

# At Breaking Point

**HETHERSETT surgery is at breaking point and in danger of not being able to provide safe care for patients, the latest meeting of Hethersett Parish Council heard.**

Hethersett GP Dr Bhavesh Dhorajwala (Dr Bav) told the meeting that continuing development in the village could put patient care at risk.

Dr Bav was commenting on plans for an additional 200 homes in the village over and above those already planned:

“We have serious concerns about the proposed additional 200 houses. We are approaching capacity for being able to offer our patients a safe service. We are approaching the point of having to close our lists,” Dr Bav said.

The Humbleyard Practice, which includes surgeries at Cringleford,

Mulbarton and Hethersett, has put together projections for the next seven to 10 years. “We are just not going to be able to cope,” Dr Bav added.

The surgery has been meeting with Hethersett District Councillors Phil Hardy, Adrian Dearnley and David Bills and others to discuss the future of medical facilities in the village and it is hoped to set-up a patients’ group in the near future to give local people a chance to air their views:

The possibilities of having a new surgery to replace the existing one in Great Melton Road has been discussed but may not be viable as funding from NHS England would not be sufficient:

“What we have been offered as a surgery would be wholly



“We are approaching capacity for being able to offer our patients a safe service” - Dr Bhavesh Dhorajwala.

inadequate to meet patient demands,” Dr Bav said adding that building a surgery through Private Finance Initiative (PFI) would be the only satisfactory option.

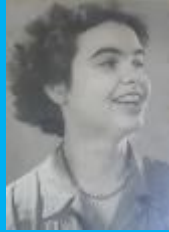
Dr Bav also underlined another possible problem in attracting enough clinicians to run the service.

**(To read more about this story please turn to page four).**

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**The August edition of Hethersett Herald will be available exclusively online at the end of July.**

# A Message From The Editor

Hello Everyone

I don't know about you but there are times when I just want to scream with frustration.

I am referring to the mess that new development is bringing to our village.

Over the past 10 years many individuals and local groups have pointed out that continued development will stretch the existing infrastructure to the absolute limit.

When it comes to medical services we are already at breaking point with no solutions apparent.

Let's face it the developers have no or little interest in our village. They adhere to the old Latin phrase Veni, Vidi, Vici which is attributed to Julius Caesar and simply means "I came, I saw, I conquered". Perhaps they should add to that the Italian phrase sono andato avanti "I moved on."

Developers are there to make money. They plan, they build and they move on. Along the way they may talk in fine terms and language about providing facilities but this is just a sop to sweeten the load.

Of course we love our village and we want to welcome "newcomers" to join our wonderful community. But the infrastructure has to come hand in hand with the development and unfortunately I fear that is not happening. Admittedly we are now well off when it comes to schools

but it's a different story as far as medical facilities are concerned.

You will see from our lead story in this edition that local doctors are admitting that the current service is at breaking point and very soon they won't be able to guarantee the safety of patients.

This is a terrible situation to be in. Just think about the frightening aspect of those words "we can no longer guarantee the safety of our patients."

As frightening and concerning are thoughts that new residents may not be able to sign up at Hethersett and may be left trying to find alternative treatment at other surgeries—many of whom will be suffering the same problems as we are in Hethersett.

The good news is that problems have been identified and the surgery is getting together with district and county councillors and patients to try and find solutions to the problem and that isn't going to be easy.

As Dr Bav has said "we will have to think outside the box" in searching for a solution.

I hope you enjoy edition 69 of Hethersett Herald.

**PETER**



# Medical Services Crisis

(Continued from front page)

HETHERSETT surgery is at breaking point with future development putting safe patient care at risk.

As reported on our front page, doctors from the Humbleyard Practice which includes Hethersett, Cringleford and Mulbarton attended the latest Hethersett Parish Council meeting to point out the serious problems affecting medical services in the village.

Hethersett's South Norfolk District Councillor Phil Hardy re-iterated his opposition to the proposed additional 200 homes:

"We are opposed to the additional 200 homes on environmental grounds and due to inadequate medical facilities," he said.

Letters are being sent to NHS England and the secretary of state for health expressing serious concern about the lack of medical facilities and their ability to keep up with development in the village.

Parish Council chairman Adrienne Quinlan said: "The pressure being put on medical services is a major concern within the village."

Doctors at the Hethersett surgery have been acutely aware of how stretched their service has become for some time.

Writing on the practice's web site Dr Siobhan Rowe has said:

"Patient demand for the services of The

Humbleyard Practice is currently at an all-time high.

"Despite working flat out throughout each day, it is proving impossible to keep up with the volume of patient queries, resulting in frustration both for patients who might have to wait for

appointments and for clinicians who feel they can't provide the level of care they aspire to.

"Each day, The Humbleyard Practice

will reach maximum capacity at some point during the day (where all appointments for each clinician are filled). "

Dr Rowe added: "The Humbleyard team will continue to work tirelessly through the week, routinely working extra hours and going over and above to ensure we can provide excellent, safe care to our patients. However, we do need to ensure our patient workload is manageable. "

The application for planning permission for the additional 200 homes comes after developers used less land than anticipated on the building of a housing phase.

A decision on the 200 hasn't yet been made and may take some time due to various surveys being undertaken.

Hethersett Parish Council and Hethersett's district councillors are opposing the application. See also our comment on the proposed additional development on page three.

"The Humbleyard team will continue to work tirelessly" - Dr Siobhan Rowe.

# Report E-Scooter Riders To The Police Plea

ELECTRIC scooters are illegal and instances of them being used on paths and roads in Hethersett should be reported to Norfolk Police.

That was the view at the June meeting of Hethersett Parish Council after members had received a letter from a local resident complaining about the nuisance caused by scooter riders.

The resident wrote: "I am very concerned by the number of illegal electric scooters being ridden around Hethersett. Not only are they illegal but they are being ridden on pavements endangering pedestrians. Unless the police are able to deal with this illegal activity I'm convinced someone is going to be seriously injured."

Council chairman Adrienne Quinlan

ONE of the big problems is that e-scooters are openly advertised for sale on websites. Just search electric scooters and masses of sites come up.

One particular site we looked it goes into great details about which machine to buy, which machine acts best on roads with potholes and much more.

It is only when you look closer at the site that you see the words:

"E-Scooters are not to be used on public roads or pavements, only on private land with the owner's consent."

This makes the whole e-scooter situation a difficult one to understand.

said it was her understanding that a licence is needed to ride an electric scooter and only hired scooters are allowed. Any use of private scooters on public roads or pavements is illegal.

Councillor Mike Stark said it was confusing that scooters are being sold despite being illegal to use.

Members agreed that incidents of scooters being used in the village should be reported to the police

## What Does The Law Say?

The law on the use of electric scooters is quite clear.

They are classified as motor vehicles and it is therefore illegal to ride them on the road without tax, insurance, lights and number plates. Complying with this is practically impossible, however as finding somebody to insure them would be very difficult.

It is illegal to use e-scooters on footpaths, cycle lanes and bridleways. The only place they can be ridden legally is on private land with the landowner's permission. Those caught riding illegally can be given a £300 fixed-penalty notice and six points on their driving licence (if they have one).

While the use of electric scooters is technically illegal both on the road and pavement, the government is starting to look at trial rental schemes in major cities.

A change in the law will be required to allow e-scooters to legally be ridden on UK roads or pavements.

## Church Hall Planning Application Change

**AN application for outline planning permission to turn the church hall in Henstead Road into two homes has been withdrawn but will be replaced by a full planning application for one dwelling.**

**South Norfolk Council stated that outline planning permission for two dwellings could not be sought due to it being a proposed change of use from a public building to a private dwelling.**

**Architect Ian Walker of Spire Property Consultants who are acting for the church authorities said: “We will be submitting a planning application for a single dwelling.”**

**The original application proved a controversial one in the village and the debate was fully covered in the previous edition of Hethersett Herald.**

## A Platinum Celebration

A village celebration to mark the Queen’s platinum jubilee in 2022 is being planned with the parish council at the forefront.

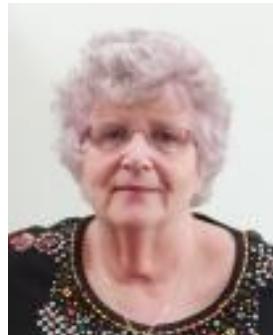
It hasn’t been decided what form the celebration will take but the smart money is on some form of lunch at either the village hall or Memorial Playing Field.

The event will celebrate the Queen’s 70th anniversary as Monarch and a public holiday will take place from Thursday 2nd June to Sunday 5th June. It is likely that Hethersett’s village celebration will take place on the Sunday.

Last year the parish council had to cancel plans for a village event to celebrate VE (Victory in Europe Day) to mark the end of the Second World War.

A number of councillors will form a working party designed to arrange the event. The council is also looking to plant a tree in the village to mark the anniversary.

“Communities are being encouraged to plant trees. Following discussions it was agreed that the Memorial Playing Field is the preferred location to plant a tree to commemorate the Queen’s Platinum Jubilee,” said chairman of Hethersett Parish Council Adrienne Quinlan (pictured above).



# Re-Wilding Coming To Hethersett

the perimeter to ensure good visibility for road users, as well as around the flower bed to ensure that it is visible.”

HETHERSETT Parish Council has adopted a policy aimed at re-wilding areas of the village.

The council is considering areas of the village to re-wild and it looks likely that these will include the area of grass around the village sign and also the margins of a grassed area next to the village hall.

“We propose the area of grass around the village sign as this is a very prominent area and would be very effective in publicising what we are doing and why. Including the margin around the grassed area next to the village hall would show that an area of land can be used for recreation and re-wilding,” the Council states.

South Norfolk Council has already decided to stop mowing the perimeter of Ullswater Park.

The re-wilding areas will be monitored by volunteers and members of the Hethersett Environmental Action Team (HEAT) during the summer months to find out what grows naturally, allowing the group to decide which areas to re-wild the following year.

“We would need to make sure that the area around the village sign is visually stunning as it is such an iconic area of the village,”

The group will also monitor road safety issues:

“A strip may have to be mown around



The plan would include mowing the areas when plants have set their seeds in September or early October.

Volunteers and members of HEAT would carry out the planting of these areas the following year, when two or three more areas would be left unmown for monitoring.

We would organise ‘open days’ when members of HEAT would be present to give information, answer questions and sign up volunteers. Children’s names could be written on simple wooden signs in the shape of bees, flowers and native wildlife which would then be located on the edge of the meadow. These signs would show that the children have signed up to be a volunteer - we could choose a name such as a ‘Meadow Marshal’. Members of the community could be asked to produce these signs - the more community involvement, the better,” the parish council report states.

# Education In The Treetops

LAST month we reported that Hethersett Primary School in Queen's Road would be opening a nursery in September.

It has now been announced that Norfolk-based early years provider Treetops will be the service provider. The group already provides nursery facilities in Mulbarton and Easton.

Owner and founder, Andrew Didwell has over 10 years' experience within early years education. He also has over six years' experience managing, leading and developing staff.

The school said: "Andrew and his team help inspire children's imaginations. Encouraging simple but effective learning and development through the exploration of their own surroundings."

