

HETHERSETT HERALD

June 2019

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Herald's New Columnist

HETHERSETT resident Hannah Harrison admits that she has fallen in love with the village after living here for nine years. We are delighted that Hannah has agreed to write a monthly column taking a look at village life. You can read her first column starting on page 16. Hannah is photographed above with Albert Ringer and you can read more about Albert, who has sadly died, in her column.



Top Village Event Called Off

THIS year's Hethersett two mile fun-run scheduled for July has been cancelled on safety grounds.

Run The Square has been a regular feature of the Hethersett village calendar and this would have been the tenth running of the event. But the run has had to be cancelled on safety grounds as organiser Shane Hull explained.

"Following on from the last Hethersett and the Meltons' Sports Association meeting and subsequent meetings with all the stakeholders, it has been reluctantly decided to postpone this year's event on safety grounds. This news will

come as a disappointment to many, but where we potentially have over 400 runners taking part, their safety and welfare are of the utmost priority," Mr Hull said.

However, planning has already started for Run the Square 2020 with a provisional date of Sunday 19th July being set.

The 2020 event will represent a double celebration. It will be the 10th running and will also take place in the lead up to the 2020 Olympic Games in Tokyo which opens later that week on 24th July.

Welcome to the latest edition of Hethersett Herald. Once again we hope that it reflects the diversity of the village and looks at just a fraction of what is going on. A big thank you to everyone who has contributed to this edition. If you have any news or features about the village please don't hesitate to get in touch with us.

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The next edition of Hethersett Herald will be online at the end of June

Call To Report Anti-Social Behaviour

ANTI-social behaviour and the use of drugs on Hethersett Memorial Playing Field continues to be a problem, the village's annual parish meeting heard. In their report, the trustees of the playing field stated that the problems are particularly rife on warm evenings:

"Anti-social behaviour on the park is still a problem, especially after warm evenings which often attract gatherings of youngsters that leave piles of unsightly litter, sometimes including evidence of alcoholic drink and illegal drug use. There have been regular reports of drug trading," the report states.

"The playing field is an open space, so an easy target for poor behaviour, especially in the evenings," the trustees added. On a more positive note the amount of criminal damage has decreased.

The trustees appealed to anyone witnessing criminal behaviour of any kind to report it to Norfolk Police on 101 or 999 if the incident is on-going or of a serious nature. Reports from the annual parish meeting are featured elsewhere in this edition of Hethersett Herald.

Societies' Day Possibility

NEW residents will be able to find out just what is happening in the village if a proposed societies' day comes to fruition. Parish councillor Leslie Dale is contacting Hethersett groups and societies with a view to holding an event in the Village Hall on a Sunday in the Autumn. "The village must have in the order of 400 new properties occupied and many property occupancy changes within the existing village have taken place since the last societies day was held six or more years ago. Many of the new residents may be unaware of the voluntary groups which run in the village and many of these need new support in order to continue," Leslie said. Leslie has already written to a number of groups and organisations to see if there is enough support for an event which would run from 2 until 4 pm. A number have already shown an interest including Hethersett Horticultural Society, Hethersett Society, Hethersett Jubilee Youth Club and Hethersett WI. At the present time no date has been set. Leslie Dale would like to hear from any organisation interested in joining in the event and helping to showcase what is available in Hethersett.

Hethersett Stays Blue

IN Many ways Hethersett bucked the national trend to return three Conservative councillors in the local elections.

Village stalwart and sitting candidate David Bills topped the poll with 1208 votes and he will be joined on South Norfolk Council by fellow Tories Phil Hardy and Adrian Dearnley who polled 1063 and 1023 votes respectively.

The Conservative candidates were run close by Jacky Sutton of the Liberal Democrats who polled 955 votes - falling under 70 votes short of being elected. The Labour party candidates - Andrew Pearson and Peter Reason - tailed off in fifth and sixth place.

For the first time, Hethersett, thanks to boundary changes, filled three places on the district council. That assured the village of at least two new faces on the council following news that Leslie Dale would not be standing for re-election.

Country-wide it was a disastrous result for the two main parties with the Conservatives and Labour party losing seats. Significant gains were made by the Liberal Democrats, the Green Party and Independent candidates.

Turnout in the Hethersett ward, which included the Meltons and Bawburgh, was just over 35% - meaning that 65% of potential voters stayed at home.

The Hethersett result mirrored the overall South Norfolk result with 35 Tories being returned, 10 Liberal Democrats and just one Labour party representative.

Hethersett has traditionally been a "Blue" area for both district and national elections. You have to go back to 2003 to find another party returning candidates - ironically one of which was Jacky Sutton (see our historic figures on page six).

The three district councillors introduced themselves at the annual Hethersett Parish Meeting in the village hall on May 13th.

Phil Hardy and Adrian Dearnley previously served on Norfolk County Council and Phil was a District Councillor representing Newton Flotman: "My home is Hethersett and I am looking forward to representing the village and its people," he said.

Adrian Dearnley told the meeting that he has lived in Hethersett for 25 years and would be taking a keen interest in district council finances. He is also a former member of Norfolk County Council representing a Norwich ward.

David Bills has represented Hethersett on the district council for 16 years and said he was looking forward to continuing his support of Hethersett and its residents.

South Norfolk Elections

The Following Will Represent Hethersett



David Bills

1208 Votes



Phil Hardy

1063 Votes



Adrian Dearnley

1023 Votes

Failed to Gain Election



Left to right - Jacky Sutton (955 votes); Andrew Pearson (663 votes) and Peter Reason (485 votes).



History of Local Elections

YOU have to go back to 2003 to find the last time Hethersett returned anyone not from the Conservative Party to South Norfolk. The Tories have dominated the last five elections as our list below shows:

2003

Jacqueline Sutton	Liberal Democrats	876
Frederick Watkins	Liberal Democrats	850
Andrew Hardy	Conservative	727
Leonard Elston	Conservative	595
Thomas Clennell	Labour	214
Andrew Mitchell	Green Party	62
Michael Uwins	Green Party	48

2007

David Bills	Conservative	1020
Leslie Dale	Conservative	936
Jacky Sutton	Liberal Democrats	858
Fred Watkins	Liberal Democrats	831
Thomas Clennell	Labour	177

2011

David Bills-Everett	Conservative	1092
Leslie Dale	Conservative	983
Jacky Sutton	Liberal Democrats	781
Laura Green	Labour	555

2015

David Bills-Everett	Conservative	1878
Leslie Dale	Conservative	1671
Jaqueline Sutton	Labour	913
Andrew Pearson	Labour	720
Colin Goodchild	Liberal Democrats	648

Tables Turned in Euro Elections

SOUTH Norfolk followed the trend of the rest of the United Kingdom in giving the two main parties a bloody nose in the European elections.

Dubbed by some to be the “most irrelevant election” but by others “a beacon for the politics of the future,” South Norfolk had nine choices at the polls.

Table-toppers were the Brexit Party with Liberal Democrats in second place. The Conservative party came a distant fourth and Labour an even more distant fifth.

Percentage share of the votes were as follows: (with actual votes in brackets).

Brexit Party 35.3% (14,288)

Liberal Democrats 23.5% (9,495)

Green Party 16.2% (6,547)

Conservative Party 11.8% (4,774)

Labour Party 5.7% (2,305)

Change UK 3.5% (1,421)

UKIP 3.1% (1,255)

English Democrats 0.7% (268)

Attila Csordas 0.2% (91)

The turnout was 39%.

The East of England will be represented in the European Parliament by Richard Tice (Brexit Party), Michael Heaver (Brexit Party), June Mummery (Brexit Party), Barbara Gibson (Liberal Democrat), Lucy Nethsingha (Liberal Democrat), Catherine Rowett (Green Party) and Geoffrey Van Orden (Conservative).

WE have been saddened to hear of the deaths of two well-known Hethersett residents. June Bulcock was an integral part of Hethersett Pantomime group for many years and May Shakespeare was also very involved in village life and ,for many years, supported her husband the Rev Daniel Shakespeare in his work within the community and with the parish church.

May, whose full name was Mary Elizabeth Shakespeare, died in Carlton House on May 11th aged 97. A funeral service for May will be held in St Remigius Church on June 7th with donations being shared by the East Anglian Air Ambulance and the East Anglian Children's Hospice.

June Bulcock was 87 and a funeral service was held in March at Earlham Crematorium with donations going to Hethersett Pensioners' Association.

Concern Over Dog Mess Continues

DOG fouling was once again one of the major topics at Hethersett's annual parish meeting held in the village hall on May 13th.

Residents expressed concern about the continued instances of dog mess on many areas in the village.

The parish council has set-up a new PUP (Pick Up Poo) group aimed at fighting the problem and educating irresponsible dog owners on the health hazards of not picking up after their pets.

Memorial Playing Field Trustees highlighted the problem in their report to the meeting: "During the year signs were put up around the playing field advising dog owners how they can both enjoy the facilities and make good and responsible use of the park. Trustees continue to ask for help and co-operation in dealing with the nuisance and health risk presented by dog owners that fail to clear up after their pets.

"The heavy use of the six dog bins spread around the playing field makes it clear that the vast majority of dog owners are responsible people, but that is small comfort for anybody that encounters the mess left by an irresponsible minority," the report states.

The trustees are urging residents to report culprits to South Norfolk Council.

"We are hoping that the PUP group will help to influence public attitudes. The parish council will also be looking at whether additional dog bins are required in the village," said chair of the meeting Adrienne Quinlan.

You can read full reports from the parish meeting and more about dog bins and dog mess elsewhere in this edition of Hethersett Herald.

Early Publication Date

Due to holidays and other commitments, the July edition of Hethersett Herald will be published a week early on or around June 20th.

All contributions for inclusion in the July edition should be with the editor by June 15th at the absolute latest.

Details of coming events should be with the editor by June 10th.

Chris' Legacy look at Norfolk

HETHERSETT author and historian Chris Barringer has left a special legacy with the publication of his book "A History of Norfolk."

The book was a labour of love for Chris and is being heralded as his greatest work. Sadly he died in 2013 at the age of 82. His wife Charlotte still lives in the village and is a leading light in the Hethersett Society group.

The book takes a close look at Chris' adopted county and features not only its natural resources but also some of the key historical figures such as Nelson, Boudicca and Edith Cavell.

The book, which is lavishly illustrated, was officially launched in Jarrolds Department Store on May 23rd.

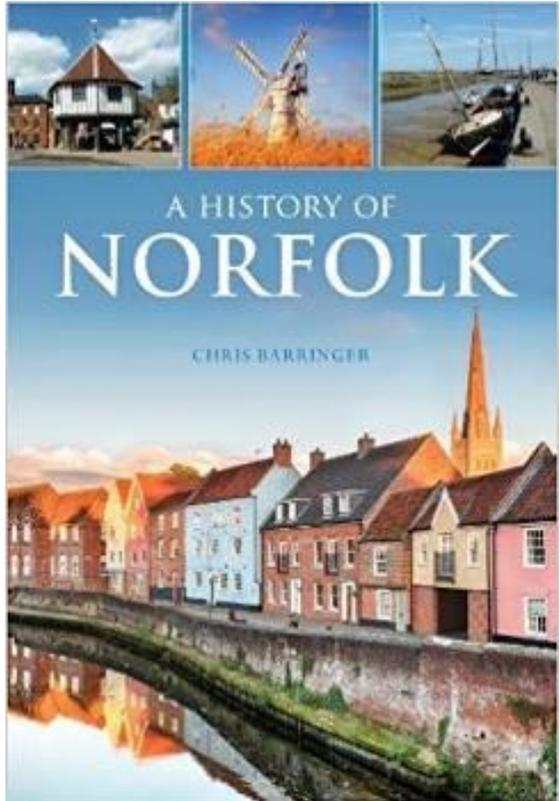
Chris lived in Hethersett for many years and was involved in numerous Norfolk history groups.

The Eastern Daily Press newspaper called "A History of Norfolk" "a comprehensive, readable, celebration of Norfolk and a tribute to him and his adopted county."

The book is published by Carnegie Publishing at £25.

The following description of the book is taken from its Amazon page as is the biography of Chris that follows:

"The story of Norfolk and its people began almost a million years ago on the foreshore at Happisburgh. It has a history stretching back into the dimmest mists of time, across whose soil some of our most celebrated national figures have walked - from Boudicca, to Mary Tudor and Elizabeth, Nelson and Turnip



Townshend, Elizabeth Fry and Edith Cavell.

“Everywhere bears the imprint of that past and every chapter in its history is fascinating. It is a county of great houses, of sweeping parks and large estates, but there are many smaller and no less attractive manor houses and Georgian rectories, often circled by moats or set in intimate parklands of their own. It is a county of small, twisting roads, of lost railways and of reedy waterways plied by pleasure boats. Norfolk has several hundred small villages set amid a scatter of often beautiful and always historically rich market towns.

