



# Major Community Grants

**HETHERSETT Parish Council has made substantial grants to two sport and fitness related projects in the village.**

Grants totalling over £150,000 were made available through the S106 fund from new village development.

A parish council grants committee recommended that almost £112,000 should be awarded towards the building of a new pavilion on Hethersett Memorial Playing Field and £40,000 to Crusaders' Rugby Club towards new changing room facilities. This was unanimously ratified by the full council meeting on February 18th.

The money was earmarked for improved sport and leisure facilities for older children and adults and an



*The existing pavilion on Hethersett Memorial Playing Field which is no longer fit for purpose and well past its sell-by date.*

appeal was sent out for applicants to come forward. The Memorial Playing Field and Crusaders were the only two applications received.

Parish councillors were happy that both projects met the necessary criteria.

The grants will only be released when the projects have been able to attract full funding. Also meaningful progress must be shown within 12 months and the projects will be asked for regular updates on progress.

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

Library Friends' Group a Step Nearer	Page 4
Olga's Big Day	Page 8
The Class of 1979 Re-visited	Page 15
Presentations to Young Writers	Page 21
The War of the Pickled Onion	Page 66

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

# Bringing Carers Together

AN umbrella group set-up to bring together all the caring organisations and charities in Hethersett was officially launched in Hethersett Methodist Church Hall on February 6th.

Representatives from a number of groups including Hethersett Aid in Sickness Fund, Hethersett Parish Council, Hethersett Pensioners' Group, Hethersett Society, Hethersett Parish Church, Hethersett Methodist Church, Hethersett Dementia Support Group, Heart of Hethersett Bereavement Support Group, Woodcote Sheltered Housing Complex, Rowan House Health and Well Being Centre, South Norfolk Council, Norfolk County Council, Hethersett Scouts and Hethersett Horticultural Society came together to discuss how to improve residents' awareness of all the groups and charities available in the village and how to join them.

The umbrella group also discussed how to attract more volunteers and im-

prove the sharing of information between groups, particularly in the light of the number of people coming to the village thanks to substantial new development planned over the coming years.

"The idea behind the umbrella group is to bring together all the various organisations to discuss how we can promote each one as part of a collective organisation," said founder member David Smith.

Ideas discussed at the meeting including the production of a leaflet promoting the umbrella group, the organisation of a special open day to promote member groups, the regeneration of a village handbook and using social media.

A further meeting will be held in April when it is hoped that even more village groups and organisations will be represented.

**Dementia Support** - HETHERSETT Dementia Support Group held a special meal for over 20 people at its February café in the Methodist Church Hall on February 19th.

Before the meal an archive film on Norwich in the 1950s was shown, evoking plenty of memories amongst those present.

The café meets monthly on the third Tuesday. The March café will take place on March 19th from 10 am until midday when the theme will be "holidays."

# Friends' Group A Step Nearer

**ANOTHER major step has been taken towards setting up a vibrant Hethersett Library Friends' Group.**

An initial meeting at the library on February 13th was attended by 16 residents with a number of others interested in joining the group sending their apologies.



A follow-up meeting will take place on Wednesday, 20th March, at 6 pm to look at formally constituting a friends' group with a chairman, secretary and treasurer.

The February meeting had an assurance from county library staff that there are no plans to shut libraries in Norfolk, with the relatively new open library system being introduced to help protect libraries from any shut down threat and not a way to "get rid of staff."

A number of ideas were put forward for events that could be organised by the friends' group. These included archive talks, social events, a book club and a debating group.

There was a discussion about the timing of events to ensure the best possible attendance with Saturdays and Sundays being suggested to ensure that people of all ages can take part.

The new Friends' Group will be supported by library staff but run independently.

To see what's coming up at Hethersett Library turn to page 75 for our monthly run-down of events.

# Pantomime Charity Cheque



ONE of the key aspects of the annual Hethersett pantomime is the raising of money for charities.

Over the past 50 years, the pantomime group has raised well over £100,000 for local and national charities.

Each year there is an end of performance bucket collection for a specific charity and this year's 10 performances of Cinderella brought over £3,000 in the buckets. At the last show a cheque for £3,300 was presented to the Big C Cancer charity. A photograph of the presentation is featured above with pantomime founder Duncan Pigg presenting the cheque. Duncan is also pictured with show director Sarah Green.



# Flowers For Andrea

**THERE** was a special presentation to pantomime regular and choreographer Andrea Farrow at the end of this year's performances.

**Andrea** was presented with a bouquet to mark her involvement in the group over the past 50 years.

**Our picture shows Andrea** with pantomime writer, producer and one of the leading actors Lloyd Parfitt.



## Why Not Join The Pantomime Group?

HETHERSETT Pantomime Group is always looking for new members to join them in a variety of roles.

If you have an interest in amateur dramatics and want to volunteer to help put on the annual show, then get in touch with them at [www.hethersettpanto.org.uk](http://www.hethersettpanto.org.uk) or speak with any member of the group.

They are particularly looking for people to help with costumes, production, backstage, props and set design and also cast members.

## Caribbean Event

Hethersett Old Hall School will be holding a Caribbean-themed fair on May 18th from 11 am to 3 pm..

There will be a hog roast, fairground rides and much more and bookings for stalls are now being taken. Stalls cost £25 which includes a table and chairs. To book email Joy Elsley at [jelsley.926@apps.hohs.co.uk](mailto:jelsley.926@apps.hohs.co.uk).

# Report Those Potholes



HETHERSETT, in keeping with virtually every village and town in Norfolk and further afield, is beset with potholes.

We have highlighted the problem in the past and will continue to do so in the future.

Above is an example of just one of the deep and dangerous potholes in the village. If you find others please report them to Norfolk County Council.



***Just one of the large potholes in the village at the present time.***

Potholes can be reported via the website:

<https://apps.norfolk.gov.uk/HighwaysDefect/>

The county council claims that “all potholes will likely be repaired within six weeks of identification.”

# It's Been A Wonderful Life

**Story By Charlotte Govier. Pictures courtesy of Hethersett Hall**

CELEBRATIONS have been in full swing at Hethersett Hall Care Home as one of its residents reached her centenary in style.

Olga Millson was applauded by staff, relatives, friends and other residents as she received a telegram from the Queen in recognition of her landmark birthday.

She was also presented with flowers, gifts and a delicious birthday cake made by Kirsty Holmes Cakes.

Park Farm Hotel in Hethersett is very special to Olga, so staff arranged a trip for afternoon tea, where she was able to enjoy sweet and savoury treats from a large selection of delicious cakes and sandwiches, a re-creation of a lovely memory of when Olga lived in a cottage behind the luxurious hotel before moving to Hethersett Hall.

Olga was born in South Africa and later on she started nursing in Cairo, Egypt, where she met her husband Alan, who was a Squadron Leader for the RAF. A close relative mentioned; "As soon as Alan saw her, he knew she was the one he wanted to spend his life with".

Throughout her 100 years Olga has lived in many different places all over the world from Paris, where she lived next door to the Romanoff's, to India and Australia and then she returned to the UK to live in Hingham.

Lee Sharpe, Unit Manager, said; "Olga has shared so many remarkable stories with us. We always love hearing about her interesting life experiences and adventures from all over the globe. Olga is an incredible lady and an inspiration to us all!"

Among those relatives attending afternoon tea was Diane, a dear friend, Diane's



two daughters Jane and Jean and staff who have cared for Olga over the years; Melissa Fisher, Deputy Manager, Lee Sharpe, Unit Manager, Louise Harris, Senior Carer and Charlotte Govier, Activities Coordinator.

Jean and Jane shared their thoughts; “We have thoroughly enjoyed getting to know Olga over the past nine years. On many occasions she had us in stitches with her amazing sense of humour! She has been a good and loyal companion to our mother and it’s wonderful to be with her on this very special day”.

Hethersett Hall care home is run by Barchester Healthcare, one of the UK’s largest care providers, which is committed to delivering personalised care across its care homes and hospitals. Hethersett Hall provides residential care and dementia care for 70 residents from respite care to long term stays.



## Give Your Views

Do you have views about the re-cycling centres in Norfolk and in particular our closest one at Ketteringham?

Norfolk County Council is holding its annual survey which will run until the end of March.

“It’s an opportunity for people to tell the County Council how satisfied they are with the service they receive, how often they use Recycling Centres, and what type of recycling facilities they would like to see more of. We’d also like to hear from people who don’t use the Recycling Centres, so that we can understand why not. The results will help us continue to provide an efficient and value for money Recycling Centre service in the coming years,” the county council says.

You might of course have views on being charged for dropping off some items or the proposed closure of the Ketteringham centre.

To take part in the survey, or to find out more about the Recycling Centre service, visit [www.norfolk.gov.uk/wasteandrecycling](http://www.norfolk.gov.uk/wasteandrecycling) or call 0344 800 8020. The survey should take no longer than ten minutes to complete.

# Annual Migration Is Delayed

*By Georgette Vale*

This year the annual toad migration may be delayed a few weeks because of the weather.

For those who do not know – every year in spring, at dusk, toads migrate back to their ancestral ponds in order to mate.

The problem is they have to cross our roads and many get run over, so much so that the common toad is not common any more.



The volunteers go on a rota and spend a few hours each week patrolling the sites with Hi-viz jackets, torches and buckets to give the toads safe passage across the roads.

Locally we have patrols at Great Melton, Little Melton and in Wymondham we have Becketswell, Wramplingham Road (off Tuttle Lane), Wicklewood, and Ashwellthorpe. The more volunteers we have the more toads we can save!

If you would like to volunteer please do contact me on 01953 6 05434 or 07867 681839 or email me at [Georgette@ValeMail.eu](mailto:Georgette@ValeMail.eu). You can also go to the website <http://www.toadwatch.org> for more information.

If you can't spare the time then you can still help by driving very carefully through those sites at dusk in the springtime

## Paper Rounds Available

Norfolk News Deliveries has morning paper rounds available in Wymondham and Hethersett.

Please email [nick@newsdeliveries.co.uk](mailto:nick@newsdeliveries.co.uk). There are also positions for adult deliverers on a Sunday morning - 4.30 am start Again please email [nick@newsdeliveries.co.uk](mailto:nick@newsdeliveries.co.uk) or call 01935600478.

# England Fast Bowler Comes to Hethersett

FORMER Yorkshire, Leicestershire and England fast bowler Matthew Hoggard is on his way to Hethersett for a special evening organised by Hethersett and Tas Valley Cricket Club in conjunction with club sponsors Park Farm Hotel.

Matthew will be the after dinner speaker at Park Farm Hotel on Friday 22nd March.



In a distinguished eight year England career, Matthew played in 67 Tests between 2000 and 2008, averaging 30.5 with the ball and playing in all five matches of the famous 2005 Ashes series. His impressive Test career statistics include seven five wicket innings, 12 wickets for 205 in the Johannesburg Test vs South Africa in 2005 and a hat-trick against the West Indies in 2004.

Priced at £50 per ticket and limited to just 100 guests, the evening will also include a three course dinner and the opportunity to hear details of Matthew's long and illustrious cricket career, which included 239 First Class appearances.

