersett Fourth's went down to Hingham by seven wickets in the Norfolk League. Hethersett scored 174-4 with Mark Worley hitting 45 and Stuart Cooper 45 not out. Hingham made short work in reaching their target with 176-3 from 30 overs.

## June 16th/17th

HETHERSETT and Tas Valley's season is back on track after a comprehensive 71-run victory over a strong Downham Town side in the Norfolk Alliance second division.

Valley hit a solid 242-8 in their 45 overs with Damian Fahy scoring 51, youngster Jack Gibson 44 and John Curtis a quick-fire 45 towards the end of the innings.

Downham started at break-neck speed with Paul Harwood hitting a half century with some sweetly struck drives. Hethersett weathered the storm, however, and, when Harwood fell for 68, the remainder of the visiting batting line-up disinte-

grated against some top class spin bowling from Indika Nanayakkara who captured 4-24.

Hethersett Seconds were bowled out for 162 at Beccles with James Curson top scoring with 70. Beccles reached their target for the loss of four wickets in 30.1 overs with Jonathon Cooper taking 3-30.

Hethersett Thirds also came up against it as they went down by 102 runs to Ketteringham Hall in the Norfolk League. The visitors hit 267-5 with Craig Birleson scoring 110. Valley replied with 165-9 with Stuart Last top scoring with an unbeaten 45.

Valley Over-40s got back to winning ways with an eight wicket victory over Garboldisham. Garboldisham hit 107-4 and Valley replied with 110-2.

### **June 23rd/24th**

A yard was all that separated Hethersett and Tas Valley from a dramatic tie at Martham.

That was the distance that Valley's number 11 batsman Andy Harris was run out by going for the run that would have seen the match end level.

Promotion-chasing Martham hit 175-7 in their 45 overs with two wickets each for Ian Bryce, Indika Nanayakkara and Robbie Matthews. Damian Fahy top scored with 35 in Valley's reply which took them in touching distance of victory only for two run outs in the last over proving costly.

First Matt Steward slipped and was left stranded and then Harris was narrowly run out by a direct hit after completing the first run and turning for the second.

The disappointing result leaves Valley Firsts down in sixth place in Division Two of the Norfolk Alliance. The second team are also in sixth place in their division after a five wicket win over Sprowston.

Sprowston hit 179 all out in 44.2 overs with Nick Burrett unbeaten on 69 and Dean Parfitt contributing 54.

Valley Thirds had a comfortable nine wicket win over Old Buckenham who hit 161-6 in their 45 overs (Ra Mason 3-20). Valley replied with 164 for the loss of just one wicket with Richard Ellis hitting an unbeaten 75 and Stephen Hayes finishing 46 not out.

Valley Fourth's went down to Great Melton by 61 runs. Melton scored 155 in 36.1 overs with Isaac Birch taking 3-11 and Christopher Westbury 3-29. Hethersett were bowled out for 94 in 34.2 overs with Sam Woodruff unbeaten on 33.

Hethersett Over 40s best Rocklands by 53 runs. Valley scored 179-3 and then restricted the opposition to 126-4.

**(A review of matches played on June 30th will appear in the next edition)**



HETHERSETT and Tas Valley's first ever competitive ladies fixture took place at Flordon on Sunday, June 17th when they came up against the might of Swardeston but weren't overawed despite losing. Valley hit 98-6 in their 20 overs with opener Megan Gonsalves (pictured opposite) in sparkling form. Swardeston responded with a winning score of 98 without loss from just over 10 overs.

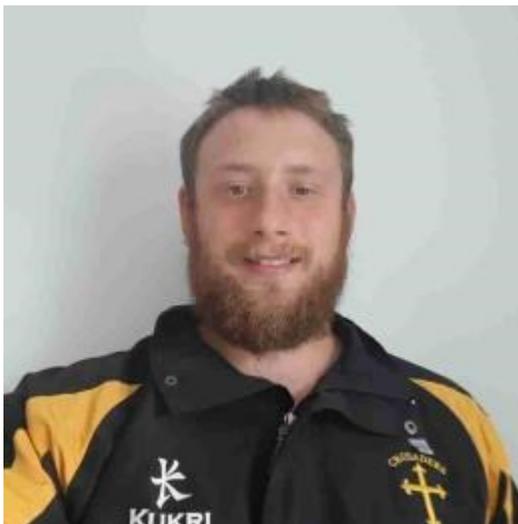


# Crusaders News

CRUSADERS Rugby Club, which plays in Little Melton Road, Hethersett, has applied to South Norfolk Council for planning permission to update its changing facilities.