“At the centre is Norwich, one of the great historic cities of Europe, with a remarkable heritage of medieval churches, monastic buildings, cathedrals, a great castle, and a glorious assemblage of domestic and commercial architecture. Historian Chris Barringer lost his heart to Norfolk when he moved there in 1966. He became passionate about its landscapes and its extraordinarily rich history, and *A History of Norfolk* brings together half a lifetime's experience of walking the fields, exploring the towns and villages, researching a treasury of archives, and absorbing the unique magic of this wonderful county.”

About Chris

John Christopher Barringer was born in Croydon, but soon afterwards his father, a Yorkshireman, changed jobs and the family moved back to Yorkshire, settling in Ilkley.

Chris went to Ilkley Grammar School, where he was head boy and was actively involved in sport, especially cricket and rugby. There his love of walking and the countryside introduced him not only to geography but also to local history, showing him the patchwork of distinctive landscapes and localities which make up England. After national service he was awarded a scholarship to St John's College, Cambridge, where he read geography and decided to become a teacher.

He qualified and gained the remarkable distinction of being appointed head of geography in his first position, at the Royal Grammar School in Lancaster. In 1965 his career changed course, when he became resident tutor in Norfolk for the Cambridge University Board of Extra-Mural Studies. He and his family moved to Hethersett and he quickly started local history groups across the county, at Blakeney, Downham Market, King's Lynn, Mattishall, North Walsham, Norwich and Reepham.

He began researching aspects of archaeology and local and regional history, and in 1984 his first two books appeared, volumes on the Yorkshire Dales and the Lake District published for the National Trust. Chris was a wonderful teacher, practical and down to earth yet inspirational, blessed with the ability to challenge and stimulate his students so that they began to pursue their own researches and investigations.

He had the gift of reading landscape, instinctively questioning it - why was there

a sharp bend in that road, what were those hummocks in a field, when was that house altered? David Dymond, his colleague and friend for very many years, said that: "He was never happier than when organising and leading open-air excursions." He was involved in a tremendous range of county and local organisations. At the time of his death he was president of the Norfolk Archaeological and Historical Research Group and vice-president of the Norfolk and Norwich Archaeological Society. From 1987 to 2002 he was chairman of the Norfolk and Norwich Heritage Trust.

One of his finest achievements during this period was working tirelessly to raise money for the restoration and conservation of Dragon Hall in King Street, securing the future of a medieval merchant's house which is among the greatest architectural and historical treasures of the fine city of Norwich.

In 1991 responsibility for the county's adult continuing education was transferred to the University of East Anglia and Chris became Director of Extra-Mural Studies. This involved him in a lot more administrative work, which he confessed he did not always relish - he liked being out and about-but it strengthened his links with Norfolk's history.

When he retired in August 1995, many of his friends and colleagues gathered at the Sainsbury Centre to celebrate his achievements and to present him with "East Anglian Studies," a book of 37 papers written in his honour. Chris had lost his heart to Norfolk when he moved there back in 1965 and had become passionate about his adopted county, its landscapes and its extraordinarily rich history.

In his last years he wrote this book, which brings together half a lifetime's experience of walking the fields, exploring the towns and villages, researching a treasury of archives, discussing and debating with colleagues, friends and students, and absorbing the unique magic of this wonderful county.

A History of Norfolk is a monument to Chris, his contribution to the heritage of the county, and to all the joy, intellectual excitement and infectious enthusiasm which he brought to so very many people over so many years.

We will have a review of Chris' book in a future edition of Hethersett Herald.

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

Open Gardens

PLANS are well advanced for this year's Hetherset Open Gardens event which will take place on Sunday 30th June from 10 am until 4 pm.

The event will raise funds for two very worthy causes - PACT and Finnbar's Force - and is once again being organised by the Hetherset Environmental Action Team (HEAT).

So far 14 gardens have signed up and there is still time for more to be added.



Accident Appeal After Boy Is Injured

Police are appealing for help in finding the driver of a car involved in a collision with a pedestrian in Mill Road on Wednesday, 1st May.

A boy was crossing the road at approximately 8.10 am when he was in collision with a car, believed to be a silver coloured VW.

The boy was taken to hospital to be treated for a minor leg injury.

Officers are appealing for the driver of the car, or anyone who may have witnessed the collision, to contact them.

Anyone with information should contact PC Wendy Frary at the Roads' Policing Team in Wymondham on 101.

Neighbourly Scheme Is Launched



THE Neighbours in Need scheme which we featured in the last edition of Hethersett Herald and which is aimed at helping people in need was officially launched on May 13th at the Hub in Ayton Road, Wymondham.



The scheme will be looking to offer a unique service to people living in local communities who need support for a number of reasons. Neighbours in Need is based in Wymondham but also covers villages in a 10-mile radius that includes Hethersett.

The charity offers a cost free repair service on a one-off basis to deserving people who often may not have the support necessary to complete tasks due to mental or physical problems or other personal circumstances.

The official launch was attended by South Norfolk Councillors David Bills (who represents Hethersett) and Jack Hornby (who represents North Wymondham), along with volunteers, supporters and officers from South Norfolk Council.

Co-Ordinator Tony Smith explained that a group of volunteers is being put together from people “passionate about helping their local communities.”

“We are not an emergency service and are not meant to replace existing statutory or voluntary groups,” Tony said adding that he hit upon the idea of Neighbours in Need after being made redundant 18 months ago:

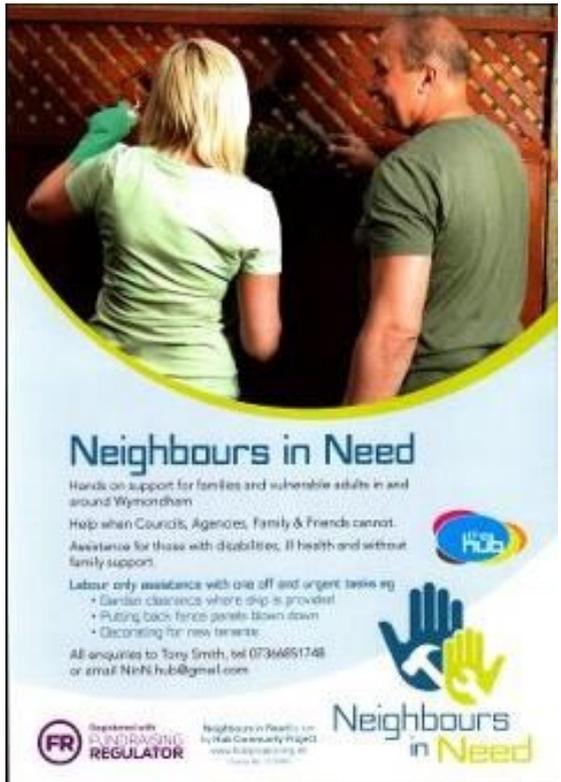
“I wanted to do something positive for the community and knew that there were other people who felt equally passionate about their communities,” Tony said.

“The people we help have to be in a position of not being able to fund the work themselves,” Tony said adding that the volunteers will provide the labour but the cost of parts has to be met by the person being helped either through their own resources or support channels.

Referrals are already coming in with garden clearances high on the list along with domestic work such as putting up curtain poles.

Two volunteers assess applications by personal visits and at least two undertake any work approved. The group works within a 10-mile radius of Wymondham - thus covering much of South Norfolk. Volunteers are DBS checked and first aid trained.

Tony is hoping that as the number of referrals grow, so will the number of



volunteers coming forward to help. The group has a small amount of financial support but is always looking for donations.

David Bills told Hethersett Herald that he fully supports the idea: "It has all the signs of being greatly successful," he said.

"We know there is a need for such a service and initial feedback has been very good," Tony Smith added.

Tony Smith can be contacted on 07366 851748 or via email at NinN.hub@gmail.com. More details on Neighbours in Need are available on the website:

<https://www.hubproject.org.uk/projects/neighbours-in-need/>



At the present time the scheme is being organised through the Hope Community Church at Wymondham, of which Tony Smith is a member.

Tony, who was formerly scheme manager at Woodcote Sheltered Housing complex in Firs Road, Hethersett, has had his own maintenance business for a number of years and has also been employed as a handyman by South Norfolk Council. He has identified a need for help for vulnerable people for one off jobs:

Neighbours in Need is all part of the Hub Project which is an initiative of Hope Community Church and which looks to meet community needs and assist vulnerable people of all ages in South Norfolk and beyond.

"The Hub Charity was set up in Wymondham in response to the growing needs of our community at a time of growing recession and mounting challenges," it states on the church's official website at: www.hopecommunitychurch.co.uk.

Our photograph on page 13 shows supporters, volunteers and members of South Norfolk Council outside the Hub in Wymondham. Tony Smith is pictured above.

If you would like more information on this Good Neighbours' scheme please contact Tony Smith on any of the numbers mentioned in this article.

Hethersett Life

with Hannah Harrison

MEET Hannah Harrison our new columnist. Hannah has lived in Hethersett for nine years and admits to having fallen in love with the village and the community. Hannah is a regular contributor to Hethersett social media sites and will now be giving her slant on village life in a regular monthly "Hethersett Life" column.

I WOULD like to begin my first column by thanking Peter Steward for finding me interesting enough to be a regular correspondent! It will certainly keep me out of trouble for a few hours every month.

In all seriousness, I have lived in Hethersett for around nine years on and off and I absolutely adore the place; the scenery, the nature, the wildlife, the sense of community and all of the amenities. I will of course be focusing on all things Hethersett and I simply can't wait to share it with you all.

Wildlife

I love all things wildlife, whether it be a blue tit, a hedgehog or a spider! I've tried to make our small garden as wildlife friendly as I can, we have spaces under our back gate and fence for the regular hedgehogs to come through, we have many bushes, trees and plants which are perfect for the birds to hide in and/or nest in and for the bees and insects to feed from.

I am a very amateur photographer so I enjoy nothing more than sitting in the garden with our camera, trying to get the best snaps I can, whilst enjoying whatever turns up. I see some lovely gardens on my travels around the village, it's great to see people taking such a keen interest in our wildlife.

The birds that come to our garden are usually fed better than we are! We have



Hannah's Hethersett Life



anything from Wrens to Wagtails and Rooks to Robins. I've even fed one of our resident Robins from my hand a few times which was so precious. The rooks we get are absolutely savage. I noticed they ate a suet block I put out for them in two hours, two hours! A suet block that size usually feeds the smaller birds for weeks. We have a family of wood mice living under our garden shed, regular grey squirrels (one of which definitely has young kids as she is quite clearly a nursing mama!) and at least two regular hogs. At the moment, one is waiting to come home from PACT as he's

been overwintered there due to being very underweight. All in all, we have a really busy garden.

Are there any other wildlife enthusiasts reading this? I'd love to hear from you!

The 'Refill Hethersett' Scheme



SOME volunteers and I are still working on setting up 'Refill Hethersett' a scheme that will see local businesses offering free refills for drinks' bottles, in the hope of cutting down on our single use plastics as a village. It's a fantastic initiative that brings us another step closer to being a greener village. If you are reading this and you have a business in Hethersett and want more info on the Refill scheme and/or want to sign up, please email me on refillhethersett@yahoo.com or message me on Facebook (just search 'Refill Hethersett'). We are also on Instagram (@refillhethersett).

In Memory of Albert

AS most of you already know, our friend, Albert Ringer sadly passed away in March after a battle with Cancer. I decided that I wanted to raise some money in memory of Albert. His family chose Cancer Research UK as this would have been what Albert would have supported.

So, I ran a mile a day for 28 days in April. Not much of an achievement you might think for an experienced runner, but that is not me! I'd only recently completed the Couch To 5k program after never running properly before in my entire life. It was mentally and physically exhausting but I did it and raised a whopping £525 (+£118.75 in gift aid) in Albert's memory.



Albert's family, particularly two of his cousins, Ray and Rosemary, have been so supportive throughout the whole experience, as has the whole village to be honest! Thank you so much to everyone who donated and/or supported me, it is very much appreciated.

Playgroup is Great Fun

I've been taking my daughter to First Steps since she was around nine months old (she's three now) and we absolutely love it, we've made so many friends and had some really fun times. The non-profit group is voluntarily run by Sarah and Jade, but all of us muck in to tidy and wash up so it's a group effort too. It is suitable from new born right up until five years old. It's £2 per child, £1 for each additional child and adults and babies under six months old are free. There's always hot and cold drinks, biscuits, fruit and sometimes even cake! It's on every Tuesday during term time, at Hethersett Village Hall, 9:45 am until 11 am. Plenty of parking too. There's an equal mix of babies and toddlers so a nice variety. The group is really welcoming and easy going, there's no pressure to turn up every week, just as and when you like.

