



School Bus Appeal Fails

PARENTS and supporters fighting to keep a school bus service for youngsters travelling from Little Melton to Hethersett Academy have failed in their appeal to Norfolk County Council to have the service re-introduced but have vowed to fight on after a public meeting on February 26th. Read the full story on page 5.

Celebrating Charities

IN 2007 Tina Bowden (pictured opposite) from Hethersett became the first celebrant in Norfolk.

Almost 13 years later, Tina heads a team of eight who have hit upon a unique way of raising money for charity.

For the staff of Mulberry Days Celebrants give a donation from their fees for weddings, funerals and other events to a charity pot which they then donate to local charities once a target of £300 is reached.

Now Tina and team are looking to hear from local charities who would like to be included in their fundraising efforts which have already seen £300 presented to the Hethersett-based Finnbar's Force charity along with similar amounts to Wymond-

ham-based Star Throwers Cancer Charity, Cancer Research, the East Anglian Air Ambulance and private donations to individuals suffering from Cancer.

To read more about this and an interview with Tina turn to page 32.



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A Message From The Editor



THE aims of Hethersett Herald are quite simple:

- 1/ To inform
- 2/ To educate and
- 3/ To entertain.

I hope that you feel that we achieve at least one or two of these aims and possibly all three.

The publication is changing in a subtle way. When I launched it in November 2016 it was very much a low key, one man affair with the idea of providing news from the village in a publication amounting to between eight and 12 pages.

Gradually, over the following months and years, the Herald has grown and grown and become, I hope, an integral part of Hethersett life for many people.

Gradually we developed Herald with an increasing number of features and photographs and, as the publication became better known, more and more people started to send in information.

Now I'm pleased to say we have a number of contributors helping to reflect all the things that are good (and bad) about the village. The more people we have contributing, the more events and topics we can cover and the more diverse our views can be.

So a massive thank you to all those who are working so hard to improve the content of Herald. A big thank you also to all the kind comments about the publication on social media. Each time we bring out an edition it provokes an excellent response (the only adverse comments received to date have involved the publication having too many pages—but as I always say you can skip the areas that don't interest you).

In this edition we welcome new contributor Penelope Brown who is taking over our articles on the Back Lane book swap and will also be providing new life-style features.

So perhaps we should add a number four to our aims—so here goes:

4/ To encourage local people to care for the environment and improve their own health and fitness.

I hope you enjoy our latest bumper, jumbo-sized effort.

Peter

Plans for 150 Homes Turned Down

PLANNERS have turned down an application for 150 homes between Wymondham and Hethersett on the grounds of excessive urbanisation.

Hethersett's county and district councillors have fought hard over the past few months to ensure that a green belt is maintained between Wymondham and our village.

The application for the new builds by Hethersett-based United Business and Leisure has been turned down by South Norfolk Council due to fears over a loss of the strategic gap.

South Norfolk Council's planning officers said that the impact of the new houses did not provide "an overriding benefit."

There could still be a judicial review on the application so to use a pun "we aren't completely out of the woods yet."

Definitely Not For Sale

ROWAN House is definitely not for sale.

For some unknown reason Savills estate agents put a for sale notice on the front of the building during the month. This was subsequently quickly taken down.

The sign described the building as a vacant property which was a former mental health hospital—neither of which are correct.

A quick Facebook message scotched any rumours about a sale:

"Oops - For anyone passing by this morning please note - we are definitely NOT for sale. This is an error and will be taken down first thing this morning. We are most certainly open and look forward to welcoming everyone back after a quiet half term. Don't forget until the end of February we have our morning pastry and coffee offer on for just £2.50."





Walking the route in December 2019

What Now For Little Melton Children?

THE appeal by parents and supporters of children from Little Melton attending Hethersett Academy to have their school bus re-instated has been turned down.

Meeting unanimously agreed to re-appeal against the decision to stop the bus service from this September.

But parents have vowed to continue their fight against the decision by Norfolk County Council and to make another appeal which will have to be heard by a county council panel. This will give them the chance to make their points in a public forum.

At a meeting on February 26th in Little Melton Village Hall, parents and supporters discussed a variety of options open to them for supporting some kind of bus service between the village and the school and underlined the fact that they are prepared to pay but not at the rate of £6 per day per child which is the level set by outside companies.

They will be discussing the matter with the Principal of Hethersett Academy, Gareth Stephens, at the beginning of March. Irrespective of what happens at that

meeting, it was unanimously agreed that they should appeal the latest decision of Norfolk County Council.

John Fisher, chairman of Norfolk County Council's children's services committee, warned parents that any re-appeal would be subject to the same constraints as the initial appeal:

"We have to assess everything according to policy. If you appeal again, the criteria it will be judged against will be the same. It is the parents' responsibility to get children to school." He emphasised that no money would be made available by the county council to financially support a bus service for the children.

The organiser of the Little Melton School Bus campaign Jessica Cole accused the county council of "hiding" behind policies that were outdated:

"The policies go back to the 1950s. You are hiding behind policies from a different era. Now often both parents are working and often there is nobody at home. Since the policies were put in place the number of vehicles and their speeds has gone up. It's a different world and I certainly do not deem this road as safe to walk along," she said.

John Heaser, chairman of Little Melton Parish Council backed this up: "Short of walking along a motorway it seems that anywhere is thought to be safe. It is ridiculous. Obviously if the county council concede this appeal it could open the door for many others.

"The withdrawal of the bus service comes at a time when three local developments are in progress. I am a great advocate of cycling but even I wouldn't cycle along that route," Mr Heaser said.

Parents and supporters were quick to point out the dangers of the route:

"It is just disgusting that any adult can deem this route to be safe. It's a disgusting route. I cannot sleep at night thinking about it and the council needs to be held to account. I wouldn't walk that route in the dark let alone allow a child to do it," one parent said.

Another said: "Whatever we said they were going to turn the appeal down."

A third said that individual parents driving their children to school would just add to traffic congestion along the route and close to the school itself.

"By 4 pm at the end of the year, an 11-year-old will be expected to walk on unlit roads in the countryside. Parents will drive to the school, significantly increasing the amount of traffic," she said.

Hethersett and Little Melton county councillor David Bills offered to contact a local landowner to see if they would be prepared to have a trod (solid path)



placed off the road and on their land.

Other suggestions at the meeting from the county council included approaching companies that use heavy goods vehicles along the road to financially support a school bus service and even limit the times delivery lorries use the road.

The last of these was met with scorn from the parents and supporters.

There was also dismay at the lack of support from South Norfolk MP Richard Bacon who had expressed himself unwilling to intervene.

Those present accepted the fact that Hethersett Academy does not have a responsibility for getting the children to school.

Jessica Cole pointed out that the road between Little Melton and Hethersett has been neglected.

“The children will be walking at prime lorry delivery times. With all the development taking place in Hethersett and Little Melton this stretch of road has been seriously neglected.

“Little Melton is a prime location for attracting people working at places such as the hospital and the UEA. Whilst they are being attracted to the village, the facilities are going down,” she said.

Those present urged bus companies when making changes to their timetables and routes to consider including Little Melton. David Bills said he believed a review of bus routes is imminent.

“Many years ago there was a public bus through Little Melton. When this stopped the school bus was introduced. We should look at the bigger picture and see whether there is a service bus that could be diverted via Little Melton,” John Heaser said.

A further suggestion to improve the route was to lower the current 60 mph speed limit and this met with unanimous approval although John Heaser added a word of caution:

“I don’t think even that would lead to children being able to walk safely,” he said.

“Maybe it’s time for all the communities in the country affected by these bus cuts to get together to show that the Government is taking facilities away from rural communities,” Jessica Cole added.

Jessica Cole also told the Eastern Daily Press newspaper:

“The decision will seriously affect the ability of our children and future generations of children to safely access good education. This applies to children of Little Melton and also to children in other areas being affected by similar school transport cuts.”

We will have details of the meeting with the Principal of Hethersett Academy along with more information on the latest appeal in the April edition of Hethersett Herald.

“Dangerous Decision” Defended

DESPITE representation from parents and supporters who claim that the route from Little Melton to Hethersett Academy is “dangerous” and “totally unsuitable for children to walk,” Norfolk County Council has confirmed its decision to stop school transport.

Once again we include most of the comments from the County Council in order to let you make up your own mind on whether this is a sensible decision.

The response came from Norfolk County Council’s Head of Passenger Transport Niki Park who acted as reviewing officer. She once again stated that national road safety guidelines make it clear that “local authorities are not legally obliged to provide free transport just because parents perceive the route to be unsafe on the grounds of personal safety and security.” The response continues:

“The guidelines also make it clear that it has to be assumed that children will be accompanied as necessary, the officer carrying out the assessment is using their professional judgement, all road users will behave reasonably and responsibly and that the absence of street lighting on a route is not considered to be a factor.

“These guidelines start from the premise that we need to assess the relationship between pedestrians and traffic only – personal safety issues of children travelling alone are not considered. This is what we mean when we say that we are assessing the physical nature of the route only and are not considering personal safety – the guidelines make it clear that local authorities are not legally obliged to provide free transport just because parents perceive the route to be unsafe on the grounds of personal safety and security.

“The route within Little Melton itself would be classed as available as it is within a village environment. The small part of the route (0.1miles) from the mini roundabout to Little Melton Road would also be classed as available because even though it is subject to the national speed limit, it is straight with good visibility and low traffic flow - the national road safety guidelines state that a low traffic flow is up to 400 vehicles per hour.

“The route once you get to the new housing development, using the Hethersett end of Burnthouse Lane which is now a pedestrian and cycle way that skirts the building works, and then through the new housing development and Hethersett to the school, is also classed as available as there are pavements and walkways throughout.

“The central part of the route from Little Melton Road to the end of Burnthouse Lane at the new housing development is an approximate 0.3 mile stretch of road (about 500 metres). This has been assessed against the policy criteria and the national road safety guidelines, as required. All assessments have been carried out at a time when the children would be walking to or from school apart from one at 9.30 am which was to look at the physical nature of the route and not to assess the traffic implications. All traffic counts have been taken at the appropriate and relevant time.