The evening is open to non cricket club members and anyone wanting to book tickets or find out more can email: [HTVCCsocials@gmail.com](mailto:HTVCCsocials@gmail.com) or book online at:

[https://docs.google.com/forms/d/e/1FAIpQLScJakh6YtsKccR8xs5LyOQKa-eDutucZfUhhsTkjc-6nm6URA/viewform?fbclid=IwAR2ggWSWO\\_wrE\\_xrdZUsSBjsneR9z-Kv\\_aafUkAwkC\\_nafxzITPZYePmoWg](https://docs.google.com/forms/d/e/1FAIpQLScJakh6YtsKccR8xs5LyOQKa-eDutucZfUhhsTkjc-6nm6URA/viewform?fbclid=IwAR2ggWSWO_wrE_xrdZUsSBjsneR9z-Kv_aafUkAwkC_nafxzITPZYePmoWg)

# All Aboard Once Again

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***Lonely people from Hethersett are being invited to a special event at Easter in Wymondham with three days of activities as Debbie Rose explains***

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FOLLOWING the success of last August's event, Hub Community Project is repeating it's All Aboard! project this Easter.

Easter is another of those times in the year when families gather for food, fun and companionship. For those who are alone, the Easter holiday period can highlight their loneliness and All Aboard! offers an opportunity for them to get together with others.

This will be in the format of a 'holiday at home' with three days of activities and entertainment in a very relaxed and informal setting with a coach outing on the middle day.

Participation in the activities is by choice and anyone wishing to come along but not join in will be very welcome. Refreshments and lunch will be provided. The project is supported by the Co-Op and Norfolk Community Foundation.

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

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

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

If you are aware of someone who is isolated, maybe a neighbour, friend or relative, we would ask you to encourage them to come along.

All Aboard will take place Tuesday 9th April to Thursday 11th April at the Hub, Ayton Road, Wymondham, NR18 0QJ. The project aims to gather older people and connect them with those with similar interests so that lasting friendships can be formed.

Free of charge

OP Norfolk Community Foundation

the hub

# All Aboard!

10.00am - 3.00pm Tues 9 April - Thurs 11 April 2019  
The Hub, Ayton Road, Wymondham, NR18 0QJ

**FREE EVENT**

## Home alone this Easter?

Three days of activities for those feeling lonely and in need of some company.  
**Refreshments & lunch • Activities & entertainment • Coach outing**  
Transport can be provided from Wymondham Market Place.

**For more information** contact  
Linda email [linda.bradbeer@lineone.net](mailto:linda.bradbeer@lineone.net)  
or tel 01603 812619

**To book your place** contact Debbie  
tel 01953 798505 The Hub, Ayton Road,  
Wymondham, NR18 0QJ

[www.hubproject.org.uk](http://www.hubproject.org.uk) All Aboard! is part of Hub Community Project. Registered charity no 1131485

At the close of the project people will be signposted to local activities; with a companion it is hoped that they will be able to play a fuller part in the community. Evidence shows that combatting loneliness in this way will have a positive and beneficial effect on the health of those attending.

The project is free to attend and is inclusive of refreshments, lunch, coach and entry fees and is open to people from Hethersett. Transport to the Hub from Wymondham Market place can be arranged, please request at the time of booking.

Places are limited so booking is essential. For a booking form please call 01953 798505. For more information please contact Linda Bradbeer. Email [linda.bradbeer@lineone.net](mailto:linda.bradbeer@lineone.net) or call 01603 812619.

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

# Hethersett's Celebration of Prayer Has An International Flavour

THIS year's Women's World Day of Prayer will be celebrated in Hethersett Methodist Church on Friday, March 1st at 2 pm.

The service is open to all - including men and children - and annually is set by women from different areas of the world.

This year's service has been written by women from Slovenia and urges people throughout the world to reflect on the barriers they have faced since the end of the Second World War when their country broke away from Yugoslavia - a Marxist socialist republic.



They share the challenges they have met and the hopes they have for the future.

The World Day of Prayer is an international, inter-church organisation which enables people to hear the thoughts of women from all parts of the world including their hopes, concerns and prayers.

The services are organised by an international committee which is based in New York and there are national committees in each participating country.

This all comes down to a town and village level with churches throughout the world taking part. The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and then travels throughout the world - through Asia, Africa, the Middle East, Europe and the Americas - before finishing in American Samoa 38 hours later. More information is available on the website [www.wwdp.org.uk](http://www.wwdp.org.uk)



# Class of 79

THEY say that schooldays are the happiest time of your life and a group of former Hethersett Woodside Infant and Nursery School pupils are looking to prove just that.

A dedicated Facebook page has been set-up to try and track down the youngsters above from 40 years ago when they were all six or seven years of age.

At the beginning of December, Hethersett resident and businessman Stephen Fulcher decided to try and track down the 32 pupils of the class of 1979 for a reunion.

Stephen put out an appeal through his Facebook page and the Eastern Daily Press Newspaper in an effort to contact as many of his former classmates who will now be in their mid-forties.

The idea is to re-create the photo with class teacher Christine Mumford who is remembered with great affection. Stephen has already received support from the school.

“The school is more than happy for us to visit for a picture and have said they will be happy to help us where they can. I have had a lovely conversation with Mrs Mumford and she would be delighted to be in the picture with us.

Now the task is underway to track down as many of the pupils as possible, bearing in mind that the majority have probably moved away from the village. One has already been tracked down to Canada.

The group's Facebook page can be viewed at <https://www.facebook.com/groups/365854074224704/>

## Litter Picks Gain in Popularity

LITTER picks in Hethersett are gaining in popularity with 24 people volunteering for the January clean-up organised by the Hethersett Environmental Action Team (HEAT).

Chris Morriss, chair of HEAT, reported at the February meeting of Hethersett Parish Council that the village would be taking part in this year's South Norfolk Big Litter Pick which will be held between now and May.

The parish council has agreed to fund additional high viz vests, gloves and litter picking equipment with the next clean-up taking place on March 9th, starting at 10 am from the Methodist Church car park.

HEAT will also be organising this year's open gardens event on Sunday, June 30th. Once again local residents will be opening their gardens to the public and at the same time raise funds for environmental matters.

HEAT's next meeting will be in Hethersett Social Club on Wednesday 12th April at 8 pm

## Sports Reports Needed

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

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

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

# EmBARKing on A Dog Friendly Bucket List

DOG lovers creating a list of life's 'must do' adventures are now likely to consider inviting their beloved four legged best friends along for the ride. Helen Tyler of local dog holiday service, Barking Mad Dog Care South Norwich explains:

"Whilst we are kept extremely busy caring for dogs whose owners are jetting off to exotic locations, there seems to be a growing trend to also create travel memories with your pet – with some people even going so far as to create a bucket list of the animal's very own!

It is easy to see why dogs make such fantastic bucket list travel companions because: they don't complain when things don't go to plan, they're always happy to be photographed, they love just being with you and don't ask, "Are we there yet?"

Barking Mad aficionado Karen Robinson said,



"This summer I plan to walk my Border collie, Paddy, along the silver sands of Charlie's Beach on the remote Hebridean island of Eriskay. Most of the items on my bucket list include my dog!"

John and Elaine Warburton, franchise owners with Barking Mad Dog Care, said:

"Our dogs are such a huge part of our lives that we obviously want to include them in our bucket list plans. We'd definitely like to walk the West Highland Way, complete a moonlit marathon round Loch Leven and someday the Coast to Coast (Oban to St Andrew's) path. To do these walks with a dog or two by your side would be amazing - we just love being out on the hills with ours."

Famously, author Jilly Cooper admitted that she hadn't been abroad for 22 years because she would miss her dog too much. The bond between a dog and its

owner can be incredibly strong and the fear of your dog being unhappy while you are apart, can be enough to prevent some people from travelling abroad.

Barking Mad Dog Care customer Kathryn said (via Trustpilot):

“I was so nervous about leaving my fur babies, I had not had a holiday for 11 years so that I didn’t have to leave them. It’s such a relief to (now) know there is someone out there who will care for your dogs just as much as you do.”

Research by Prudential revealed that 90% of over 55s had a bucket list, which is a positive list of experiences to have during your lifetime. Prudential surveyed over 1000 adults to find out what were the most popular bucket list activities. Unsurprisingly, travel dominated the list with destination dreams making up seven of the top ten wish list activities.



The most popular bucket list wish was to ‘see the Northern Lights’, a feat which is possibly achievable with a dog from a UK destination such as Scotland’s west coast islands. However, number two on the list was to ‘travel on the Orient Express’ which is obviously not achievable with a four legged friend in tow, as dogs aren’t allowed.

Helen Tyler continues,

“We love the fact that dog owners are creating special memories with their pets. For our customers, dogs are real members of the family and time and time again we encounter relief and gratitude that they have found a solution to the guilt of leaving their pet behind when they really can’t take them. Owners are delighted that their dogs can have a holiday of their very own with one of our loving host families, whilst they are completing the adventures on their travel wish list that aren’t dog friendly.”

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

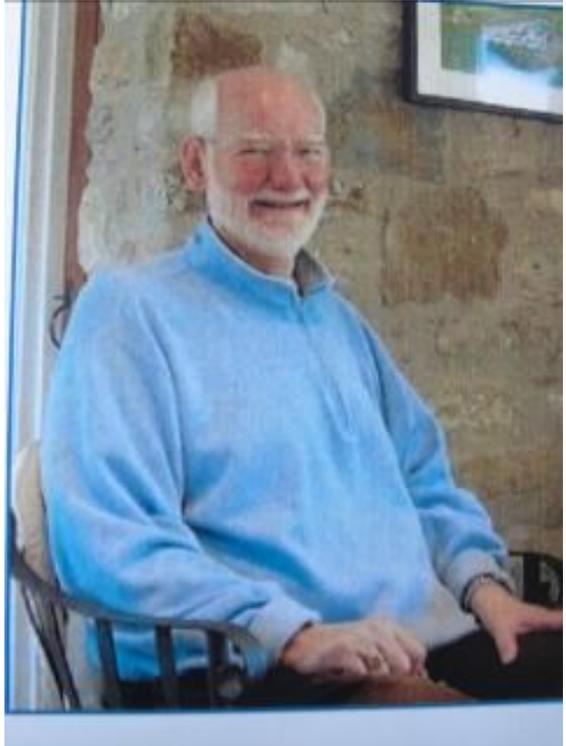
# Memories of Cheerful Howard

## Herald Obituary

A service of Thanksgiving and Celebration for the Life of David Howard Duncombe took place in Hethersett Methodist Church on February 4th.

Known to everyone as Howard, Mr Duncombe was a leading light in the Methodist Church, both in the village and wider Norwich area.

Howard was treasurer of Hethersett Methodist Church for many years and also instrumental in supporting and setting up church groups.



An accountant by trade, Howard and his wife Sue, moved to Norfolk when their daughter, Heidi, married “a Norfolk Boy.” Howard and Sue lived in Little Melton.

The service was led by Hethersett’s Methodist Minister the Rev Matthew Olanrewaju who referred to Howard’s cheerful and sunny nature: “I cannot ever remember Howard without a smile on his face,” he said.

A tribute to Howard was given by Hethersett Methodist Church member and local lay preacher Liz Thetford. She spoke of Howard’s love of and for his family and his interest in flying - he was a qualified pilot.

Howard, who was 74, leaves a wife, daughter and two grandsons.

# Steepletower Work Delayed

WORK on improving and repairing the entrance to Steepletower has been delayed due to the cost being more than at first thought.