'Treetops Nursery at Hethersett Primary' will open on 6th September with the ethos 'Children blossoming in a nurturing environment'.

Matthew Parslow-Williams, Headteacher at Hethersett Primary School said: "We are delighted to be able to offer the families of Hethersett high quality pre-school experiences in the heart of the village. We firmly believe that our partnership with the outstanding Treetops will give our children the best start to life within our school. Both Hethersett Primary and Treetops have very child centred approaches which will make the transition from nursery to primary seamless."



**Matthew Parslow-Williams—**"We are delighted to be able to offer the families of Hethersett high quality pre-school experience."

Andrew Didwell, said: "We are absolutely thrilled to be opening one of our inspiring settings within Hethersett Primary and working collaboratively with the school to create an organic transition from early years to primary education. We are really excited to share the Treetops experience with even more families within a new community and the surrounding area. Myself and my team are busy designing, creating and bringing to life an engaging and educational environment for your children, we can't wait to meet you!"

Treetops Nursery at Hethersett Primary



School has capacity for 36 children per session. Government funding is available for two, three and four-year-olds. Treetops also accepts the 30 hour Government funding, or charge £4.50 per hour.

For more information e-mail: [treetopsnurseryhethersett@hotmail.com](mailto:treetopsnurseryhethersett@hotmail.com) or telephone 07943 443270



## Planting Goes Ahead

**By Jill Williams**

ALTHOUGH the Anglia in Bloom competition has been cancelled for this year, the Hethersett in Bloom group has made a start on its planting in the Woodcote sheltered housing grounds. As the photo shows, in May we planted up an area of over 11 square metres underneath a Birch tree.

We have put in three types of ferns, three types of hardy geranium, two

types of grass and Brunneras, Astartias, dwarf Aruncus and Ajugas. Three of us have been working on this bed, socially distanced, and have achieved a restful, calm and harmonious look.

This will contrast well with the more colourful and vibrant planting we shall put in next spring. Apart from the satisfaction of creating something good to look at, it has been great fun as well.

## News From The Village

Year Seven pupils at Hethersett Academy were sent home to self isolate during the month after a number of confirmed cases of coronavirus.

The entire Year group returned to remote learning from home following four positive cases. Pupils were asked to isolate for 10 days in accordance with Public Health England guidelines.

Other year groups continued to attend lessons as normal.

# News From The Memorial Field

The past month has been a busy one for the trustees of Hethersett Memorial Playing Field as chairman Mike Stark (pictured below) explains.

“At long last we have put six new litter bins in place around the Memorial Playing Field. Hopefully these are more accessible to our users and will help to reduce the amount of litter that we saw last summer.

“There are two new bench seats along the (roughly) eastern side of the field, with one near the croquet green. These were requested by some of our more elderly residents.

“Two new picnic benches have been located either side of the playground, just in time for the summer holidays. We hope many will enjoy these new additions.

“The Trustees had hoped to start re-laying the safety surfaces in the playground by now. However this has not been possible. When we do the work we will need to close the playground, so we will leave that area alone for the moment and start work in the autumn.

“Enjoy our Field over the summer and please try to keep it tidy for all.

“It is hoped to make the table tennis equipment available again for community use once the current COVID restrictions are lifted.”





## Remembering An Extraordinary Fundraiser

A Hethersett resident responsible for raising millions of pounds for charities over six decades has died.

Doris Langford was made an MBE in 2011 for her services to the Royal National Lifeboat Institution (RNLI).

Doris also raised money for many other charities including Save The Children and Water Aid and supported charities for the blind and those suffering from Alzheimer's. She did this through organising suppers, fashion shows, quizzes, raffles and many other events.

Doris' daughter Liz Hovey said: "Mum was a born organiser. We were very



A Young Doris

proud of what she achieved. She raised millions for various charities during her

lifetime and was so good at organising.”

Doris died at her home on May 28<sup>th</sup> at the age of 88. A cremation service took place on June 16<sup>th</sup> with a memorial service at St Peter Mancroft, Norwich, to be held at a later date.

Doris Casburn was born on July 29<sup>th</sup>, 1932, on what she later described in a diary entry as a “stormy night” in the Norfolk village of Hunworth. Her father was a farmer and she grew up in Corpusty, attending the local school before moving onto Fakenham Grammar School, which she travelled to and from by train each day.

After leaving school, she trained as a secretary and began working for Morgan’s Brewery in Norwich where she met her future husband Ronald Langford who had moved to Norfolk from the north-west of England. They were married in September, 1954, at Saxthorpe on a Thursday because that was the day the bus went to the village and guests were able to attend. After her wedding, Doris left her employment as husbands and wives were not allowed to be employed by the same company. Ronald went on to become Brewery Production and Distribution Director when Morgan’s, Bullard’s and Steward and Patteson breweries were taken over by Watney Mann. That marked the end of her paid employment but the start of a glorious and sparkling career in voluntary work.

The couple moved a number of times in the Norwich area including Reepham Road in Hellesdon, Dereham Road (where their two



**Doris receives a top RNLI award from the Duke of Kent**

daughters were born) and then Branksome Close off Newmarket Road.

It was at the latter that Doris first became interested in the Norfolk branch of the RNLI, eventually fulfilling a number of roles including president. She received a number of awards from the Norwich branch including their gold badge for meritorious service. Her interest in the lifeboat service went back to the years of the Second World War and just after when, as a teenager, she stayed in Sheringham at the home of the Pegg family with their long history of lifeboat service.

Reminiscing many years later about those years, Doris said: “I can remember seeing a German plane being shot down and the wreckage on the beach at Sheringham. We used to travel there from our home in Corpusty, 20 miles away.”

Doris joined the Norwich branch in the early 1950s and, in the following 60 plus years, won virtually every accolade afforded to non-crew supporters including a very unusual gift a few years ago. By this time Doris

was confined to a wheelchair and was presented with a special blanket in royal blue and embellished with an RNLI Governor's badge.

Her close association with St Peter Mancroft led to her playing an active part in the Save The Children Fund. Along with her husband she was also a founder member of Norwich South Rotary Club and Inner Wheel (the women's rotary equivalent).

In 2011, her work with the Norwich branch of the RNLI resulted in her travelling to Buckingham Palace with her two daughters – Liz and Sara-Jane – to be made an MBE by Her Majesty the Queen.

Doris had an extensive family and leaves two daughters, five grandchildren and 11 great grandchildren, the latter being aged from four months to 17 years. She moved to Hethersett in 2006 to be

## Car Boot Called Off

THE Friends of Hethersett Academy's garage and car boot sale scheduled for July 4th has been postponed until September due to the continuation of lockdown restrictions.

Making the announcement on social media the organisers said:

"The Academy continues to operate under clear guidelines from the Department for Education and Norfolk County Council as well as the general government restrictions in place. Our guidance indicates that we must take responsibility for ensuring that no more than 30 persons are able to gather outdoors, which is impossible to ensure without imposing pre-booked time slots and carefully marshalled movements around the site.

"Although the garage sales would operate beyond the school site, as the event is hosted, supported and promoted by the Academy, we are responsible for the safe organisation of the event as a whole."

The event has been rescheduled for Sunday 19th September.

"Those who have booked and paid for a stall will be contacted to offer a refund if required, otherwise the booking will be transferred to the September date," the organisers added.

FRIENDS OF HETHERSETT  
ACADEMY



## GARAGE AND CAR BOOT SALE

Postponed Until September

Cost of pitch:  
£7 (Garage or Car boot)  
Closing date to secure a pitch:  
Friday 23rd June 2021  
Contact email:  
foha.ac.uk@gmail.com

Hethersett Academy Car Park (Queen's Road Entrance):  
• Car boot sale  
• Refreshments  
• Maps  
Hethersett Academy Car Park (Back Lane Entrance):  
• Maps

# Brave Attempt in Marathon Walk



HETHERSETT Parish Clerk Annette Palmer made a very brave attempt to complete the 90 km Broads Walk Challenge over a 24 hour period.

As reported in the last edition of Hethersett Herald, Annette was raising money for the locally based Finnbar's Force Charity and also the children's cancer charity Clic Sargent.

Annette took to social media to talk about what she referred to as "a very tough but also an amazing experience."

"Unfortunately at 3.30 am after walking 84 km medical assistance was required," Annette said, adding that she had to complete the final six kilometres by car:

"I am so pleased that the medics helped me walk across the finishing line so that an official time could be recorded," Annette added before assuring supporters that she was fine and resting at home.

"I would like to thank everyone who sponsored me—an amazing amount of £565 including gift aid was raised. I am gutted that I had to do the final 6 km in a car but I'm very proud to say I walked 84 km.

Parish Councillor and Hethersett Herald columnist Sarah Lawrence said:

I'm so proud of you! You're amazing. Don't be disheartened that your walk was cut short, in this heat it must have been even harder than normal. Congratulations on your efforts and the amount you raised for charity too. I'm even more in awe of you now than I was! "

Chairman of Hethersett Parish Council Adrienne Quinlan said:

"Well done and am glad you made the decision to finish the last 6km by car. I know you will be gutted but you should be proud of what you did achieve in that heat."

## New Police Beat Manager For Hethersett

Hethersett has a new police beat manager.

PC Stu Barnard has replaced PC Chris Boden who has moved to a new role.

PC Barnard joined the police in 2001 and has nearly 20 years policing service. He was initially posted to Great Yarmouth for five years and became a tutor constable who trained over 20 students. Stu has also spent time at police headquarters in Wymondham, Thetford, and most recently at Wymondham as the Costessey Beat Manager.



Hethersett Herald will be having a chat with PC Barnard in the near future to find out what the policing priorities and plans are for the village.

Police contact details can be found on the next page.



Across the Hethersett fields by John Head

# HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



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

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



101 Ext: 4151



David.Burke@norfolk.police.uk



**PC Andy HUDSON**  
Engagement Officer

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

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



**PC Stu BARNARD**  
Beat Manager

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

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



101 Ext: 2386



Stuart.Barnard@norfolk.police.uk



SNTHethersett@norfolk.pnn.police.uk



/SouthNorfolkPolice



@SouthNorfPolice



**NORFOLK**  
CONSTABULARY  
Our Priority is You



# Long Serving Manager Leaves



LONG serving manager of Hethersett Social Club Sue Forkes has left.

Announcing her departure on social media Sue said:

“I am writing today to let you all know, who don't already, that I will be leaving Hethersett Social Club on June 30th.

“I would like to thank the lovely people I have had the pleasure of knowing over the past 20 years, and thank those of you who have given me their support, it has meant a lot.

“Thanks to all the staff who have worked with me past and present, it's been a pleasure to have worked with you all.

“It may not always have been easy, but myself and Ian (Sue's husband) have always given everything and put a lot of time and hard work into the club, and always in the best interests of the Social Club and you the members.

“I wish the club every success going forward and hopefully things will return to normal very soon.

“Myself and Ian will always have the club in our hearts, it has been a big part of us and our family for many years, and we have 20 years of many good memories to take away.

“I hope I will still see you in the club socially. Take care and good luck to Hethersett Social Club. I hope you all continue to enjoy and support your new look club.”

Many people took to social media after the announcement to thank Sue for her dedicated service over two decades. Sue will be succeeded by current member of staff Danielle Baggaley.