“I have also walked the route both morning and afternoon at the relevant times. The traffic counts that you have undertaken do show more than 240 vehicles per hour, although ours are much lower. But the per hour figure is only relevant when children are walking three miles to school along a route that is potentially unavailable for its entire length. Assessments of a shorter distance take into consideration the volume of traffic over the length of time that it would take to walk that distance, which for this 500 metre stretch is about 15-20 minutes.

“Assuming the children would have to leave home at 7.45 am-8 am, my traffic count on Monday 3rd February showed 1 HGV, 4 vans and 6 cars between 7.45 -8 am, 3 HGVs, 2 vans and 8 cars between 8-8.15 am and 2 HGVs, 3 vans and 6 cars between 8.15-8.30 am. Our traffic count between 0745-0830 on 17th June 2019 showed 71 vehicles in total. In the afternoon (Thursday 6 February) the traffic count for 4-4.30 pm was 1 HGV, 7 vans and 13 cars. On Thursday 5th December 2019 we counted 72 vehicles between 1600-1640. These counts at the specific times the children would be walking along that part of the route show the traffic flow to be very low, particularly when you take into consideration the fact that they will only be on that stretch for 15-20 minutes.

“Speeds were also low, as even though the route is subject to the national speed limit, the distance between the 30 mph sections at each end of the route is only 0.5 miles leaving little time to get up to speed, particularly for an HGV turning out of or into Little Melton Road. There are no reported accidents along this section of the route.

“You mention that commercial developers and highways designers must adhere to specific road design standards, but we are not assessing against these standards – these standards are guidelines for new infrastructure and are not by default saying anything that doesn’t meet these standards is unsafe. In fact any road or walkway, even when built to these standards, can be unsafe if not used with due care and attention. A change in regulations to make local authorities assess using this same criteria is something for central government to consider,

not the local authority.

“You also mention the highways statement in response to the Heather Gardens planning application. I have checked with the department that made this statement and your extract is taken out of context. They were responding to the developer’s reluctance to improve access onto Burnthouse Lane and were therefore stating that this should not be a designated access route – they were not saying that Burnthouse Lane is unsafe to walk along.

“I completely understand that parents of Little Melton are only trying to find the best solution for their children and that it is difficult to find an alternative means of getting them to and from school when you have been used to a school minibus doing the transport, but my assessment of the route concludes that it is a route that can be walked in reasonable safety by a child, accompanied as necessary, as per the road safety guidelines and criteria within policy.

“For the route to be considered unavailable as a walking route there needs to be a combination of factors present. It is true that there is no continuous footpath or roadside strip. Verges are available along parts of the route and where they are available they are low and able to be stepped onto if necessary. Where there is no path or verge the criteria states that we should consider the width of the road and the composition of the traffic, the visibility, any history of road accidents along the route and the ability to cross the road if necessary to improve sight-lines.

“The visibility along this stretch of the route is generally good. In fact from Little Melton Road you can just about see the next 30 mph limit at the Hethersett end. The fact that the route is a slight incline/decline and that in large vehicles the driver is higher, all helps with visibility. There are a couple of gentle bends, but pedestrians can walk on the most appropriate side of the road to increase visibility for both them and drivers.

“The road is less than 5.5 m wide, but there is still room for a large vehicle to pass a pedestrian with ease on the sections of the route where verges are unavailable to step onto. I see that some of the verges have been overrun by vehicles trying to pass each other, but we are assessing the need for a vehicle to pass a pedestrian. We would not expect two vehicles to pass at the same time as passing a pedestrian – either the vehicle or the pedestrian would wait until there was a suitable time and place to pass each other - as stated in the guidelines we have to assume that all road users will behave reasonably and responsibly.”

Village Survives Storm Ciara

NO news is good news is how the old saying goes and that certainly seems to be the case with the fallout from Storm Ciara and Dennis which, thankfully, seems to have left the village remarkably unscathed.

A drive round the village uncovered little more than a few broken branches and similarly an appeal on social media for instances of damage brought forth very little. Tiles were blown off the roof of Hethersett Surgery and there was the usual spate of cladding and fascia board damage and fence panels destroyed.

It was generally agreed that the village got off lightly compared with many other places in Norfolk and further afield.

Regular contributor to the Herald, Angel Eden, proved that it was “good weather for ducks” with the photographs below.

On the next page you can see a tree that came to grief in Rectory Meadow which was captured by Hannah Harrison and another tree caused a problem on the Memorial Playing Field close to the cycle speedway track. That picture was taken by Jenny Melvin from Hethersett Hawks Cycle Speedway Club.

In another amusing aside Debby Lambert reported a major injury to her giant garden gnome and you can also view this on the next page.



Storm Ciara



Storm Ciara





Thankfully there was also very little damaged caused the following week when Storm Dennis played havoc with many parts of the country.

THANK you to all those who have sent in photographs for publication in this edition of Hethersett Herald.

We are always looking for photographs on any aspect of village life. They can be sent via email to petersteward@lineone.net.

Vandalism Hits Memorial Field



Photograph courtesy of Hethersett Athletic Football Club.

HETHERSETT Memorial Playing Field is no stranger to acts of vandalism over the years but the latest spate has left a sports club scratching its head over what it terms “a mindless act of vandalism”.

It looks from the picture above as if somebody has deliberately ridden a motorised vehicle in ever increasing circles to the dismay of members of Hethersett Athletic Football Club who discovered the mess on Monday morning.

The vandalism looks to have taken place between the end of football matches on Sunday and Monday morning. Playing Field Trustees have condemned the vandalism as “completely unacceptable.”

Steps were being taken to repair the damage in time for the weekend football matches. See also Scott Willoughby’s column on page 96.

Death of Hethersett Cycle Speedway Pioneer

IT was with great sadness that we learned of the passing of Brian Denmark who will be remembered fondly by so many people in Hethersett.

A few years ago Hethersett Herald spoke to Brian and his friend Barney Platford about his memories of the early days of cycle speedway in the village and we reproduce that article over the next few pages.

Bernard “Barney” Platford and Brian Denmark are now both well into their eighties but still remember the thrill they got from riding home made bikes without brakes at break-neck speeds around a “scratched out track.”

It all came about because of the couple’s love of speedway. Both were ardent fans of Norwich Stars – one of the best speedway teams ever to take to the cinder/shale track - at their Firs Road, Hellesdon, home.

Barney and Brian called together some mates and met at Barney’s home in The Crescent, Hethersett, and formed the Hethersett Hornets Cycle Speedway Club. They adopted the gravel pits as their home, marking out a circuit with their boots.

“Nobody gave us permission to use the gravel pit. We just went ahead and did it,” said Barney who is now a sprightly 85-year-old. Barney took on the mantle of club captain and they were joined by friends Ted Eaglen, Harry Dearing, Reuben Woolner, Timmy Folkard, John Poll and Willie Warnes amongst others.

Hornets started with the youngsters building their own machines, often from scrap or women’s bikes. They were given workshop facilities at the Greyhound Public House in Henstead Road:

“I think the landlord got so fed up with us hurtling around that he decided to give us somewhere we could work on the bikes rather than ride them,” Barney and Brian joked.

After two or three years of impromptu riding, Hornets joined the thriving Norwich League, one of the top leagues in the country.



Hornets proved extremely successful and it is rumoured that after 1952 they withdrew from the league because other teams refused to ride against them – they were that good.

By that time, the team had left the gravel pit for a new home at the Great Melton end of New Road:

“Kenny Woods gave us permission to use part of what was a meadow. We built a track by digging the turf out and building banks around it. At the time football was also played on the same meadow,” Brian Denmark said.



Brian at a reunion a number of years ago with Cycle Speedway mates

In the late forties and early fifties cycle speedway was a “big deal” in the village. Sunday afternoon action attracted crowds of over 100 with many people coming from the Meltons to watch them take on the likes of Hellesdon and Norwich.

“The village was very much smaller in those days, so it was a good percentage of the population who came out to support us,” Brian added. “We would go round with a hat and collect a bit of money.”

Sadly by 1952 things were beginning to get in the way of Sunday afternoon cycle speedway. Brian and a couple of other club members were called up for National Service. Brian went to Korea and Japan and others to Malaysia. Then there was the question of the opposite sex which suddenly held more appeal than a home made bike with no brakes.

“We just started drifting away and I got married,” said Barney.

Today both Barney and Brian have very fond memories of their days with the Hornets. They even managed to spread their wings on one occasion when they answered a plea from a Battersea team in the Daily Mirror Newspaper for fixtures. That resulted in the Hethersett boys loading their bikes and themselves onto a coach and travelling to London – something not taken on lightly in those days.

Eventually Brian returned from the army and joined a club at nearby Wickle-

wood. Sadly the Hornets were no more and the village would have to wait another 14 years before a new club was born, although Rod Nickalls, who was born and bred in the village, remembers using the scratched out track at the gravel pits in the late 1950s, once again suggesting that impromptu racing was taking place.

It was in 1966, however, that a bright, shiny new Hethersett club was formed – one that would continue throughout the seventies, the eighties, the nineties and into the 21st century. This was the birth of Hethersett Hawks.

This article is reproduced in memory of Brian Denmark.

School Memories

OLD Hall School may be no more and the site will soon be used for another purpose other than a school, but the memory of those golden days of education will last a lifetime.

A Facebook social media site is still active with former pupils populating it with memories of years gone by. Just after the school closed many pupils returned for a special outdoor event of reminiscences, speeches and memories.

Now former pupils are arranging a sports day and picnic for June 28th in the grounds of Town Close School from midday to 3.30 pm. Town Close is at 105A Newmarket Road, Norwich, NR2 2HT.

The event is free and tickets are available from:

<https://www.eventbrite.com/e/hohs-sports-day-picnic-tickets-95094146151>

More Gas Canisters Found in Village

MORE gas canisters have been found abandoned in Hethersett during the latest village litter pick

A few months ago we highlighted problems with nitrous oxide canisters being used and discarded in the village.

The canisters are used by many to give them “a temporary high”. They are designed and sold as culinary aids to keep cream fresh and are openly sold on internet sites from as little as 50p each.



Three Decades of Service

JOHN Nelson (pictured opposite) has retired after 30 years as chairman of Hethersett Hawks/ Yellow Brick Mortgages Cycle Speedway Club.