Developers Taylor Wimpey and South Norfolk Council had agreed to foot the bill to bring the area up

to standard and work was due to start at the beginning of January but a survey of the area has shown that work is more extensive than at first thought.

Concern had been expressed about the unkempt look of the entrance to Steepletower with weeds and crumbling bricks and masonry.

Originally it was thought the work would cost around £5,000 but damaged foundations to the wall and severe cracking have meant this is now likely to rise, leading to another meeting between Taylor Wimpey and South Norfolk Council.

“Unfortunately, just as work was due to commence, Taylor Wimpey discovered damage to the foundations of the wall which has resulted in a delay to the remedial works whilst further inspections are undertaken,” Hethersett Parish Council states in its latest village newsletter.

“The parish council will continue in their discussions with Taylor Wimpey and South Norfolk Council to bring this long outstanding matter to a satisfactory conclusion.”



# Praise for Young Writers

PRESENTATIONS were made to the winners of the competition for young writers before the February meeting of Hethersett Parish Council. The competition was divided into two age groups. Below we print the joint winner of the younger age group where nine-year-old Poppy Bradbury from Hethersett Junior School imagined what life would be like in 2068. On pages 23 and 24 we feature photographs from the presentation event.

## Eva's Great Adventure

"What is it?" wondered Eva. It was like nothing she had seen before. It was shaped like a box, it had wires going around it and had funny long bits sticking out of the top.

Slowly she walked round taking in and inspecting all the details. It looked like it had come from Outer Space. Eva noticed there was a little door in the top.

Slowly and carefully she climbed in and gasped as there were thousands of buttons, dials, levers and switches! Eva pressed a button hoping it would send her flying to a different galaxy. She thought to herself "no-one will notice if I'm gone." But nothing happened. "That's odd?" she muttered. She thought for a few seconds then pressed the same button but this time she turned a dial as well. Suddenly

there was a whooshing sound followed by a bump.

She climbed out and screamed "aaaahhhh." Then she saw a sign that read HETHERSETT. Eva checked her phone and gasped (not for the first time). It was 2068.

"Wait I am in the same place, different time and same age" she said. All around her everything was busy and she noticed there were lots and lots of changes. Yes everything like the grass and the trees were the right colour but it did not look the same at all. The people were all wearing very fancy clothes. For example there was someone wearing a t-shirt with an elephant that trumpeted and had flashing lights. A man was wearing a pair of maroon trousers with odd bumpy things on them that looked suspiciously like Christmas tree

baubles and a child was wearing a pink spacesuit. All of a sudden something caught her eye. She turned around properly so she could see it.

It was a pet shop which had a sparkly blue sign saying PIP'S PETS. Eva assumed the owner of the shop was called Pip. Eva was a very curious person, so she stepped inside. "Oh my" she gulped. There were all sorts of intriguing animals that she had and had not seen before. There were sloths of all shapes and sizes, there was a funny animal with the feet of a penguin, the shell of a turtle, the head of a flamingo and the spines of a porcupine.

Eva was getting very scared. There were thousands of animals, there was even a square pig! Bravely she carried on walking. There was a deep growling sound and she stopped "What Was That?" Eva exclaimed. She turned and gasped. It was a woman walking a tiger on a lead. Eva did not stop to look any more. She ran out of the shop and didn't stop until she was at least a mile away.

Another thing Eva noticed that was different was no-one was on the ground. There was a little lady levitating whilst wheeling a portable trolley. There was also a man zooming round and round in the air on a carpet at the same time pushing a baby's pram (the baby was bawling his eyes out).

A child was sitting in an armchair that

was flying so high he could almost touch the clouds and an old man was riding motorised roller skates. She stared round at these flying people and said: "I wish I could do that." Eva had an idea! She started walking down towards the main road. She walked for at least ten minutes until she came to a place she faintly recognised and stopped.

There were hundreds of what Eva assumed were cars. They were all shapes and sizes, there was a VW Beetle but it was actually shaped and the same colour as a real beetle, it even had little legs. There was a shiny Lotus that was going so fast it was flying. There was also a motorised car that drove itself and it asked the owner what drink and food it would like. When the owner said what they wanted it asked them to touch a button and the food and/or drink would pop up on a tray and give it to them. Eva walked slowly back to the village and stopped, startled.

She recognised it and thought it might be one of her friends' houses but much, much bigger. She quickly dismissed that thought when she caught sight of the side window. There was an enormous glass case with hundreds of trophies in it. There was also a sign saying Hethersett Junior and Infant School!: "So this is my school with the extension on it," Eva exclaimed. It still had the same logo but it was much,

much, much bigger. There were huge glass windows that were really long. In the large glass case there were hundreds of trophies and shields. There was one (a shield) that was gold and had been won as the school was the most successful school in Norfolk.

There was a trophy that had been awarded to the school for the tennis players and there was an enormous cup that had been awarded to them in a swimming gala. Eva was pretty impressed with what the school had achieved, but she carried on walking and stopped when she suddenly saw an odd-looking grey thing.

It was a shop (or at least she thought it was). Nervously she stepped inside and stared in wonder at what was

around her. There were exotic plants and ones that she had never seen before.

There was an unbelievably tall plant that was all sorts of different colours like purple and blue and red and green. There was one that looked like a face and there was one that was really small. Eva was mesmerised, but she really wanted to see more of Hethersett so she reluctantly walked out of the shop. As she walked, she checked her watch and realised she should be at home, so she found the time machine and stepped inside and touched the dial and zoomed off home.

The End

**By Poppy Bradbury**

## Presentation Photographs



Hethersett Herald



March 2019



Pages 23 and 24 show photographs taken of some of the prizewinners who were presented with cheques and certificates following the creative writing competition organised by Hethersett Writers' Group. On page 23 South Norfolk Councillor David Bills presents the awards.

On page 24, Chairman of Hethersett Parish Council Adrienne Quinlan and Writers' Group member Connie Tindale with Grace Kingerley and the bottom picture shows winners, parish councillors and members of the writers' group.

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## Places Available on Stately Homes Trip

**Hethersett Horticultural Society is offering the chance to join members in a weekend trip to Chatsworth House on Saturday 11th May and Burghley House on Sunday 12th May**

**Three double rooms for the trip are still available for a deposit of £100 with a balance to be paid after that of £160.**

**The cost includes coach and an overnight stay with evening meal, bed and breakfast at the Best Western Hotel in Long Eaton.**

**To book a place or for more information please ring 01603 931292.**

## We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

# Coping with Bereavement

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*THE Heart of Hethersett Bereavement Support Group was set-up over three years ago to provide support for those bereaved in an informal atmosphere.*

*The group meets fortnightly at Woodcote Sheltered Housing complex in Firs Road. A recent meeting discussed feelings and coping mechanisms for those bereaved and the following notes are taken from comments made at that meeting.*

*The group welcomes everyone. Refreshments are supplied and it's all free of charge. If you are interested in attending or want further details please contact Stephen Baxter on or Peter Steward on 01603 811052.*

*March meetings will take place in the lounge at Woodcote on March 12th and 26th from 5.30 until 6.30 pm.*

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Bereavement affects different people in different ways. We are all different and have different ways of coping.

The group discussed how they felt after losing a loved one and their individual coping mechanisms. These included the following.

Lack of motivation – I feel that I'm on my own.

Don't be afraid or ashamed to cry – this will be a release of emotions. Don't keep everything locked inside.

Speak openly to people on how you feel.

Join listening/caring groups e.g Hethersett Bereavement Group, Hethersett Dementia Support Group or other social groups.

Get your teeth into something – Become involved in village life etc. – One person said they felt fine whilst involved in groups and projects and out of the house, but upset when they were on their own at home.

Take the first step and join groups or talk to friends and family.

Get involved in physical things that can relieve stress e.g running, walking, go-

ing to the gym, swimming, playing sport (doesn't have to be strenuous e.g croquet, petanque, bowls), gardening.

Encourage others to make the first step and join groups and talk about how they feel.

Keep busy – find things to do.

Don't worry if you feel withdrawn or a spectator. Becoming involved can be a slow process. Recognise that a group will contain a mix of different characters with some people much more outgoing than others. In other words be yourself. If you feel like talking that's fine, if you feel like keeping quiet and listening that's also fine.

Keep things that remind you of loved ones i.e keepsakes. Things that mean something to you and bring back pleasant memories. Things around your house/flat/room will contain memories

Understand that doing certain things, visiting certain places etc will bring back memories. Just let these into your life.

Make time for the things you find calming e.g listening to music, reading books and accept these may bring back more memories of loved ones. Bear in mind music, literature can also bring back painful memories so, once again, do not feel embarrassed to cry and be emotional.

Undertake self analysis as a way of understanding your emotions.

Get a pet. A dog needs walking which will give you a reason for going out.

Be aware that there will be memory triggers in virtually everything you do – something that comes on the radio or television, something that somebody says, smells, places. All these contribute as triggers. Again don't be afraid to cry.

Accept that we are all individuals and cope with bereavement in different ways.

Think about the things that you miss and have given up and consider taking them up again.

Don't judge other people (we are all individuals). Just because somebody embarks on a new relationship doesn't mean they aren't still grieving.

Keep memories alive – write a family history or reminiscences of loved ones.

Compromise and stay balanced.

Humour helps you to cope.

Quiet reflective moments can help. Moments of peace and contemplation.

Go to places where you feel safe and not threatened in any way.

Accept that there are many different kinds of bereavement e.g – friends, partners, family, people you knew, people you know of but don't know personally, pets etc. the list is almost endless.

**The group then went on to discuss what they missed through bereavement and these included the following:**

Friendship/Companionship/Love.

Routine.

Assumptions that things will always stay the same.

Finding that things won't always stay the same.

Laughter.

Nobody is reliant on you to do things e.g keep house tidy, washing etc and so you stop doing them.

Physical things such as Christmas/Birthdays/Anniversaries. Try to turn these into positives by remembering the good times and trying to celebrate these with family and friends.

Having to do things you didn't do in the past and have no idea about how to do.

Bereavement can lead to feelings of alienation, loss of faith, loss of earnings, loss of opportunity.

**ABOVE ALL DON'T TAKE EVERYTHING ON YOUR OWN SHOULDERS.**

Some of the other comments made included:

"I hate Christmas. It brings back so many memories. We used to write and send out Christmas cards together. Now I don't send out cards and don't display any I receive.

"I find it difficult to take a shower as my partner died in the shower. It just makes me feel sick."

"I hate having to take the car to have its tyres pumped up and having to do

things I don't know how to do as it was always my partner who did them."

"I don't go shopping on Saturday or Sundays because the shops are full of families."

"Seeing people holding hands affects me."

## News From Hethersett Jubilee Youth Club

*With Gillian Saunders*

Did you know there is a youth club in Hethersett every Wednesday evening in term time? This is a chance for young people to socialise with friends and to meet new people whilst enjoying a wide range of activities.

Pop in and see us - everyone is welcome.

Never been to a club before? Why not give us a try as your first week is free. Subs are £1.50 per week. Just bring money for tuck.



Junior club is for years five and six from 5.45 pm until 7.15 pm. Senior club for years seven, eight and nine from 7.30 until 8.45 pm. For more information contact Emma via email at [waddington42@btinternet.com](mailto:waddington42@btinternet.com). We are also on Facebook.