Ketteringham by John Head

# From Hethersett to Paris (And Beyond)

## Hawks' Marathon Effort



THEIR aim was to ride from Hethersett to Paris without leaving the village. But enthusiastic members of Hethersett Hawks Cycle Speedway Club eclipsed even their wildest dreams by pedalling to Paris and then going another 882 miles.

It all took place on the track on Hethersett Memorial Playing Field over a 24 hour period from 3 pm on Saturday 26th June to 3 pm on Sunday 27th June.



# From Hethersett to Paris (And Beyond)



The aim was to complete 12,000 laps of the Hethersett track but this proved to be an easy achievement which they completely smashed with a total of 25,259 laps.

A total of 87 riders and residents took part and it is anticipated the marathon effort will have raised between £3,000 and £4,000 from sponsorship with the money going to improved facilities for the club.

The fundraiser was entitled Pedal2Paris and club chairman Mel Perkins MBE admitted that the club had been overwhelmed by the support given by members and their families which was boosted by former members, the local Velo Club and residents who also took



part. “The key objective was to raise funds and it looks like, once all pledges have been called in, that between £3,000 and £4,000 has been raised. Apart from the funds raised, the event showed the tremendous family spirit within the club with an age range of four to 83 taking part and there may be some new recruits from family members and the community. The event was also a major achievement for the fundraising sub-committee led by Russ Marling and which was only formed in February,” Mel said.

There were some outstanding performances with Harley Hamill completing his own 12 hour challenge with 2,345 laps, a feat that was matched by Nigel Longlands. Leigh Cossey and Paul Delaiche also completed 1,000 laps. Under-10s rider Louis Marling completed a stunning 1,410 laps the equivalent of a 70 mile ride.



Hethersett Herald



Above—Ralph and Oliver rode from 4 to 5 am on Sunday morning, completing 400 laps—around 20 miles.

On the left Harley Hamill and Nigel Longlands who both completed 2,345 laps.

On the next page, club chairman Mel Perkins makes club stalwart John Nelson an honorary life president of the club.

The final picture shows riders during the last 30 minutes of the marathon on Sunday afternoon. Pictures by Jenny Melvin and Peter Steward.



# From Hethersett to Paris (And Beyond)

## Matthew—Out of Lockdown and On His Bike

It must take a lot for a ten year old to stay up until 2 am in the morning in order to raise money for one of his passions.

But that is exactly what Matthew Sidell did to take part in the Hawks Marathon—and his effort came just hours after he came out of COVID lockdown.

Matthew is a Year Seven pupil at Hethersett Academy and was in isolation for 10 days after the entire year group was sent home following positive COVID tests.

Proud grandmother and life-long Hethersett resident Karen Stradling said: “Matthew’s devotion to his club is quite something. We set our alarm and turned out to cheer him on. Covid-19 won’t stop this community from doing its thing.”

Karen proved that by sending us the photographs of Matthew reproduced here. She also pointed out that it rained heavily during Matthew’s stint. Matthew ended bedraggled and soaked but very happy to have completed more than 120 laps and raised about £200 in sponsorship.



HETHERSETT Hawks/Yellow Brick Mortgages finally got some team action on May 23rd when they contested Norfolk League matches at Eaton Park.

This was especially exciting for many of the youngsters who joined the club during the past year. This series of three matches acted as a warm-up for the South East League which starts in July – the Hawks are entering Senior and Youth teams in this League.

Hawks competed in the second of three Norfolk League fixtures at the wonderfully restored Spixworth circuit.

Up first were the youth teams of Hethersett and Norwich who were cheered on loudly by both bands of families. The young Hawks showed they are learning some of the tactics in team racing and gave a much improved display. Mason Martin missed out on a maximum by losing a race to the line in the final race but the main improvement was the Under-10 riders picking up valuable second and third places to keep the scores close to the end. Will Clarke and Jamal Musa made team debuts.

Hethersett 77, Norwich 83. Hethersett scorers—M. Martin 23, A. Musa 14, L. El Labany 11, L. Martin 10, W. Clarke 9, R. Harding 5, T. Silver 3, J. Musa 2.

All three Senior teams had plenty of changes from MatchOne and the Hawks brought in Nigel Longlands and Dave Martin plus two youth substitutes. The side did well to recover from a disastrous 7-0 reverse in heat three to ease ahead of nearest rivals Norwich with Leigh Cossey and Harley Hamill to the fore. Mason Martin is maturing as a rider and notched two wins in 7-3s with Hamill.

Spixworth 105, Hethersett 86, Norwich 75. Hethersett scorers—L. Cossey 22, H. Hamill 20, M. Martin 13, R. Burke 12, D. Martin 9, N. Longlands 6, A. Musa 3, W. Clarke 1.

Two Hethersett riders were at Spixworth the previous day for Round 1 of the Eurovets Series. Both reached the B Final in the Over-35s category - Leigh Cossey winning the race and Ben Loombe coming third.

The club was represented at the Somersham Open in Suffolk by Harley Hamill. The field for two semi-finals was of top quality containing past and present British Champions and top local riders. Harley struggled to make his mark on the tight circuit and scored six points. He fared better in the Consolation Final finishing 7th with 13 points.

The club is planning to field teams in the British Club Championships being held in Suffolk over the weekend 3rd/4th July. There are still plenty of opportunities for new riders to give the sport a try at Saturday morning coaching sessions. Newcomers aged 14 plus are also welcome at 8 p.m. on Tuesdays. You can keep up to date with our activities on our website [www.hetherssetthawks.co.uk](http://www.hetherssetthawks.co.uk) or via social media.

# Support Hethersett Hawks Cycle Speedway by joining the Hawks

## Supporters Club

Sign up to pay just £2 per month and have your membership number in a monthly draw for cash prizes

Just complete the simple form below and e-mail it to (Hethersetthawks@outlook.com) or send / deliver to Mel Perkins at 9 Meadow Close, Hethersett, Norwich, NR9 3DZ. Apply early and you could be able to get your favourite number if still available

### TERMS AND CONDITIONS OF PRIZE DRAW

Applicants must be aged 18 or over

Applicants are limited to one membership number

Contributions can be made by cash, cheque or bank standing order / BACS to the Club's account

Contributions can be made monthly, half-yearly or annually

Monthly contribution must be in the Club's bank account by the last day of the month to be included in that month's draw

50% of monthly contributions will be awarded in prizes as follows –

1<sup>st</sup> prize – 50% of prize fund

2<sup>nd</sup> prize – 30% of prize fund

3<sup>rd</sup> prize – 20% of prize fund

Draws take place with at least three club committee members present as soon as possible after the end of each month.

List of winners will appear on the Club's website shortly after the draw and winners notified to arrange payment of prizes

Hethersett Hawks Cycle Speedway Club is licensed under the Small Society Lottery Licence through South Norfolk Council.

### HETHERSETT HAWKS CYCLE SPEEDWAY CLUB SUPPORTERS CLUB APPLICATION FORM

I wish to join the Hethersett Hawks Supporters Club

I have read and understand the Terms & Conditions of the monthly draws. I am aged 18 or over

NAME.....

ADDRESS.....

E-MAIL ADDRESS.....

Please allocate my favourite number between 1 and 100 being.....

OR allocate me any number at random

I wish to pay my subscription as follows (please tick)–

Monthly(£2).....Half-Yearly(£12).....Annually(£24).....

I wish to pay my subscription by the following method (please tick)–

Cash.....

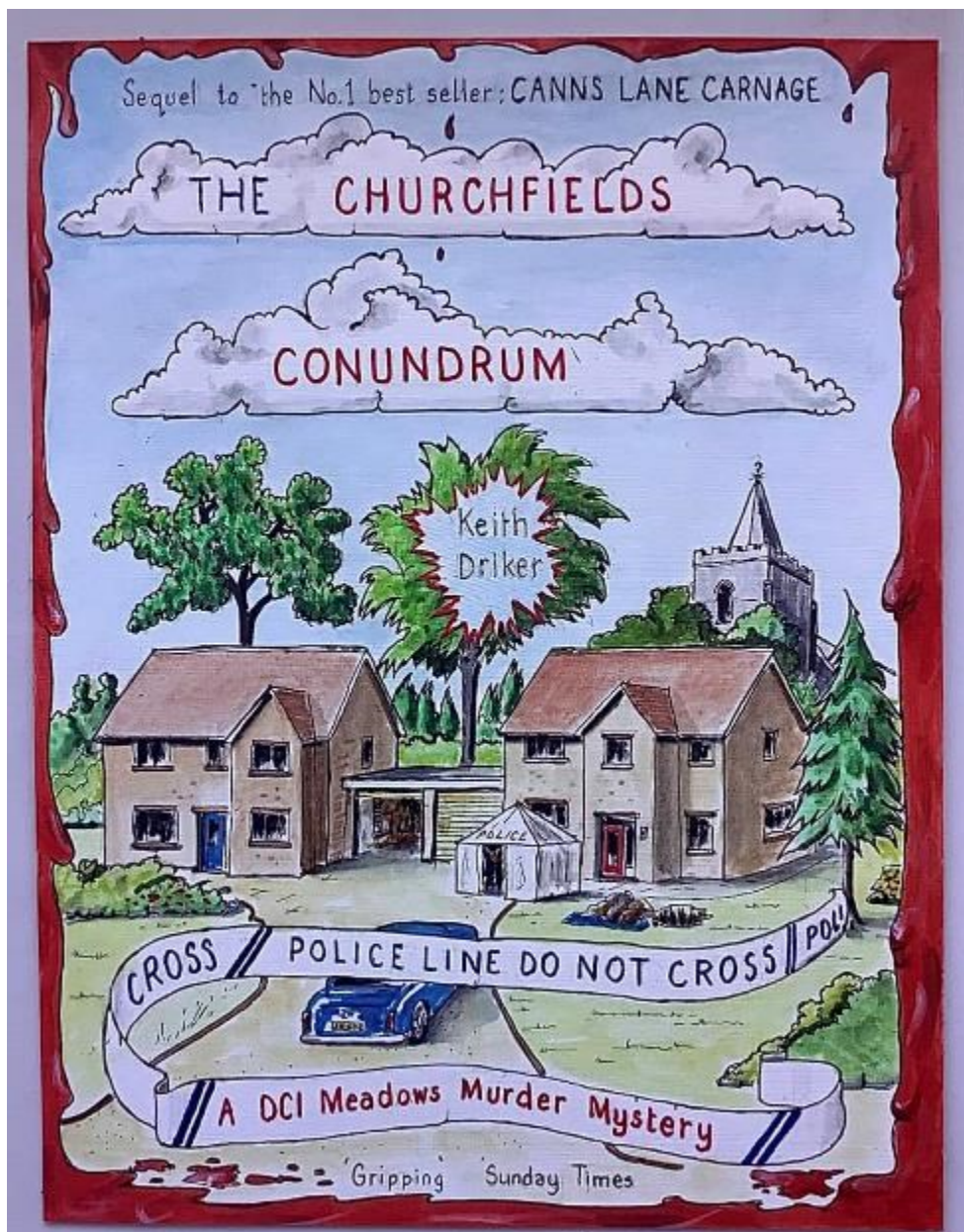
Cheque..... Made payable to Hethersett Hawks CSC

BACS or Standing Order..... Please provide me with details

Signed.....Date.....