The surprise announcement was made at the club's annual general meeting held in Hethersett Methodist Church Hall.

"Delegates at the club's AGM were given a surprise when John announced he was stepping down as chairman after 30 years in the post and 36 years with the club. Now in his eighties, John stated that he was no longer able to give the commitment he would like," said treasurer Mel Perkins MBE who was subsequently elected as the new chairman.

The meeting thanked John for his contribution to the success of the club and expressed pleasure that he will remain on the committee to bring his years of experience and expertise.

Mel Perkins will also continue in the role of treasurer. Jenny Melvin was re-elected secretary and thanked for all her work during her first year in the role. Lucy Leonard was elected Membership Secretary and Janet Perkins Minutes' Secretary. Jenny Melvin and Katie Adams will take on the roles of welfare officers. Other posts filled were: Coaches—Kevin Wells and Nigel Longlands; Rider Representative—Leigh Cossey; Team managers—Craig Norton (first team with support from Leigh Cossey), David Adams (B Team) and Jenny Melvin (youth team with support from Paul Delaiche and Charlie Lyth). All committee members were re-elected with the addition of Sacha El Labany who shared with the meeting some of his ideas on building provisions at the track. He will outline some of these to the Memorial Playing Field Trustees in March.

Club nights re-start on Tuesday, 3rd March, at 6.30 pm and on March 5th members will sit down with Norwich Stars to plan the summer's local events.

Members staged a pre-season darts and social evening with friends from Norwich Stars Cycle Speedway Club at Hethersett Social Club. Organised like a four-a-side cycle speedway match, the competition was held over two legs. The winners came from Norwich - Paddy, Luke, Gary and Shaun - with Paddy also taking the top score prize with 121.

Hethersett's consolation was a 50/50 raffle win for Dave Martin and Harley Hamill scooping the lowest score with three scoring darts - nine!



Hethersett Community Matters

Norfolk Police held a community surgery at Café Kin in Queen's Road. Hethersett Herald Associate Editor Hannah Harrison went along to find out what it was all about and to meet PC Chris Boden.

ON Monday, 10th February, PC Chris Boden came to Cafe Kin at Rowan House, with a new approach to talking to the local people about what's going on, appropriately named 'community matters'.

Cafe Kin very kindly hosted the event which went really well. A handful of people came in specifically to talk to PC Boden, whilst others just happened to be in Kin anyway but ended up deep in conversation with our local beat manager.

It's a great, informal way of discussing an issue you may have in the village that you maybe wouldn't deem urgent enough to call 101/999 about. Some people came to talk about problems they are having, some just wanted to discover what it was all about, some (like me) just wanted to see what our local police do and how they manage their time in Hethersett.

The first thing that struck me was PC Boden's genuine care for our community. He was easy to talk to, friendly and approachable.

We discussed anti-social behaviour and what we can do to tackle it. He made me feel different about the kids who are causing the anti-social behaviour. Before I spoke with him I was just of the opinion that the kids responsible are a pain and should be punished, but he made me consider why they are acting like they are, which before the meeting, I'd never thought of.

There are plenty of things in our lovely village to do for young children; parks, play areas, groups etc, but nothing (if anything) for teenagers, so is it any wonder that they are bored and acting up? Whilst this isn't an excuse for how some of them are behaving, it could be a reason.





PC Boden is willing to support the local parish council in providing more appropriate facilities, which Sarah Lawrence and I are keen to get on board with. We will hopefully get something in the pipeline soon. If you're reading this and would like to be involved please let us know.

We must remember that we were all young once, however long ago it was, so as easy as it is to blame 'the youngsters' they are part of our community too.

I've heard people ask the question "what do the local police actually do?" The answer is—a lot.

Just because you don't see police physically patrolling the streets, does not mean that they aren't working behind the scenes. They have to make the best use of their time. So, if there aren't any problems in a particular area, there's no reason for them to go there. If a report comes in then they will target that area. So if you do have an issue then please let them know, they can't help with something that they don't know about. You can report incidents by calling 101 (999 for an emergency). You can email PC Boden for non-urgent matters, or you can pop along to these community events which will hopefully become more regular. The quarterly street surgeries and bi-annual public meetings attended by PC Boden also offer people a chance to have their say about local issues.

PC Boden is always keen to come to community events, many of you will have seen him last year at the school fairs. I've also seen him a number of times patrolling problem areas. All of the issues that I've heard of, whether it be something I've seen on the Facebook group All Things Hethersett or just by word of mouth, have been acted upon. So please be assured that there is a police presence and that they are doing a fantastic job. We are so lucky to live in such a safe village, it's not without it's problems but it's miles better than so many other



places. A big thank you to PC Chris Boden for giving up his time to talk to us for a lot longer than planned and to the lovely ladies at Kin and Rowan House for being fantastic hostesses. On the next page you can see details of police officers representing Hethersett and how to contact them.

Money Available For Community Projects

MORE money will become available for community projects from the start of the new financial year.

District Councillor Phil Hardy told Hethersett Parish Council that each of the three district councillors have £1,000 to give to community projects from April 6th.

A sum has already been put aside to help with the organisation of the 10th village run the square funrun in July, but other funds will also be available.

To apply for funding community groups or projects should contact district councillors whose details can be found elsewhere in this edition of Hethersett Herald.

HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



A/Insp. Dave BURKE
Local Policing Commander

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



101 Ext: 4151



David.Burke@norfolk.pnn.police.uk



PC Andy HUDSON
Engagement Officer

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

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



PC Chris BODEN
Beat Manager

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

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



101 Ext: 2955



Christopher.Boden@norfolk.pnn.police.uk



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[/SouthNorfolkPolice](https://www.facebook.com/SouthNorfolkPolice)



[@SouthNorfPolice](https://twitter.com/SouthNorfPolice)



NORFOLK
CONSTABULARY
Our Priority is You

In Memory of Simon

The daughter of Simon Cooper and her boyfriend took to the stage in Hethersett Village Hall with a powerful drama which they dedicated to Simon's memory. Peter Steward was there to watch.

PLAYS don't usually leave me speechless but words are not easy to put together to describe what took place in Hethersett Village Hall on Saturday 22nd February.

The basic facts are that Connor Worby and Quenby Cooper appeared in Duncan MacMillan's play "Lungs."

Words cannot, however, do credit to the intensity of the performances of two people who held the audience spellbound for almost two hours.

But this was far more than a play. This was a celebration in memory of Quenby's dad Simon Cooper who so tragically passed away shortly after Christmas. Proceeds from the evening which raised over £500 will go to the Big C Cancer charity.

The play was dedicated to Simon's memory and that made the action even more poignant. At the end of the performance Simon's son and Quenby's brother Warwick summed it all up: "Dad would have been so proud," he said.

The play included many adult themes as a young couple considered and then tried to come to terms with parenthood. Love, sex, pregnancy and breaking up, were just a few of the themes encompassed.

Connor and Quenby were entirely captivating in their roles sliding effortlessly from righteous indignation to calmness, from angst to sadness.

Quenby summed up the feelings of so many friends and supporters in the audience with her moving words on the flyers advertising the play:



THE letter opposite was sent to parents of children at Hethersett Woodside Primary and Nursery School to inform them of the sad passing of Simon. It was signed by the Head Angela Jermy. The full text of the letter is:

Dear All

It is with great sadness that I have to inform you about the death of our Chair of Governors, Simon Cooper.

Simon was a volunteer and supported our school for 21 years as a Governor and was part of the Senior Leadership Team as Vice Chair and Chair of Governors for the past 10 years. He was of great support with all the changes around Primary status and the move to the new school site for our school community.

His legacy will be in the new build having attended all the meetings from the beginning of the project including design, tender and events such as signing the internal work.

Our thoughts are with his family, and the whole school community sends them our most sincere sympathy and support.



"My dad sadly lost his battle with cancer at the start of January 2020 after fighting for six months. My dad will always be such a big influence and inspiration to me. He always encouraged me to chase my dreams and when I told him about doing this show he was so happy and told me about how proud he was of me. So the show must go on to raise money for Big C and make my dad proud."

And the duo certainly achieved that. Over 60 people were present to witness this fine piece of theatre where the sparseness of the set simply added to the dramatic impact which moved seamlessly from subject to subject and location to location.

It would be a great waste if this turned out to be the only performance by this duo of this play. It deserves to find a wider audience and certainly needs to be taken further afield. Our photograph on the previous page shows Connor and Quenby on stage in Hethersett and is courtesy of Quenby's Facebook page.

Hethersett's Gin Brewery



Words and Photographs by Hannah Harrison

FOR the gin lovers among you, look no further because we now have a gin brewery in Hethersett. Based at Home Farm, Ketteringham Lane; Nev and Paul started selling their gin in November 2019. They have one flavour at the moment, strawberry and mint. They are already working on their next, London Dry, with lots more in the pipeline.

I briefly met Paul, who lives in Hethersett, but spoke mostly with Nev, from Barford. Alcohol is Nev's area of expertise, he's done plenty of bar work before and



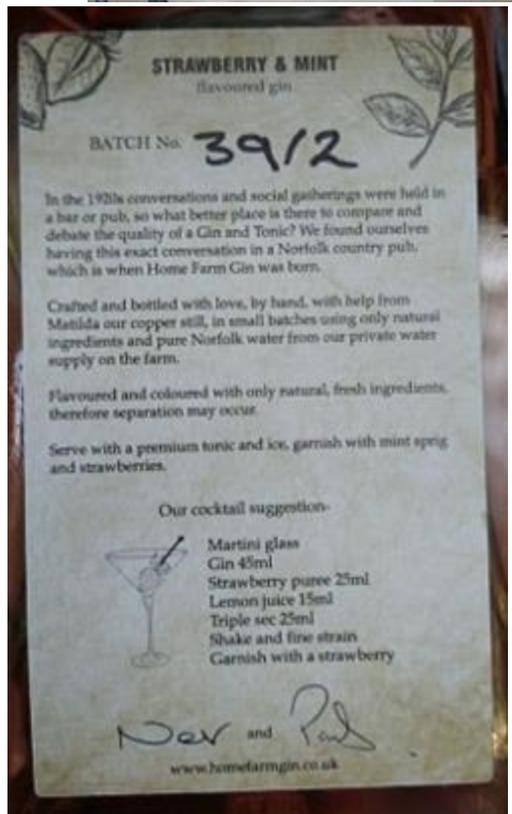
has even been on a month long cocktail course in Vegas where he learned about the history of gin, which is where his interest began.