Permission is being sought for “a side extension including first floor veranda and a number of internal alterations.”

The club is looking to update its 1980s changing facilities to make them suitable for adult and youth use and for girls of all age groups from five to 18.



The plans also include enlarging the club room and improving disabled access and toilets allowing for the use of the clubhouse by the community.

More details are available on the South Norfolk council website planning section with the reference number for the application being 2018/0882.

Meanwhile Crusaders have appointed David Howard as the new club coach and director of rugby. David will work alongside current Head Coach Phil O'Brien to help build on the continuous improvements at the club as preparations begin for the 2018/19 season.

David has an illustrious coaching CV having coached in the past at Stourport, Worcester Warriors and Leicester Tigers.

“I've always tried to learn and develop as much as I could and take something positive from each opportunity I've received. I pride myself on producing consistency and developing winning mentality. I am delighted to take on the role of Director of Rugby at Crusaders. During my short time at the club I've been very impressed from top to bottom on how the club is managed and the effort put in on match days and I look forward to helping to build the foundations to what will hopefully be a positive future,” David told the club's web site.

Club news is available on the web site at:

<http://www.crusadersrugbyclub.com/>

# Hethersett Hawks Review with Mel Perkins

HETHERSETT Hawks/Myhill Decorators played host to reigning champions Ipswich at the Memorial Playing Field and the league leaders went away with a comfortable victory that did not tell the full story.

Two 7-3 wins in the final heats somewhat flattered the visitors after they withstood an aggressive Hethersett onslaught early in the match which saw the Hawks lead after a Paul Delaiche/Leigh Cossey 7-3 win in heat five. Ipswich eased their way in front with a run of seven heat wins before Liam Webster and Harley Hamill gave the Hawks some respite with a 7-3 win in heat 13. However, after that it was just damage limitation for Hethersett before succumbing in the final two heats.

Hethersett 81, Ipswich 99. Hethersett scorers - L. Webster 13, L. Cossey 12, O. Wells 11, D. Butler 11, G. Morgan 10, H. Hamill 9, D. Chambers 8, P. Delaiche 7.

In the Division Two match there was plenty of entertaining racing with Barrie Kell falling off three times in his debut. Liam Webster and Owen Wells did their best to keep the scoreboard ticking but it was not quite enough even though Ipswich conceded 15 points for using restricted Richie Fellgett. Daniel Longlands and Charlie Lyth got a consolation 7-3 in the final heat.

Hethersett B (69+15) 84, Ipswich B 91. Hethersett scorers - L. Webster 18, O. Wells 14, D. Longlands 12, C. Lyth 6, B. Kell 6, P. Delaiche 6, G. Morgan 4, N. Longlands 3.

A re-arranged home fixture with Norwich in Division One was held on a pleasant Wednesday evening - stark contrast to the original date in March which was postponed due to snow - and a big crowd had some reminiscing about when midweek League racing was the rule rather than the exception.

A good contest ensued with Hethersett starting well only for Norwich's experience pegging them back and taking a six-point lead into the interval. The Hawks started well again but were relying heavily on their three heat-leaders Harley Hamill, Liam Webster and Leigh Cossey while Norwich pulled a rabbit out of the hat with the return of former Norfolk Junior champion Danny Margitson.

Unfortunately for Cossey his fall when in front of heat 13 and the resultant 7-2 win for Norwich in the rerun halted the team's charge and they never recovered. Webster and Cossey did gain a 7-3 in the final race to make the score a true reflection of a close match deservedly won by Norwich.

Hethersett 87, Norwich 91.

The return match was on a sunny Sunday afternoon at Eaton Park and it was role reversal with Norwich not at full strength and Hethersett introducing their own comeback king in popular Olly Buxton. Their top three were again in form but had good teamwork to back them this time and soon built up a 10-point lead which they set about defending till the end.

Owen Wells was particularly impressive in his five rides. So honours even but the winner was Norfolk cycle-speedway which was proved to be alive and well.