Please e-mail this form to (Hethersetthawks@outlook.com) or send / deliver to Mel Perkins at 9 Meadow Close, Hethersett, Norwich, NR9 3DZ. On receipt of the form a membership number will be allocated for you and e-mailed to you together with, if required, the information needed to set up BACS / standing order.





THE Painting For Pleasure art group continues to brighten lives during lockdown with their virtual selection of artwork. On this and the next pages you will find their take on a couple of nursery rhymes and above the very talented Keith Drinkwater imagines a mystery.

Humpty Dumpty sat on a wall  
Humpty Dumpty had a great fall  
All the kings horses and all the kings men  
Couldn't put Humpty together again...



### The art group's take on Humpty Dumpty

Little Bo Peep has lost her sheep  
And can't tell where to find them  
Leave them alone  
And they'll come home  
Wagging their tails behind them



# Big Day for Top Dogs

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**Sarah Lawrence and Roger Morganreport on Hetherset Youth Club's big day.**

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THE sun shone bright on the afternoon of Saturday 26th June for Hetherset Jubilee Youth Club's annual Dog Show and Fete.

The weather brought the crowds with it, and quite rightly so! It was clear that a lot of hard work had gone into the planning and organising the wonderful event. It was great to go to an event that was reminiscent of the type of thing we would go to before the pandemic, and made you realise that there is light at the end of the tunnel.

There was the usual barbecue, ice-



Hetherset Herald

cream van, tombola and craft stalls, along with stalls ran by the children who go to Youth Club – hook-a-duck and guess the name of the teddy.



Behind the children's stalls were two beautiful banners that the children had lovingly made at Youth Club, showing how proud they are to attend, and how much joy they get from it. Along with the standard fete stalls, the dog show seemed very popular! With categories such as Best Paw Shaker, Loveliest Lady and Most Fabulous Fella, there was something for every one of our four legged friends to vie for. Lots of Hetherset pooches attended, from a Chihuahua to a Labradoodle and everything in between. Winners received beautiful coloured rosettes for their efforts. Sadly the PA system seemed to be having a bad day, but Neville Greenhalgh made up for it with his booming voice! I have it from a reliable source that they are now remarkably close to their goal of £30k for a new roof for the Youth Club itself, something they have been working towards and appealing for, for a long time. All-in-all, a fantastic community event that brought people together for a good cause and made people smile. What more could you ask for?



The above words and photographs are by Herald columnist Sarah Lawrence.

# More On The Fete



Herald Associate Editor Roger Morgan on the youth club dog show and fete

DESPITE the damp start to the day, the Sun came out in time to attract the crowds and the show was very well attended. There were also lots of dogs taking part in the various groups with at least six or seven competing in each category.

The fete had the usual mix of book, craft and plant stalls as well as tombolas, a white elephant and raffles many of which were organised by local

dog and animal charities. Burgers were available from the barbecue, with cakes and other refreshments including ice creams, also on sale.

The judging classes included loveliest lady, best paw shaker, cutest puppy, best trick, waggiest tail and many more, culminating with best in group and best in show. The show was expertly compered again by Neville Greenhalgh who carried on manfully

despite the PA system not working. Judge, Claire from Puppy School did a great job selecting the winners.

Winners included Chester, in the Most Fabulous Fella class, Nuna, in the Best Paw Shaker and Bella the Basset Hound was voted the dog that the judge would most like to take home. All of the participants were on their best behaviour and performed well. The smallest dog on show was Marshmallow the Chihuahua.

All proceeds from the day will go towards the youth club which meets on Wednesdays from 5:45 pm in term time for Years four, five and six and 7:30 pm for years seven, eight and nine with a monthly Well Being session for both age groups. Money will also go towards the roof appeal which is now close to success. Donations can be made to treasurer, Kevin Jermy, or to Chair, Gillian Saunders.



# John Was Simply Magic



HISTORIC aircraft, entertainers, a display of Lotus cars, a visit from the East Anglian Air Ambulance and much more marked the life of a Hethersett man known simply as Magic.

Friends, relatives and former workmates came together on Old Buckenham Airfield for a socially distanced celebration of the life of John Mountain.

John, who was 65, died suddenly in the Norfolk and Norwich University Hospital on February 16<sup>th</sup>. His wife Viv and stepsons, Steve and Gary Maddams, put a thanksgiving

celebration on ice until the relaxation of COVID rules.

“It was John’s wish to have a small funeral but a party to remember him by. He loved it on the airfield where he would take photographs of the aircraft. Wherever we went John would bring his camera and would often get lost for hours.

“There are so many people in the world with John shaped holes in their lives and he certainly will never be forgotten,” Steve Maddams said.

Aircraft paying their own tribute to John included a Spitfire from Biggin Hill and





a Piper Cub along with a plane owned by top actor Martin Shaw.

John was a big supporter of both the East Anglian Air Ambulance and the Norfolk Accident Rescue Service – both of which were represented at the celebration of his life.

John worked for Lotus Cars for over 20 years and gained the nickname “Magic” because of his ability to take virtually anything apart and put it back together again. He was a specialist in electrical circuits and also designed audio systems.

Patrick Peel, Chief Executive of the East Anglian Air Ambulance and former Head of Communications at Group Lotus referred to John as “a great ambassador for Lotus and an outstanding electrical engineer.”

Outside his love of cars and Grand Prix racing, John was a keen skier, cricketer, follower of Norwich City and



The East Anglian Air Ambulance made a guest appearance at Old Buckenham.

Sea Scout leader who had achieved the Queen’s Scout Award.

John leaves his wife Viv, his father George, two stepsons and four step grandchildren. The celebration event also featured Norfolk entertainer Ben Langley and Sean Goodman, a Norfolk magician who performed at John and Viv’s wedding.



## Remembering John



# Hethersett Back In The Race

HETHERSETT and Tas Valley Cricket Club are heading back towards the top echelons of Division One of the Norfolk Alliance.

After an indifferent period, the club's first team have strung together a number of impressive results to halt a slide and take them within touching distance of the top two.

Valley pushed up to third place after beating Dereham by 18 runs on the final set of fixtures for June.

That made it three wins on the spin for Valley after beating Sprowston by 123 runs and Downham Stow by 43 runs. Their only defeat of June was a 46 run loss at home to Lowestoft where the photographs on this page were taken.

Hethersett have some considerable ground to make up on the top two, however, and will probably need to beat both Bradfield and Thetford if they are to push for one of the promotion places.



## Leading Positions Division One

	Played	Points
Bradfield	9	159
Thetford	9	153
<b>Hethersett</b>	<b>9</b>	<b>124</b>



Fixtures for July see them visit Thetford for a crunch game on July 3rd followed by a home match against Horsford on 10th, a visit to Swardeston on 17th, a home game against Topcroft on 24th and an away game at Bradfield on 31st.

The club's second team is currently in seventh place out of 10 in Division Four of the Norfolk Alliance.

The club's Saturday third and fourth teams play in the Norfolk League.

The thirds are currently fourth in Division Three South East whilst the fourths are 10th in Division Four South East.

The photographs on this page were taken at the second team's defeat at the hands of Sandringham during June.

One of the club's greatest ever players has been forced to retire from playing through injury.

Matt Ellis announced his decision in an emotional social media post during June:

"It is with a heavy heart that I am writing this post. I have been playing cricket for over 30 years and have loved my time and met many lifelong friends.

I have tried this year to recapture my youth and continue playing. While my mind is keen my body however not so. I find myself hobbling for 4 or 5 days after a game, going to work with no socks on (as I can't bend down to put them on) and getting through the games with a little painkiller assistance.

It has reached the time where common sense must prevail and I must now watch from the boundary rope. It was great to have played my last game for the first team and to open the batting with my good friend Nick Burrett and to have helped in some small way to a tas victory.

It's been emotional!"

Having played in the club's second eleven for most of this season, Ellis was called up by the firsts for what proved to be his final game. He opened the batting in the 18 run victory over Dereham and put on 48 for the first wicket with Burrett before being caught out having scored 32.



**Matt Ellis**

The announcement was met with a huge response and messages of support, His opening partner for that final game Nick Burrett posted: “Absolutely gutted mate! Thanks for everything you have done for me on and off the pitch! So glad I got to bat with you in your last game. Best captain and all rounder to ever play for this club! “

Another said: “What you and the rest of your family have done for this club is nothing short of remarkable. There are very few of us left from our Hethersett days but you were a true inspiration to us youngsters as we grew up. I will miss greatly playing with you as I’m sure many will. A true club legend .”

During three decades with the club he scored thousands of runs and took hundreds of wickets as well as winning virtually every trophy available at the club from clubman of the year to batsman and bowler of the year and, of course, player of the year.

In 2008 he set a club record partnership when he put on 281 for the third wicket with Tim Shelley against Beccles.

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**Flowers across the fields of Hethersett. This photograph was captured at the end of June.**

# HEAT Litter Picks Up and Running



HETHERSETT'S community litter picks have re-started after the enforced break brought about by COVID restrictions.

During the break, residents have been out individually to help clean up the village but the first group action took place on Saturday June 26th.

A number of areas have been identified as "litter hotspots" by the Hethersett Environmental Action Team (HEAT) and these will be targeted during community litter picks.

They include: Little Melton Road where the trees and hedgerows have been cut down, the perimeter of the North Hethersett development, an area of woodland within Heather Gardens, parts of Back Lane, ditches along Burnthouse Lane and the layby on the B1172 opposite the King's Head. Incidents of fly tipping on Burnthouse Lane have been reported to South Norfolk Council.

McDonalds restaurant at Thickthorn has agreed to support the litter picks and six members of staff were on hand to help as part of their community involvement work. HEAT is looking to engage with parties who create and dispose of litter in order to try and reduce existing problem.

The rubbish will be disposed of by Tesco's Express in the village.

A total of 17 sacks of rubbish was collected. On the previous page is a photograph of those taking part who were aged from four to people in their 70s. On this page is a shot of the McDonald's staff. Who joined the litter pick as part of their community involvement.



**Opposite Hethersett Parish Councillor, HEAT member and Hethersett Herald columnist Sarah Lawrence with a variety of litter grabbers. All equipment for the litter picks is provided.**



# Fears Over Safety



A HETHERSETT resident has made an impassioned plea for motorists to be careful when driving near the new Woodside Primary School after she reported seeing “a near miss.”

Emma Denmark (pictured opposite) took to social media to voice her concerns:

“Please can drivers be more sensible driving near the schools. Recently we nearly saw a serious accident due to a speeding car. If you see children standing at the side of the road waiting to cross please either stop and let them cross.

“It literally takes two seconds of your day or at least slow down as you know there is always a possibility of a child running into the road. What if that was your child? One day there is going to be a serious accident.

“I will be sending an email to the council as something needs to be done even if it’s a crossing of some sort. We are always seeing near misses it’s getting ridiculous and no wonder so many people don’t want to walk. Please use common sense,” Emma said.