Nev knew Paul from his bar working days and as their friendship grew, they decided to start a gin brewery together on Paul's beautiful property in Hetherset, which is where they still are now. As with every business, they are hoping to get bigger and better.

What struck me the most was how emotionally invested Nev is in his and Paul's company, he's doing what he loves. But, they also pride themselves on quality. Their gin will not be the cheapest on the market at £39 a bottle, but it will likely be one of the best.

They use natural ingredients, no artificial flavouring or colouring. They are conscious about the environment so have made sure that their packaging doesn't include any plastic – how great is that? Another massive plus is that they have their own private water supply, so it's good old Hetherset water.

Other than buying the gin online or from the premises (by appointment only), you can grab a glass of Home Farm gin from the Queen's Head and Park Farm in Hetherset, the Fat Cat in Norwich, The Feathers, Green Dragon and Queen's Head all in Wymondham or you can come and see the guys at the Norfolk Show and the Rum and Gin festival at St Andrew's Hall this year.



I was very kindly given a sample of the Home Farm strawberry and mint gin to take home and try. After all, I wouldn't be doing a very good job if I didn't try the produce would I?

Nev gave me a bottle of tonic to try with it, so the night I got home from meeting him I poured myself a glass, first trying it neat then with the tonic. Considering I'm not a big drinker at all, I really enjoyed it. It's very refreshing and tasty, which I don't get with other alcohol that I drink. At 40% proof, I was a bit scared of trying it if I'm honest but it was so delicious.

This won't be the last time you hear about Home Farm Gin, I'm sure of it, lots more to come. You can read more about Home Farm Gin on the following social media sights—Website: homefarmgin.co.uk: Facebook: Home Farm Gin: Instagram: [@homefarmgin](https://www.instagram.com/homefarmgin).

Dropping To Third Place

HETHERSETT Athletic's Saturday men's team have dropped down to third place in the Barnes Print Central and South Norfolk Football League.

For much of the season the team has looked odds on to finish runners-up in Division One but a 1-0 defeat against runaway league leaders Briston has seen them fall four points behind Dussendale Rovers Reserves. Hethersett still have a game in hand on Dussindale but will need to beat them when they visit the second placed team on March 7th.

Changing sports—In rugby, Crusaders' first team are currently in seventh place out of 11 teams in the London Three Eastern Counties League.

They have recorded six wins and 10 defeats so far this season.

Cricket Prepares For The Off

Switching sports again. Hethersett and Tas Valley Cricket Club's campaign in Division One of the Norfolk Alliance is due to open on May 2nd when the first team have a home game against Horsford A and the second team visit Horsford B. We will have full details of the club's fixtures as soon as we have them. It will be the club's first season in Division One after promotion from the second division last season. The second team will play in Division Four.

Memories Are Made Of This

ARE you a former pupil, teacher or worked at Woodside School and have photographs or memorabilia? Then the school would love to hear from you.

Woodside will be saying a fond farewell to its current home in Firs Road at the end of the summer term and moving to a new purpose built building in Coachmakers Way in September.

“Woodside will be saying goodbye to our unique school building this year. The children are looking at different ways to celebrate this historic event,” said school secretary Jo Adcock.

A series of informal interviews with children took place in February and the youngsters will be exhibiting their project work at the end of the summer term.

THE PRESENT

Woodside School pictured in January 2019



THE FUTURE

The new Woodside school takes shape





A Bucket Full Of Cash

THIS year's Hethersett pantomime "The Three Musketeers" raised £2,900 from its end of performance bucket collections for the Norfolk Blood Bikes charity. A cheque was presented at the end of the last performance of the 10 show run on Saturday 25th January. Our picture above shows the presentation.

Run by local volunteers, Norfolk Blood Bikes transport blood, plasma, platelets, samples, vaccines, donor breast milk and many other urgently required medical items to hospitals in Norfolk as well as to the East Anglian Air Ambulance. At no cost to the NHS, Norfolk Blood Bikes relies entirely on donations to keep them on the road.

"Thank you to our generous audience members for contributing to our bucket collection and making this donation possible," said pantomime group chairman Neville Greenhalgh (pictured opposite).

The group will also be making donations to other worthy causes and we will have details of these in a future edition of the Herald.



Keeping It In The Family



WHEN it comes to pantomime it's a family affair as our special photograph shows.

Legendary Hethersett panto dame, Barry Foster is pictured with his grandchildren Jack and May Hamling and Millie Olson who are continuing the Foster tradition.

All four appeared in this year's pantomime "The Three Musketeers."

Call For Full Fibre Technology For Hethersett

COUNTY Councillor David Bills is mounting a campaign to improve the speed of Broadband in Hethersett following an announcement that towns in Norfolk will be receiving super fast connections in the near future. Unfortunately Hethersett is not named amongst them.

Councillor Bills has been a big supporter of super fast Broadband for Hethersett for some time.

But Hethersett seems to have been left out of the latest round of improvements with news that Attleborough, Besthorpe, Great Ellingham, Dereham, Toftwood, Downham Market, Watton and Wymondham will be getting the full fibre technology.

Bungay in Suffolk will also be getting the upgrade, as part of Open Reach's plans to extend its coverage outside cities.

“As Hethersett continues to grow we need the facilities to match that growth and it is vitally important that our village receives the support of the fastest Broadband service available.

“Being so close to the research park, the John Innes Institute, the University of East Anglia and the Norfolk and Norwich University Hospital it is vital that our Broadband speeds continue to speed up,” Councillor Bills said.

Councillor Bills will continue to lobby Norfolk County Council to support super fast Broadband for Hethersett.



David Bills who is fighting for improved Broadband speeds for Hethersett

An Honour To Serve

(Continued from the front page)

TINA Bowden is one of those engagingly chirpy people that captivate you within seconds of meeting.

And that could be just one reason why her services as a celebrant are much in demand.

As we mentioned on the front page, Tina was the first celebrant in Norfolk. Today she estimates that there are “hundreds” undertaking the function. Such was the demand for Tina’s services that she set up Mulberry Days Celebrants and now heads a team of eight covering the whole of Norfolk.

Tina was born and raised in North London and moved to Hethersett in 1991 where her two children attended Hethersett schools. Her four grandchildren are now being educated in the village and her mother and father live next door to her in Park Drive.

Before starting Mulberry Days, Tina was employed as a registrar of births, marriages and deaths in Norwich. She left in 2007 to set herself up as a celebrant and the service has grown and grown with Julie Bates (Attleborough), Julie Greenslade (Fakenham), Bob Hannam (Dereham), Liz Radley (Fakenham), Geoff Patching (Hethersett), Pam Wilks (Norwich) and Mirian Cooper (Cromer) all coming on board.

Tina and her fellow celebrants will hold services for weddings, funerals, renewals of vows and baby namings absolutely anywhere. She has officiated in a field, in gardens, in pubs, in football grounds and even on the London Eye.

A celebrant will tailor any service around the requirements of those involved. This may or may not include religious content as Tina explained:

“We are between a vicar or other church official who will base services around religion and humanists who will have no religious content.”



Tina with actress Kelly Reilly

Tina as been privileged to have officiated at wedding ceremonies in many parts of the world including France, Spain, Corsica, Ireland, Wales, Turkey and Egypt. People have hooked up with her via the website and it was social media and the internet that was responsible for her helping actress Kelly Reilly to tie the knot with Kyle Baugher with members of the Downton Abbey television series looking on. Tina admits that she was very nervous being amongst talented actors.

Tina says that she gets the most satisfaction from funerals: “It is an honour to help a family to celebrate a loved one’s life in the way they want it to be celebrated.”

Whatever the occasion Tina finds herself becoming completely involved in the planning. She will meet with families or individuals on a number of occasions and then there is a considerable amount of preparation work whether it be for a funeral, wedding or something else.

So does Tina have any religious beliefs herself?

“I do have a belief but I don’t exactly know what it is. I’m not sure whether we are controlled by a God as such but I think you could say that I am hopeful,” Tina said adding that she has experienced some very strange events during her time as a celebrant including being told by a psychic that she was surrounded by spirits. On another occasion she was asked for a specific piece of music to be played by a family who didn’t know what it was. She told them she would try to find it on

Tina’s Wedding Album



the Internet, but when she got to her car she found it playing on her car radio: "I hadn't opened the car door or switched the radio on," she said.

Tina admits that Mulberry Days has taken off more than she thought possible: "I absolutely love the work and it's such a privilege," she added.

That prompted Tina to come up with the idea of putting aside a proportion of her income into a charity pot. The other celebrants in Mulberry Days quickly agreed to join.

When the charity pot reaches £300 the money is donated to charity as outlined on our front page.

If you are involved with a local charity and would like to be considered for an award from Mulberry Days please telephone Tina on 01603 811756 or via e-mail at tina@mulberrydays.co.uk.



Tina presents a cheque for £300 to the Finnbar's Force charity at Christmas.



TINA also officiated at the wedding of renowned artist Stuart McAlpine Miller whose bride is pictured opposite.

If you want to know more about Mulberry Days visit the official website at: www.mulberrydays.co.uk
See more photographs from Tina's album on the next two pages.



More photographs from Tina's album.





THE top photograph shows the other seven celebrants from Mulberry Days.

Below that Tina officiates at a wedding in a pod on the London Eye. The couple hired the entire pod for their 20 minute ceremony that saw them come down to earth as man and wife. The only other people in the pod were Tina and her husband Dave who took the photographs.