The group almost shut down in March, 2018, due to falling numbers, but we are now stronger than ever due to advertising, social media and word of mouth. We had two grants, one last summer from South Norfolk Council (£250) with the help of Cllr David Bills and, more recently, one from Aviva for £200, arranged by Lisa Northfield of Aviva (Lisa is also a regular at our group and a Hethersett resident). Thanks to these funds, we have been able to stay open, replace old toys and get some brand new dressing up outfits for our ever popular dressing up station.

So, please come along and join us on a Tuesday morning, we'd love to see you.

Recycled bag dispensers

As you may know from previous editions of The Hethersett Herald, I recently made recycled bag dispensers out of old two litre drink bottles. I filled them with dog poo bags and plastic bags in the hope of reducing dog poo in our village and to help anyone out who may need a bag on their travels for any reason.

Unfortunately, although the idea was greatly received by most Hethersett residents I spoke with, I'm not aware of any dispensers still being in place. Within 24 hours, two of the dispensers had been ripped off (they were secured in two places with strong cable ties, therefore couldn't have blown off even in strong wind) and gradually over the following weeks they all seem to have been pulled down.

One of the ones I put up near to the Memorial Park (in the alley way) had been completely emptied even though it was full to the brim the previous day, some-

Hannah's Hethersett Life

one had also left a chewed up scone or roll in one of them. This is very disheartening but I won't let it stop me on my mission to make Hethersett greener. The dispensers didn't work out but onwards and upwards. Thanks again to the people who helped with the initiative and supported it.

Lost and Found Pets

I've seen lots of posts recently on the popular Facebook site, All Things Hethersett, regarding lost and found pets. Whilst it's worrying that pets seem to go walkabout more and more often, it's really heart-warming to see kind villagers taking pets into their own homes, taking care of them and doing what they can to reunite the pet with their owner. I would hate to think of what may happen to our pets if we weren't all caring and vigilant. This is one of the things that adds to Hethersett having a great community feel.

Finally this month a photograph below of another regular visitor.



Annual Parish Meeting

HETHERSETT holds a parish meeting each May in the village hall. This is separate from the monthly parish council meetings and gives an opportunity for residents to discuss matters of interest and concern. The latest parish meeting took place on May 13th and was attended by about 30 parish and district councillors, representatives of village groups and members of the public. Below is a report of just some of the issues raised at the meeting.

A Year of Change

2018 was a year of change in Hethersett, the annual parish meeting heard.

“The year saw the retirement of former chairman Jacky Sutton and parish clerk Ian Weetman stepped down after 14 years. Annette Palmer has taken on the role of clerk, bringing her considerable experience to the role and Bridget Williamson re-joined the council to bring her wealth of knowledge,” said chairman of the parish council Adrienne Quinlan who also chaired the parish meeting.

“Additional development in the village has increased the parish workload and the parish council is making increased use of social media to keep residents informed,” she added.

The meeting also heard about steps aimed at cutting down on the problem of speeding in the village. These include speed aware stickers for wheelie bins to “act as a strong visual reminder” of speed limits in 20 and 30 mph zones and the imminent re-start of a village speedwatch scheme which will be co-ordinated by parish councillor Bridget Williamson.

Mrs Quinlan outlined proposed improvements to the Thickthorn junction and the Park and Ride. She also stated that improvement and repairs to the entrance of Steeple Tower were imminent and should start before the end of the month (editor’s note - the repairs are underway).

Another topic discussed at the meeting was the untidy state of some of the areas around the village hall. This will be looked into.

The meeting also heard that work is being undertaken to prevent an area of the B1172 between Hethersett and Thickthorn flooding during periods of heavy rain.

Annual Parish Meeting

Hethersett Jubilee Youth Club

Gillian Saunders from Hethersett Jubilee Youth Club gave the following written report to the annual parish meeting on behalf of the trustees of the youth club.

* * *

IT has been a busy year at the youth club. The fete and dog show was very hot but very well supported by lots of hot people and dogs! It would have been nice to have seen some more of the village supporting the event though.

At club, numbers have varied depending on weather and the time of the year. We find that numbers increase again at this time of the year when the members can get outside again. Emma and Kate work hard to provide a stimulating and varied programme which is planned with the members so they take ownership of the club. Activities have included pizza-making, pancakes, fruit kebabs, biscuit making (yes food does appear rather a lot on the programme), swing ball, team building games and bird feeders along with pool, table tennis and parachute games to name but a few. Emma has also set up a café type area where the young people can have hot chocolate, tea and biscuits and somewhere to sit quietly and chat. This is proving very popular. We have recently started taking the year fours who will be year fives in September so they are already part of group in September instead of everything starting with the new school year. We will see how this goes for future planning as well as for September.

I would like to thank Angela Eden who keeps the lovely roses on the front fence looking good. I haven't got the time or expertise to do so. We are planning to try and do something with the grass area at the back of the hall. We have planned with the young people to make a garden area where they can sit and do activities and chat with friends. We also want to put in some planters which can have flowers and some vegetables as well. We have some rough plans but will need help with the actual work. Finding grant money has also been challenging as funds from charitable sources have dried up. If anyone such as HEAT are interested in helping in any way please get in touch with me.

We held another successful fun dog show and fete in June and had another hot, dare I say almost too hot day. We welcomed lots of dogs and their owners to the fete and had a hot but successful afternoon. It would have been nice to have seen some more members of the local community coming to the craft stalls and

Annual Parish Meeting

for lunch or tea (or both) if they weren't interested in the dog show part of it. There is plenty for everyone from plants to face painting to Ghostbusters car to paddling pools.

We are busy planning this year's event on June 29th 12-3.30 pm and have lots of fun and craft stalls. We would welcome any extra help either in the planning or on the day itself manning a stall for a couple of hours and providing items for our stalls (tombola, bottles, books, white elephant and cakes). Please let me know if you can help in any way. We held other fundraising events last year such as a quiz and had a stall at the village charities market in the Autumn.

We are grateful to the continued support of the parish council, without whom the club would struggle to continue. We hope members of the parish council will feel able to visit the club.

We also wish to thank our loyal volunteers who help out regularly at the club and those who are not able to help regularly but help out at fundraising events and special occasions. We appreciate all your help and support.

I wish I could say we have recruited more volunteers to help with club or with events or as a trustee. Unfortunately we are still four trustees working really hard to keep the club and everything else going, but we really would like to spread the load a little more. Please consider if you can help in any way and get in touch with me.

Parish Meeting Shorts

The following information also came up at the annual parish meeting:

Two groups have shared £154,000 in grants from money made available through village development to fund capital projects. £40,000 has gone to Crusaders Rugby Club for an extension to its facilities and £114,000 to Hethersett Memorial Playing Field for a new pavilion.

Three new bus shelters have been erected in Hethersett as part of a partnership between the parish council and Norfolk County Council. They are opposite the Methodist Church in Great Melton Road, on the B1172 and on Steeple Tower. Bus shelters have also been re-furbished and cleaned.

Annual Parish Meeting

Memorial Playing Field Trustees

The Memorial Playing Field Trustees gave the following written report at the annual parish meeting.

“The Memorial Playing Field is a real asset to Hethersett and continues to be a popular and well-used local amenity for several formal sporting activities and extensive informal use. In the past year the trust has been managed by a committee of six trustees, one short of the number that is described in the terms of reference set out by the Charity Commission.

The trustee committee is responsible for the management of the playing field and those duties include the provision and maintenance of the ever-popular children’s playground. The equipment is formally inspected each year and monitored on a weekly basis by trustees. Faults, damage or wear that is found is taken very seriously. Any problems creating what the inspector describes as a high or medium risk of injury results in that equipment being closed until the matter can be resolved. If funds allow it, the fault is put right as soon as possible. More costly repairs may result on a longer period of closure or even removal of that equipment. Situations presenting “low risks” are kept under a careful watch. The trustees were grateful to the vast majority of playground users who respected those measures in recent weeks when the old climbing frame was closed. Recently both sets of swings spent a short space of time out of use until they were repaired. The seats for younger children were recently replaced. Currently the older climbing frame is closed until the bridges are replaced, it should be re-opened soon.

In the past year the trustees have remained determined to improve the amenities provided. The existing pavilion is in a poor state and there are ambitious plans to create much better changing rooms and a meeting room, with catering facilities adjacent to it and an increase in the size of the car park. The Parish Council and trustee committee are working hard to raise the considerable funds that are needed for the project and to engage the support of the wider community. The committee is pleased and grateful that the parish council has chosen to support the project financially through a grant of £114,000 from what is called Section 106 money, which comes from developers building some of the many new houses in Hethersett. That grant shows generous local backing which trustees hope will play a significant part in persuading national organisations to add their support.

Annual Parish Meeting

An amenity that was added during the past year was a table tennis table, provided under South Norfolk District Council's Ping scheme. It was pleasant to see how popular and well-used it was. The artificial cricket strip provided by an ECB grant has yet to really take off, mainly due to the fact that the equipment that was meant to accompany it failed to arrive last summer. The pitch and equipment should be available for use this year for club or private use and interested parties.

During the year, signs were put up around the playing field advising dog owners about how they can both enjoy the facilities and make good and responsible use of the park. Trustees continue to ask for help and co-operation in dealing with the nuisance and health risk presented by dog owners that fail to clear up after their pets. The heavy use of the six dog bins spread around the playing field makes it clear that the vast majority of dog owners are responsible people, but that is small comfort for anybody that encounters the mess left by an irresponsible minority. Anybody seeing faeces left is asked to report the culprits to South Norfolk Council.

Anti-social behaviour on the park is still a problem, especially after warm evenings which often attract gatherings of youngsters that leave piles of unsightly litter, sometimes including evidence of alcoholic drink and illegal drug use.. There have been regular reports of drug trading. The playing field is an open space, so an easy target for poor behaviour, especially in the evenings. The past year has, if anything, been less of a problem in respect of criminal damage than sometimes has been the case. Once again, trustees ask the community to help deal with the situation. Anybody witnessing criminal behaviour of any sort is asked to phone the police (101) to report the matter, unless it is an incident of an on-going and serious nature in which case a 999 call is needed.

On a more positive note, trustees have been pleased to make the playing field available for well-organised events that have seen large numbers of the community in attendance.

During the past year the parish council and trustees have spent time clarifying their respective roles and responsibilities in regard to the Memorial Playing Field, which has now been open for 60 years. As ever, we are grateful to the parish council for their continued support in maintaining this important local asset. They also thank the villagers that help keep it tidy and attractive through both small and sustained voluntary actions, including picking up mess and litter left by less caring neighbours. Their community spirit is appreciated and valued. We are pleased and grateful that the playing field is enjoyed by such a large and

Annual Parish Meeting

varied number of the village community. In the year ending 31st March, 2019, the trust's operating income amounted to £7,081, made up of £5,600 from the parish council and a further £1,480 received as fees from sports clubs using the facilities. Maintaining the field and its facilities to an excellent standard cost £8,013, the excess being caused by a combination of restoration after vandalism (£105) and maintenance to the pavilion following an inspection of the electricity supply (£830). We were able to meet those additional costs with money carried forward from the previous year. The trustees maintain a running balance of approximately £3,000 that equates to roughly 50% of annual expenditure. This is a sensible approach as we have to maintain money for unexpected contingencies and planned refurbishment, particularly in respect of the play equipment.

No verti-draining or herbicide work was deemed necessary this year, either of which would have cost the trustees £500, with the football club matching that amount. It should be noted that the various sports clubs using the field meet many costs associated with the facilities they require from their own funds in addition to fees paid to the trust as the hire of the ground.

The accounts now show monies being accumulated for the Pavilion Upgrade Project. While this is still not finalised it is likely that some running repairs will be needed and prolonged delay in this project moving forward could lead to more extensive remedial work in the next few years. However, the pace of fundraising has quickened considerably after the parish council committed £114,000 to the project from a S106 grant, which is a fantastic demonstration of local commitment to the project that we hope will do much to help generate support from national sponsors.

We will be looking at a new charging structure for clubs to link in with a booking system as the facilities/users of the field increase. The clubs generally pay a realistic figure but the method of calculation is now outdated.

Search For A Permanent Office

THE parish council is continuing its search for a permanent parish office to replace the upstairs office in the village hall which is unsuitable for people with disabilities. Negotiations have been on-going with Hethersett Library but other options including a mobile building in the grounds of the village hall are also being discussed.

The parish council is also looking at the possibility of having a permanent accessible room if plans to extend the village hall go ahead.

Annual Parish Meeting

Village Hall Trustees Report

This report is for the year ending 31st March, 2019, and has been prepared in accordance with Charity Commission Guidance by the Hethersett Village Hall Management Committee, who are the trustees for the hall. Three trustees are appointed by Hethersett Parish Council and a further four trustees are appointed at the annual parish meeting. Trustees serve for a year but may be reappointed or re-elected to serve for further terms.

Hethersett Village Hall is a registered charity. The charitable objectives are to maintain a village hall for the use of the inhabitants of the parish of Hethersett without distinction of political, religious or other opinions, including the use for meetings, lectures and classes and for other forms of recreation and leisure-time occupation with the object of improving the conditions of life for the said inhabitants.