Norwich 81, Hethersett 96. Hethersett scorers - L. Webster 18, H. Hamill 16, L. Cossey 14, O. Wells 13, D. Adams 10, O. Buxton 10, D. Butler 9, G. Morgan 5, P. Delaiche 1.

The Division Two match at Eaton Park was also a close encounter and was all square with two races to go. Hethersett brought in experienced substitute Liam Webster to team up with David Adams for a 7-3 win and promising youngsters Paul Delaiche and Charlie Lyth repeated the dose in the final race to give Hethersett a flattering eight point win. Owen Wells dropped just one point for the Hawks.

Norwich B 76, Hethersett B 84. Hethersett scorers - P. Delaiche 20. O. Wells 18, D. Adams 16, C. Lyth 15, N. Longlands 5, K. Adams 4, G. Morgan 3, L. Webster 3.

In East London eight Hawks contested the South-East and Eastern Grand Prix round and best performance came from Owen Wells (who was second in the Under-18s).

Hawks provided all four winners in the second Norfolk GO-RIDE Grand Prix held at Harford Park. The fast dry track led to some exciting racing at all levels as 27 riders battled for places. The Senior A final was the best of them all with Liam Webster working his way from last to first place. There were wins also for George Larter-Dixon (under 10s), Michie Snelling (Under-13s) and Paul Delaiche (Under-16s).

Owen Wells gave a good performance at Ipswich in the British Elite Junior GP finishing with 11 points and going on to win the B Final. With spaces available in the senior event, Owen stepped in and scored a creditable 9 points.

Hawks completed a double over Norwich Stars B in Division 2 of the South-East and Eastern League with a convincing home win on a warm evening. The victory was built on good teamwork from David Adams and Glyn Morgan allowing the improving young talent of Paul Delaiche and Charlie Lyth to prosper while Owen Wells dropped just one point and Olly Buxton got back to his entertaining last-ditch passes.

There were some entertaining clashes between Wells and Chris Cullum, the 16-year-old getting the better of the veteran Norwich rider twice on the last corner. The result was a 91-69 win for Hawks.

# Title Delight For Hethersett Riders

Hethersett staged the Norfolk Championships and left with six of the eight titles.

Most popular winner for the Hawks was Leigh Cossey who captured the long-running senior title for the first time after many years of just falling short.

He had to wait even longer when a storm left the track flooded prior to his final ride which was concluded after the drainage system was pumped out. Shaun Kell became a double champion, winning the Under-10s and the Under-13s, while Daniel Longlands (Under-16) Owen Wells (Under-19) and Katie Adams (Ladies) were also crowned champions.

Results -

Under-8s - Will Blackmore (Norwich) 16, Connor Jarrett (Norwich) 12, Frank Spauls (Norwich) 8.

Under-10s - Shaun Kell (Hethersett) 20, Kieron Alton (Norwich) 18, Will Blackmore (Norwich) 16, Connor Jarrett (Norwich) 13, Tabi Neirop (Norwich) 13, Frank Soauls (Norwich) 10

Under-13s - Shaun Kell (Hethersett) 19, Kieron Alton (Norwich) 18, Josie Kell (Hethersett) 16, Will Blackmore (Norwich) 15, Tabi Neirop (Norwich) 11, Connor Jarrett (Norwich)

Under-16s - Daniel Longlands (Hethersett) 15, Paul Delaiche (Hethersett) 13, Tom Blackmore (Norwich) 8, Kieron Alton (Norwich) 4.

Under-19s - Owen Wells (Hethersett) 24, Paul Delaiche (Hethersett) 18, Tom Blackmore (Norwich) 12.

Senior - Leigh Cossey (Hethersett) 16, Paddy Wenn (Norwich) 15, Harley Hamill (Hethersett) 14, Jamie Medler (Norwich) 13, Owen Wells (Hethersett) 12, David Spauls (Norwich) 11, David Blackmore (Norwich) 10, Michael Jones (Norwich) 8, Katie Adams (Hethersett) 5.

Ladies - Katie Adams (Hethersett) 16, Josie Kell (Hethersett) 11, Tabi Neirop (Norwich) 9.

Veterans -Paddy Wenn (Norwich) 16, Glyn Morgan (Hethersett) 13, Nigel Longlands (Hethersett) 9, Barrie Kell (Hethersett) 7, David Blackmore (Norwich) 5.