Don't forget the Fun Dog Show and Fete on 29th June from midday until 3:30 pm. We are currently taking bookings for stalls at £10 each. Phone me on 01953 607566 to book a place.

We are also collecting items for the tombola and white elephant stalls. Donations can be taken to the hall anytime the shutter is up.

Marshall from Paw Patrol has agreed to open the fete for us and will be around to have his photo taken with any of the children.

Our archive photograph shows the re-opening of Hethersett Jubilee Youth Club by television personality Julie Reinger a number of years ago. Also in the photograph are the then chairman of Hethersett Parish Council Fred Watkins, district councillor and youth club trustee Leslie Dale, Gillian Saunders and Fiona Whiting.

# Hethersett Pictorial

## Roof renovation at Tesco Express in Great Melton Road.



TESCO Express in Great Melton Road was shut for most of February for emergency repairs to its roof.

The store was due to re-open for business towards the end of the month. Meanwhile Queen's Road was closed to traffic for emergency work by Anglian Water at the junction of Queen's Road, Great Melton Road and Henstead Road. It led to a rather eerie feel to the roads with no traffic over a number of days.



# Passionate About Education

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Last month Associate Editor Roger Morgan contributed an article on the names of streets leading off of Admiral's Way in Steepletower. This month Roger looks at the person behind the name of Lindley Road which is located off Mill Road.

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LINDLEY Road is named after Caroline Lindley who surprisingly had little direct connection to Hethersett. She lived in London but her brother Joseph Lindley was the agent for Edward Lombe of Great Melton Hall. Edward was the original benefactor of the British School which was to be sited in Henstead Road. He financially supported the building project but unfortunately died in 1852.

At this point, Caroline Lindley stepped in. She was passionate about education and she worked tirelessly to raise the money to finish the building of the school to provide education for the children and adults in the Great Melton area.



She was friendly with a London businessman called William Ellis (pictured below) who was an enlightened liberal thinker. He was determined to promote 'progression of the human race' and believed in the need for a national system of education. He took his inspiration from Dr George Birkbeck.

Birkbeck was also a radical thinker and was passionate about providing education for the working classes. In 1823 at a meeting at the Crown and Anchor Tavern on the Strand attended by 2000 people including the philosopher Jeremy Bentham, the founder of Utilitarianism and several free thinking MPs, he formulated the formation of a new college.



The London Mechanics' Institute was formally created in December with the stated aim of educating working people.

William Ellis founded his first "Birkbeck School" in 1848 and by 1852 he had founded five more at his own expense. One of the chief aims of the Birkbeck Schools was the development of the thinking powers of children, quite radical at the time, rather than



merely cultivating their memory. Birkbeck College in London is now part of the University of London. He purchased the British School in Henstead Road and made himself, his son Edward, Joseph Lindley and Julian Hill trustees.

The school was built between 1850 and 1854 with a management committee consisting of Caroline Lindley of London and William Buckingham, William Morton, Benjamin Baker and James Spurgeon of Hethersett

The aim of the school was to provide 'liberal and unsectarian' education for boys and girls, teenagers and adults. Sunday and evening classes were provided for working teenagers and adults who weren't able to attend the day school. In 1864 it was attended by 40 boys and girls and 30 infants. By 1883 there was an average attendance of 60 boys and girls.



The British School worked side by side with the National School, which is now the Junior School, until their amalgamation in 1951. Neither school met the buildings and amenities standards laid down by the Education Act of 1944. All children over the age of 11 were moved to Costessey Secondary School near Norwich in September 1954.

A primary school was formed in 1956 and children from the British School were transferred to the National School. The building in Henstead Road was sold to the Parish Church to become the Church Hall and the proceeds used to form the Caroline Lindley Trust.

The Trust gives grants for further education of men and women aged between 18 and 25. The house next to the Church Hall is known as Lindley House.

# News From the Parish Council

## Council Renew Election Appeal

SERVING on Hethersett Parish Council can be a rewarding role, the latest Hethersett Newsletter states.

The newsletter is put together by the parish council and distributed throughout the village.

The latest edition poses the question: "Do you have an interest in how your parish is run?"

"If the answer to this question is yes and you have some spare time, you may be interested in becoming a parish councillor.

"This is a voluntary but very rewarding role as you will be helping to make Hethersett a better place to live," the newsletter states.

Parish council elections are held every four years and the next will be on Thursday, 2nd May.

Candidates must either live in the parish of Hethersett or within three miles of the village or have worked in the

parish for over 12 months. Candidates must also be over the age of 18.

Nomination papers are available to download from the Electoral Commission website at [www.electoralcommission.org.uk](http://www.electoralcommission.org.uk)

or by contacting parish clerk Annette Palmer on [hethersett.pc@tiscali.co.uk](mailto:hethersett.pc@tiscali.co.uk).

Completed forms have to be returned to South Norfolk Council by April 3rd. The new council takes office on Tuesday, May 7th.

Anyone wanting more information on the role of a parish councillor should contact the parish clerk or current chairman Adrienne Quinlan on 01603 814379.

Information on being a parish councillor is also available on the website [www.beacouncillor.co.uk](http://www.beacouncillor.co.uk).

We will have more information on parish and district council elections in the April edition of Hethersett Herald.

### Getting Lit Up

THE parish council will take on responsibility for street lighting on major roads through the new North Hethersett development. This will primarily be Coachmakers' Way and Baker Drive.

The council is hoping to have those areas "lit-up" before the relevant roads are formally adopted.

# News From the Parish Council

## Council Functions

Hethersett Parish Council currently has 13 councillors and this will increase to 14 in May in time for the elections.

Some of the functions of the parish council are: to maintain open spaces, street lighting, the maintenance of benches and noticeboards, grass cutting in public parts of the village, supporting litter picks, providing dog and litter bins, maintaining the village car park in Great Melton Road, maintaining and providing bus shelters, maintaining the village war memorial and village sign.

The council also supplies financial support for Hethersett Jubilee Youth Club, Hethersett Memorial Playing Field and Hethersett Village Hall, all of which are managed by a group of trustees.

## 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](mailto: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 13 parish councillors are available at <http://hethersett-parish-council.norfolkparishes.gov.uk>.

The parish council also has its own Facebook page.

## Dates To Note

WORK on the new infant and junior school on the North Hethersett development is due to start in the next few months, council chairman Adrienne Quinlan told members at the February meeting.

Traffic lights at the junction of the B1172 and Colney Lane are scheduled for the latter part of 2020.

# News From the Parish Council

Hethersett Parish Council has hit out at irresponsible dog owners who leave their pet's mess on the roads and paths in the village and appealed for residents to provide evidence of those breaking the law.

"Parish councillors are becoming increasingly concerned at the amount of dog mess in the village, an issue that has also been raised by a number of residents who have complained to the parish council about mess left by a few irresponsible dog owners," the council states in its latest village newsletter.

The newsletter points out that the council provides 30 dog bins throughout the village including six on the Memorial Playing Field.

"The bins are emptied regularly by South Norfolk Council at the expense of the parish council. An audit of the bins has been completed and the parish council will be looking at whether any additional bins are required. Doggie poo bags are also available from Hethersett Library," the newsletter states.

"Hethersett, along with the whole of South Norfolk, is covered by a Public Spaces Protection Order and irresponsible dog owners can be prosecuted with a fixed penalty ticket or a fine of up to £1,000.

"Unfortunately, to enable this to happen they do require evidence. Ideally this should be a photograph of the offence but we know this is difficult to obtain. The parish council appreciate that most dog owners are responsible and clean-up after their dogs but politely ask the few who don't to reconsider their actions."

At their February meeting, parish councillors agreed to set-up a special working party to look into the problem of dog mess and to discuss proposals put forward by council member Bridget Williamson. We will have more on these proposals in future editions of Hethersett Herald. The council is looking to put an additional dog bin between Priory Road and New Road - a popular area for dog walkers.

For more information on dog fouling visit

[www.south-norfolk.gov.uk/residents/neighbourhood-issues/dog-problems/dog-fouling](http://www.south-norfolk.gov.uk/residents/neighbourhood-issues/dog-problems/dog-fouling).

See also Scott Willoughby's column on page 57.

# News From the Parish Council

## Double Yellow Lines Plea For Village Road

A NUMBER of residents attended the February meeting of Hethersett Parish Council to express their concern over traffic dangers in Henstead Road.

Residents of Henstead Road and Stuart Close have petitioned for double yellow lines to run from the junction of Henstead Road and Queen's Road.

They claim that parked cars make it very difficult for vehicles using that part of the village with buses in particular being hampered by the parked cars.

"It is impossible to see cars coming up or down the road when we come out of our driveway. This is dangerous and could lead to an accident. We would like to see double yellow lines from the

Queen's Road junction to the bus stop," one resident said.

A number of councillors supported the call which has the support of numerous residents.

Councillors agreed to ask for a meeting with a representative from Norfolk Highways Department to discuss the problems inherent at the junction.

\* \* \*

The parish council has agreed to replace a missing dog bin in New Road. The council is also asking residents to help identify areas in the village that could benefit from additional dog fouling bins.

## Speedwatch Coming To The Village

HETHERSETT Parish Councillor Bridget Williamson has agreed to take on the role of speedwatch co-ordinator for the village.

The village has been without a scheme for a number of years, but now looks likely to go ahead with a number of new volunteers.

Speedwatch is supported by Norfolk Police and full training on using equipment is given to volunteers who check the speed of motorists using key roads in the village.

Anyone interested in joining the speedwatch team should contact parish clerk Annette Palmer.

# News From the Parish Council

## Parish Council Meeting Dates

DATES for Hethersett Parish Council for the remainder of the year have been set. The March meeting of the full council will take place on Monday 18th and the April meeting on Monday 15th. Both will be preceded by a meeting of the planning committee,

Following new elections on May 2nd, the newly appointed council will meet for the first time on May 20th, a week after the annual parish meeting which will take place on May 13th.

Subsequent dates are : June 17th, July 15th, September 16th, October 21st, November 18th and December 16th.

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

Hethersett Parish Council has awarded a major grant from S106 development money to Hethersett Memorial Playing Field to help knock down the existing pavilion and build a brand new one for community use.

We featured this story fully on our front page. Opposite is a photograph of the existing building taken from a slightly different angle.





## Waste Bin Slalom

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When Associate Editor Roger Morgan promised us a “load of rubbish” we thought he was referring to the standard of his writing. But no, Roger was investigating problems surrounding our bin collections. Here he looks at both sides of the situation.

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A FEW weeks ago a friend of mine sent me a photograph of the bins outside his house after a recent collection.

Clearly, the way the bins were left, created quite a slalom course for pedestrians trying to navigate their way past.

This presents a particular difficulty for mothers with young children in pushchairs and without a shadow of a doubt to people in wheelchairs.





It would be nice if the collection men could at least push the empty bins off the footpath before leaving.

However, after walking round the village, I do have a certain amount of sympathy for the men.

There are a number of ways in which we

could make their job easier.

The first would be not to overfill our bins in the first place.

At the very least we could try to ensure that we keep the bin lids firmly in place particularly on windy days.

Over Christmas, I witnessed one of the hard-working collectors running to empty the bins, clearly under time pressure, having to stop and pick up rubbish that had blown out of some people's bins.

A little more consideration from both sides would certainly make all our lives better and keep our streets a lot cleaner.