Many others have also voiced concern and Hethersett Parish Council is awaiting a meeting with Norfolk County Council and has been monitoring the situation and discussing it on a regular basis. Parish clerk Annette Palmer said:

“As the Clerk of Hethersett Parish Council, I can advise that the parish council has expressed concerns over road safety since the original planning application was submitted in 2018. The parish council discussed the issue again at its June meeting and is still trying to arrange an urgent meeting with Norfolk Highways.”

Other comments on social media underlined the inherent dangers at school times:

“It’s an accident waiting to happen. I nearly got taken off my bike twice just after half term up on the Baker Drive junction,” said one message.

“It’s awful and I do hope highways come and look at it soon. It will only get worse with the intake of other years,” wrote another.





## David's Garden of Delight

WHEN David Bull goes into his Hethersett back garden he is transported back over 200 years to the frontier days of Davy Crockett and the American Wild West.

David has turned his garden into a replica of an American railroad complete with steam trains outside whilst inside a workshop he has a replica of a western town and its railway from the 19<sup>th</sup> century.

"I have always been interested in cowboys and Indians and the Wild West and American trains," David said.



The current outdoor set-up features his third track, with a number of freight hauling engines along with an Iron Horse which transported passengers along the White Pass and Yukon Route in Canada, a Milwaukee Caboose and an American Shay Locomotive.

To add a touch of beauty, David has also set-up a central floral display which

has met with the approval of his wife Jane.

David finds more time to spend on his hobby now that illness has forced him to give up his job as an upholsterer.

After leaving school, he worked as a shepherd for a while at Wilby, before joining the Norwich Firm of Arthur Brett and Sons Ltd, Furniture Manufacturers.

It was there that he became foreman of the upholstery shop and played a part in a slice of British history when he made two settees and a love seat for one of the state rooms in 10 Downing Street when Margaret Thatcher was Prime Minister.

David admits it was quite a difficult task for a died in the wool socialist supporter—something he has been all his life.

David decided to branch out on his own and, for decades, took on commissions which included making horse hair mattresses for the multi Oscar winning film “The English Patient.”

After that David found himself inundated with work: “It was all word of mouth. I never had to advertise,” he said. David was forced to give up business when he was struck down with Shingles – something he is still recovering from. Building and keeping his railways running now takes up a large slice of his life:

“I do enjoy waking up in the morning knowing I haven’t got anything specific to do, but I’m certainly not idle,” he said as he sends a train whistle toot across Hethersett. This story has also appeared in the Eastern Daily Press and Norwich Evening News newspapers.



**David and Jane Bull**



**Just one of David’s historic trains**



**Top of the page is David's workshop lay-out evoking the American West. Above and to the right David prepares to sound his train whistle.**

# Floral Hethersett



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**THE lovely photographs on this and the next page were shot in and around Hethersett by Tina Andrews and are reproduced with her permission.**

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# News From The Parish Council

## Meeting Dates

Full council meeting dates for the remainder of 2021 are as follows:

July 19th, September 20th, October 18th, November 15th and December 20th' Council meetings begin at 7.30 pm. There is no full council meeting in August. Planning Committee meetings start at 7 pm on the following dates: July 5th and 19th, August 2nd and 16th, September 6th and 20th, October 4th and 18th, November 1st and 15th, December 6th and 20th.

For other committee dates refer to the council's website which can be accessed at:

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

Committee and full council meetings are open to the public.

Meetings have re-started in Hethersett Village Hall.

## How To Contact The Parish Council

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

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

The council has a website at

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

and also a Facebook page. A full list of councillors appears later in this edition of Hethersett Herald along with contact details.

# News From The Parish Council

## B1172 Seat Request

THE council has promised to reconsider having a public seat placed on the cycle path off the B1172 and close to the historic Kett's Oak.

Member of the public Richard Headicar asked the council to reconsider the idea after they had turned it down on the grounds of cost.

"A huge amount of money has been spent on the cycle path. I live at Woodcote Sheltered Housing complex. Some of the residents like to walk to Waitrose supermarket and would value a seat being in place," Mr Headicar said.

Council chairman Adrienne Quinlan promised the council would re-consider the matter.

Mr Headicar also asked for a path through a proposed new development of nine new homes on land on the edge of the park to allow Woodcote residents to gain easy access from the back gate of the complex to the village centre.

Mrs Quinlan said the council would support the request. Comments on the proposed development can be made via the South Norfolk Council's website

### Parish Shorts

Hethersett's district and county councillor David Bills told the meeting that he has £10,000 available in grants for environmental and highway matters. This is available for the area covered by Councillor Bills. Each of Hethersett's three district councillors also have £1,000 to award to local groups.

More remedial work is being undertaken to alleviate flooding in Southcroft.

Part of Queen's Road was shut during the month due to a burst watermain.

The parish council is considering putting together a welcome pack for new residents to make them aware of what is available in our village. The council is also looking to re-start its community newsletter following the relaxation of covid regulations.

# News From The Parish Council



## HETHERSETT PARISH COUNCIL COUNCILLORS CONTACT DETAILS

### Chairman

Mrs A Quinlan, 8 Childs Road, Hethersett NR9 3HN

Tel: 814379

### Vice-Chairman

Mr S Slack, 70 Priory Road, Hethersett NR9 3EY

Tel: 811824

### Councillors:

Miss K Adams c/o the Parish Council Office, Village Hall, Hethersett

Via the Clerk

Mr L Dale, 46 New Road, Hethersett NR9 3HH

Tel: 810952

Dr A Edwards, 6 Queens Road, Hethersett NR9 3DB

Tel: 812309

Mrs S England, c/o the Parish Council Office, Village Hall, Hethersett

Tel: 07582 225895

Mrs S Lawrence, c/o the Parish Council Office, Village Hall, Hethersett

Via the Clerk

Mr J Loomer, 6 Miller Close, Hethersett NR9 3GD

Tel: 07799 608978

Mr C Morriss, 19 Haconsfield, Hethersett NR9 3AW

Tel: 810060

Ms E Mulvaney, c/o the Parish Council Office, Village Hall, Hethersett

Via the Clerk

Mr J Nightingale, 2 Buckingham Drive, Hethersett NR9 3HT

Tel: 811513

Mr M Stark, 61 Lynch Green, Hethersett NR9 3JT

Via the Clerk

Mrs J Walpole, 16 Canns Lane, Hethersett NR9 3JE

Tel: 811932

Mrs B Williamson, 8 Churchfields, Hethersett NR9 3AF

Tel: 810259

Above are details of the 14 parish councillors with their contact details.



Hethersett Herald





# HAVE YOU HEARD ABOUT

## Hethersett & District Aid in Sickness Fund?

(Formerly known as the Hethersett Nursing Association)



### 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?

**Infirm  
Convalescing  
Sick  
Unwell  
Disability**

#### 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.

For further information or to apply for a grant please telephone one of the trustees listed below. If you have a need for something which is not mentioned above please apply and we will try to help.



Alex	07805 242326
Rachel	01603 812596
Mary	01603 811330
Barbara	01603 810502
Christopher	01603 811010
Debby	01603 812221

**All applications are treated in the strictest confidence.**

Registered Charity Number 211284

# Sarah's World

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

## Enjoying The Summer Sun

**S**UMMER is here and it's brought the sunshine with it, thank goodness. I don't know about you, but I was a touch worried when we had all that rain at the end of May. I didn't think we were going to get a summer! We all need a bit of sunshine, it just generally makes most people happier. That said, I'm not a sun worshipper. I'm a sit-in-the-shade-with-a-book kind of gal. But, I can appreciate a type of weather that isn't rain.

The Lawrence family very much enjoyed the half-term holiday – and the sunshine. We had plans every day, Mr L had some annual leave and we resolved to make the most of it. After nearly a year of not being able to go very far, or see friends properly, we travelled Norfolk and Suffolk. We did Stalham, Norwich, Great Yarmouth, Wymondham, Thetford, Bury St. Edmunds and Mattishall. It was the kind of week where you need a holiday to recover from your holiday!



It was absolutely lovely seeing our family and friends though. We hadn't gotten together with Mr L's large family altogether since early 2020 because of restrictions. We've missed birthdays, Christmas and two Easters. But, after an afternoon/evening in my brother and sister-in-law's garden, it was like no time had passed at all. We all had a wonderful time, sitting together on camping chairs and sharing food, while our girls played with their cousin and blew bubbles. It was a perfect evening, one that I hope we can repeat sometime soon.

This month I was finally invited to have my Covid vaccination! I've said previously that the moment I was told I could book, I'd run to the nearest vaccination centre, but I wasn't quite that quick. I'd succumbed to the horror stories I'd heard from friends and family. Some said they had no reaction to the vaccine at all, which was great, but others. Mr L for instance, slept for a solid 12 hours after his, and another person I know felt out of sorts for ten days after, and had to have two days off of work following it. I wanted to make sure that when I booked it, I had at least a day off work after to recover, just in case.

But, the appointments didn't fall the way I wanted them to, and after about two

# Sarah's World

weeks of obsessively checking appointment dates day and night, I got fed up. I eventually plumped for a Friday evening slot (added bonus of no early school run the next day, winner.) but, I had work Saturday afternoon. I was hoping I was going to get off lightly symptom wise!

We rolled into Cringleford Surgery car park a few days later, glad to finally get jabbed, albeit nervous. The team working there were all so friendly though, marshalling the car park, directing people on where to stand and wait.

I made sure to thank them all for their efforts, they were doing a fine job! The jab itself took seconds, and before I knew it, I was sitting in the waiting room messaging my husband to let him know I'd be out in 15. All I felt was a scratch, and I'm happy to say

that I did get off lightly with the side effects. Just a bit of a sore arm, feels like I've pulled a muscle in all honesty, but I'm happy with that!

Now, I realise that most people have had their vaccine or vaccines by now, but if you're a younger person yet to have yours, someone nervous about the injection or side effects, or just someone sitting on the fence, I promise you it's nothing to worry about. I can't speak for other clinics, but Cringleford was such a smooth operation and everyone there made me feel at ease. For peace of mind, it's well worth doing!



The last couple of HEAT meetings have brought up the idea of 'Rewilding' in Hetherset, an idea spearheaded by Councillor Bridget Williamson. I love this idea. It's all about working alongside South Norfolk Council and leaving some areas of Hetherset unmown, to improve the biodiversity of some of the open places in Hetherset.

I've spoken before about my daughter's love for flora and fauna. There are some areas in Hetherset that are looking particularly amazing at present through not being mown, though I

# Sarah's World

suspect accidental, we are loving it. While still in the works, I really think Hethersett is the perfect place for a scheme like this, after all, how amazing did Rectory Meadow look when the Bee Orchids were growing? I wonder what other species of plant might flower if given the opportunity.

And finally, this month at Tesco we've all been sad to say goodbye to our lovely Jen, who is retiring after working in Tesco since we opened in 2006, and in the One Stop and its prior incarnations for many years before. She is a consistent, hard working and trustworthy member of staff, and we are all very sad to lose her, but we hope she enjoys her retirement! The shop won't be the same without her.



# News From The Media

## 'A born organiser' Doris Langford MBE, who raised millions for charity, dies at 88

An 88-year-old woman is responsible for raising millions of pounds for charity over her 40-year career.