The bottom picture shows yet another wedding at which Tina officiated

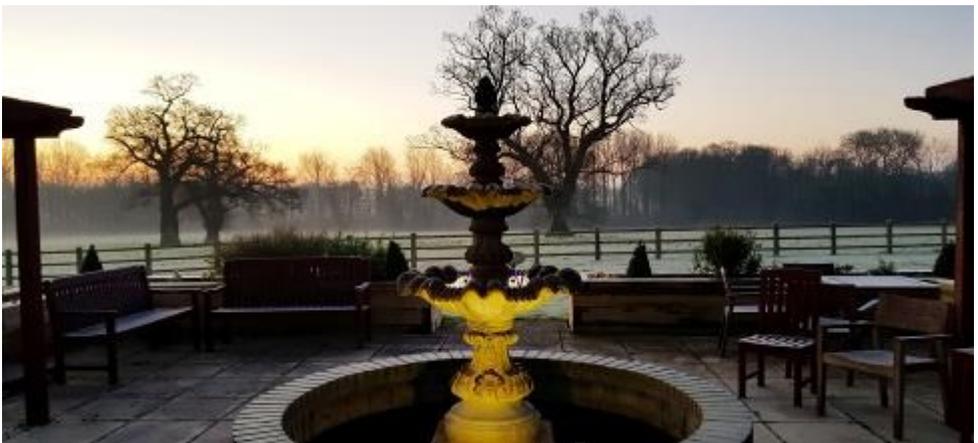


WE love including pictures of Hethersett in our publication and always get permission from the photographer before using them.

So a big thank you to everyone who has allowed use of their work in this edition. Opposite Michelle Fisher captured the morning sun between the houses and on the next page Julie Thornton proved that despite all the rain and wind, Spring is really just round the corner with her Frogstastic picture. You can view more of Michelle's photos on the next page.

If you have an image you would like to see in the Herald please e-mail them to petersteward@lineone.net or if posting to Facebook indicate that you are happy for them to be used in the Herald.





Frogtastic by Julie Thornton





This stunning early morning shot of Hethersett was also taken by Michelle Fisher. Many thanks to Michelle for allowing us to reproduce it

Rolling Back The Years

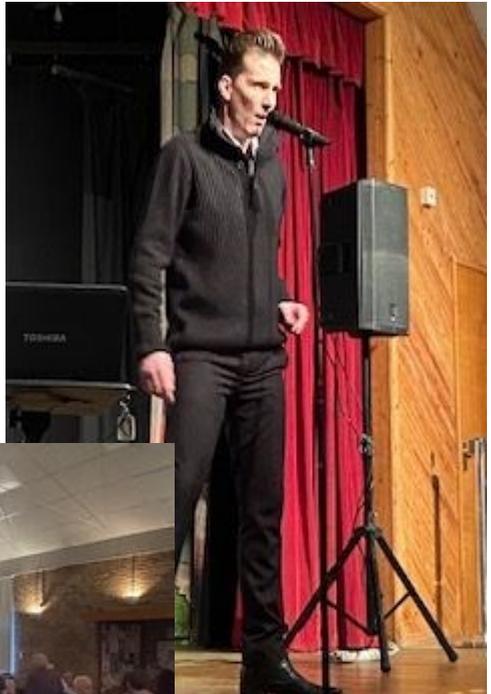
THE years rolled back in Hethersett Village Hall on Sunday, 23rd February, for a good old knees up featuring music from the 1960s courtesy of the many guises of Alan Wilcox and there was a special visit from the Radio Norfolk Treasure Hunt team. Jill Samwell Smith reviews the concert and Viv Mountain and Margaret Steele provided the photographs.

I relived my teenage years when I attended the 60s concert in Hethersett Village Hall.

The afternoon had been arranged by Norman and Helen Illsley in aid of the East Anglian Air Ambulance, and the grand sum of £430 was raised - well done Helen and Norman.

Everyone enjoyed themselves, singing and dancing along with Elvis, Cliff, etc. and Alan Wilcox was absolutely brilliant on the stage.

How he could sing with such gusto for two plus hours, I will never know. Let me know when he will be back and I will be there, and so should you!



Halfway through we had an interval for tea and coffee and biscuits, most welcome by then, so another thanks to Helen.

More on next two pages.



Photographs of the sixties event in Hethersett Village Hall. These were taken by Margaret Steele.

Proceeds from the event will go to the East Anglian Air Ambulance charity.

Radio Norfolk's Treasure Hunt finished at the sixties event where the treasure was found by hunter Julie Reinger with just seven seconds to spare. Pictures by Viv Mountain.



THE clue that led Treasure hunter Julie Reinger from Radio Norfolk to the pot of gold at the end of the rainbow in Hethersett Village Hall: Julie made it with just seven seconds to spare.

**Not "Ready!" nor "On Your Marks!"
But the sound of a name or a plant
Then get the next sound as usual
Find where the stage is set to go back fifty odd.**

A Day Free To Explore Hethersett!

THE traffic lights are back on the B1172, prompting the usual batch of funny and not so funny comments on social media.

Hethersett Herald Comment

Work on the latest section of the cycle path connecting our village to Wymondham began in early February and is due to last for some time.

One wit pointed out that it takes the Chinese a week to build a new 1,000 bed hospital, but takes us three months to build part of a cycle path.

Of course Hethersett does have a charm of its own. We love our village and most things about it, but we would never claim it is the most beautiful of places.

But now a holiday company—Great Rail Journeys—is including Hethersett as a major part of its Norfolk itinerary as our photograph shows.

Day one includes the following: “Our holiday begins in Hethersett at the beautiful Park Farm Hotel (the description then moves onto a walking tour of Norwich).

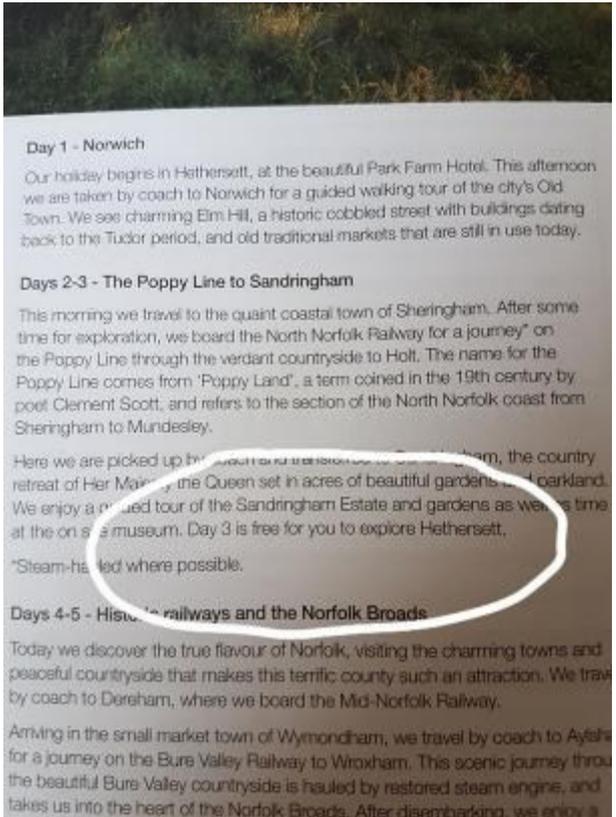
Day three informs travellers that it “is free for you to explore Hethersett.”

The wits quickly took to Facebook. Comments included:

“What will they do with the other 23 hours and 50 minutes?” and

“Don’t forget..... It WILL take the whole day. We have ROADWORKS!”

Others extolled the virtues of lamp posts, poo bins and the inevitable traffic lights. Seriously though Park Farm will provide an excellent base for the holiday and we now have pleasant tea rooms, the Queen’s Head for lunch or an evening meal, the historic parish church, the playing field for an impromptu kick around, the library and a variety of events that visitors could



join in with. A day in the village does seem a bit excessive though, although, of course, Wymondham and Norwich are both a short bus ride away.

It seems a touch ironic though that Great Rail Journeys are using Hethersett as a base when the village railway station closed decades ago.

Re-Cycling Idea at Tescos

IF you have too much recycling to fit in your green bin, the Hethersett branch of Tesco Express is out to help.

The supermarket will take in excess cardboard or plastic recycling as staff member Sarah Lawrence explained:

“Tesco in Hethersett is launching an exciting new trial to help with recycling.

“In store we currently recycle all of our waste packaging from stock that we receive, this includes cardboard and soft plastic.

“We are inviting all of our customers to bring in their cardboard or plastic recycling that they can’t recycle at home and we will recycle it for you! Whether you can’t fit it in your bin, or it’s a type of plastic that isn’t currently recycled by the council, we will take it and put it with the rest of our recycling generated in store, reducing the amount that goes to landfill.”

Tesco’s will initially be offering the service on Wednesdays and Sundays:

“At present, we will only be offering this service on WEDNESDAYS and SUNDAYS, this is to limit the impact it has on the business and the customer service we offer you. In addition we can only accept household waste card and plastics, no old plastic toys. We also reserve the right to refuse to take waste plastic or cardboard if the items brought in do not fit the criteria above, “ Sarah added.



Looking For More Hoofers

A Hethersett social walking group is looking for new members.

Humbleyard Hoofers walk on the last Saturday morning of each month with their walks around four-and-a-half or five miles long.

“Our group has been going since 2004 and most of our walkers are from the Hethersett and surrounding Melton area. Group numbers are presently around the 15 mark.

“We have a core of walkers who are very experienced in organising our walks in the local area and up to 20 miles away. We need new members. Our group is friendly and inclusive,” said one of the organisers Stephen Cobb.

If you are interested in becoming a “Hooper” Stephen can be contacted on 01603 810006

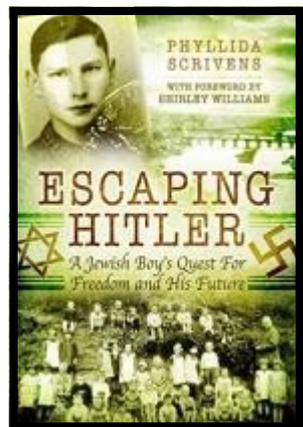
Death of Joe Stirling

MANY people in Hethersett will be saddened to hear of the death of Joe Stirling despite never having met him.

Joe’s life has been well documented in the village through the talks of author and historian Phyllida Scrivens who wrote a book on his life “Escaping Hitler.”

Phyllida has spoken to many Hethersett groups about Joe’s early life in Nazi Germany and how he emigrated to England, married a girl from Atleborough and went on to found Stirling Travel and become one of the leading lights in the city of Norwich.

Joe’s son Ian and daughter-in-law live in Hethersett and we send them our sincere condolences on the passing of such a wonderful man who achieved so much in a very long life of 95 years.