The village hall management committee is responsible for all aspects of the management of the hall and have complied with the guidance on public benefit published by the Charity Commission. The public benefit derived from the activities of the charity includes:

- Provision of Hethersett Village Hall for public use
- Preservation and enhancement of the Village Hall for the use of the community.

Whilst the public benefit is available to anyone, as there are few restrictions for usage of the hall, a charge is made to cover costs, maintenance and improvements. Analysis shows these fees are similar to comparable halls in the area, and that these do not represent an unreasonable restriction to access to the hall. The village hall is mostly used by the local community. A small increase in charges for commercial use is made. Priority is given to any local community use over a commercial hiring.

Jane Stevenson was the caretaker at the start of the year but retired in January 2019 when a new caretaker, Bo Adams, took over. The employment of Claire Everson as booking officer has continued throughout the year.

Hall bookings for both regular and one-off hirers are continuing in the pattern of previous years with the hall in use most days, evenings and at weekends. Basic

Annual Parish Meeting

weekday hall hire charges remain unchanged since 2009, with weekend charges increased by £1 per hour from April 2016. From experience weekend use often results in increased cleaning and waste disposal.

An additional charge of £1 per session is made from hiring from November through to the end of March to help meet energy costs. Overall income during the year is expected to be sufficient to meet running costs.

Work undertaken during the past year as part of ongoing refurbishment, decoration and repair has included

- Replacement of the fluorescent lights in the hall with LED lights
- Replacement of all the faulty double-glazed window units.
- Replacement of faulty security lights.

A number of other routine maintenance and repair jobs have been completed throughout the year. Committee members, both past and present, and other helpers often do these jobs. All are thanked for their services.

Work such as the annual servicing of gas appliances, fire alarm systems and fire extinguishers is always done by a competent person employed by an accredited company as is the statutory inspection of the stage equipment.

The committee is now two members short. There continues to be an urgent need for others in the village to come forward to help with the running of the hall.

The management committee has reviewed all its potential risks and continues to do so on a regular basis. It is satisfied that adequate insurances are in place and that all steps are taken to ensure that exposure of risk of any sort is kept to a minimum.

The management committee has established a reserves' policy designed to ensure continued operation of the hall by :

- Designated reserves created to ensure the long term viability of the hall. A major element of these reserves is a fund to allow for the future extension to the hall.
- Other designated reserves to ensure that sufficient funds are available to fund future major repairs and to replace hall fixtures, fittings and equipment. The level of these reserves is reviewed annually based on expenditure and revised cost forecasts.

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- A general (undesigned) reserve equivalent to six months' letting income as a contingency against any fall in future income.

The hall is a valuable village asset and the trustees continue to be concerned about the risk of incidents of anti-social behaviour resulting in damage to the hall. Any serious incidents recorded on CCTV are brought to the attention of the police.

Activities and use of the hall during the year ending 31st March, 2019 included:

- Parish council and other community meetings
- Sporting and keep fit activities including fitness and exercise classes, short mat bowls, Zumba and Pilates.
- Hethersett and District blood donor sessions.
- Cultural activities including art and craft classes and exhibitions and the annual pantomime performed by the Hethersett Pantomime Group.
- Mother and toddler groups.
- Dance classes.
- Meetings and events of clubs and societies including those for flower arrangers, dolls houses, alpine gardens, Norfolk plant heritage and cinema.
- Private hire functions including wedding receptions and anniversaries, christening parties and birthday parties for all ages from toddlers to pensioners.
- Charity fundraising events.

The committee provides through the parish council and the council's archive working group, facilities for the storage of Hethersett Heritage Records.

Trustees are: Chris Morriss (chairman), Peter French, Tony West, Mike Barton (treasurer), Mike Shanks (secretary) and Richard Fish.

The hall's income for 2018/2019 was £28,718 and expenditure £27,326 giving a nett income over expenditure of £1,391.

More information is available at www.hethersettvillagehall.org.uk

Trip to the Caribbean



THE weather behaved itself as Hethersett Old Hall School brought a touch of Caribbean sunshine to the village. The Caribbean fete proved popular with visitors and staff, pupils and the organisers, - the school PTA - were rewarded for their efforts. You can capture



a little of the atmosphere with the photographs on this and the next page which are taken from the school's official website and used with permission.





Jubilee Youth Club News

By Gillian Saunders

The fete and dog show is almost here again. But we need your help please.

We really need donations for the tombola and bottle stalls and offers of cakes for the refreshments please. Anything can be left in the box inside the lobby when the hall is open or, if you can't get to the hall, please call me on 01953 607566 and we will arrange for someone to collect them from you.

We obviously need your support on the day too. Come for lunch (barbecue and filled rolls on offer) stay for teas and homemade cakes! In between watch the dogs, look at all the different stalls, buy some raffle tickets (great prizes to win) and see the Ghostbusters car and meet Marshall from Paw Patrol our VID (Very Important Dog)

So don't forget it is all happening on 29th June from 12 until 3:30 at the Youth Club Hall in Back Lane. Parking is available at the village hall and you can walk across to save blocking the road.

The banner above was made by the youngsters of the youth club.



Calling all dogs and their owners!

**Saturday 29th June is the date
Jubilee Youth Club, Back Lane
Hethersett is the place. 12-3:30pm**

Are you the best Paw Shaker? Perhaps the Most Fabulous Fella or the Loveliest Lady? Do you and your owner look alike or can you dress alike? If so you could be a winner! There are lots of other classes you can enter too and at only £1 each you can enter for lots and maybe you will be the Best in Show!



Come and meet me, Marshall from Paw Patrol a VID (Very Important Dog) and have your photo taken with me or the Ghost Busters car!

For the humans there are craft stalls, commercial stalls, games, ice cream, face painting, paddling pool, sweets, refreshments and a BBQ. Come early and stay late and see the Best in Show trophy awarded. It could be you!! 🐾🐾

Did You Know

It costs £1,300 a week to keep St Remigius Church open.

The figure was quoted by the Rector the Rev Derek McClean in the latest Good News magazine.

Thanks to the generosity of parishioners, the figure is currently being met but there is always a need for more funds.

Picture Perfect

Apple Blossom Time at Youth Club

CONTINUING our occasional series of the photographs that make our village a beautiful place to live. The following floral spectaculars on this page and the next were sent to us by Angela Eden who tends and looks after the flowers and displays in front of the Jubilee Youth Club Hall in Back Lane.

These are Angela's lovely photographs of apple blossom and the first roses of summer at the hall.





Another Great Turnout

By Roger Morgan

On Sunday, 5th May, Norfolk Plant Heritage held the first of its twice yearly plant fairs at the Village Hall.

Despite the somewhat chilly and showery weather, there was a very good turnout as people flocked to buy the produce on offer.

Once again there was a wide selection of plant nurseries selling their wares and all the stall holders were more than willing to offer helpful advice about planting and after care. There was also a large selection of metal garden structures made by a Norfolk blacksmith available to purchase.



Inside the hall there were further stalls selling gardening books and other garden

plants as well as an exhibition of the society's work.

There was a large selection of refreshments, including some delicious cakes, available and these proved to be very popular. The plant doctor was on hand to offer advice. The next fair will take place at the Village Hall on the August Bank Holiday. For further information about the society go to www.norfolkplantheritage.org.uk.



A Baffling Use of Branches

By Roger Morgan

I admit that I am often baffled by things that I see happening around me but none more so than the practice shown in the photograph below. It was taken on a recent walk around the track leading to the parish pit. Why on earth do people bother to pick up their dog's waste in a plastic bag and then hang it on the nearest available tree? What goes through their mind as they do this?

I do applaud them in taking the trouble to pick up the poo so as not to inconvenience other walkers but surely they could take it to the nearest bin to dispose of it properly. Maybe it would be better to move the waste off the track to a place where it can decompose naturally without causing offence.

You would hope that with all the recent publicity in both the national and local media about the issues of unwanted plastic use and the dangers surrounding dog mess near children, we could expect people to act more responsibly. There are many waste collection bins around the village and the vast majority of dog walkers do make use of them. However, these bins do need to be emptied on a more regular basis.



The photo above shows just what baffled Roger and on the right is one of the village doggie bins in serious need of emptying.

Media Watch

We look at some of the stories that have made the local Media over the past month.



An artist's impression of the new 420-place primary school on the North Hethersett development - picture courtesy of Norfolk County Council.

The Wymondham Mercury gave an update on the new 420-place primary school for Hethersett which has been given the go-ahead by planners.

The new primary school and nursery will be built on Coachmaker Way on the new North Hethersett development. Norfolk County Council had to apply to itself for planning permission.

The newspaper reports that the site will accommodate a school catering for 420 primary school children and a separate nursery building for 56 pre-school children.

Hethersett Woodside Infant School will become a primary school from September and it is due to move from its current site in Firs Road to a new £8 million building within 18 months.

Hethersett Junior School will also convert to a 420-place primary school with extensive re-building.

Headteacher of Woodside School Angela Jermy told the newspaper that it is an exciting time for her school and staff. "We are embracing the opportunity to de-

velop our current outstanding practice to continue through into Key Stage Two. Staff are very excited about the prospect of having the most up to date technology and classrooms,” she said adding that it is “an historic time for Hethersett.”

Planning permission has also been given for an £8 million extension to Hethersett Academy which will see playing fields created on Back Lane and a new teaching block consisting of 15 classrooms, two art rooms and a digital media suite.

Norfolk County Councillor John Fisher told the newspaper: “Our investment in new school places in Hethersett schools demonstrates how we are delivering vital infrastructure to support communities across Norfolk which are growing as a result of new developments and population growth. This is about investing in Norfolk children’s education,” he said.

Force Founders Thanked

The Wymondham Mercury reported on a trip to London by Claire and Tristan Cork in recognition of their work in setting up the Finnbar Force charity to raise funds for research into brain tumours in children.

Claire and Tristan’s outstanding work was recognised at the 10th anniversary celebrations of the charity Brain Tumour Research.

The newspaper states that the Finnbar Force charity in memory of Hethersett youngster Finnbar Cork, who died from a brain tumour, was founded after frustration at the lack of research being conducted into childhood brain tumours. The charity supports studies and provides relief for families affected by the disease.

In recognition of their work, the couple were invited to a reception at Westminster. Chief Executive Sue Farrington Smith M.B.E said: “We want to thank Claire and Tristan, along with each and every one of our supporters. We are inspired by all of you. We wouldn’t be here without you and we are here for you.”

Claire and Tristan are pictured on the right at the Brain Tumour Research’s 10th anniversary event



Herald Health With Rowan House

Rachel Pailles from Rowan House Well Being Centre in Queen's Road, Hethersett, gives some tips on how to avoid getting sick for the rest of 2019.

Ok, so we can't actually stop you from getting sick (even on World Health Day), but we can give you a fighting chance to avoid illness by boosting your overall health.

Notice that we didn't say boosting your immune system there? There's often lots of health advice around about how to avoid getting sick by boosting your immune system, but actually that's not quite how it works. You see, your immune system is a funny old thing, made up of lots of different kinds of cells that each respond to different microbes, germs or potential infections. So if you're going to boost your immune system, which cells should you boost, and to what number?

So far, scientists don't actually know the answer.

What we do know is that the best way to avoid getting sick seems to be keeping your body healthy and in balance, keeping your stress levels low and minimising your exposure to potential infections. So with our Rowan House mission, helping you to discover life's natural balance firmly in mind, here's a few ideas!

1. Keeping your body healthy and in balance

Living what you might consider a super healthy life is surprisingly challenging isn't it? Not to mention a bit depressing cutting out cake, wine and chocolate permanently? Existing on salad leaves and the occasional bit of dried fruit? No thanks!

Happily, you don't need to be as drastic as that to keep your body in good shape, simply by creating healthy daily habits you can improve your health and minimise the chances of getting sick.

Drink more water: It flushes toxins from your body and keeps your organs functioning at their best. Get a head start by drinking a glass of water as soon as you get up in the morning.

Eat more vegetables: Yes, yes, you've heard it before but it's so, SO important for your health! If you can't stomach the idea of more cabbage on your plate then try sneaking veggies into your food. Grate a carrot finely into your Bolognese sauce, pop a tin of mixed beans or lentils into your sausage casserole, give your kids a few slices of cucumber with everything.

Take a probiotic supplement: Like any fighting force, the immune system army

marches on its stomach. Probiotics are live, friendly bacteria and yeast that can help to support the health of your digestive system, as well as aiding your body's ability to absorb nutrients, fight infections and keep your immune system balanced. Probiotics can also help restore the natural balance of bacteria in your gut when it has been disrupted by an illness, medical treatment, antibiotics, stress and of course, a high sugar or white carb diet.