If you have any village issues that you would like to see highlighted in Hethersett Herald please contact us. Our contact details can be found on page 69.



# Herald Health - Breaking Down a Taboo

**Rachel Pailes (pictured right) from Rowan House Health and Well-Being Centre gives advice for those of us who have already broken our good intentions for 2019.**



SO, we're almost three months into the year and I have a question for you.

Where are your New Year's resolutions going? Are you still feeling positive and enthusiastic about the goals you set for yourself or is it the total opposite? If it's the latter, we've got an idea for you. How about we completely turn this New Year Resolutions thing on its head? How about we try making *anti-resolutions* instead!

That's right! anti-resolutions.

It makes perfect sense! New Year's resolutions can be kind of like an annual exercise in self-torture. We set lofty health and wellness goals that usually fall by the wayside even before January draws to a close.

We rip the laminated list off the fridge and stuff it in the back of a draw. We throw out all the diet books, self-help guides, and abandon our carefully laid plans for a calm, happy and contented year.

Resolutions are meant to be positive, but in reality they're just too much like hard work.

And really, if you were already getting by just *fine* without them, why bother?

The problem with New Year's resolutions is that they tend to be things that *really do bother us*, either on a conscious or unconscious level. They're important to you. For example:

You know you need to lose weight, for your health, for your confidence, for that baby you crave, or simply for the joy of wearing the clothes you love that are just a touch too tight. There's an ideal in your head, a particular size. Maybe it's the size you used to be in your twenties. Maybe it's the size of the models sporting your favourite brand. Maybe it's the size your doctor tells you is essential for your diabetes, your heart condition, or your fertility treatment?

Whatever the origin of the ideal, it's there, and it tells you one thing:

"Anything less than this and you're not good enough."

And so when your thoughts turn to what you want to achieve this year, that treacherous ideal rears its head again and taunts you: “One year from now you could be like me. You can do it!”

So you set your goal. You will lose two stone, five stone, ten stone, or twelve. However many it takes to reach the target weight. You will subsist entirely on smoothies, practice yoga every day, join the gym, hire a personal trainer, read every diet book going and you will lose that weight.

All of it. Every pound.

This is your New Year’s resolution.

But are you really going to succeed?

In fact, is your goal even healthy? What will you really need to do to reach your goal? Eat less? Eat more veg?

Stop eating entirely?

When your target is so incredibly difficult to achieve. when you have told yourself that it’s this or nothing, anything less and you’ve already failed. And your mindset is the main victim.

You will no longer be capable of celebrating your achievements, because you are focused entirely on your perception of failure.

Of course, weight loss may not be your personal demon. You might be focused on your physical fitness, the desire to become a master yogi, run a marathon, start a daily meditation practice or gain a black belt in karate.

Or is your education or business the source of your goals? Perhaps you vowed to hit £50K turnover this year and you only managed £20,000. Sure, last year you were barely earning enough to pay tax, but that’s not the point!

## **The nature of goals**

Goals are funny old things. They can spur us on, help us to be really clear on what we’re doing and help us to focus, plan, and consistently achieve greatness...or they can blindside us and blow all our efforts right out of the water.

Not because we’re incapable of reaching them, but because we have been unrealistic about some element of them, and it’s usually time.

New Year’s resolutions come with a built-in expiration date. You have 12 months, not a day more. You hit your goal in that period or it’s game over.

And because we have size six fashionistas, master yogis, pro marathoners, and self-made millionaires in our head (and our social feeds); because these are the goals we set ourselves, we are almost doomed to fail from the start.

Worse still, you commit wholeheartedly but after a month or two you realise your

progress isn't anywhere near fast enough. You're never going to be able to reach your target.

So you might as well give up now.

What's the point in trying when it's so utterly impossible?

Here's the truth. **Unrealistic expectations set you up for failure.**

And that's not self-care, it's self-torture!

Even with the best will in the world, the likelihood of success is slim from the get go.

### **Anti-resolutions and reality.**

So what's the solution? Should we abandon New Year's resolutions?

What if we all decide this year to do things differently?

What if we made anti-resolutions instead? What if we flipped the focus of thoughts and concentrated on transforming the resolutions we do make into something less dangerous, more realistic and more nurturing?

**This could be simple.** How about this for an anti-resolution.

*"It's unrealistic to believe I can lose five stone in one year. My health might suffer and I'll never maintain it. I'll aim for two stone instead, and lose more weight next year."*

Or, even better, how about making peace with yourself as you are? Something like...

*"I'm going to spend 2019 focusing on eating wonderfully nutritious food, and learning to love myself more."*

What if we set ourselves realistic, achievable goals to begin with?

- Lose one stone, maybe two;
- Start weekly yoga practice;
- Run regularly and finish a 2.5K (or even a 5K) before the end of the year;
- Take pilates lessons and advance beyond beginner level;
- Boost business turnover by £5K;

Doesn't this sound better and much more achievable!

Let us support you with your anti-resolutions!

Whether you're looking to get fitter or more flexible, be more mindful, give up an unhealthy habit or get out of the house and meet new people we've probably got a therapy, treatment or meet-up that's perfect for you! Why not explore our website to find out what's on offer?

You can find us at:

<http://www.rowanhousecentre.co.uk/>

## 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

The social club will be holding a mixed pairs darts competition on Friday, 12th April with the draw being made at 7.30 pm. You can register for the competition by visiting the club or calling 01603 811195. Entry fee is £6 per pair. Further details about the club are available on its web site at:

<https://www.hethersettsocialclub.co.uk/>

# Turning Down The Heat in Wymondham

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***Hethersett resident and well-known Norfolk writer Neil Haverson looks back at famous fires that ravaged Wymondham and how organised fire-fighting came to the town. Neil is one of the volunteers at Wymondham's Heritage Museum.***

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IT was Sunday June 10<sup>th</sup>, 1615. The townsfolk were attending a service at the parish church, so Wymondham was almost deserted. They were unaware that two fires had been lit. They took hold in Vicar and Middleton Streets. The timber-framed, thatched houses were soon engulfed in flames. The Market Cross was reduced to a smouldering ruin. Scorch marks can still be seen today in some of the affected buildings.

The fires had been started by three travellers and a local accomplice. Enquiries at the time and extensive research since, failed to find a motive for this act of arson other than possibly anti-Catholic feeling that pervaded at the time.

The perpetrators didn't flee the scene but stayed to watch. They were caught and eventually hanged at Norwich Castle.

The Great Fire exposed the towns lack of organised firefighting. As a result, equipment was purchased and placed in various locations including the porch of Wymondham Abbey. A fire engine and a manual wheeled pump were bought by public subscription in 1780.

In 1882 a volunteer fire brigade was formed and in 1884 a fire station estab-



lished in Market Street, where the entrance to the car park is now.

Horses pulled the appliance until 1922 when they were replaced by a lorry hired from H Semmence & Son. In 1935 the first motorised appliance, a Dennis Ace, was acquired.

A series of exploding maroons was used to call the volunteers to the station. These were replaced in the Second World War by a siren.

Firefighting in Wymondham over the centuries is showcased in a new exhibition for the 2019 season at Wymondham Heritage Museum. Visitors can see photographs of the men who fought the fires, the aftermath of blazes including the fire at Semmence in 1907, plus previously unpublished photographs of the old Market Street fire station which remained the headquarters until the new station was opened on London Road in 1967.

Also on display are artefacts and ephemera from the fire service over the years including newspaper articles and a fine selection of brass branches which were attached to hoses.

Other exhibitions at the museum tell the story of the town's history and its people. Wymondham Women in World War One has been retained for a further year. While the men were away fighting the women stepped up to keep the wheels of the town turning.

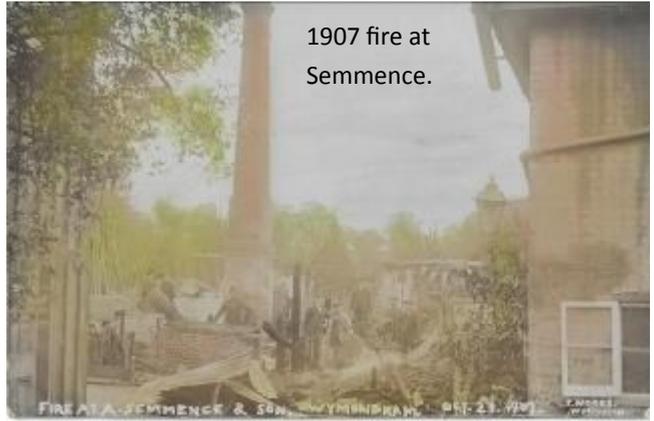


It's 270 years since Robert Kett led the rebellion against rich robber barons who had stolen the common land, leaving the peasants to starve. Visitors can find out how this rich yeoman became a champion of the people but was subsequently hanged.

If they dare, children can venture down the stone steps to the spooky dungeons and find out what life was like when the cell door slammed and the key turned.

Hands-on activities include working the 1960s switchboard which once stood in the town's Abbey Hotel and turning the crank. Filled with sand it is hard work. Prisoners had to turn it 1,800 times to earn breakfast, 4,500 for a midday meal and 5,400 for supper, and 2,700 after that. If they didn't manage it, they went hungry.

You don't need to turn the crank to get something to eat in The Bridewell Tearoom. On offer is a welcome cuppa and a homemade scone or slice of cake. Here you'll find the wishing well. Drop a coin in and make a wish. You never know, that lottery ticket you bought might just turn out to be the winner.



\*Wymondham Heritage Museum, The Bridewell, Norwich Road, Wymondham is open from March 4th to November 9th, Monday to Saturday 10 am to 4 pm, Sundays 1 pm to 4 pm. The Museum's Bridewell Tearoom serving tea, coffee plus homemade cakes and scones is open Monday to Friday 10.30 am to 3.30 pm. For more information go to [www.wymondhamheritagemuseum.co.uk](http://www.wymondhamheritagemuseum.co.uk)



\*The Museum is run entirely by volunteers and needs stewards and helpers to serve in the tearoom. If you can spare as little as three hours a month, email: [whm.info@wymondhamheritagemuseum.co.uk](mailto:whm.info@wymondhamheritagemuseum.co.uk)

Pictured below is a presentation to Bert Middleton to mark his retirement in 1959.



Hethersett Herald



March 2019

# Wymondham Museum Today



60s  
Switch

Pictures courtesy of the museum



The wishing well



The Dungeon

# Village Screen Films Update



WELL over 40 people attended the February offering from Hethersett Village Screen.

King of Thieves on February 3rd, turned out to be a popular choice.

Next up will be The Little Stranger on March 3rd and this will be followed by the highly acclaimed Stan and Ollie on April 7th and the space drama First Man on May 12th.

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

The Little Stranger stars Dornall Gleeson and Charlotte Rampling in a British mystery drama. A country doctor is called to treat a patient at a

crumbling estate, but finds it is haunted by something more ominous than a dying way of life.

Hethersett Village Screen is a non profit group organising monthly screenings in Hethersett Village Hall.

It is fully supported by Creative Arts East, South Norfolk Council and Norfolk County Council.

More information is available at [facebook.com/hethersettvs](https://facebook.com/hethersettvs) and [twitter.com/hethersettvs](https://twitter.com/hethersettvs).

## Moaning Minnie

What a month - nothing to moan about. No-one tail-gated me; litter was very limited; dog mess had been cleared up and people were smiling.