Doris Langford has been a pillar of the charity sector for over 40 years. She was instrumental in the founding of the National Children's Bureau (NCB) and the National Children's Home (NCH). She was also a member of the House of Commons and the House of Lords.

She was a pioneer in the field of child care and was instrumental in the founding of the National Children's Home (NCH) and the National Children's Bureau (NCB). She was also a member of the House of Commons and the House of Lords.

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Doris Langford (center) with her daughter, Catherine Langford, and granddaughter, Sophie Langford, at a charity event.



# News From The Media



## Former shepherd transforms garden into Wild West frontier

By Sarah Woodhead and Gillian Woodhead  
 Photographs by Gillian Woodhead  
 and Sarah Woodhead  
 for the Hethersett Herald

For a man who turned his garden into a Wild West frontier, it is a little surprising that he has a garden at all. In fact, he has a garden that is a little bit different from most.

It is not a garden in the traditional sense of the word. It is a garden that is a little bit different from most.

The garden is a little bit different from most. It is a garden that is a little bit different from most.

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PHOTO: SARAH WOODHEAD  
 AND GILLIAN WOODHEAD

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# News From The Media

## Surgery 'is at breaking point' because of village expansion

A proposal to demolish the village hall in Hethersett has been rejected by the parish council because of the village's expansion.

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Portrait of an elderly woman with short grey hair and glasses, wearing a dark patterned top.

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## Celebration event for former Lotus worker known as Magic

A group of former Lotus workers gathered for a celebration event in Hethersett.



A group of former Lotus workers gathered for a celebration event in Hethersett.



The two stories on this page appeared in both the Eastern Daily Press and the Norwich Evening News. You can also find these stories covered in this edition of Hethersett Herald.

# Hethersett Herald—The Collection

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

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

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

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

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## Back On Screen In The Autumn

HETHERSETT Village Screen will be back in the Autumn (subject to no further lockdown restrictions).

The new season will begin on 5th September and other dates will be on the first Sunday of each month through to May.

These will be—3rd October, 7th November, 5th December, 2nd January, 6th February, 6th March, 3rd April and 1st May. All films will take place in Hethersett Village Hall at 3 pm and tickets will be £4.50 each.

“Whilst we can't show films at the moment, we are planning for when we can! We're pleased then to announce provisional dates for 2021/22, showing films on the first Sunday of every month from September through to May.

“We know that seems like a way off yet, but we look forward to welcoming you back to the Village Hall as soon as we can, for more film fun. Until then, take care everyone,” the organisers said on Facebook

The actual programme will be announced in the future. Watch this space.



# My Photographic Diary *by John Head*

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



Even on a dull and overcast morning at 5 am there is still something historical and spiritual being close to Kett's Oak.

Over the page, the sun rises over David James Car Sales and surrounding fields . Hethersett 8th June at 5 am.

# My Photographic Diary *by John Head*





## HETHERSETT HERITAGE

➔ AN ARCHIVE OF OUR VILLAGE HISTORY ➔

### THE HETHERSETT ARCHIVE

Honorary archivist Gary Wyatt brings us more images from the archive.  
You can see many more at  
<https://hethersettheritage.org>



Hethersett Herald

The photograph opposite is entitled William Bennett—Royal Naval Reserves.

Below is the Hethersett christening of Herbert Miller on 8th March, 1914,



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July 2021

# HETHERSETT HERITAGE



Above is the Hethersett Racecourse Race Club pin badge from 1928.



Above is a caravan built at Bailey's Workshop in Henstead Road, Hethersett

# HETHERSETT HERITAGE



Above is the British School Building (now the church hall in Henstead Road) probably taken in the 1970s and opposite is the commemorative plaque to those from the village who died in the First World War. This plaque is from inside the building. More from the archives next month.



IF you have any stories, information or photographs you would like to see appearing in Hethersett Herald please send them to the editor Peter Steward at [petersteward@lineone.net](mailto:petersteward@lineone.net).

We are happy to publish articles about the village and also articles of a more general nature written by Hethersett residents.

# Down Memory Lane

*With John Head*

## Strike Up The Band

I came across these photographs of the Hethersett Pantomime Band taken in 2012 which, not only being nostalgic, were also very sad as there are persons on the photos who are no longer with us or with the band.

Roger Noble retired after many years on the piano and played an invaluable part of always being at rehearsals.

Dr Tony Press - who gave so much to the village but his coordination of the music for the various instruments involved with Panto was outstanding. I really miss him and it is wonderful that his wife Judith remains committed to the role as 'prompt.'

Ross Anderson - who also died. A personal friend and a very versatile guitarist - lead, rhythm and bass. He was also a brilliant Luthier building guitars for 'session musician' - I believe one of his guitars appeared on 'Strictly.'

I believe this was Duncan Pigg's 40th pantomime as writer and producer.



# Down Memory Lane



HETHERSETT Pantomime began an unbroken run of 51 productions in 1970. Originally held in the Church Hall in Henstead Road, it moved its home to the village hall when that building was constructed.

It took a national pandemic to stop the run of pantos with the 2021 production being cancelled. The pantomime group will be back in January 2022 with their production of Aladdin.

# Down Memory Lane



**St Remigius Parish Church has held some wonderful flower festivals.**



# Down Memory Lane



St Remigius' Flower Festival

# Down Memory Lane



**The photographs on this and the previous two pages were taken from the St Remigius Flower Festival of September, 1994.**

# The History of Canta

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Lewis Buckingham continues his wander through Hetherset's early history.

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Let me tell you a story.

A few generations after the Roman soldiers left the shores of Britannia a man named Canta set out to make a home for himself and his kin.

He and his family headed west along the old Roman road from where the workshops reverberated to the sounds of hammer and anvil. They did not need to travel far to find a small corner that had been overlooked.

Not too much further along that road to the west, Cytra had settled and claimed a territory. His lands lay just south of the old road. He had taken advantage of the land cleared long ago by the Romans to either side of the road as a defensive measure. His lands spread north, but not so far. He was hemmed in by the damp lower ground up that way. It was far easier to clear land towards the south.

But here, just before Cytra's Home, and a little north of the old road was a fine place. It was a little promontory from which the land fell in an arc towards the north. Below lay the river, and from here Canta could control any who approached up its length.

It was what passed for a hill in that region, overlooking the damp ground and waterways below, and so he named his place Canta's Hill. In his tongue it was called Cantalowe.

Cantalowe was eminently defensible and not far from the main ways of the North Folk. Old roads ran to east, west and south. They connected him to all of the villages and places of the land.

To the north ran the river. The river itself was a path, but it was also a barrier,



**An Anglo Saxon Leader**



## A Medieval Water Mill

but there was not so much beyond its waters for him to worry himself over. A few small villages lay on the main river to the north of the Caistor there, but nothing much more.

Cantalowe was sited in that location not just because it was defensible and near to great roads. A little further up the river there, Canta had noticed a perfect place where the water ran briskly. With a little work he could set a water-mill there. With a little more he could clear land along the ridge to his west, all of which overlooked his river and his mill. There he could plant his own wheat to mill for market. He could also perhaps make a little coin milling Cytra's wheat. Cytra had no rivers to speak of.



## Cantalowe in the Early Years

Once his mill was working, he or his descendants noticed that the water down stream had slowed a little and had lowered. With a little effort they could ford it just below where the village sat. The first who crossed the river came back with concern in their eyes. Amidst the trees above the far bank, sat two strange rounded hills. They did not look the work of nature.

Once his mill was working, he or his descendants noticed that the water down stream had slowed a little and had lowered. With a little effort they could ford it just below where the village sat. The first who crossed the river came back with concern in their eyes. Amidst the trees above the far bank, sat two strange rounded hills. They did not look the work of nature.

Canta's men did not know what to make of them. They felt no malice from them, yet still they knew those mounds stood sentinel above the ford there. They watched across the water. It was their land across the water there, and Canta's people named the area for those round hills above the ford.

In their tongue they called it Béag Wuda - for they did indeed look a little like rounded shield bosses, lying hidden within the wood there. The ford below they also named for those hills - béag ford. Later, when people from the North ruled

Canta's lands, they named them anew. They still named the ford for those round shapes - kringla, they called them.

Over time Cantalowe grew, and a small secondary hamlet sprung up also by the mill. Those small villages just north had grown also, and a market, -or wic in Canta's tongue - had grown up amongst them. The market there rivalled that at the Caistor, and



### Cantalowe in its Prime

Canta's folk forged a path north across the ford, below and past the frowning Béagwuda. This path became a road, and soon not only the folk of Canta followed it to the northern Wic there. Others crossed the Ford, and Canta's folk grew in wealth, as they controlled the crossing there.

Theirs was not the only road that led to the north markets. From the north and west, beyond the mill on the higher land, a road led down to Norwich from what had become known as the Middle Town, or Midiltuna. The ways met just to the west of the North Markets, and crossed another ford there before they wound towards the market place.

Canta's folk were becoming wealthy. Their lord was a man of importance, a Thegn or Baron to the King there. As such a Church was required. No man could call himself a Thegn if he had no place to venerate God.

For by this time they knew only one God and he had need of a special place all His own. The Lord of Canta's Folk had no particular Saint he revered above any other. This church was a requirement for his status, so he named it for all of the Saints. The Lord of Midiltuna did the same.

The villages at Cantalowe and Midiltuna were not the only places that grew over time. Another town - one that rivalled if not exceeded that at the north market place - had grown at a common place called the People's Ford. It was named Theod Ford in the tongue of the land.

A road was forged between the two great places. It ran on from Theodford until it passed through Wigmund's Town. From there it struck through unclaimed lands that lay above the heath between Midiltuna and Cantalowe. Beyond them it met the existing ways from Cantalowe and Midiltuna West of Nordwic, and

they ran together like a great river to Nordwic.

In the meantime free men - men who held their land directly of the king - struck out along the higher ways to the north and south of the new road. They carved out their own small places on the high meadow and by the landing place there on the beck.

Those who dwelt to north and south of the new Great Road turned inwards towards it and the routes to the new great towns of the North Folk. The way through Cantalowe began to lose importance and sway.



**Cantalowe in decline. The rise of Hethersett**

Wheat and barley were sown at the small villages there amongst the heath. Some still milled their crops at Canta's little hamlet of Tikethorp, but others - those north of the Great Way - chose to take their crops to other mills. Midiltuna had its own mill there, and the path there was easier than down over the damp ground to Tikethorp.

Canta's lineage still held sway in his old place there above the river, but the river was now a brook and their prestige was diminished. Their lord took heart in the tales of Canta of old, and he determined to mark out a new seat of power. He struck north, and built himself a hall on the edge of the Great Road. Once more Canta's folk controlled the artery of commerce in that region.

And so a new hall was built, and a new church. The Church stood prominent against the Great Way, and none who passed could miss that a powerful man ruled those lands. He was perhaps a greater man than Canta had been of old. While Canta's town faded into obscurity, this new lord's power waxed. His grip extended to those independent men who had carved out their own places about the road. He ruled those on the Bray, those by the Hithe on the Beck, and those who sat above them at the Hlinc and along the Bray Gate. He ruled all of the Heather Dwellers.

Is this a true story? Perhaps.