We asked our Nutritional Therapist Catherine Jeans for her view:

“Your gut is one of the most important organs in your body, but its health is often overlooked and its importance to our immune system almost always underestimated.”

So many long-term health problems and chronic illnesses originate in our gut, in fact without enough beneficial organisms in your body you could develop a multitude of health problems, including IBS, chronic fatigue, bloating and flatulence, skin disorders, frequent thrush infections and increased susceptibility to colds and flu.”

So there you have it! By adding in the good guys (water and veggies) and taking a probiotic regularly, you'll ensure that you're getting the fluids and nutrients your body needs and that there's a good balance of beneficial organisms in your gut.

2. Keeping your Stress Levels Low

Taking time out is essential to allow our brain to recalibrate and our stress hormones to calm down. A short break allows us to pause and catch our breath, and can actually help you to be more productive – once you've refreshed yourself you'll be able to think more clearly.

Spend more time outdoors: If you can take a break outdoors, even just for five minutes, then do it!

In Japan, there is a huge movement to encourage city workers to spend more time in the outdoors. Shinrin Yoku, translates as forest bathing and means 'spending time amongst trees.' It has been scientifically proven to lower blood pressure, boost the immune system and dramatically reduce our stress hormone levels. You don't even have to do anything! Just go for a quiet walk, calm your mind and let the trees work their magic.

It gets better. Research has also suggested that just having a view of nature can improve wellbeing! So, if you can't spend 10 minutes out amongst the trees, look outside, notice nature all around you – the daffodils growing in the verges, the shades of grey in the rain clouds or the shimmer of sunlight through the clouds.

Ahhhh, we're feeling healthier already. How about you?

Exercise Regularly. According to Professor David Nieman, of Appalachian State University:

“When moderate exercise is repeated on a near-daily basis there is a cumulative effect that leads to a long-term immune response.”

Which, in non-scientific terms, basically means that regular exercise can actually improve your chances of fighting off germs and infections by helping to move the immune systems cells round your body.

Here’s how it works. When you exercise, your heart rate increases, pumping blood around your body, circulating immune cells more quickly and increasing your body’s ability to kill viruses and bacteria.

Exercising also temporarily boosts the production of macrophages, the cells that attack bacteria. So, getting moving is pretty good all round!

What counts as moderate exercise? At least 30 minutes of...

- Brisk walking
- Hiking
- Jogging
- Aerobic exercise
- Pushing a lawn mover
- Rollerblading or skateboarding

Remember, balance is the key to a healthy life. Everything in moderation. So if you fancy a cheeky slice of cake with your cuppa this afternoon, go right ahead! Just don’t do it every day.

3. Avoiding exposure to infection

Ok, so we know it’s not always possible to avoid potential sources of infection, especially if you have children! But there are ways that you can keep the chances of you catching any infection low.

Keeping your body healthy and in balance: Yes we’re back to step one! Because it’s all connected, if your body is already in good health you’ll be better able to fight off infections that do make it into your body.

Wash your hands thoroughly. This is a big one, particularly after playing with pets, going to the loo, handling food or if you’re taking care of snotty noses or cleaning up after a sickness bug. Washing your hands regularly removes dirt and bacteria and minimises the chances of you moving an infection round the house or catching it yourself.

According to the World Health Organisation, you should wash your hands for about 20 seconds to be sure they are clean. They suggest this 11-step process.

- Wet your hands with water (warm or cold).

- Apply enough soap to cover all over your hands. You can use alcohol-based handrub if you don't have immediate access to soap and water.
- Rub hands palm to palm.
- Rub the back of your left hand with your right palm with interlaced fingers. Repeat with the other hand.
- Rub your palms together with fingers interlaced.
- Rub the backs of your fingers against your palms with fingers interlocked.
- Clasp your left thumb with your right hand and rub in rotation. Repeat with your left hand and right thumb.
- Rub the tips of your fingers in the other palm in a circular motion, going backwards and forwards. Repeat with the other hand.
- Rinse hands with water (warm or cold).
- Dry thoroughly, ideally with a disposable towel.
- Use the disposable towel to turn off the tap.

Hethersett Herald What's On

Community Choir Entertains

MULBARTON Community Choir will be giving a very varied concert in St Remigius Church on Saturday, 22nd June at 7.30 pm.

The programme will feature numerous musical styles from classical to folk and pop and the choir will perform music by Holst, Parry, Andrew Lloyd Webber and ELO to name just a few.

The choir will be accompanied by organ scholar George Inscoc who will also showcase some organ classics.

Tickets are £5 (£1 for children) and are available at www.mulbchurch.org.uk/ events or by calling Caroline on 01508 579111.

Looking slightly further ahead, the Anglian Singers will be providing music from Rutter to Gershwin in St Remigius Church on July 5th. Tickets are £7.

News From the Parish Council

New Office For Parish Council?

HETHERSETT Parish Council could soon have an office in Hethersett Library, members heard at the May meeting.

The council has been looking for a new office for a number of months. Currently it uses an upstairs room in the village hall but this has virtually no access for people with disabilities.

Council chairman Adrienne Quinlan said that negotiations with Norfolk County Council were progressing and a draft lease had been received.

The council is also looking into the possibility of housing the village archives in the former office in the village hall. They are currently kept in the Humphrey Back Room.

Short Term Use

HETHERSETT Parish Council is keen to inform residents that the village car park in Great Melton Close is for short stays only.

A sign to that affect is clearly displayed but councillors feel that the "short stay" rule is being abused.

Writing in the latest edition of their newsletter the council says:

"Can we please remind residents that the car park in the centre of the village on Great Melton Road is intended for short stay use only."

The term short stay hasn't been clearly defined, however. Councillors agreed to monitor the situation

Concern Over Junction

COUNCILLORS have expressed their concern at cyclists using the new cycle way not stopping at the junction of New Road and the B1172.

Cyclists have been seen riding straight across the junction rather than stopping. Councillors pointed out that as a road junction, cyclists and pedestrians should stop and check before crossing.

Village archivist and keen cyclist Gary Wyatt said it was often difficult for cyclists to see across the junction unless they rode out partially into the junction.

News From the Parish Council

Speedwatch On The Verge

Hethersett Parish Council's new speedwatch scheme could be up and running very shortly, members of the parish council heard.

Co-ordinator Bridget Williamson reported that police checks have been completed and risk assessments carried out on suitable roads for the scheme including Churchfields, Back Lane, Mill Road and New Road. Training of volunteers is likely to take place in June after which time Speedwatch is likely to go live.

Saved By The Bell

HETHERSETT resident Richard Headicar asked councillors to support a campaign to ensure cyclists used bells whilst on the cycle paths in the village: "Without bells, pedestrians cannot often hear cyclists coming and I am afraid there will be an accident," Richard said.

Richard also asked for the annual parish meeting to discuss important issues affecting the parish: "CPRE is a vitally important issue and just the kind of thing that would capture the public's attention and lead to a bigger attendance," he said.

Joining The Council

ANYONE wishing to be co-opted onto Hethersett Parish Council or to find out more about what being a councillor involves should contact parish clerk Annette Palmer via e-mail at

hethersett.pc@tiscali.co.uk

or speak with the chairman Adrienne Quinlan on 01603 814379.

News From the Parish Council

Adrienne Re-elected Chairman

Following elections* on May 2nd, the newly appointed council met for the first time on May 20th, a week after the annual parish meeting which took place on May 13th. Adrienne Quinlan was re-elected chairman with Stephen Slack re-elected as vice-chairman.

Parish council dates for the remainder of 2019 are : June 17th, July 15th, September 16th, October 21st, November 18th and December 16th.

In addition there will be planning committee meetings on April 1st and 29th, June 3rd, July 1st, August 5th and 19th, September 2nd, October 7th, November 4th and December 2nd.

The parish council has four main committees and working groups - planning, finance and general purposes, development, property and asset management and the Hethersett Environmental Action Team (HEAT). It also has representatives on the village archive liaison group and a pensioners' liaison representative.

* - This was a technicality as only 11 people put themselves forward for the 14 seats on the council. There are currently three vacancies which can be filled through co-option.

Contacting The Parish Council

Parish clerk Annette Palmer can be contacted by telephone on 01603 810915 or by e-mail at hethersett-pc@tiscali.co.uk.

The parish office is currently upstairs in the village hall and is open on Monday and Thursday mornings between 10 am and midday.

Contact details for the village's parish councillors are available at <http://hethersett-parish-council.norfolkparishes.gov.uk>.

The parish council also has its own Facebook page.

Additional Dog Bins?

WOULD the village benefit from additional dog bins?

That is the question being posed by the parish council in its latest village newsletter.

The newsletter is distributed through the post to residents and explains that the parish council recently completed an audit of the existing dog bins in the parish and will shortly be considering whether additional bins are required.

The current bins are financed from the parish precept via residents' council tax and they are emptied by South Norfolk Council.

"We are inviting residents to help identify areas within the village which could probably benefit from the siting of an additional dog bin," the newsletter states.

The matter will be discussed by the council at its June meeting. Any suggestions should be sent to parish clerk Annette Palmer. You can find her contact details on page 47.

HETHERSETT Parish Council has an additional supply of speed awareness stickers for display on household bins.

The 20 mph and 30 mph stickers have proved successful in a trial scheme. The stickers are attached to household bins and displayed on bin collection days.

"With the stickers being visible one day of each week, it is hoped that this road safety initiative will act as a strong visual reminder to all car drivers to keep within the speed limit. For maximum visual effect a row of bins displaying the stickers is recommended," the parish council states in its latest village newsletter.

Anyone living in a 20 or 30 mph zone who is willing to display a sticker can obtain them from parish clerk Annette Palmer.

The initiative is backed by Norfolk Police, Norfolk County Council Highways Department and South Norfolk Council.

Cuddling and Caring

By Helen Tyler

INITIALLY the internet was perceived as an amazing escape from the humdrum of everyday life but, after years of technological revolution, people are questioning their online habit and looking for real life solutions to escape digital dependency.



Cuddling and caring for a friendly dog could be the perfect solution to distract us from digital devices, suggest local dog lovers from Barking Mad South Norfolk.

In media regulator Ofcom's annual Communications Market Report in August 2018, a decade of digital dependency was highlighted. Survey data showed that 'one in five people spend more than 40 hours a week online' and British people are 'checking their smartphones every 12 minutes.'

These shocking statistics highlight the negative effects that spending too much time online can have on significant numbers of people. The report said that some people feel that 'they are always at work' while 54% of people surveyed admitted that 'connected devices interrupt face to face conversations with friends and family.'

Dogs have been proven to encourage us to exercise, get out and about more and generally improve our well-being. After all, who can resist those puppy dog eyes pleading for a walk? This has been documented by Deborah L. Wells of the School of Psychology, Queen's University, Belfast, in 'The Effects of Animals on Human Health and Well-Being' which concluded:

"This particular companion animal can contribute to a significant degree to our well-being and quality of lives."

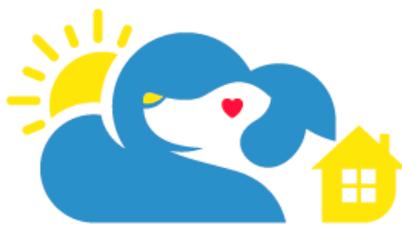
We are currently seeking more hosts in the local area to care for dogs whose owners are away. This is an ideal opportunity for retired people, home workers, families or teaching professionals to experience the joy and life enhancing benefits of canine companionship at a time to suit them.

Cuddling and caring for a lovely dog provides real interaction and exercise. We witness families' leisure time being transformed by visiting dogs. The dogs arrive

with all their own food, bedding, toys and treats, with all insurance and administration taken care of by ourselves.

There is no need to provide anything other than your time and affection and a loving home environment. If you are real dog lovers and have some free time, we would love to hear from you!"

To find out more about becoming a Barking Mad host, you can call Helen on 01603 340595 or visit www.barkingmad.uk.com.



Barking Mad

**Happy Dog. Happy Holiday.
Happy You.**

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

The Spirit of Little Melton Railway

THE legendary Little Melton Light Railway lives on.

Many people of a certain age will have fond memories of the LMLR which was created by Bob Brett in the grounds of Vine Cottage at Little Melton and which we have previously featured in Hethersett Herald.

The railway opened in April, 1989, and raised many thousands of pounds for charity until it ended following Bob's death in 2001.

Much of the track and the locos were purchased by a group of enthusiasts at Ashmanhaugh. As a consequence the Ashmanhaugh Light Railway runs regular open days, using some of the original Little Melton carriages and three of the locos - Hotspur, General and Thunderbox. Thunderbox was one of Bob's original locos and has been given a complete overhaul.

The ALR is organising a special open day in memory of the Little Melton Light Railway on June 23rd with rides from 2 until 5 pm. Tickets will be £2 for a single ride or £4 for unlimited rides at East View Farm, Stone Lane, Ashmanhaugh, NR12 8YW. More information is available at www.ashmanhaughlightrailway.co.uk.