Yours in frustration - Moaning Minnie.

Oh dear! I spoke too soon. Yesterday, the field at the top of Admirals Way was littered with school exam papers, some with burn holes in them. Someone does not like Shakespeare, but to just leave the papers to blow about over the field by the pond area when there is a litter bin within 20 yards, is disgusting. I wonder what year is studying/practicing for their English Lit exams?

## Date Set For Tenth Funrun

A provisional date of Sunday, July 14th has been set for the tenth Hethersett Run the Square Funrun.

A number of loose ends, including policing of the event, remain to be tied up and it is hoped to confirm the date in the near future.

The past nine years have seen the event consistently gaining in popularity with 2018 attracting a record field of well over 300 runners/walkers for the two mile event which takes place on closed roads around a square of the original village taking in Queen's Road, Great Melton Road, Mill Road, New Road and Old Norwich Road. We will have more details in future editions.

# Hethersett Matters

**NORFOLK Police, in conjunction with Hethersett Herald, highlight just some of the scams currently doing the rounds and tells you how to avoid becoming a victim.**

## **Doorstep cold caller pointing out 'loose tiles.'**

We are warning residents to be on their guard after two men cold called at a property in the Hellesdon area.

The men told the resident that they 'could see some loose tiles on the roof' and offered to 'fix them' for a small fee. The men then went onto the resident's roof.

While they were on the roof, a member of the resident's family arrived who intervened and told the cold callers to leave the property. The men were seen to leave in a blue Ford Transit van.

We advise **never** deal with cold callers looking to do work on or around your property and **never** allow a cold caller access to your home, roof or gardens even if they are offering to do tasks for a small fee or for free.

It is possible these doorstep cold callers could move on to other areas around Norwich and Norfolk.

Anyone concerned about possible rogue trader activity in Norfolk can contact us through our partners the Citizens Advice consumer helpline via their online reporting form or by telephoning 03454 04 05 06.

## **'Brushing' scams**

We are warning about a new scam involving online deliveries called 'brushing'.

This scam involves packages you didn't order from online selling platforms like Amazon showing up on your doorstep.

Initially, receiving items you haven't paid for might not seem like a problem, some people might not regard this as a scam. You're not being charged for the items, they're not stolen as they've been paid for and they're yours to keep.

But the reality is being involved in a brushing scam means that someone has gained access at minimum to your name and mailing address but depending on how they gathered this data potentially other personal and financial information as well.

Scammers do this to make the purchases look genuine and avoid violating the selling sites' terms that prevent them providing reviews for their own products.

If you begin receiving packages that are addressed to you, but you did not order, contact the retailer immediately.

Following this, change the passwords to your online accounts in case the scammer has got your address by hacking an account. You may find if it is an online account you haven't used for a while and you're now 'locked out' it may be that the account has been taken over by the scammer.

If the volume of shipments becomes a problem, contact Royal Mail for help with holding packages until you can pick them up or otherwise handle the matter.

You can report scams to us by contacting our partners the Citizens Advice consumer helpline on 03454 040506.

### **Telephone cold calls claiming to be from BT**

We have had a number of reports from Norfolk residents about telephone cold calls claiming to be from BT.

The cold caller claims to be a 'BT employee' and states that your phone and broadband accounts will be terminated if you do not pay 'your outstanding BT bill immediately'. The cold caller then attempts to gather bank or card details against the repeated threat of 'your account being cancelled'.

We always advise to be wary of telephone cold calls and the claims made during them. If you receive a suspicious call claiming to be from BT, **do not** give or confirm any personal or financial details. Hang up, wait five minutes and then contact BT customer service on 0800 800 150.

If you have received a telephone cold call which you believe to be a scam you can report it to us via our partners the Citizens Advice consumer helpline on 03454 04 05 06.

### **Doorstep cold callers selling tools**

We are warning residents to be on their guard after receiving reports of doorstep cold callers selling tools.

The cold callers were seen to be using a white Ford Transit van.

We advise **never** to deal with cold callers offering to sell items.

Anyone concerned about possible rogue trader activity in Norfolk can contact Trading Standards through our partners the Citizens Advice consumer helpline via their [online reporting form](#) or by telephone on 03454 04 05 06.

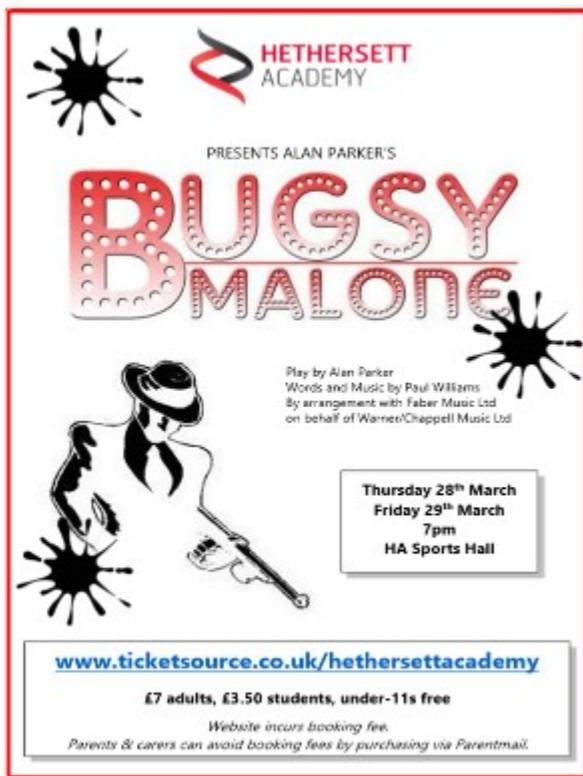
# Hethersett School Watch

HETHERSETT Academy will be presenting its version of Bugsy Malone in March.

Written for child actors and first released as a film in 1976, the musical follows the adventures of boxing promoter Bugsy and wannabe singer Blousey Brown in Prohibition-era New York City.

The shows will take place in the sports hall at Hethersett Academy on Thursday 28th and Friday 29th March. at 7 pm.

Tickets are £7 for adults, £3.50 for students, and free for under-11s, and can be booked at [www.ticketsource.co.uk/](http://www.ticketsource.co.uk/)



HETHERSETT ACADEMY

PRESENTS ALAN PARKER'S

# BUGSY MALONE

Play by Alan Parker  
Words and Music by Paul Williams  
By arrangement with Faber Music Ltd  
on behalf of Warner/Chappell Music Ltd

Thursday 28<sup>th</sup> March  
Friday 29<sup>th</sup> March  
7pm  
HA Sports Hall

[www.ticketsource.co.uk/hethersettacademy](http://www.ticketsource.co.uk/hethersettacademy)

£7 adults, £3.50 students, under-11s free

Website incurs booking fee.  
Parents & carers can avoid booking fees by purchasing via Parentmail.

## King's Camps Re-Visited

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

Easter dates are 8th to 12th April and summer camps will run from 5th to 9th August and 12th to 16th August. More information is available by phone on 01142 632 160

# Hethersett School Watch

## Going Chinese

Students at Hethersett Academy enjoyed 'pigging out' at a special lunch to celebrate Chinese New Year.

As the Year of the Pig started on Tuesday, February 5th, the canteen was transformed with dragon banners and paper lanterns as the kitchen team laid on a celebratory feast.

Students tucked into tasty treats including chicken or Quorn chow mein, spring rolls, egg fried rice, noodles and prawn crackers, followed by fortune cookies and beautifully carved exotic fruit.

Story courtesy of Hethersett Academy website which can be viewed at:

<http://www.inspirationtrust.org/hethersettacademy>



## From the Press Bench

The Eastern Daily Press reported that work on a £500,000 bus interchange at Cringleford could cut travel time to the UEA and the Norfolk and Norwich University Hospital .

It will mean that passengers travelling into Norwich from Hethersett, will be able to change for quicker services to the University and hospital.

The newspaper also reported that a potential park and rail link at Thickthorn going into Norwich could form part of a future transport scheme for the Norwich area..

# Malnutrition in Older People

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**LAST month we featured nutritional advice for a balanced diet for older people taken from a Barchester Health Care booklet containing advice to the elderly on what to eat. This month we look at something that can be a common problem among older people but one that can have frightening repercussions. Hethersett Hall Care Home comes under the Barchester banner.**

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Malnutrition can be a common problem among older people, but it is often overlooked. According to the charity Age UK, around 1.3 million people in the UK over the age of 65 could be affected by the condition.

It can be caused either by an inadequate diet - eating too little or not sticking to a balanced diet - or through difficulties absorbing nutrients from food. Common reasons for these problems are having a low income, reduced mobility or having a long-term health condition - factors that frequently affect older people.

Age-related changes can exacerbate the problem. These include the loss of cognitive function and deteriorating vision, which can prevent older people from maintaining good health and dietary habits in old age.

Depression, which has a high prevalence among people living with dementia, is another major cause of malnutrition, as it can lead people to lose their appetite. The best course of action in this case is to seek advice from a GP, as there are medications and counselling techniques available to treat depression.

The most obvious sign of malnutrition is a sudden loss of weight, although other symptoms include weak muscles, constant tiredness, low mood and suffering from more illnesses and infections. As well as offering a balanced diet, there are a number of ways for carers to help ensure people living with dementia have a good intake of food, through stimulating their appetite and interest in eating and drinking.

- Try to encourage snacking or small meals, rather than regular set meals.
- Experiment with different flavours, as tastes in food can change.
- Create a light and friendly atmosphere.
- Serve smaller portions, as once food goes cold it is likely to lose its appeal.
- Consider pureed food - although be sure to consult a dietician or speech and language therapist (SALT) first, to ensure it is both nutritious and flavoursome.

# Council/Government Contact Numbers

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

## **Member of Parliament**

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

## **Norfolk County Council**

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

## **South Norfolk Council**

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

## **Hethersett Parish Council**

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

# HETHERSETT HERALD

## Your Monthly E-Magazine

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

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



# The Scott Willoughby Column

## Speeding Problems in the Village

SPEEDING is a perennial problem in the village and one that is often highlighted in the various Hethersett-related social media sites.

And it looks as if it isn't a problem that is likely to go away anytime soon. Take the following two examples taken from the All Things Hethersett Facebook page.

"My god it's shocking!!!! Sitting outside the junior school, In a proper appropriate parking space , and most of the cars are racing down this road outside the schools. An open backed type grey ute must have been going about 50 and over the speed humps! They can absolutely kill children at this speed! Hence it being 20!"

"It's he same all over the village - Steepletower yesterday - some loonie caught me up and tailgated me until I turned off. She must have been doing well over 30 when she caught up with me. What is the answer?"

Many years ago there was an effective Speedwatch scheme running in the village whereby volunteers checked the speed of vehicles in key areas of the village and sent reports to Norfolk Police. Often this resulted in the offending motorists being given written warnings.

Now I'm glad to hear that a new speedwatch scheme could be soon up and running thanks to parish councillor Bridget Williamson coming forward to offer her services as a co-ordinator. A minimum of six people are needed and full training is given by the police.

A speedwatch scheme may not completely eradicate speeding and, of course, can only be operated when the volunteers are available, but it could send a very clear message to motorists that speeding is dangerous and will not be tolerated in our village.