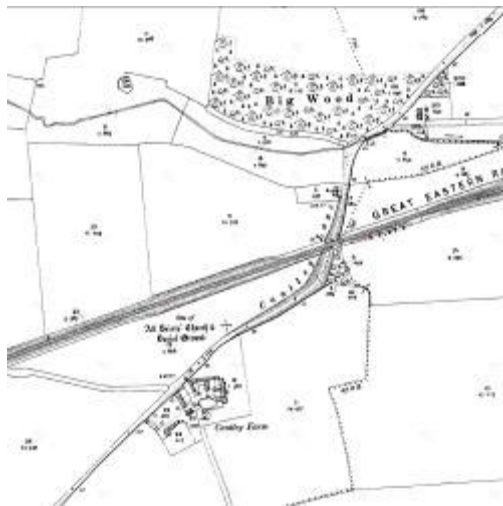
Does it hold some truth? Of that I have no doubt.

There's much that has been lost to time - some memories more recently than others.

What is true is that there was a Church named All Saints at Cantley, and a small hamlet as well. They lie beneath the fields across the road from Cantley Farm. It's not known exactly when the village was abandoned, but the parish was

consolidated to that of St Remigius for lack of parishioners in 1397. The building was still used as a chapel for a time, but fell with the Reformation.

Those round hills - bronze age barrows - still exist and did indeed once lie in a plantation called Big Wood. I must admit, though, that it was a happy accident that the Old English Word for round sounded so similar to big. There's no evidence for what name came before the Old Danish Kringlaford. They are much the same as they would have been in Canta's time, though perhaps a bit rough around the edges as a result of rabbits (which were probably encouraged to set up home there by Baron Flowerdew).



Detail from 1906 map of the site of Cantley All Saints and Big Wood.

Is that where Cringleford's name came from? Perhaps.

The centre of Cringleford is much removed from there, but perhaps it was the boundary there that gave the name for that land. The entire village of Cringleford was destroyed in a great blaze in Queen Elizabeth's time, but we have forgotten that fire now. Perhaps it once stood closer to Cantley?

There was a church on the site before St Remigius stood there. Norman window sills have been discovered during renovations, and before that, at the time of Domesday, it was already the greater of the two churches, though we do not know its name then. It's probably that what we have today is at least the third Church that has stood on that site, though to us it looks to have stood there from time immemorial.

There is little left for us to see of those times beyond the names that remain on the landscape. And many of those have become lost to us in only the last couple of hundred years.

There's much we no longer know, but when it comes to the distant past, there's an odd thing that happens.

It's true that as time passes more is forgotten and lost. Those that remember the old ways pass on, and their records lose meaning for those that follow. At a certain point, however, we reach a trough and have forgotten as much as is possible to forget.

From that point on, every new thing that is learnt must be discovered and sought after.

Once that process begins, we find that the more time that passes, the more opportunity we have to learn about the past. We are able to look closely at what remains to us - whether that be in the records, or beneath the earth itself.

So this is a start at describing something we can never know for certain. I'd hope that this story is possibly close to the truth.

With any luck - given enough time and opportunity - someone one day will be able to tell a story that is probably close to the truth.

## Have You Missed Out ?

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

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

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

It is currently available only online. If you have news or would like to be featured in Hethersett Herald contact editor Pfeter Steward on [petersteward@lineone.net](mailto:petersteward@lineone.net)



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## Charlotte Govier and Emily Parden look back on the past month at Hethersett Hall

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### **An Afternoon of Sunshine and Jazz**

RESIDENTS enjoyed a live performance from the Norfolk and Norwich Festival Bandwagon. This fantastic group have been travelling around to various destinations including care homes to provide a socially distanced jazz performance.

Staff and residents enjoyed a great afternoon together in the sunshine. A massive thank you to Norfolk and Norwich Festival for offering to visit us - our residents loved it!

# News From Hethersett Hall Care Home



What great weather we have been having recently, so much so that Peter our Spanish Guitarist wanted to perform in the garden.

Our residents were more than happy to oblige and enjoyed sitting out under the shade of the veranda relaxing to the wonderful sounds of Spanish classical guitar.



## A sentimental journey – Dementia Action Week

We celebrated Dementia Action Week by having a lovely zoom session with little ones from Friend in Deed (see photograph on next page).

Mothers and their young babies shared stories of their favourite toys and our residents shared items that had sentimental value to them.

It was a very special morning which left our residents of Memory Lane and Main Hall feeling uplifted in light of Dementia Action Week.

# News From Hethersett Hall Care Home



Residents enjoy interacting with younger friends during their Friend In Deed.

# News From Hethersett Hall Care Home



## Budding Artists at Hethersett Hall

There has been such a wonderful atmosphere in our home as we welcome back many of our lovely entertainers and instructors.

Residents finally met their art teacher Juli, for the first time after many lessons through Zoom.

Residents loved chatting with Juli and showing her their latest work as well as discussing future plans to display their amazing creations - watch this space!



# News From Hethersett Hall Care Home

## Our Mojo Is Back Again

As restrictions ease gradually our residents are enjoying the return of many familiar faces.

Our lovely hairdresser has been working so hard to ensure all our residents' needs are met as has our chiropodist. Another visit was from Foteini, our art teacher!

Our residents in Memory Lane were delighted to finally meet her as opposed to through a screen. There was lots of dancing and smiling - fantastic painting too of course.

Welcome back everyone, oh how we've missed you.



**Residents toasted a return to some form of normality with a welcome glass of gin.**



# News From Hethersett Hall Care Home

## Tech Buddies

Our residents love learning new things and as the pandemic cut off so many normal forms of communication, more and more of our residents were buying iPads and tablets to keep in contact with loved ones.

To help them to use their new piece of technology, we set up a regular tech class to show the basics of using a tablet and as our residents progressed in each class we started to learn other things, like how to use Youtube and Podcasts etc.

Our residents who took part are now pretty proficient at using their tablets and we will revisit tech buddies every so often as a refresher.



## How To Feel More Positive



### **By Brett Rennolds**

JULY, what a glorious month, the flowers are blooming, the bees are buzzing and the sun is shining! My wish is that you are taking the time to pause and notice, savour and value those things that bring you joy.

The mindful practice of making time for you to notice, savour and value is good nutrition for your mind. Physical health, diet and exercise, is broadly well understood. We don't always make the best choices, but we do know a positive choice from a poor one.

It is less well understood when we consider our thoughts, feelings and behaviours especially as 'thoughts and feelings' can often appear so entwined. How does anyone really know the difference between thought and feeling really?

For some people, a neurological diet of negativity has become the 'norm'. A diet of frustration, fear and sadness are

literarily 'empty calories' neurologically speaking. As a consequence of emotions fuelling our minds we feed our brain with a cocktail of stress hormones; adrenalin, noradrenalin and cortisol.

Now it is okay to feel angry, scared or sad from time to time. However, it is not okay for those feelings to define the person you are. This toxic diet of negativity can mean we feel angry, anxious and/or experience the signs and symptoms of depression all too often. We can feel overwhelmed and as a consequence feel there is nothing that can be done, that we are 'saddled' with these negative feelings and we will just have to 'get on with it'.

A diet of stress hormones results in a chronic activation of our survival mechanism that can demonstratively effect our physical and mental health. This is because when our fight, flight, freeze (FFF) response is activated we remain on a state of high alert that, in

survival terms, this means we are 'chemically charged' to hit it, run away from it or hide from it, it being the trigger for that perceived threat.

This primitive response is how the mind works, it is a hangover to our more nomadic hunter, gatherer past selves. Back then we simply survived, we lived in tribes and the survival of the tribe relied on those FFF behaviours. It was not a safe thing to assume that there were no threats lurking in the long grass. Be it a 'pack of wolves', another tribe or disease, drought or famine. Our primitive past selves were attuned to those sounds, smells, sights and 'feelings' so intuitively that they succeeded, they survived and passed that DNA onto you.

Now as much as frustration, fear and sadness will all contribute to our experience of stress from time to time they are, by themselves, not life threatening. Last time I checked there were no roving packs of wolves in Norfolk, but I acknowledge it can sometimes feel like it. Any negative feelings are best understood as a negative description. Feeling angry, guilty, worthless, frustrated, scared, anxious, unfulfilled, sad, unmotivated, disillusioned, bereaved, tired, exhausted, to name only a few, are all emotions that make you feel rubbish. This will result in negative behaviours which can look like arguments, outbursts, tears, poor food choices, self-medication, self-harm, withdrawing from social situations, unwillingness to exercise, unable to take help, unable

to sleep and an escalation of these negative behaviours over time.

Now this is the point I wish to convey to you; it is these feelings that are the catalyst for your stress and the increased production of stress chemicals, those 'empty calories, for your mind. To redress this start thinking first. By thinking more positively you can acknowledge that you feel frustrated, fearful or sad but now ask yourself 'What can you do to be less frustrated, fearful or sad?'

I empathise that 'if it was this simple everybody would be doing it' however, just like diet and exercise we may all know that we should be exercising more and eating less but we don't all do it consistently well. For some hiring a personal trainer or dietician may provide the structure necessary to get in shape. It is the same for your mind. The team at Rowan House are skilled in a variety of treatments and support that and can provide the role of 'personal trainer' for your mind, but for those who seek to redress this overreliance on stress chemicals perhaps consider the following.

- Notice the positive things around you; the flowers blooming, the bees buzzing and the sun shining.
- Savour that you, right in this moment, appreciate this 'small thing'. The garden/park you are sat in, the friends and family around you or the kindness of a stranger.

Value you are the reason you've



noticed and savoured those things. Your mind had the ability to generate positive thought and learn to think, feel and behave more positively.

Do this and you will stop producing the cocktail of stress hormones so bad for our physical and mental health and you start to produce serotonin. Commonly referred to as the happy chemical serotonin will help foster positive thoughts, actions and interactions. The more you practice the better you will get. Just as with exercise, you will have to go for that walk, cycle or swim. Just like diet you will have to eat more healthily and evidence has shown keeping a food diary will help in controlling your eating.

It is the same with positive thinking. You will have to do the work; notice, savour and value the things that bring you joy. If you journal what you notice, savour and value (NSV) you will increase the probability of success as you will be using multiple areas of your brain to think, act and interact. By finding or buying a journal to write in you are already committing to action, by setting time in your day be it first thing in the morning, last thing at night or in that 'quiet moment' before you pick the children up from school, whenever you plan to do it you are committing to action. By NSVing and writing in your journal you are evidencing your commitment to action.

Committing to action gives you a serotonin 'hit' every time you succeed at something new, that first small step,

is an opportunity to harvest more serotonin. The more serotonin you produce the better you will think and as you begin to think more positively you will begin to notice savour and value that you are now feeling more positive; happy, joyful, content, kind, patient, creative, present, motivated, rested, arguing less, you will sleep better, make better diet and exercise choices. This will be because you are in intellectual control, utilising that part of your brain we do not share with any other animals; the pre-frontal cortex.

When properly fuelled with serotonin the human mind will thrive rather than simply survive. Serotonin is the 'key' to unlocking our potential. Serotonin is the key to the pre-frontal cortex, the part of our brain that allows us to think, make a proper assessment of each situation 'good or bad' and accept those things beyond our control, whilst committing to action to the things we can affect. The pre-frontal cortex allows you to identify the solutions that are right from you and so be that best version of yourself.