The following article is taken from Hethersett Good News Magazine.

Hethersett Social Club



Opening Hours

Monday - Closed

Tuesday - 7pm to 11pm

Wednesday - 7pm to 11pm

Thursday - 7pm to 11pm

Friday - 5pm to 11.30pm

Saturday - 12pm to 12am

Sunday - 12pm to 6pm

On Saturday, 15th June, there will be music from Deano live in the lounge from 8 pm. For more information on club activities telephone 01603 811195 or visit the official website at:

www.hethersettsocialclub.co.uk/

Dramatic End To The Season

HETHERSETT village screen wrapped up its programme for the 2018/2019 season with the highly dramatic film "First Man" which followed the life of astronaut Neil Armstrong - the first man to walk on the moon. The season of films has attracted good attendances and will return in the Autumn. We will have details of dates and films as soon as they are available.

Hethersett Matters

WE regularly feature specific scams in this publication. In this edition we look at some of the basic scams to avoid. This column is put together in partnership with Norfolk Trading Standards.

Car matching

You place an advert to sell your car and get a call to say an immediate buyer has been found. You are asked to pay an upfront fee which you are told is refundable if the car isn't sold. The car isn't sold and you aren't refunded.

Doorstep electricity meter credit

If you use a pre-payment meter you are offered cut-price electricity. For example, £50 of electricity is offered if you pay just £25.

Criminals then use cloned keys to top up energy credit illegally. Electricity companies don't get paid for energy used, and you end up paying for the energy twice – first to the fraudsters and then to the company at the correct rate.

Never buy electricity from someone who knocks at the door. Electricity is not sold in this way by companies.

Prize draws, sweepstakes and foreign lottery scams

You're told that you've won a prize in a competition that you haven't entered. To claim the prize you have to pay an administration fee. You pay the fee and either get back nothing or get something worth less than the fee you've paid.

Miracle health cures

Miracle health cures or 'scientific breakthroughs' offer you health products to cure a problem such as arthritis, diabetes, or cancer, or to help you lose weight. The seller often promises a no-risk money-back guarantee or a free trial. There are often quotes from doctors and happy customers.

These types of products and medicines are unlikely to do you much good, and might even harm you. Talk to your GP before you buy any of these products.

Subscription traps

You see an online advert for a free trial of a product (these are often beauty or health-related products like face creams or slimming pills). The advert may be on a reputable site, or appear as a pop-up. You enter your card details to pay for postage and packaging, but end up being debited large amounts on a regular basis.

You have unwittingly agreed to a 'continuous payment authority' (CPA) - this is an agreement which authorises traders to take money from your account. You might not get your goods or they might not do what the advert claims.

Property rentals

You rent a property and the landlord asks for a deposit of a month's rent before checking your references. You sign a contract saying that if the references aren't satisfactory, your deposit will be paid back, minus a fee for checking the references.

Your landlord then tells you your references are unsatisfactory, even though you know they're fine. The landlord then refuses to return all of the deposit.

Pyramid selling and chain gift schemes

You go to a presentation and are told that after paying a joining fee, you can earn lots of money recruiting others to the scheme. This is pyramid selling which is illegal. You are unlikely to make any money.

An example of a simple pyramid scheme

Eight people are asked to each pay £1,000 into a scheme and are told they will each get £8,000 when they reach the 'top' of the pyramid.

For each of those eight people to get that amount, another 64 people need to join. Those people each need to pay £1,000 and will all be expecting to collect their £8,000. But that would mean another 512 people would have to join.

Each person needs another eight people in the scheme to get their money back and make a profit. Eventually, the supply of people with £1,000 must end, leaving most people in the scheme losing all their money.

Working from home

You see an advertisement offering work which you can do at home, for example stuffing envelopes or putting together home assembly kits. You're asked to pay a fee up front and then find there's no work on offer. You only get paid if you get others to sign up, or you do the work and don't get paid for it. For example, you

assemble a kit and are told the work isn't up to standard and you won't be paid.

A genuine home-working scheme won't ask you to pay money up front and will explain in writing what you are expected to do, how much you will earn, and when you will be paid. You should also be paid at least the national minimum wage.

Real fur sold as fake

Some shops and websites are selling items they describe as fake (or 'faux') fur, when they're actually real fur. These items are classed as faulty goods, which means you can return them.

Sometimes the label doesn't mention that there's real fur - or there's no label at all.

Social Media Watch

WE highlight just some of the Hethersett topics currently doing the rounds on social media sites.

Once again the power of social media was illustrated this month. A resident posted her concerns on the All Things Hethersett Facebook page that they had seen a young boy skateboarding down the middle of the road in Park Drive. A number of others pointed out the dangers of this and a quick response came from the boy's mother to say her son had owned up and apologised after reading about it on Facebook. He has now been given some road safety advice.

Public Consultation Event

Residents are being given a chance to comment on proposed "improvements" to the A47/A11/B1172 Thickthorn junction with a public consultation exhibition in Hethersett Village Hall.

The exhibition will take place from 1 pm until 8 pm on Monday, 10th June and there will also be a display of plans in Hethersett Library.

Comments on the proposals can also be made via www.highwaysengland.co.uk/A47Thickthorn or by post at Freepost A47 Thickthorn Junction.

Hethersett School Watch

They Have The Chemistry

Students from Hethersett Academy were in their element as they tested their lab skills at a festival celebrating the science of chemistry.

The Year 7 and 8 students tackled two tricky science challenges at the Salters' Institute Festival of Chemistry held at the University of East Anglia on April 26th.

Their first task saw the pupils become crime scene investigators as they used chromatography and chemical analysis to identify a guilty suspect in a police case.



In the second challenge, the Hethersett team used chemicals to reproduce a selection of paint colours.

Hethersett Academy science technician Adam Fulford said: "The students had a really good day working as a team in a proper university laboratory."

Story courtesy of www.inspirationtrust.org/hethersettacademy

Trophy Triumph On Champions' Day

Young athletes from Hethersett Academy raced to trophy glory as more than 600 students from across Norfolk and Suffolk came together for a day of sporting celebration.

Teams from Hethersett Academy, Jane Austen College and The Hewett Academy in Norwich, Cromer Academy, Thetford Academy, East Point Academy in Lowestoft, and Great Yarmouth Charter Academy competed at the Inspiration Trust's annual Champions Day on Tuesday, May 7th, at the UEA Sportspark.

The students showed off their talents in track and field events including individual and relay races, long and high jump, javelin, shot put, and discus.

Hethersett School Watch

The Winning Hethersett Team.



Hethersett Academy took home the winners' trophy for the first time, with last year's champions Cromer Academy coming in second and Great Yarmouth Charter Academy taking third place.

Organiser Ben Atkins from Jane Austen College said: "Thank you to all seven secondary schools for making this a fantastic event.

"The day was a celebration of talented athletes from across the Trust, with some excellent performances throughout the day and a number of records broken.

"Congratulations to Hethersett for their first ever Champions Day win."



Hethersett School Watch



Council/Government Contact Numbers

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

Member of Parliament

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

Norfolk County Council

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

South Norfolk Council

Our South Norfolk Council representatives are Adrian Dearnley, Phil Hardy and David Bills. . David can be contacted on 01603 813041

Hethersett Parish Council

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

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

www.hetherssettherald.weebly.com



The Scott Willoughby Column

Volunteers Are Always Needed

ONE of the things that always impresses me about Hethersett is the number of selfless people who give their time, their energy (and often their money) to ensure that local organisations and groups thrive.

A friend of mine once said that if volunteers gave up volunteering for just one month the fabric of society would break down and he was right. Just think of all the groups you know that rely entirely on the selfless actions of volunteers. That's without considering organisations such as schools, churches charities etc that may have full-time paid people but who rely on volunteers for clubs and additional funds.

Occasionally, however, the voluntary help available for areas such as youth, sport and hobby groups falls just short of perfect. All groups will tell you that there are never enough volunteers.

It's always sad to hear that the existence of groups is sometimes at risk due to the lack of people to run them. This happened not so long ago with the Pensioners' Association and First Steps Playgroup but thankfully both are once again buoyant.

Hethersett Parish Council currently has three vacancies. Three councillors retired in May and didn't put themselves forward for re-election. With the parish having an additional seat, bringing its complement up to 14, it meant four vacant places. One of these has been filled by former district councillor Leslie Dale. That still leaves the council three people light. I know that there are a lot of young, enthusiastic and intelligent people in the village (just read the contribution of some of them in our regular pages). It would be good if some of them felt able to join the local council which will play an increasingly important role in village life as the village continues to expand.

Hethersett Memorial Playing Field Trustees, Hethersett Village Hall Trustees and Hethersett Jubilee Youth Club Trustees are all short of man and women power. Let's hope it won't be too long before people come forward to fill the vacancies and bring these important groups up to full strength.

Thinking About Ducks

I have been thinking about ducks recently and I don't mean the kind I used to be accustomed to when playing cricket. You rarely see ducks about the village now-

The Scott Willoughby Column

adays but those of us of a certain age can remember when Hethersett was overrun by ducks and ducklings which caused a problem for motorists when Mrs Duck and her offspring often marched straight across village roads.

But then it all stopped abruptly. I seem to remember the Hethersett ducks were rounded up and transported to elsewhere in Norfolk (Blofield or Brundall seems for some reason to spring to mind).

The ducks used to congregate around the many ponds in the village but feelings often ran high about them with some people claiming they were a nuisance and a hazard to road users.

If you can remember the Hethersett ducks do get in touch with any tails (sorry tales).

Imminent Work Now Underway

It's good to see that work has at last started on the repairs and improvements to the entrance to Steeple Tower. The work gave a whole new meaning to the word "imminent" and caused a few titters at the annual parish meeting when a member of the public asked for a definition of the word "imminent" after it was used to describe the work in 2018.

He was assured that the improvements would start this month: "So you mean they are imminent," he joked.

Thankfully the brick work has been encased in scaffolding and, at the time of writing, the work was well underway. Some things, as they say, are worth waiting for!

Fun Run Sadness

I was sad to hear that this year's two mile village funrun has had to be cancelled due to problems with sorting out safety issues.

But the good news is the event should be back next year for its 10th running when organisers promise a bumper event.

It would be hugely disappointing if the funrun has to end after becoming such an annual highlight in the village calendar.

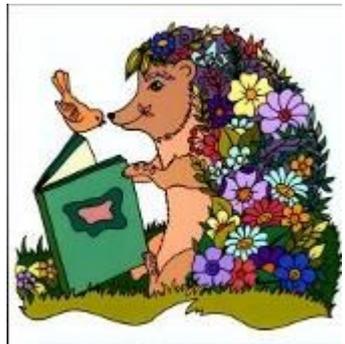
What happened to Spring and Flaming June?

May and June are months when I expect to have a lot to do in my garden keeping weeds in check but little to do in caring for hedgehogs except to put out their supper each night, but this year it is different. The weather pattern has really upset them. It can change from Spring to Summer to Winter all in a few hours and the nights are still cold. Although we have had periods of rain it has on the whole been a very dry spring and there are few insects about for a good hedgehog sized meal.



Olly was very weak and just lay in a heap for hours.

After the rat infestation in my shed during the winter, where most of the hogs live, we thought it was about time we had a new one made of thicker and stronger wood. So thinking that we could do without a shed for a while we had the old one, which must have been about 50 years old, removed and a concrete base put in to deter any tunnelling rodents. There was a delay between the old shed going down and the new shed being erected so when little Olly was brought to us for care the only place he could go was in my study again. I expected it to get overrun with hogs in October but not in May.



Olly had been found lying on a lawn in the middle of an afternoon and, instead of being a healthy round ball, he was long and thin looking a bit like a prickly short loafah. He had lost so much weight in hibernation that he only weighed just over

Hethersett Hedgehogs

300 gm. He has not been hard to care for though as he took a liking to raw eggs and eats a whole one every night which let him regain his strength.

After Olly came Oscar. He was found trying to cross the road, again in the middle of the afternoon. He was bigger than Olly but had a terrible lung problem leaving him wheezing and struggling for breath. He was feisty though and bit me twice, actually drawing blood. He soon settled in his cage with a heat pad and was treated with a spot on wormer which was recommended by the vet. That made him quite poorly. It stopped his wheezing but left him full of dying worms. Fingers crossed that the worms are ejected and he makes it. Without treatment he would have been dead within days.

There was excellent news about Snuffles who has been with us for months. He was fat and happy roaming about the outside run right through to the end of February when he decided it might be a good idea to get some sleep. By the last week in May there was no sign of him coming out of his house and I thought that he might have died during the winter. The only way to find out was to open up his home and find him. He was snuggled up in a corner fit and well but fast asleep. He stirred a bit but had no intention of getting up until the weather gets warmer.