## Watch Out For Raised Drains In The North

Be careful if you are driving around the new Hethersett North developments. A recent visit showed that there is still a problem with raised ironwork as our photographs show. I know the developers have stated that they will repair any prob-



# The Scott Willoughby Column

lems but this may take some time. So in the meantime be very careful as the drains can cause serious damage to tyres.

## Steepletower Improvements Delay

Which brings me round to the tiresome topic of the entrance to Steepletower. Originally work on improving the area was due to start in early January with the bill being footed jointly by Taylor-Wimpey and South Norfolk Council.

Now the question of finance is raising its ugly head. The repair work is turning out to be more extensive and more costly than at first thought and, as we all know, that will mean yet more delays.



Our latest photographs taken in February show the extent of the poor condition of the brickwork. Let's hope the work is completed before the brickwork crumbles entirely or before somebody gets injured.

## More Dog Mess

I was walking round the village during the month when I was physically assaulted by a friend. No it wasn't something



# The Scott Willoughby Column

that I said. It was just he had seen a very large deposit of dog poo and his only way of stopping me putting my size eights in it was to physically push me out of the way.

So on the rest of the walk I kept my eyes peeled for more offensive material and I didn't have to look too hard. Virtually every piece of education known to man has been used in an attempt to clean up our village, but nothing has worked.

I have been banging on about this in various publications for the past two decades. Occasionally things improve but this is always on a temporary basis before things deteriorate once more. We have emphasised the anti-social aspect of not clearing up after dogs, we have emphasised the potential health hazards, particularly to children, and still the moronic minority of dog owners fail to listen.

The only way to change this situation is for enforcement action to be taken against owners, but, sadly nobody can remember the last time anyone was prosecuted in the village for not clearing up dog mess.

I have heard stories from elsewhere in the country of people who see dog mess being left, picking it up and following the dog owner and posting the offensive material through their letterbox! A kind of giving them a taste of their own medicine.

It would be pretty dreadful if matters in Hethersett followed this particular extreme behaviour, but something drastic needs to be done before we start claiming that there is no alternative but to accept that this anti-social behaviour is just part of modern day living.

I am heartened to see that a Hethersett parish councillor is working on a strategy designed to combat dog mess. I await details of this strategy with considerable interest.

## **Where Are All The Wild Birds?**

In our garden we try to attract wild birds by putting out nuts and other food and ensuring the bird bath is kept topped up. But a dearth of our feathered friends has led me to pose the question Where are all the Wild Birds?

A number of friends have made similar comments and one suggestion is that the smaller, more colourful birds, are in decline due to the threatening presence of doves and large wood pigeons.

I would love to hear from anyone who has suggestions on how we can get our small feathered friends back into our garden.

## The Great Escape

CLEANING out six hedgehog residences every day is quite a task especially as they appear to like spreading their poo up the walls and in their food and water bowls. We thought we were doing better as two of the six hedgehogs in our care decided to hibernate and we crossed our fingers that the other four would soon follow them. However, there was a fat chance of that happening. Just when they were considering dozing off the weather changed and an early spring reared its head making Hethersett as warm as some foreign holiday resorts.

In the UK it is illegal to keep wild hedgehogs as pets. When they reach a weight under which they can survive on their own they should be released. Our hogs had been eating all winter and not moving about much so several of them were rather rotund.

Snuffles, a cheeky but very endearing hog, had grown to a release weight but was still housed in a rabbit hutch in the shed and spent most of his waking hours trying to dig his way out. He could not be released as we had promised that he would be returned to the garden he was found in as soon as it was ready to receive him but that took much longer than anticipated so we moved him into the outside run with the two hibernating hogs thinking that he might copy them and sleep too. Fat chance again. He woke both hibernators, Humphrey and Hector, by rampaging about. Each hog had its own house including Snuffles but he was no respecter of personal space and became a home invader. Hogs are not usually sociable animals but Snuffles seemed to love company. He covered the invasions by bringing house-warming gifts of fern fronds with him and moved his lodgings regularly. Houdini, our escape artist, had grown unhealthily fat and weighed over a 1 kg. If hogs get too fat they cannot roll up properly and that leaves them vulnerable to predator attack. He was moved into an outside pen with openings so that he could come and go as he pleased. He went. We then



# Hethersett Hedgehogs



moved Humphrey into the empty pen to see if he was ready to make his own way in the world. He went too. Dividers were put into the large outside run and Snuffles was moved into Humphrey's plot on his own. If it sounds like musical chairs, I can assure you it was even more chaotic. Hector, being free from Snuffles and having some peace again, decided to go back to sleep. The only hog in the shed now is Harry who will move outside when Snuffles (pictured above on one of his visits) goes home. Hector was one of the tiny hogs that came from the vet in Wymondham weighing only 80 gm. We are of course now putting food out in the garden every evening to ensure that the released hogs will not go hungry if food becomes scarce.

The rat proofing of the outside runs has worked and there have been no more incursions. We have not won the war though as one has moved into the shed and is evading capture. Does anyone have any ideas on what rats might find irresistible? (We have tried bacon LOL).

We had a shaky start in hedgehog care last September when we lost the battle to save the tiniest of the autumn juveniles and our confidence waned but it is wonderful to know that six little hogs that could not have made it are being released to mate and help preserve these little creatures from their threatened extinction. All of this is due to your vigilance in spotting the little scraps of life that lose their way and wander off from mum or who are out and about during the day when they should be asleep. Keep up the good work and help create that highway which will help even more hogs to thrive.

# Groups and Societies

## Cringleford and Hethersett Flower Club

### Coming events:

March 25th - AGM - a ticketed event to include supper.

The group usually meets on the fourth Monday of the month (Bank holidays usually the third Monday) in Hethersett Village Hall at 7.30 pm.

It has a qualified demonstrator and there is the chance to win one of the arrangements via a raffle at the end of the evening. Membership for a full year is only £25 and visitors are welcome at a cost of £5.



## Hethersett Croquet Club

Hethersett Croquet Club is extending a warm welcome to new players as club member Pat Pierce explained:

“We are a friendly bunch who just love playing croquet. We meet from 1st April, weather permitting, on the two pitches on the Memorial Playing Field.

“Meeting times are Wednesday and Saturday afternoons from 2.30 pm. We have all the equipment, so come and give it a try - we would love to see you.



“The first trial session is free, £2.50 per session thereafter. Members pay £40 annually, split into £20 payments in April and July. For more information please ring me on 01603 811401. We look forward to seeing some new faces.”

## Hethersett Methodist Church

Shoppers' coffee sessions take place every Saturday morning from 10.30 am until midday. Everyone is welcome to enjoy a hot cup of tea or coffee. The art and craft group meets every Wednesday morning from 10 am. Sunday worship takes place in the church at 10 am and 6.30 pm. More details about the church is available on the website [www.hethersettmethodist.org.uk](http://www.hethersettmethodist.org.uk).

## Hethersett Women's Institute

Members enjoyed a sing-a-long session with Patsy Rose, who entertained with a range of songs from the likes of Buddy Holly, the Everly Brothers, Neil Diamond

# Groups and Societies

etc. The meeting marked the end of a memorable and eventful centenary year for Hethersett WI.

“Let’s hope that Hethersett WI will go from strength to strength in the future,” said member Margot Markham.

## Messy Church

The next messy church event organised in Hethersett Parish Church will take place on Saturday 23rd March.

## Hethersett Dementia Support Group

The dementia café is held on the third Tuesday of each month in Hethersett Methodist Church Hall from 10 am until midday. A number of activities are organised for the meetings and refreshments are provided. The March café will take place on March 19th. More information is available by e-mailing [hethersettdementia2016@gmail.com](mailto:hethersettdementia2016@gmail.com) with a contact telephone number and somebody from the group will get back to you within 48 hours.

## For The Children

A stall at the annual village Christmas Fair raised £200 for the Hope and Homes for Children charity: “I would like to thank all those who helped in any way, especially those who have faithfully supported us over the years. I recently went to Bosnia to see again at first hand, the excellent work of the charity,” said local organiser Joan Green.

## Probus Club

Club member Cliff Mortley was once again question setter and quizmaster for the club’s annual quiz. The winning team consisted of Chris Morriss, Beverley Baker and John Nortliff. Cliff was warmly thanked for his expertise and years of dedication to the quiz.

## Distributor Needed

The village Good News magazine is looking for somebody willing to distribute the monthly magazine in The Crescent. Anyone wishing to take on the round is asked to contact Monica Moore on 01603 811731.

# Groups and Societies

## Poppy Appeal 2018

A total of £2,435 was donated to the Royal British Poppy Appeal from 2018 collections in Hethersett and Little Melton: "I would like to thank everyone who donated to the appeal this year. Also a big thank you to the businesses, organisations and schools in the two villages which had collecting boxes and poppies in their premises.

"Also a big thank you to the small number of people who undertook house to house collections in Hethersett. Each of them gives a few hours of their time, but they all collect a very good sum of money and make a really big contribution to the overall amount collected," said local organiser Jerry Wright.

Anyone interested in volunteering in 2019 to help with the house collections can contact Jerry on 01603 810212.

## Turning The HEAT Up

The next litter pick organised by the Hethersett Environmental Action Team (HEAT) will take place on Saturday, March 9th, starting at 10 am from Hethersett Methodist Church car park. Other scheduled litter picks will be on July 14th and September 8th. Everyone is welcome (the more the merrier) and pickers, bags, gloves and other equipment is supplied.

HEAT is also organising an open gardens event in the village. This is likely to be held on a Sunday in July (date still to be confirmed). The group is looking to have more gardens than ever open to the public and anyone interested in taking part is asked to contact Geoff Dyet on 01603 812964 or via e-mail at [Geoffreydyet@gmail.com](mailto:Geoffreydyet@gmail.com).

## Aid in Sickness Fund

Hethersett and District Aid in Sickness Fund (previously known as Hethersett Nursing Association) gives out grants to support people in need of financial help because of illness or disability.

The fund was formed many years ago to give financial assistance to sick people living in Hethersett, Ketteringham and Little Melton. Its funds can be used to help individuals who are sick, infirm or convalescent as well as for help in the supply of medical or nursing equipment for organisations or institutions involved in the care of the sick. Grants are available for areas such as:

- Car adaptations

# Groups and Societies

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

All applications are treated in the strictest confidence and the fund is a registered charity. Further details are available from the trustees by phoning any of the following numbers:

Liz on 811057, Mary on 811330, Barbara on 810502, Rachel on 812596, Alex on 07805 242326 or Christopher on 811010.

## Sanitary and Hygiene Products

Free sanitary and hygiene products are now available from libraries, including Hethersett, throughout South Norfolk. The products are made possible through a Help Hub initiative supported by Norfolk County Council and South Norfolk Council. Donations of sanitary products are also welcome in order to keep the service running. Products are available from libraries in Hethersett, Costessey, Diss, Harleston, Hingham, Loddon, Long Stratton, Poringland and Wymondham.

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

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

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

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

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

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

# Pickled Onion Wars

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*You could be forgiven for not having heard of the Queen's Head Appreciation Society. Well, as they say, read and learn about this august body's attempts to win a rather unusual competition. David Bills kept a diary of the trip and sent us this fun-filled report.*

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ON the 26<sup>th</sup> January seven intrepid members of the Queen's Head Appreciation Society (five of whom are pictured opposite) set off in convoy to far off places, well the Isle of Wight, carrying their contributions of jars of pickled onions to enter in the 18<sup>th</sup> Annual Pickled Wars Competition.