Writing Competition Standard High

THERE was a wonderful response to the young people's writing competition with over 150 entries from Hethersett Academy.

Pupils were given carte blanche to cover whatever subject they wanted with the only proviso that their entries should start with the words "If Only."

After much deliberation the top prize of £100 has been awarded to Agnes Riley of Year Eight for her story "The Eye of the Beholder."

Second prizes of £50 each were awarded to Johan Lewis for "In Control" and Grace Kingeree for "Swept Away" and third prizes of £25 each went to Martha Rushworth for "Revenge on the Plastic", Vida Wuff Alson for "Left Behind" and Elijah Jackson for "Untitled." The entries were of such a high standard that chief judge and sponsor of the competition Connie Tindale decided to award prizes of £10 each to the following: Lily Bradley for "After the Fire," Niamh Brighthouse for "Properly Living", Evan Levington for "Untitled" and Sharon Wigger for "The Christmas Dummy."

Entries were judged by Connie Tindale and members of Hethersett Writers' Group. The standard was high and over the next three months we will feature the winning entry and the two main runners-up. We begin with Agnes Riley's first place entry "The Eye of the Beholder."

The Eye of the Beholder by Agnes Riley

If only they had been there they could have seen what I used to be. Then I wouldn't have ended up in the horrible junk shop. A true undiscovered masterpiece is what I call myself. If only they could wipe away that second layer of paint and see my true identity and fine brushwork. I have lived longer than any of this old, rotting junk I'm surrounded by.

I have been places that no one else alive has ever been. I even survived the Great Plague and the Fire of London. Even Charles II couldn't bear to leave me behind. However, now I am here forgotten; alone and lost forever.

Although it's not that bad once they brought this fancy, golden mirror and I got to see myself, though I wish it was the first coat. At least I'm not the ugliest thing in here. One time I had to stare at a picture of decrepit lilies for a whole horrific

week but that is a different story. The real story is how I got here, although, as I like to describe it, my tragic and unfortunate backstory.

It all started in 1662, when Charles II married his wife (the one with the ridiculous name). As a wedding present, a portrait of her was made, and I came into existence, full of grandeur and grace.

It was interesting and exciting hanging on the wall of Charles' grand banqueting house although they do not drink a lot. Then this Great Plague happened and I was moved to somewhere called Hampton. Although I don't know what was so bad about the plague, only a few smelly peasants died. There was also another 'great' event, this time a fire. Again only one house burnt down.

After Charles himself died his wife kept the painting and after she died I was kept in a dusty box in a dusty room for what felt like centuries and moved from place to place until hung upon the wall of a bonkers old man who I think was called George something who I personally never liked as he thought I was a chicken. He also had a son, another George, (the first he must definitely have been mad). I never liked this other George, he was always so self-important and thought he was better than anyone else. I hate people like that,

After him I moved onto the walls of a boring man I cannot remember the name of. I hated him as well. He never liked me and thought I was disgusting and uninteresting piece of art. Instead of the fabulous, magnificent, glorious wonder I was at that point although I liked his wife; who always had splendid hair topped with wonderful ornaments.

A plump funny lady came to the throne next, whom I rather liked, and her husband. They went by the names of Victoria and Albert. However, people stopped accumulating over my splendority and rather at these new things called photographs which I found rather offensive, I guess it just meant that I was special.

Albert, however, had critical health, he died and Victoria was devastated. She went round dressed in black and saying 'we are not amused'. They also covered me in a black silk cloth. It was all rather depressing. People could no longer see my splendour. How could they cope?

After Victoria's death I was hung in an unused part of the palace. It was a little bit creepy, as it was one of the unused nurseries. It was also extremely dusty.

A servant walked in accidentally, I think he must have been new. He walked out as soon as he came in and I couldn't blame him. He paused as he caught sight of me. As he walked over, I could see him clearer. He was a young, spritely man around the age of 19 from my view.

He picked me up and wiped the dust off. He breathed in the darkness, astonished at my beauty, I think. There was a noise, he gently put me back down and rushed out of the room.

You would have thought that I would have been in shock but when you are a painting you get used to people marvelling over your beauty. However, the man

came back into the room and picked me up again and then left.

It was raining when he stepped out, me under his arm. I was excited. I was being kidnapped. I would probably have a ransom for hundreds. The man hailed a taxi and, as the horses slowed from a trot to a walk, I wondered what was going to happen to me.

I couldn't hear much on the journey, except for the plip plop of rain on the rood. For, it was quite muffled under that thick coat. Occasionally, however I could hear snippets from the conversation like "not the nicest weather today sir" or "a good day then". Suddenly the horses stopped. The man thanked the driver, whilst getting out.

He hurried up to the door and opened it. "Robert", a high pitched female voice cried out as he lay me down. A young woman ran towards him and they embraced. Love, as I think it, is disgusting. I will never like anyone, except for myself of course.

From fragments of their conversation I gathered that her name was Betty, also that a man, Arnold, was coming around to redecorate me? I did not need redecoration, I was beautiful and perfect as I was. I couldn't believe what I was hearing. I almost fainted. If I have to change, I would rather be an advent calendar. Also no one sent a ransom for me or came to save me from the palace – what's happening?

A week later there was a knock on the door, the dreaded day. A bald, round man, who reminded me of a bowling ball, walked in. Actually he was not completely hairless on his upper lip was a moustache, perched like a fat slug. As he walked over to me or, waddled, I could smell the grease off chips.

He took off his hat which matched his pin striped suit (I mean if you are ugly at least have some fashion sense). I guessed he must be Arnold; the man Betty and Robert were talking about. He produced a measuring tape, ruler and pencil from his front pocket and started to mutter and make marks.

After that strange experience Arnold came back a few days later. This time he produced a paint brush and paint accompanied by an easel which he placed me on. I heard a rustle behind me and assumed someone had sat down. He then stated to paint over me. Horrified I wanted to cry out, but when you are a painting your voice is too precious to waste. I felt the swish swish of paintbrush strokes promising dread and the dab dab of paint forbidding atrocity.

Betty wasn't the prettiest. Everything about her seemed to stick out in peculiar ways; her nose ears and eyes. Robert was quite the opposite. Everything about him seemed to be too small. His nose, eyes, ears and his hair was too flat stuck down to his head with gel. They were together an odd pair. What was worse was that Betty was covered in spots, one of which, I think was a wart.

I ended up in their home for many years. They had a child whom they called Arthur and, for a while, they lived as a happy family. Until there was a Great War which, I admit was pretty bad. Robert went away and Betty and Arthur

moved to the country, they took me with them. However, when Betty and Robert died Arthur and his new wife didn't want me and I can't say I blame them. I ended up sold and in a junk shop and from that day on no one wanted me.

Until, one day a man walked into the shop. He paused by me, his old brown eyes sheltered by spectacles.

"Ah yes, we've had that piece for well since one of my great great relatives", Mrs Bevins narrated in her usual monstrous tone. The man stared and then he took me! This is what I had waited for, for almost a century.

The man, Graham, took me to his workshop and, as he said, started to rejuvenate me, "just cleaning you up love". He must have caught something or the paint was low quality as it started to peel off. He testily peeled a bit off then "good lord" he stated, "a true undiscovered masterpiece".

I was on the news everywhere. I always knew I'd become famous one day. I now live in Paris in the Louvre Museum where it even sounds fancy. I even made a friend called Lisa but she does moan all the time. I guess my story does have a happy ending.

More winners next month.

Moaning Minnie

I don't want to travel, as I don't want this virus. I don't want to go to London as I don't want to be knifed. I don't want to go on motorways, as I don't want to be killed by silly boys doing 130 down the road. Hurrah! I am happy in Hethersett :-)

Have You Missed Out ?

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

www.hetherssettherald.weebly.com

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

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

petersteward@lineone.net



It's A Mystery



AN official announcement on the buyers for Old Hall School is expected to be made in the next few days.

Mystery has surrounded the potential new owners of the former Hethersett Old Hall School site on the B1172, although it is almost certain that the purchasers of the complex are Norfolk Constabulary and the former school will be used as an emergency services' training facility.

An "Under Offer" notice was pasted outside the site in the middle of the month. But estate agents Savills were staying tight lipped over the identity of the potential buyers.

Calling Keen Singers

HETHERSETT Singers are looking for new members. Here keen member David Kinnaird tells us about the group.

I had not sung for the best part of 50 years – at least not in any choir – till I joined the Hethersett Singers! It's not always easy to take a risk, but it turns out they are a friendly and welcoming bunch and the pleasure in taking part is terrific.

There are two main performances a year. One in December, with a Christmas feel to it. There is also a chance to take part in an event in St Peter Mancroft Church, Norwich, later in the month. Now we are preparing for our Spring Concert for Saturday 16th May in the Methodist Church.

The range of music this time is our typical mixture of classical, folksy, modern choral music and show tunes – but we are a serious choir, singing in four or more parts. It's not essential to be able to read music, but it helps if you can.

Why not come yourself and experience the fun of it all? We really could do with one or two more tenors, another bass, some second sopranos and first sopranos too. The ladies tell me a young face (over 18) would be especially good.

We also give young musical performers a concert opportunity, between our singing. We have developed a link with the African drumming group from Wymondham.

We rehearse at the Methodist Church on Wednesday evenings. The best way to find out more is to email your contact details to hethsing@btinternet.com or leave a message on 07500 299238. You will be very welcome.

Community Projects Opportunity



MONEY is being made available for small community projects from the company responsible for building a new primary school in Back Lane. In a newsletter sent to nearby residents of the new building, Morgan Sindall poses the question:

“Is there anything within the community you would like Morgan Sindall to consider and assist with? Is there a charity event being held? Are there a local sports team which would like sponsoring? A new park bench?”



“Morgan Sindall would be more than happy to consider suggestions.” The newsletter also gives an update on the primary school project: “We are now approximately halfway through the project and have been busy on site. SFS (steel farming system) to the primary school and nursery is now complete, roofing works are well underway and the internal construction of walls and service installations has commenced. External brickwork has commenced on the primary school and is really starting to show signs of the end product.