As it is still a difficult time for the hedgehogs please put out a dish of water each night if you can and perhaps some cat food which is not fish based, Although most people know that bread and milk is very bad for



Oscar was not underweight but had a terrible lung problem.

Hethersett Hedgehogs

hedgehogs, some sadly still think that it is what they want. They will eat it and that makes people think it is the right thing to do but unfortunately the hogs do not know that they are lactose intolerant and that it will make them ill. If you see a skinny hedgehog out and about please pick it up and take it somewhere it can be cared for and made well again.

Let us make Hethersett a really safe place for hedgehogs to live and thrive.

Lee's Work Causes Quite a Buzz

THOUSANDS of bees have found a safe new home with the help of Hethersett Academy site manager Lee Smith



The bees were dislodged from

their nest when it was accidentally hit by a stray football on the school grounds.

Lee stepped in to help a beekeeping specialist move them to safety with the 6,000 strong swarm following the Queen bee to a new home away from the school site.

It's not the first time Lee has come to the aid of wild creatures in danger during work on the site. Over the Easter holidays he rescued a nesting Great Tit and her chicks which were trapped in a pipe (see picture above).

Story and photograph courtesy of Hethersett Academy

Groups and Societies

Hethersett Environmental Action Team (HEAT)

The next litter picks organised by HEAT will be on Saturday, July 13th, and Saturday, September 14th. The picks start from the Methodist Church car park at 10 am. Everyone is welcome and picks, bags, gloves and vests are supplied.

Probus Club

Peter Wiseman talked to Probus about the Far Eastern Prisoners of War Memorial in Wymondham Roman Catholic Church. A great deal of work has gone into compiling the names and details of the FEPOWs who gave their lives for King and country during the Second World War.

Families, friends and acquaintances have been submitting the names of their loved ones and details for Memorial Books on display in the church.

Peter has been working on the Memorial Books for 27 years. Visitors are welcome to view the books with over 56,000 names currently recorded.

In the following meeting Probus chairman Hamish Patterson gave a talk on Lasers used in Ophthalmology. He illustrated his talk with coloured slides to clarify the very complex anatomy of the eye and the treatment of various conditions including Glaucoma. Diabetic Retinopathy is the commonest cause of blindness in adults under the age of 65 and regular screening is essential to detect the condition early. Retinopathy can be treated by laser and the use of eye drops.

St Remigius Messy Church

The next messy church event for families will take place on July 6th. The group will also be represented with a craft stall at Hethersett Junior School Fair on June 8th.

Hethersett Dementia Support Group

The Hethersett Dementia Café is held on the third Tuesday of each month in the Methodist Church Hall from 10 am until midday. The café provides an opportunity for dementia sufferers and their carers to meet and chat over tea and coffee. There are also activities and guest speakers.

Further information is available by emailing

hethersettdementia2016@gmail.com

Groups and Societies

Hethersett Women's Institute

Nicola Rycroft described her job as an acupuncturist and talked about the history of this alternative medicine which is a key component of Chinese medicine, originating in 100 BC.

She described how she inserts fine needles to various depths in specific parts of the body known as meridians. The therapy is often used to alleviate pain.

Members of the Hethersett group joined Easton WI to celebrate their birthday and also attended the Norfolk Federation Annual Meeting. The Federation was formed a year after Hethersett WI. In the morning the past year was reviewed. Guest speaker in the afternoon was comedy poet Pam Ayres.

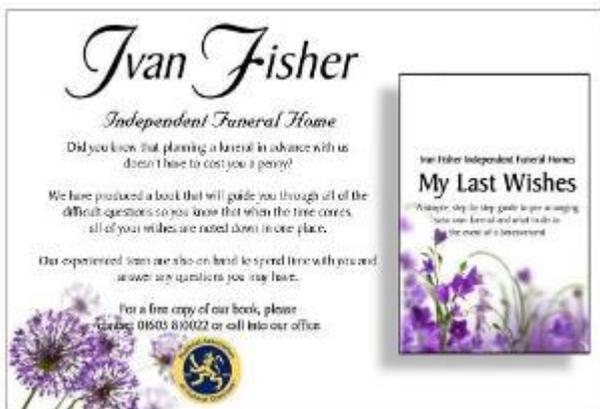
Heart of Hethersett Bereavement Group

The Heart of Hethersett Bereavement Group meets on alternate Tuesdays in the lounge of Woodcote Sheltered Housing complex in Firs Road.

June meetings will be on June 4th and June 18th from 5.30 pm until 6.30 pm. Refreshments are provided at

no charge and the group is also open to those suffering from depression and/or anxiety.

The group is supported by Ivan Fisher, Independent Funeral Home of Hethersett, and has recently sent leaflets to homes in Hethersett inviting local residents to attend.



Groups and Societies



Rheumatism in Norfolk Group (The RiNG)

Bill Farrow gave a hugely thought-provoking talk to the Rheumatism in Norfolk Group (The RiNG) on Norfolk Blood Bikes.

Speaking in Hethersett Village Hall, Bill explained the amazing work undertaken by an army of volunteers who go out on motor bikes in the middle of the night, at weekends, on Bank Holidays and at any other time of the day to collect and deliver vital plasma, platelets, samples for testing, special operating tools and blood supplies in special cool boxes to the Norfolk Air Ambulance. The items can then be returned to the blood bank if not used.

The group has even started delivering donor breast milk to the neonatal unit at the Rosie Maternity Hospital in Cambridge.

The service saves the NHS hundreds of thousands of pounds but those involved

Groups and Societies

rarely hear about the lives they save. Every penny Norfolk Blood Banks spends has to be raised as they receive nothing in funding.

“It was a brilliant presentation telling us about the amazing work of Norfolk Blood Banks which most of us had never heard of,” said The RiNG chairman Jane Scarfe.

Service by Emergency Response Volunteers (SERV Norfolk) is a registered charity no.1148669 run by local volunteers that transports blood, plasma, platelets, samples, vaccines, donor breast milk and any other urgently required medical items to hospitals - at night, daytime weekends and bank holidays. This service is provided completely free of charge, allowing the NHS to divert funds where they are needed most.

SERV Norfolk covers the county of Norfolk and is run by dedicated volunteers who receive no financial compensation for their time or costs.

More details on the blood bank are available on their website at www.servnorfolk.org.uk

Donations can be made via www.totalgiving.co.uk/donate/service-by-emergency-response-volunteers-norfolk.

More information about the RiNG is available at www.thering.org.uk

Hethersett Pensioners' Association

Meetings of Hethersett Pensioners' Association take place in Hethersett Methodist Church Hall on the second Monday of each month excluding August. Meetings take place from 2 until 4 pm and coming dates are:

10th June Blood Bikes --- Volunteer Rider scheme.

8th July Strawberry Cream Tea ---- Speaker from Snetterton Dogs' Trust.

9th September. Ann Reeve --- Norfolk Dialect.

The club has been boosted by a £300 Go For It grant from South Norfolk Council which will be used for advertising and paying guest speakers. Hethersett Pantomime stalwart June Bulcock, who recently died, left the association £268 from a collection taken at her funeral service. June was a stalwart of Hethersett Pantomime Group which has also has donated a further £500 for Hethersett Pensioners' Group.

Groups and Societies

Hethersett and District Horticultural Association

By Leslie Dale

At Hethersett and District Horticultural Society's meeting on Wednesday, 15th May, Richard Clark of Panache Plants talked about "Hardy Exotics". His passion being Hedychium (an ornamental plant related to the root ginger) and Eucomis, and of the latter Richard holds National Collection status.

During his early career, the workaholic Richard was a teacher and later head of department at an agricultural college. However, during post natal parent leave, he realised that he wanted to be a plantsman. He describes himself as a "pollen dabber". We looked in depth at varieties of Hedychium, Eucomis, Dahlias, Bamboos, Passion Flowers, Salvias.

The key point is that only hardy specimens will survive; so gardeners must know the nature of their micro-climate and treat their new plants accordingly. One important consideration being soil make up and drainage, the nutritious nature of clay being countered by winter dampness engendering rot, the amelioration being addition of sand or grit to help drainage. Sun facing or shade being another important aspect of the garden, along with the garden's landscape siting relative to its immediate surroundings.

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

Our next meeting is on Wednesday 19th June. Dr Ian Bedford will be "Butterfly Gardening" and on Wednesday 17th July, Jamie Blake will talk about "Weeds with two Hoes and five Wishes"

Hethersett Herald What's On

MUSIC FOR PACT

June 29th

The Feathers, Wymondham

The largest all animal sanctuary & rescue centre in Norfolk and Suffolk



PACT Animal Sanctuary
We've made a pact to help animals
Tel: 01562 820775



www.pactuk.org.uk

EVENTS WITH BOB	1.00 - 1.30
MARKET LANE	1.45 - 2.15
MARSDEN PARK	2.30 - 3.00
Tony & Bev	3.15 - 3.45
ROSE WOOD & MICK	4.00 - 4.30
Kenneths	4.45 - 5.15
MARSDEN PARK	5.30 - 6.00
KEVIN AFFORD	6.15 - 6.45
DAVID WYATT	7.00 - 7.30
CAROLE LEA	7.45 - 8.15
CHRIS PIDGEOON	8.30 - 9.00
ROSE WOOD	9.15 - 9.45
MARSDEN PARK	10.00 - 10.30
SESSION	10.30 →



Roger Dowse



Peter Leeson



Jarful



Marsden Park



Chris Pidgeon



Carole Lea



Evening with Bob



Mandy Day



Himaaz



Kevin Tappin



Martin Day



David Wyatt



Tony & Bev

On June 29th Wymondham Feathers is hosting a music event in their beer garden. A number of local musicians are giving their time and performing through the afternoon into the evening to fund raise for animal charity PACT which has a charity shop in Hethersett.

Groups and Societies

Hethersett Short Mat Bowls Club

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.

Each session lasts for about two and a half hours with a tea/coffee break mid session. The club is affiliated to the English Short Mat Bowling Association and plays in a friendly and sociably competitive way.

Anyone interested in joining or attending a session to see what short mat bowls is all about can obtain further information from Michael Wright on 07825 759162 or by e-mailing Wright.mick@hotmail.com.

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

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

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

www.hethersettherald.weebly.com

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

If you enjoy reading Hethersett Herald please pass details on.

And The Band Played On

Herald Associate Editor Gary Wyatt reports from this year's Great Melton Church Fete.

On an overcast and slightly damp Sunday afternoon in May, the annual Great Melton Church Fete was entertained by the Hellesdon and Sprowston Brass Band, while the traditional fun and games went on all around. Further entertainment was provided by a very agile Zumba dance group twirling hula hoops.

This is a lovely, very traditional event, held on the village cricket ground, with the usual plant, tombola and cake stalls, plus a wonderful selection of sweet things to go with a cup of tea. We just had to sample these, of course, after the long and arduous walk across the fields from Hethersett!

Despite the weather, the



fete was well attended and everyone appeared to be enjoying themselves, as the photographs on this page show.

Hethersett Herald

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

www.hethersettherald.weebly.com

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

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

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

Herald Team

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Anne Steward.

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

Hethersett Herald What's On

ONE of the village's most popular events will this year take place at the end of June.

The Hethersett garage and car boot sale will take place on Sunday, 30th June.

Pitches are available for either the garage or the car boot sales at £7.

Maps and refreshments will be available from Hethersett Village Hall from 9 am until 1 pm.

The car boot sale will take place at Hethersett Academy.

The event is once again being organised by the Friends of Hethersett Academy.

FRIENDS OF HETHERSETT ACADEMY

GARAGE *and* CAR BOOT SALE

SUNDAY 30TH JUNE 2019

Pitches £7 each
(Garage or car boot)

Maps and refreshments at
Hethersett Village Hall
9am to 1pm

Car boot sale at Hethersett Academy

Closing date to secure a pitch:
Friday 21st June 2019

Contact email:
garagesale@dbw1.co.uk

Name _____
Address _____
Garage pitch * Car boot pitch *
Contact number _____
Contact email _____

Please return with payment to:
Friends of Hethersett Academy,
Hethersett Academy, Queens Road,
Hethersett NR9 3DB

(Cheques payable to Friends of
Hethersett Academy)

*Please tick appropriate box

Hethersett Herald What's On

The following are just some of the events taking place in Hethersett in June. 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

Regular Events:

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

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. See our groups' section for details of June meetings.

Hethersett Dementia Support Group's monthly café takes place in Hethersett Methodist Church Hall from 10 am until midday every third Tuesday.

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.

Specific June Events

Wednesday 5th - Probus Club meeting in Hethersett Jubilee Youth Club Hall, 10.30 am.

Hethersett Herald What's On

Thursday 6th - Norfolk Association for the Disabled. Hethersett Methodist Church 2 pm.

Monday 10th - Hethersett Society - The Peloponnese with Dr Richard Aldridge, Methodist Church Hall, 7.30 pm.