There will always be 'negative distractions' that mean we choose not to eat or exercise as well as we might but with application, we learn to behave more kindly towards ourselves, understand the long-term benefits of self-compassion and commit to healthier choices more often. It is exactly the same for our minds, commit to action and start thinking more positively so that when those 'negative distractions' dominate our feelings we can think, redress that

negative influence and establish new sustainable positive response to those negative feelings, we will have changed our behaviour response to our negative feelings as we have thought about what we want to be different. What will you think about changing this month?

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*As the summer weather finally arrives, we naturally want to eat cooler, refreshing foods.*

*Whilst ice-cream can be cooling on a hot day, there are plenty of other healthier options you can choose to keep you hydrated and cool.*

*Here are my favourites:*



*Catherine Jeans, Nutritional therapist*

Fresh watermelon – packed with goodness and super hydrating! Any leftovers can be frozen for a smoothie.

Cucumber—it's one of the juiciest veg around, having a very high-water content. I love it in smoothies with some mint, fruit, and a handful of organic greens.

Make your own instant ice cream from frozen fruit and a dash of coconut milk, almond milk or yoghurt. Just blitz in a blender and see ice cream form before your eyes! I love frozen berries, kefir and mint leaves.



If you're not a huge fan of water, try a water infuser bottle with mint, cucumber and strawberries in the middle. Or some herbal tea bags, or fresh mint or lemon balm from the garden, steeped in hot water and then cooled. Much better for you than your usual summary cordials, which are often packed with sugar

# News From Café Kin at Rowan House

Pictured opposite are Olivia and Leanne part of the team at Café Kin. The café also has Nayna, Ethan, Maddy and Emma in its team.

The cafe is open Tuesday to Saturday serving breakfast, lunch and snacks alongside hot and cold drinks,



## Cycle Speedway club covers 1,263 miles in 24 hours

**HEATHERSETT** A cycle speedway club has completed a 24-hour marathon covering 1,263 miles. The Hethersett Hawks' team, consisting of 12 riders, set off at 7pm on Saturday and finished at 7pm on Sunday. The club, based at the Hethersett Sports Centre, has been active since 2015 and has achieved several milestones. The 24-hour marathon was a significant achievement for the club, demonstrating their endurance and teamwork. The riders were supported by a team of volunteers and family members throughout the event. The club's success was celebrated with a presentation ceremony at the end of the marathon.

**HEATHERSETT** The Hethersett Hawks' cycle speedway club has achieved a remarkable feat by completing a 24-hour marathon covering 1,263 miles. The team, consisting of 12 riders, set off at 7pm on Saturday and finished at 7pm on Sunday. The club, based at the Hethersett Sports Centre, has been active since 2015 and has achieved several milestones. The 24-hour marathon was a significant achievement for the club, demonstrating their endurance and teamwork. The riders were supported by a team of volunteers and family members throughout the event. The club's success was celebrated with a presentation ceremony at the end of the marathon.



THE cutting opposite is coverage of Hethersett Hawks' 24 hour marathon.

The cutting appeared in the Norwich Evening News on June 30th.

You can read our coverage of this event starting on page 18.

You will also find other press cuttings starting on page 53.



# **LITTLE MELTON PRE-SCHOOL NURSERY**



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

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

# Join The Email Group

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

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

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

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

**The August edition of Hethersett Herald will be online at the end of July.**

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

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

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

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

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

# Hethersett Matters



## COVID-19 VACCINE FACT CHECK



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



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

# Council/Government Contact Numbers

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

## **Member of Parliament**

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

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

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

Telephone: 01379 642097

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

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

## **Norfolk County Council**

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

## **South Norfolk Council**

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

## **Hethersett Parish Council**

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

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

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

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

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





# News From The Garden with Roger Morgan

The warm sunny weather at the start of June certainly helped the garden plants get going after the wet May. Unfortunately, it also made the weeds grow quickly and it was hard to get on top of the weeding. The bedding plants and hanging baskets are in full bloom now and need to be checked regularly. There are plenty of jobs to be getting on with in the garden this month.

## In the Flower Garden

- Cut back faded perennial plants to keep borders tidy.
- As your penstemon flowers fade, cut them back to just above a bud to encourage more flowers.
- Cutting back growth in hanging baskets can encourage new flowers and foliage and will revive the display. Make sure you feed your baskets well after doing this.
- Cut back hardy geraniums and delphiniums after the first flush of flowers to encourage new growth and further blooms.
- Continue to tie in and train new growth on climbing plants.
- Prune lupins to encourage more flowers.
- Take cuttings from your favourite tender plants for overwintering indoors. Cuttings can also still be taken from shrubs and border perennials.
- Deadhead bedding plants and perennial plants to stop them self-seeding and to encourage further flowering.
- Deadhead your roses to keep them looking tidy. Leave the flowers in place if your rose produces attractive hips (seed pods).
- Deadhead sweet peas regularly to keep them blooming. Water daily in dry weather.
- Keep an eye out for pests on plants, early treatment is best.
- July is a good time to spray ground elder, bindweed and other persistent weeds with a glyphosate-based weed killer as the plants now have lots of leaf surface area with which to absorb it.

## In the Vegetable Garden

- Nip off the growing tips of squash and courgette plants to encourage branching.
- Pinch out tomato side shoots each week. Cut off any leaves growing

below the lowest ripening fruit trusses to improve air circulation and prevent diseases.

- Boost your tomato crop by regularly feeding plants with dilute tomato fertiliser once a week. If leaves look pale and yellow, feed more regularly.
- Harvest garlic when the tops start to bend over and yellow.
- Pick your courgettes while they're young. Regular picking encourages more fruit.
- Pick, dry and freeze herbs for using later in the year.
- Pick runner beans regularly to prevent them becoming stringy and to make room for developing pods. Leaving mature pods on the plant can prevent further flowers forming and reduce your crop.
- Harvest beetroot, peas, carrots, chard, potatoes, salad leaves, lettuce, and tomatoes this month.
- Water your fruit and vegetable crops daily in warm weather. Try to ensure that they're consistently moist.
- Control slugs to prevent them damaging your crops. Try using a natural pest control to reduce numbers.
- Tackle blackfly on broad beans by pinching off any affected growing tips.
- Check for cabbage white butterfly eggs under brassica leaves and squash any that you find.
- Clear away any diseased and spent foliage on and around your vegetable plants to keep them healthy.
- Clear weeds regularly, as they compete with your crops for nutrients and water.



## In the Fruit Garden

- Thin out the fruits on your fruit trees to produce good sized crops. This also helps to prevent brown rot.
- If you have plants fruiting in containers, make sure you give them a high potash liquid feed to keep them healthy and productive.
- Peg down runners on your strawberry plants to create more plants for next year. If you don't need more plants simply remove the strawberry runners completely.
- Prune your stone fruit trees like plum, apricot, peach and cherry now. Pruning these species in the summer reduces the risk of silver leaf disease.
- Prune the fruited stems of blackcurrant bushes after harvesting.
- Raspberries are shallow rooted so they'll appreciate being watered generously in hot, dry weather.

## News from the Allotment

Things are growing well at the allotment. Some of the first early potatoes are ready for harvesting and the mangetout are cropping well. The onions, shallots and garlic will soon be ready for lifting and the strawberries are producing plenty of ripe fruit. The asparagus is just about finished, but the broad and French beans are taking over, as are the courgettes. The sprouting broccoli and cabbages have been planted in the cages and the leeks are now ready for transplanting.



Photograph by John Head

# Groups and Societies

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

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

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

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

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

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

**If you enjoy reading Hethersett Herald please pass details on.**

## Please Get In Touch

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

# Where Are The Best Deals?

ONCE again this month we looked at petrol prices with our survey taken towards the end

## Herald Petrol Watch

of the month. Our aim is to compare garages within easy driving distances of Hethersett to let you know where the best value is.

Prices have continued to rise during the month with an additional 3p on most prices. There is always a tendency for this to happen the closer we get to school holidays and the summer. It's annoying as always to have to report that the two garages at Wymondham (Waitrose and Abbeygate) and Thickthorn Services continue to be considerably more expensive than some of the other garages.

Each month we will be using the eight garages listed below to show how prices have increased or decreased over the past month. The best value petrol and diesel is highlighted in red.

There may be even better value if you go slightly further afield and please note that these prices were checked around the middle of the month but may have changed further before publication.

Once again our advice if you want the best deals is shop around and avoid paying inflated petrol and diesel prices. You could save yourself hundreds of pounds over a year and that's a lot of additional motoring

	Unleaded	Change	Diesel	Change
Asda Hall Road, Norwich	126.7	+3p	127.7	+2p
Tesco Express, Earlham Road, Norwich	127.9	+2p	129.9	+2p
Sainsbury's Queen's Road Norwich	126.9	+3p	127.9	+2p
Tesco Harford Bridges, Norwich	127.9	+2p	129.9	+3p
Sainsbury's Longwater, Norwich	127.9	+2p	129.9	+2p
Abbeygate Wymondham	135.9	+2p	136.9	+1p
Waitrose Wymondham	136.9	+4p	137.9	+4p
Thickthorn Services, Hethersett	136.9	+4p	139.9	+2p

# Where To Eat In Hethersett

## **Church Farm Shop and Tea Rooms -**

Norwich Road (B1172). Telephone 01603 814151

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

## **Janey's Village Café -**

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

Janey's is open from 9 am Wednesdays to Sundays inclusive.

## **Hethersett Queen's Head -**

12 Norwich Road. Telephone 01603 810226.

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

## **Park Farm Hotel**

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

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

## **Café Kin**

Rowan House, Queen's Road, Hethersett.

Café Kin is part of the Rowan House Health and Well Being complex on Queen's Road. Food and coffee served during the day Tuesday to Saturdays. Opening hours are: Tuesday to Fridays—8 am to 4 pm and Saturdays 9 am to 1.30 pm.

## **Hethersett King's Head**

Norwich Road. The venue has re-opened with food served every day including Sunday lunch.

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

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

# Hethersett Herald What's On

*The following are just some of the regular events taking place in Hethersett. If you have an event you would like to see featured in Hethersett Herald, please send details including its date, time and venue to the following email address: [petersteward@lineone.net](mailto:petersteward@lineone.net)*

*Please note that many of these events will not be taking place at present due to Coronavirus. We have decided to keep this page active in order to inform residents of what is available to them once the epidemic is over. Clubs that we know have re-started have their details printed in red.*

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

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

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

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

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

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

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

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

**Hethersett Memorial Playing Field Bowls Club** meets on Wednesdays and Saturdays from 2 pm.

# Hethersett Herald

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

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

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

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

## **Herald Team**

Editor - Peter Steward—[petersteward@lineone.net](mailto:petersteward@lineone.net)

Associate Editors - Roger Morgan and Hannah Harrison.

Regular Columnists - Sarah Lawrence and John Head.

Proof Editor - Gary Wyatt.

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

To contact us e-mail [petersteward@lineone.net](mailto:petersteward@lineone.net).