These onions had been lovingly prepared over several months and were looking in great shape. The last time the QHAS entered they won with a superb blend brewed by the doyen of the bar Roger Garrett.

Unfortunately, at the time Roger was suffering a strange tummy ailment and had to retire to his bed ably assisted by three lovely ladies (so we are told).

## **The journey**

Simple route to Portsmouth down A11, M11, M25 and M3. Some decided to take the pretty route and go via Cambridge why we still do not know.

Modern technology is a wonderful way to make money but beware, there are scoundrels out there who set-up fake look-alike websites so that you think you have paid the toll online. Our driver thought he had paid, got a receipt





but no, a penalty email was sent for non-payment by the official site, and he had to pay again with a fine.

The ferry was fine, just 45 minutes to Fishbourne. Impressed with the Ben Ainslie's British base for the Americas Cup (a sailing competition currently held by New Zealand) with a superb large Union flag on the wall.

### **The Pub**

Arrived safely at the Woodvale Pub about 4 o'clock where there was already an air of excitement. Ready for a refreshing pint or two then a superb evening meal and evening drinks before wandering off for a well-deserved night's sleep.

### **Sunday**

Lovely breakfast with beautiful views of the sea. Then off to explore Cowes. Really quite hilly in parts with interesting old buildings. A cup of coffee, then back to the Woodvale for the proceedings to begin. Start time was 12 o'clock but people were queuing well before then.

Fifty two jars of pickles to taste with loads of prizes for the raffle and the list of items for the auction was quite remarkable. It should be noted that all proceeds were for the Children's Liver Disease Foundation. For 18 years the Woodvale has held this and has donated thousands of pounds to this worthwhile organisation. This year was to be no exception.

The place was packed with hardly room to move. Tasting started in earnest and sheets were marked until 3 o'clock when the result was given. We did not win but great fun was had and the raffle brought a few prizes for us but the highlight was the auction.

One word of advice - never bid at an auction when you have had a few to drink! Some of us ended up with the weirdest of things. Great fun, all in a good cause and well over £7000 raised. Not bad for a Sunday afternoon.

Next day time to head home. Back on ferry then head for M11, A11 and the Queen's Head, Hethersett. All pretty tired but what a great weekend. Roll on 2020 when we will do it all again!!

# Groups and Societies

## Heart of Hethersett Support Group

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

“Deep in earth my love is lying

And I must weep alone.”

*Edgar Allan Poe*

**Supported by Ivan Fisher Funeral Homes**

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

**[stephen.baxter@broadlandgroup.org](mailto:stephen.baxter@broadlandgroup.org)**

or Peter via e-mail at **[petersteward@lineone.net](mailto:petersteward@lineone.net)**.

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

<https://heartofhethersett.weebly.com>

or Facebook page at [www.facebook.com/heartofhethersett/](http://www.facebook.com/heartofhethersett/)

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

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

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

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

## **Herald Team**

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - 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

## Proper Pub Quiz

HETHERSETT King's Head is holding "a proper pub quiz" on Sunday, March 10th, at 7.30 pm. Everyone is welcome and there is no need to book a table. Only £1 per had and the winning team takes all. If you are on your own you can join in with another team!

## Morning Event For Embracing The Menopause

EMBRACING the Menopause is the subject of a presentation by the Well Being International Group at Rowan House in Queen's Road, Hethersett, on March 16th.

The event will take place between 10 am and 1 pm at a cost of £35.

Kate Pigeon-Owen and Penny Simmonds will be looking at the emotional, mental and physical changes at this time of women's lives and present a five step approach to feeling good about yourself by addressing issues such as sleep, anxiety, weight and hot flushes. The idea is to make the morning fun and informative with plenty of opportunity to network with like-minded women and take away an individual action plan.

Places for the event are limited For further information and to book visit. <https://www.wellbeinginternational.co.uk>.

WellBeing International was founded by Kate Pigeon-Owen, who has worked extensively and globally in areas of stress management and communication for 20 years.

## School Open Afternoon

HETHERSETT Old Hall School is holding an open afternoon on Friday, 15th March from 1.45 until 3:45 pm. It gives local people the chance to see the school in action, meet teachers, pupils and parents and find out why pupils thrive both pastorally and academically.

# Hethersett Herald What's On



## JUBILEE HETHERSETT YOUTH CLUB.

EVERY WEDNESDAY EVENING  
IN TERM TIME.

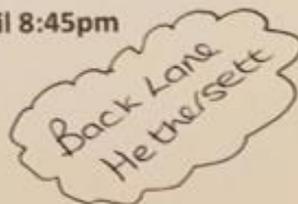
A Chance for young people to enjoy, Crafts, baking , games,  
Socialising and many other fun activities.

Years 5 & 6 from 5:45pm until 7:15pm

Years 7,8 & 9 from 7:30pm until 8:45pm

Subs £1.50 per week

Come and see us.



For more information email Emma on [weddingtoo47@btinternet.com](mailto:weddingtoo47@btinternet.com)



Or Jubilee youth club

# Hethersett Herald What's On

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

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

**Saturday 2nd** - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

**Sunday 3rd** - Hethersett Village Screen presents "The Little Stranger". Hethersett Village Hall, 3 pm.

**Tuesday 5th** - Parents and Toddlers Coffee Drop-In, St Remigius Church, 10 am.

**Tuesday 5th** - First Steps pre-school group meets in Hethersett Village Hall.

**Wednesday 6th** - Probus Meeting, Jubilee Youth Club, 10.30 am

**Wednesday 6th** - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

**Thursday 7th** - Methodist Singing Fellowship entertain at Hethersett Hall, 3 pm. More details from Charlotte Govier on 01603 810478.

**Friday 8th** - Hethersett Playing Field Bowls Club quiz night, Jubilee Youth Club, 7 pm

**Saturday 9th** - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

**Saturday 9th** - Hethersett Environmental Action Team litter pick. Meet at 10 am in Methodist Church Car Park.

**Sunday 10th** - Pub quiz at Hethersett King's Head, 7.30 pm. More details on page 71.

**Monday 11th** - Hethersett Pensioners' Association - Keith Grisedale will talk about "Norfolk Blood Bikes" Hethersett Methodist Church Hall, 2 pm.

**Monday 11th** - Hethersett Society - Escaping Hitler, the true story of a

# Hethersett Herald What's On

Norwich Kinder Transport Boy with Phyllida Scrivens, Methodist Church Hall, 7.30 pm.

**Tuesday 12th** - First Steps pre-school group meets in Hethersett Village Hall.

**Tuesday 12th** - Heart of Hethersett Bereavement Group meets in the lounge of Woodcote Sheltered Housing complex from 5.30 to 6.30 pm. All welcome, light refreshments available free of charge.

**Wednesday 13th** - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

**Saturday 16th** - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

**Saturday 16th** - Embracing the Menopause presentation by the Well Being International group at Rowan House in Queen's Road 10 am to 1 pm. See page for more details.h

**Monday 18th** - Hethersett Parish Council meeting. Hethersett Village Hall, 7.30 pm. The meeting will be preceded by a planning committee meeting at 7 pm.

**Tuesday 19th** - First Steps pre-school group meets in Hethersett Village Hall.

**Tuesday 19th** - Hethersett Dementia Support Group monthly café in Hethersett Methodist Church Hall 10 am to midday.

**Wednesday 20th** - Probus Club Meeting in Jubilee Youth Club, 10.30 am.

**Wednesday 20th** - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

**Saturday 23rd** - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

**Monday 25th** - Cringleford and Hethersett Flower Club AGM, 7.30 pm. Hethersett Village Hall.

# Hethersett Herald What's On

**Tuesday 26th** - First Steps pre-school group meets in Hethersett Village Hall.

**Tuesday 26th** - Heart of Hethersett Bereavement Group meets in the lounge of Woodcote Sheltered Housing complex from 5.30 to 6.30 pm. All welcome, light refreshments available free of charge.

**Wednesday 27th** - Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am. Further details available from Tina Greenhalgh on 810364.

**Thursday 28th and Friday 29th** - Buggy Malone at Hethersett High School.

**Saturday 30th** - Shoppers' coffee in Hethersett Methodist Church Hall from 10.30 am until midday.

## Pensioner Association Dates

HETHERSETT Pensioners' Association has announced its next two meetings.

On Monday 11th March, Keith Grisedale will talk about "Norfolk Blood Bikes" and on Monday 8th April, Paddy Anstey will give a "Pictorial Railway History."

Both meetings will take place in Hethersett Methodist Church Hall from 2 pm.

## Table Tennis for All

HETHERSETT Table Tennis Club is looking for new members of all abilities to join their Friday night sessions.

The club offers a great opportunity for all ages and all abilities to sharpen up their reflexes and hone their skills in a fun, friendly environment.

The club plays in Hethersett Methodist Church Hall on Friday evenings from 7 until 9 pm. All are welcome and just turn up to play.



## 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.

Please note open library access won't be available on Tuesday 5th March between 1 and 3.30 pm.

In 2019 the library will be closed on the following dates: 19th April - Good Friday, 21st April - Easter Sunday, 22nd April - Easter Monday, 6th May - May Day bank holiday, 27th May - Spring Bank Holiday, 26th August - Summer Bank Holiday

Events in Hethersett Library during March include the following: The Knit and Natter group will meet on Monday 11th, Monday 18th and Monday 25th from 2 until 4 pm.

Wednesday walks are taking a winter break

Colour Me Calm/Just a Cuppa sessions will take place on Wednesdays the 6th, 13th, 20th and 27th from 11 am until midday.

The coding club will meet on Wednesdays the 6th, 13th and 27th from 4 to 5 pm.



Lego Club - The Lego Club is proving very popular and will be held on Fridays the 1st, 8th, 15th, 22nd and 29th from 3.15 pm after school.

Children are given the chance to build something new every week with special themes and challenges. This is a free event but donations are welcome and will go towards improving club resources The Lego Club is suitable for children aged five and over and there is no need to book.

Bounce and Rhyme sessions will take place on Fridays 8th, 15th, 22nd and 29th from 1.45 until 2.30 pm

## Musical Successes for Hethersett Academy

Musicians and performers from Hethersett Academy serenaded friends and family at a special Valentine's Day concert.



There was a perfect musical match for everyone as rock bands, soloists, and ensembles took to the stage on the evening of Thursday, February 14th.

The set list included popular pieces from Bach, Tchaikovsky, Andrew Lloyd-Webber, Abba and Coldplay.

The school's newly expanded concert programme gives students the opportunity to perform in front of an audience at least once every half term.

Meanwhile a talented cello player from Hethersett Academy has won a sixth form place at a world-renowned music school.

Amanda Gomez (pictured above) will head to Manchester to study at Chetham's School of Music, the biggest specialist music school in the UK.

Amanda has been playing cello since the age of seven and currently plays in the Norfolk County Youth Orchestra and The Orchestrate Project.

She hopes to pursue a career in music or medicine.

Hethersett Academy head of creative arts Thomas Hilton said: "We are delighted to celebrate Amanda's success and wish her the very best for her future studies and promising musical career."

Stories and photograph courtesy of Hethersett Academy website which can be viewed at <http://www.inspirationtrust.org/hethersettacademy>.

# Have You Missed an Edition?



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

## News and Features Needed

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

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

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

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

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