“In the last period the project reached a key milestone where we achieved the initial water tightness of the building which enabled the internal works to commence. Over the coming weeks we will continue with the internal works such as closing up internal walls following services completion, plastering and first fix carpentry works. It will soon start taking shape and will start to show the designed layout of the classrooms. Corridors and toilets.”

Anyone interested in applying for a grant from Morgan Sindall should e-mail danny.branson@morgansindall.com.

World Day of Prayer

By Margaret Askew



THIS year's special Women's World Day of Prayer service in Hethersett will take place in St. Remigius Parish Church at 2 pm on Friday, 6th March.



Women, men and children of all ages are called to 'Rise, take your mat and walk' to join this day of prayer. Women of Zimbabwe have prepared this year's service and they encourage us all to reflect on the difficulties and unrest that have plagued their country over many years.

They share the challenges they have met and the hopes they have for the future. They encourage us to 'Rise, take your mat and walk' with them as they continue their often turbulent journey towards full reconciliation.

World Day of Prayer is an international inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country.

Regional conferences meet to consider the service and then local groups make their plans. Finally, at a church near you on Friday, 6th March, 2020, people will gather to celebrate the service prepared by the women of Zimbabwe.

The Day of Prayer is celebrated in over 170 countries. It begins in Samoa and prayer in native languages travels throughout the world --- through Asia, Africa, the Middle East, Europe and the Americas -- before finishing in American Samoa more than 36 hours later.

* For further information and resources, together with details of services in your area see the WDP website: www.wwdp.org.uk .

Hethersett In Bloom 2020

IN the February edition of Hethersett Herald we had news of Hethersett in Bloom 2020. An open meeting is being held in Hethersett Library on 12th March where residents can learn more about the plans to brighten up our village this year. Here one of the organisers Jill Williams tells us a little more.

WINTER may not have finished, but a lot of us are looking forward to plants springing into growth again and giving us fantastic displays.

I would like to tell you about our plans for Hethersett in Bloom and involve as many of you as possible in making this a success. The Bloom competition has been taking place for over 50 years, and is run by the Royal Horticultural Society.

Any community of any size can enter and are judged against similarly sized communities. Judging is on one day in July, but the expectation is that people continue to improve their environments throughout the year.

The judging is precise, 30% of the marks going to community involvement and we want to include as many people as possible - young people, older people, those who have lived in Hethersett many years and new arrivals. You don't need to know anything about gardening, in fact you could learn while volunteering!

We would like people with differing skills and those who could make different contributions too. Do you enjoy carpentry, have you a vehicle that could be used for transporting soil and compost, do you enjoy being outdoors, would you like to work as part of a group, or would like to make new friends? The whole point of entering the Bloom competition is to connect up Hethersett and make it a friendlier place.

A total of 40% of the marks go to horticultural excellence. Are the plants growing well, do they suit their surroundings with sun lovers in the sun, shade lovers in the shade? Another 30% of the marks go to sustainability, such as using peat-free composts, using plants which are drought-tolerant, don't need feeding, and which attract butterflies and bees.

We will be using perennials, plants which last for many years, rather than sum-

mer bedding which gets thrown away at the end of the season. And sustainability also means putting in planted areas which don't need a lot of maintenance but will still look amazing in the future.

The Bloom competition asks you to have three areas of interest to take the judges to. You won't be judged on everything in the village, just the plantings and the route between them.

We have two plantings planned already for this year.

The first is an area in front of the Methodist Church, just behind the bus stop. This is a lovely sunny area, conducive to some bright, vibrant plants. We plan to have four raised beds, in the shape of the logo on the notice board near to the bus stop. This is a circle cut by two diagonals which form the shape of the cross.

The second place where we have obtained permission to plant is in the grounds of Woodcote Sheltered Housing Scheme in Firs Road. They want us to plant up two areas, one which is sunny and one which is shady. In the sunny spot we will grow perennial meadow plants, with perhaps some ornamental grasses, and in the shady spot a different set of plants, with maybe some spring bulbs.

We will be holding an open meeting in Hethersett Library for you to learn more about our plans and to ask questions and make comments. This meeting is on Thursday, 12th March between 6 and 7 pm. If you can't get to the meeting, but want to be included in the project, please email Jill or Sue at

hethersettinbloom@gmail.com.



New Recycling Centre—Have Your Say

NEWS of a new recycling centre at Harford just outside Norwich will bring little comfort to Hethersett people as it is almost certainly going to bring about the closure of the Ketteringham site and mean much longer journeys to drop off waste.

Norfolk County Council has stated: "This site (at Harford) could replace the site at Ketteringham and would complement the planned new recycling centre to the north of Norwich which is needed to replace the current Mile Cross site in 2021."



An impression of the new Harford site

The county council is asking for public comment on the new site to help it refine the design before a planning application is put in this summer.

Two consultation events will be taking place. The first will be on March 2nd from 10.30 am until 1.30 pm at the Forum in Norwich and the second will be on 12th March from 4-8 pm at the Tesco Superstore on Ipswich Road.

Comments can also be made by writing to Waste Management, Floor 6, Norfolk County Council, Martineau Lane, Norwich, NR1 2DH or by phoning 0344 800 9020. You can also visit www.norfolk.gov.uk/wasteprojects or email haveyoursay@norfolk.gov.uk. The proposed new recycling centre at Harford will cost an estimated £1.9 million.

Hethersett Man Admits Drug Offence

A HETHERSETT man has been given a community order after admitting permitting a premise in Cromwell Close to be used for the supply of MDMA (Methylenedioxymethamphetamine) drugs.

The case against Jack Larter was brought after MDMA was supplied to a 17-year-old girl from Wymondham prior to her death. Stephanie Payne died in 2017.

Larter was given a community order for a year to include 100 hours of unpaid work and 60 days rehabilitation activities.

Ruth Codling



A Hidden Condition

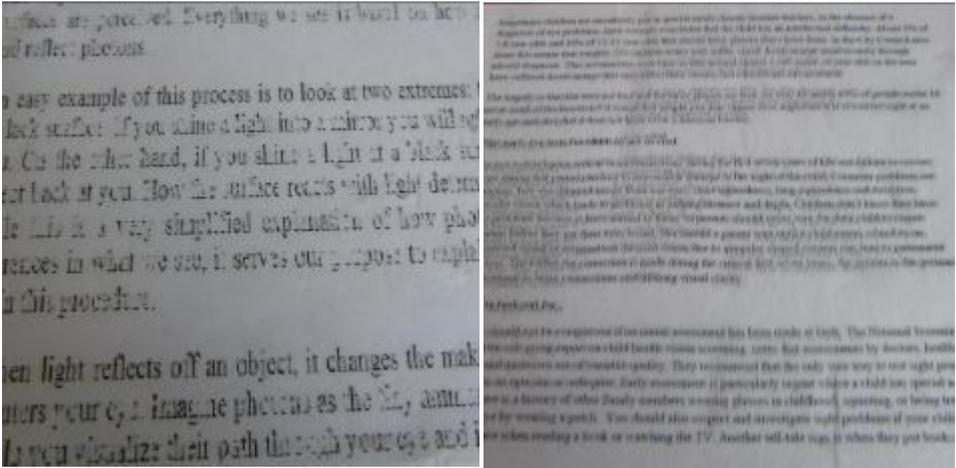
EVERYONE is aware of stress and the way it can blight people's lives, but there is another kind of stress that is rarely mentioned but which can have a devastating and long lasting affect.

Herald Special Feature

By Peter Steward

Visual stress or Mearles Irlen Syndrome is a little known condition that can seriously affect the reading ability of sufferers—many of whom are children. Due to the condition they may see things very differently—particularly the written word. Sentences can merge into one another or words can form incomprehensible patterns making reading either very difficult or virtually impossible. You can see examples of this on the next two pages.

(Continued on page 59)



(continued from page 57)

Hethersett resident Ruth Codling is leading the fight to combat visual stress and at the same time make people more aware of it, its consequences and what can be done to combat it.

In fact the process to improve matters is a relatively simple and totally painless one.

“Very often people are not aware that they have visual stress. I see people of all ages. Often a child will say to his or her parents or a teacher that they cannot see a white board properly at school or they may miss words out when reading. Words can be blurry.

“Often an optician will find nothing wrong and then the person affected may feel that they are making a fuss. Often children are screened for dyslexia but still continue to struggle,” Ruth said.

Visual stress can lead to a child “feeling stupid” and can seriously affect their development. But help is at hand.

Ruth has premises in Buckingham Drive, Hethersett, and, from there, is able, with a host of equipment, to diagnose sufferers and improve their lives. She has met with considerable success with one youngsters seeing a 300% improvement in their reading speed.

Ruth is one of only three outlets in the Norwich area that deals with visual stress. A qualified optician with many years experience, she trained at Anglia Ruskin

University and formerly worked at optical practices in the Norfolk and Suffolk areas.

She will diagnose visual stress through a simple process of putting a variety of coloured overlays over a series of unconnected words. It is important that the words do not make



coherent sentences so that the person being tested has to concentrate 100 % and cannot remember a sentence from previous overlays.

Using the different overlays, Ruth will assess accuracy and increases in reading speeds until she comes across the correct combination.

Ideally this can lead to schools providing individual pupils with different background colours tailored to their own needs.

Over the years, Ruth has seen an increase in reading speeds of up to 300% with an average improvement of between 20 and 50%,

“The results can be spectacular. Often sufferers think that it is normal for words to move all over the page and then suddenly they find that the words are still,” she said.

Ruth is on a journey to raise awareness of the condition which she believes affects 10% of the population and between 50% and 60% of dyslexia sufferers.

“I often find that university students suffer from visual stress. They get through their A’ levels, get to uni and then find difficulty in coping

Symptoms of Visual Stress

- Glare From the page.
- Headaches when reading.
- Eyestrain and tiredness when reading.
- Movement or blurring of print on the page.



When life takes on a rosier tint

Tom Heaffey is a bright 18 year old with a career of good GCSEs who needs to be an architect. For past three years, he has been virtually illiterate and struggled to find his way. Fortunately, his life has been transformed by a pair of blue tinted glasses, which have enabled him to read properly for the first time.