Monday 10th - Public consultation event on Thickthorn junction improvements. Hethersett Village Hall, Back Lane, 1 pm to 8 pm.

Monday 17th - Hethersett Women's Institute 101st Birthday Party, Hethersett Methodist Church Hall, 7.30 pm.

Wednesday 19th - Probus Club meeting in Jubilee Youth Club Hall, 10.30 am.

Monday 24th - Cringleford and Hethersett Flower Club. A Wood Affair, Hethersett Village Hall, 7.30 pm.

Saturday 29th - Hethersett Jubilee Youth Club fete and dog show, 12 to 3.30 pm.

King's Camps Re-Visited

HETHERSETT Old Hall School will once again be teaming up with King's Camps this year to launch Summer holiday sports camps for young people..

Summer camps will run from 5th to 9th August and 12th to 16th August. More information is available by telephoning 01142 632 160.

Hethersett Herald What's On

Star Throwers' Dates

OVER the years numerous Hethersett people have been helped by the Wymondham-based cancer charity Star Throwers. So we are always happy to promote their coming events.

They will be holding an open day on Friday, August 2nd, from 10 am until 4 pm at their centre - 30 Melton Road, Wymondham. It will give the public a chance to see how the charity supports local people affected by cancer. There will be a chance to meet staff, volunteers and therapists and to hear talks about Star Throwers and its services.

Eight days later the charity will be holding a garden party from 11 am until 2 pm. There will be garden games, refreshments, a Pimms tent, stalls, entertainment, raffle and tombola as the charity celebrates its 10th anniversary. Entry is by a suggested donation of £2 for adults and £1 for children and this includes a free hot drink or squash.



 **Star Throwers**
-Protects Cancer Support Charity

Star Throwers Garden Party

Saturday 10th August
11am - 2pm
All welcome!

30 Melton Road,
Wymondham, NR18 0DB

Garden Games
Refreshments
Pimms Tent
Stalls
Entertainment
Raffle & Tombola



Entry
£2 per adult
£1 per child

(Suggested donation - includes free hot drink or squash)

To book a stall or donate or a raffle/tombola prize or would like to book a stall: call 01955 423304 or email viictoria@starthrowers.org.uk

www.starthrowers.org.uk

Hethersett Herald What's On

Hethersett's Big Weekend

The weekend of June 29th and 30th will be a very busy one in Hethersett.

The Saturday sees the annual Hethersett Youth Club fete and dog show and the Sunday sees the Friends of Hethersett Academy Garage Sale and also the Hethersett Open Gardens event.

The date of the Open Gardens has just been confirmed. A bi-annual event, a number of gardens in the village will be open from 10 am until 4 pm.

Admission to the open gardens event is £3 per person with accompanied children free. We have more information on these events in this edition of Hethersett Herald.

Have You Missed an Edition?



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

Hawk Talk

with Mel Perkins



May 5th

HETHERSETT Hawks/Yellow Brick Mortgages knew that this season was going to be tough in the South East and Eastern League and this was emphasised with a heavy defeat away at near full strength Great Blakenham.

Experienced Leigh Cossey won a couple of races to give the team encouragement and teenage sensation Charlie Lyth again impressed with four second places but fitness levels were exposed on the track larger than their own

Great Blakenham 111, Hethersett 68. Hethersett scorers - L. Cossey 15, C. Lyth 13, B. Loombe 9, H. Hamill 8, G. Morgan 7, P. Delaiche 6, D. Adams 5, D. Longlands 5.

Charlie Lyth was again outstanding with an unbeaten five rides to lead Hethersett B to a consolation first win of the season in Division 2 against Blakenham B. Man of the match Paul Delaiche also showed much improvement as the day went on.

Great Blakenham 68, Hethersett B 92. Hethersett B scorers - P. Delaiche 22, C. Lyth 19, D. Adams 14, D. Longlands 12, B. Loombe 9, G. Morgan 9, G. Larter-Dixon 5, K. Adams 2.

The photograph above is of the Hethersett squad pictured with sponsor Stephen Perkins of Yellow Brick Mortgages. Over the page is action from the matches against Great Blakenham.



Action from Hethersett Hawks' matches at Great Blakenham where they found the home team just too strong for them, although the club's second string did manage to pull off a solid victory.



May 12th

Hawks have a fine prospect in Charlie Lyth and he cemented his position at the top of the junior series In the British Youth and Junior League with four second places in his heats and narrowly missing out on first place in the final at the Somersham track in Suffolk.

May 18th/19th

HAWKS finally got a Division 1 win this season in the South East and Eastern League when the Club recorded a double victory over local rivals Norwich Stars. A good crowd gathered at the Memorial Playing Field - more like an old boys reunion - and they had an entertaining match to follow with Hethersett always having the upper hand, mainly due to a greater strength in depth with ex-captain David Martin making a rare appearance.



Norwich were unlucky to lose Alex Dyball for a few races after a heat one fall but they could only win one race in the first half as the Hawks put in some good teamwork. They certainly improved in the second half but could not claw back the lead. Leigh Cossey dropped just two points and Paul Delaiche had a very strong match.

Hethersett 96, Norwich 82. Hethersett scorers - L. Cossey 15, B. Loombe 14, P. Delaiche 13, H. Hamill 12, D. Adams 12, C. Lyth 12, D. Martin 10, G. Morgan 8.

The B team match saw Hethersett build up a good lead before bringing in substitutes and Norwich gave youth a chance over more experienced eligible riders. Charlie Lyth was unbeaten with a couple of excellent passes but it was McKenzie Loombe who was awarded Rider of the Match for a much improved performance in his three rides.

Hethersett 91, Norwich B 69.
 Hethersett scorers - C. Lyth 19,
 B. Loombe 14, P. Delaiche 13,
 G. Morgan 12, D. Adams 12, G.
 Larter-Dixon 10, M. Loombe 7,
 K. Adams 4.

Charlie Lyth became Norfolk Under-16 Champion when several Hawks, including many recent recruits, contested the Norfolk Junior Finals at Eaton Park. Charlie chose a bizarre way to win it though as the crowd were anticipating a classic race-off



between Charlie and Scott Colby. Charlie dived under Scott on the first lap and slipped off. Thinking his chance had gone he looked up to see Scott fall after shedding a chain so it was a quick jump back on and ride to victory!



He also pushed reigning champion Owen Wells all the way in the Under-19s with Owen

having to make two good passes on his way to a maximum. Paul Delaiche was third in that age category. Two Hethersett riders had to race-off for third place in the Under-8s - Tyler Slater defeating Luca El Labany.

The photographs here were of the Norfolk championships and the league matches against Norwich and were taken by Jenny Melvin.

May 25th/26th

Hawks had a chastening experience at Whitton Sports Centre as a below-strength side due to holidays and work commitments were beaten heavily by Ipswich who had no fewer than six riders unbeaten.

Highlight of the day was the form of recent recruit McKenzie Loombe who is improving match by match. Experienced Glyn Morgan, Ben Loombe and David Adams did their best to create some disruption but the home side were formidable. Ipswich ran out comfortable 119-60 winners.

Hethersett Scorers - G, Morgan 10, M. Loombe 9, B. Loombe 9, P. Delaiche 9, D. Adams 8, D. Longlands 8, K. Adams 4, G. Larter-Dixon 3.

The same eight riders had to pick themselves up for the Division Two match which also saw them contending with heavy rain. It was a much closer affair. Ben Loombe dropped just one point and Paul Delaiche was named rider of the match. A special mention for 11-year-old George Larter-Dixon who was drafted into both teams and tried throughout his nine races. Final result saw Ipswich B run out 87-70 winners.

Hethersett scorers: B. Loombe 18, P. Delaiche 12, G. Morgan 12, D. Adams 10,

G. Larter-Dixon 6, D. Longlands 6, M. Loombe 6.

In the Norfolk Championships for older age groups held at Eaton Park Glyn Morgan finished third in the Veterans and Katie Adams runner-up in the Ladies.





In Memory of Paul

THE charity football match organised by Hethersett Athletic's Saturday men's team raised £305 for the Sepsis Trust charity in memory of former manager Paul Stone.

The team's sponsor Church Farm Garage made a generous donation towards the total. The game was played in difficult windy conditions with Hethersett beating Bowthorpe Rovers 1 -0 thanks to an Oli Hudson-Church goal.

The game was followed by team presentations at Hethersett Social Club. The Hethersett team is pictured above.

Paul was a hugely popular manager of the team, taking them to a number of cup finals with his enthusiasm for football always shining through.

Valley Leading The Way

WITH a third of Norfolk Alliance cricket season already over, Hethersett and Tas Valley stand proudly on top of Division Two with five consecutive victories.

Some outstanding batting with new signing Tom Collishaw hammering centuries almost at will has taken Valley to the summit and on the verge of gaining a promotion they have been desperately trying to achieve for a number of seasons.

The first team opened its campaign with a solid 128 run victory over Garboldisham with openers Collishaw and Jack Gibson both hitting 114 in Valley's total of 265-4. The opposition never attempted to reach the target and finished on 137-6.

They then beat Mattishall by 100 runs. Hethersett batted first and notched 269-8 with James Shipley scoring 57 and John Curtis 47. Mattishall were bowled out for 169 in 34.2 overs with Ian Bryce taking 3-15.

The Long and Winding Road

HETHERSETT are on the long road to Lord's

They overcame Cambridgeshire team Thriplow at Flordon in the first round of the National Village competition, gaining revenge after being knocked out by them last season.

Valley now take on old foes Foxton in the next round which was due to be played at the end of May. We will have a report on this match in the next edition.

Hethersett restricted Thriplow to 162 with Sam Morton taking 6-18 and then knocked the runs off for the loss of just four wickets.

Their third win on the spin came with a three wicket victory over Norwich Seconds. Norwich batted first and were restricted to 160-9 with Ben France taking 3-19 and Robbie Matthews 3-31. Hethersett took 37.2 overs to reach their target, finishing on 37.2 with Collishaw continuing his fine form with an unbeaten 112.



The fourth victory came with an eight wicket win over Downham Town. Downham were bowled out for 140 and Valley reached their target for the loss of just two wickets with Ian Bryce unbeaten on 84 and Ben France hitting 54 not out.

In their final game of the month Valley completely overwhelmed Great Witchingham. They restricted the home team to 176-6 and then Collishaw - pictured opposite - (108 not out) and Jack Gibson (63 not out) knocked the runs off in 29.2 overs.

Top of the table at the end of the month is:

	Played	Points
Hethersett and Tas Valley	5	116
Ashmanhaugh and Barton Wanderers	4	91
Bradfield	4	77

Valley Seconds are currently eighth in Division Four, the thirds are fourth in Division Three South-East of the Norfolk League and the fourths are 10th in Division Four South East of the Norfolk League.

First team fixtures for June are: June 15th - Marsham (away), June 22nd - Bradfield (home), June 29th - Ashmanhaugh and Barton Wanderers (away).



Library Opening Hours

The library will be staffed on the following days and times:

Monday: 1.30-7 pm

Tuesday: Open Access Only

Wednesday: 11 am - 7 pm

Thursday: 1.30-7 pm

Friday: 1.30-7 pm

Saturday: 11 am-4 pm

Sunday: Open Access Only

Open Library Users who have had their library cards activated for open access will now be able to gain entry to the building from 8 am until 7 pm every weekday and from 8 am until 4 pm on Saturdays and from 10 am until 4 pm on Sundays.

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

In 2019, the library will be closed on the following dates: 26th August - Summer Bank Holiday

The poster on the next page gives an overview of coming events in Hethersett Library for June.

The next meeting of the newly formed Hethersett Library Friends group will take place in the library at 6 pm on Wednesday June 12th. The group will be organising talks and other events in the library over the coming months.

A committee has been set-up and the meeting will discuss finances, coming events and how to bring the library closer to the community. Everyone is welcome, just turn up on the day. It is anticipated that the meeting will take no longer than one hour.

It also looks as if Hethersett Parish Council will soon have its own office in the library. Plans are now at an advanced state to provide a parish office for the public within the building. You can read more about this elsewhere in this edition of Hethersett Herald.

Hethersett Library Events

June 2019

- **Knit & Natter: Mon 10th, 17th & 24th 14:00-16:00**
- **Colour me Calm: Weds 5th, 12th, 19th & 26th 11:00-12:00**
- **Baby Bounce and Rhyme: TBC**
- **Lego Club: Fri 7th, 14th, 21st & 28th 3:15-4:15**
- **Open Library Access Unavailable: Tues 4th 1:00-3:00**

We are currently looking for 13-25 year olds interested in helping us with our Summer Reading Challenge. Volunteer packs are available in the library!

Book of the Month

This month our book group read **Weirdo** by Cathi Unsworth. Come and see their reviews and take copies available in the library now!

See staff at your local library for details,
visit www.library.norfolk.gov.uk or call 0344 800 8020



Norfolk County Council