Tom, who lives near Norwich and is a 17th year-old design student, suffered from a neurological condition called Strabismic Amblyopia, which means his brain cannot process visual information. Without glasses, when he looks at a picture, what he sees is a jumble of colors, shapes and patterns, like a computer glitch.

Tom's mother, Ruth, says she was told her son had the condition when he was 10, but it wasn't until he was 15 that she was told he had it. She says she was told he had it because he was struggling to read.

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By **Hilary Freeman**

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with the volume of subject matter," Ruth said, adding that migraine sufferers have also been helped.

"Many of them have tried everything to relieve migraines. Out of desperation they come to me and I have been able to help them," Ruth added.

Work with the overlays can lead to prescription glasses.

The frightening thing about the condition visual stress is that curing or improving it is a simple process:

"In the past lots of children must have suffered from this condition and never found out," Ruth added.

Ruth currently works part time from her home at 23, Buckingham Drive. She takes both referrals and people who contact her directly. She started Clarity Colorimetry in 2015 and also works one day a week at the Indigo Dyslexia Centre in Norwich.

Ruth can be contacted at:

info@claritycolorimetry.co.uk

or by telephone on 01603 813499.

THE Mail on Sunday newspaper carried the story of 18 year old Tom Heaffey from Norwich who at the age of 15 was "virtually illiterate."

The article (pictured above) states that Tom's life was transformed by "a pair of blue tinted glasses" which enabled him to read properly for the first time.

Tom had been suffering from visual stress and claimed that words on the page had always been "fizzing."



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and young people and expect all its staff and volunteers to share this commitment.*

Free Hearing Checks In Hethersett

HETHERSETT residents are being offered free checks as part of World Hearing Day.

The Hearing Care Centre is hoping to raise awareness of the importance of hearing health by supporting World Hearing Day on 3rd March

The free checks in Hethersett will take place at Rowan House Health and Well Being Centre in Queen's

Road and can be booked by phoning 0800 096 2637 quoting WHD-2020. The offer which is worth £30 is valid on appointments booked between March 2nd and 7th.

The Hearing Care Centre, which is East Anglia's largest hearing care company, is offering free hearing checks at all 26 of its audiology clinics, including Hethersett, in a bid to encourage local people to make their hearing health a priority.

This year's World Hearing Day theme is 'Hearing for life: don't let hearing loss limit you' and will highlight that timely and effective interventions can ensure that people with hearing loss are able to achieve their full potential in life.

Hearing loss is a global challenge; 466 million people worldwide live with hearing loss and this number continues to grow. In the UK, 11 million people are living with hearing loss, approximately one in six of the population.

Karen Finch, Managing Director and lead audiologist of The Hearing Care Centre said, "Our team wish to raise awareness and spark discussion within the local area. At all stages of our lives, hearing is a vital element for communication, socialising, learning and working. My team are focused on providing innovations and initiatives along with the best possible care to support people living with hearing loss to live their life to the fullest.

"Hearing loss is often neglected for years and can affect every aspect of personal, social and professional life. If left untreated, hearing loss can increase the risk of cognitive decline and dementia, but early interventions can ensure the impact of hearing loss remains minimal, and people can live a full unlimited life," continued Karen.

As well as Hethersett, the Hearing Care Centre has its main practice in Ipswich with a further 26 centres in Aldeburgh, Attleborough, Aylsham, Beccles, Bury St Edmunds (2), Carlton Colville, Dereham, Eye, Felixstowe, Framlingham, Hadleigh, Halesworth, Harleston, Hethersett, Hoveton, Ipswich East, Needham Market, Norwich, Southwold, Stowmarket, Sudbury, Thetford, Watton, Wickham Market and Woodbridge.



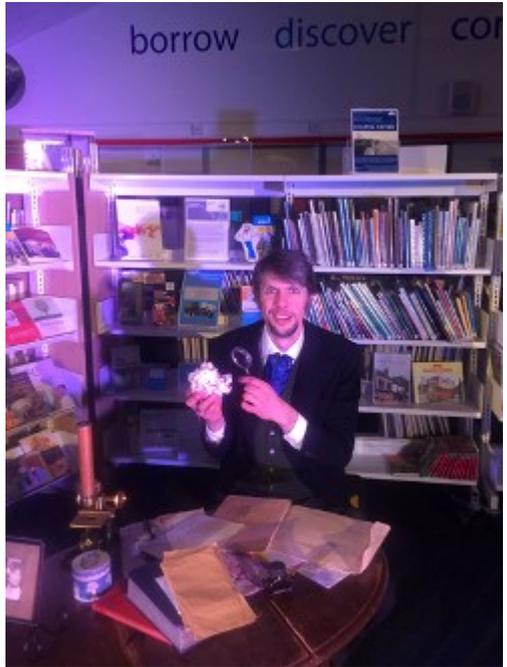
Charles Darwin In Hethersett

Associate Editor Roger Morgan reports on an historic occasion in Hethersett

THE celebrated and somewhat controversial British scientist Charles Darwin paid a visit to Hethersett Library on Tuesday 11th February in the guise of the multi-talented actor/musician John Hinton.

He performed his one man show entitled 'The Origin of the Species' based on Darwin's life.

At the event, organised by the Friends of Hethersett Library with the support of the Norfolk Library Service and Creative Arts East, the audience were taken on a thoroughly entertaining trip through the life of the great man.



The show was brilliantly scripted with lots of humour interspersed with highly original musical interludes. All of the characters were expertly played by John and he slipped effortlessly from one to another.

The science displayed accurately followed Darwin's work and we were given a great insight into the trials and tribulations he faced, culminating in the publication of his great work on the evolution of species. John stayed in character throughout the evening.

There was lots of audience participation with people playing the role of



Darwin's finches, singing along with the cleverly written songs and even acting as a human music stand!

At the end of the show John was given a great round of applause and his efforts were very much appreciated by the audience.

Teas, coffees and cakes provided by the Friends of the Library were available at the end of the evening.

John Hinton is a theatre practitioner and science communicator. He is the Artistic Director of Ensonglopedia.

He has developed a 'Scientrilogy' of musical comedies based on the lives of Darwin, Einstein and Marie Curie. He travels the country giving performances at a variety of venues.

He will return to Norfolk in March giving performances of the show at St George's Theatre, Great Yarmouth on March 7th and at Sheringham Little Theatre on March 8th.

Ride and a Hat

THE Hethersett-based Finnbar's Force charity which raises money and supports the fight against childhood brain tumours is busy preparing for its Tour de Fox cycle event on Sunday, 21st June with a Fathers' Day 50 miler and two other routes:

"We'll also be introducing a kid friendly shorter route, so there will be something for riders of all ages," Tristan Cork from the charity said.

You can register for the event on the website www.finnbarsforce.org.

Finnbar's Force has once again teamed up with Norwich City defender Timm Klose to produce a limited edition hat with proceeds going to the charity. Last year it was a baseball cap, this year a Beanie hat

(see our photograph)

"Timm is really keen to help us make life a little easier for families going through tough times and all the proceeds are coming to Finnbar's Force to help us support families locally

Grab one before they're all gone and help Timm help us," the charity says on its Facebook page.



Join The Email Group

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

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

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

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

The April edition of Hethersett Herald will be online at the end of March.

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

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

petersteward@lineone.net

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

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

Martin's Marathon Effort

FROM projectionist to long distance cycling—Martin Pond is a man of many parts.

Martin regularly projects films for the Village Screen group in Hethersett Village Hall and that role can have many challenges including making sure the films work and the sound balance is correct. Now he is in training for a much more difficult challenge.

For Martin is planning to cycle from Land's End to John O'Groats in September and that will be 980 miles in the saddle in just nine days for a man who admits that he is new to long distance cycling:

"I am fairly new to long distance cycling and will be doing this on a new bike—so it will be a massive challenge for me. So far I've only ever cycled 100 miles or more in a day twice," Martin said.

Martin will be taking part in the Deloitte Ride Across Britain event and will be raising money for the Alzheimer's Society and has a target of £2,200 which he admits is going to be "another tough task."

"I am fundraising for the Alzheimer's Society, a charity that seeks to transform the landscape of dementia forever. Until a cure can be found, the society works



Martin Pond

to create a society where those affected by dementia are supported and accepted, able to live in their community without fear or prejudice.

Martin's aunt and godmother died recently and her last years were blighted by dementia. Other friends and family have also been affected: "This has influenced my choice of charity. No-one should have to suffer from this wretched, awful condition," Martin added.

Martin has set-up a Just Giving page where donations can be made. At the time of writing almost 50% of his target has been met. You can donate at

www.justgiving.com/fundraising/martin980. You can also follow Martin's training progress from that site.

Churches Come Together

METHODIST churches at Hethersett, Morley and Wymondham will be coming together on Monday 16th March for an "Open Hearts and Open Minds" event from midday to 3 pm in Hethersett.

Hethersett Methodist Church minister Steve Cullis explained:

"We're aiming to create a space in which we can ask God to open our eyes, our hearts and our minds to what he is doing in the world around us, in our churches and in our own lives. There will be a whole variety of ways to explore and it will be up to individual people to choose how they want to explore this."

There will be craft activities, exploration of themes, places for quiet, a labyrinth to walk in and meditate and pray and even an organised walk.

Those attending are asked to bring a packed lunch. It is hoped to hold Open Hearts and Open Minds every four months at a variety of times and locations.

A Lent Course in Hethersett Methodist Church will begin on 3rd March for five weeks at 7.30 pm. The course "Lent—A Community of Witness" has been written by the Rev Catherine Hutton. There will also be a house group at 10 Mill Road, Hethersett, on Thursday afternoons from 2 pm starting on 5th March.

Hethersett Methodist Church will also be holding an evening with Jonathan Veira on Saturday 23rd May from 7.30 pm. Jonathan Veira is a singer and entertainer. Tickets priced at £8 are available by telephoning Juliet Harwood on 01603 810237.

Advertise In Hethersett Herald

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

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

Artwork should be supplied by the advertisers in Jpeg format.

Contact Us

petersteward@lineone.net

Advertising Rates

	Per Edition	Annual—12 Editions
Quarter Page	£20	£200
Half Page Horizontal	£30	£300
Half Page Vertical	£30	£300
Full Page	£50	£500

There is No Planet B

HETHERSETT Herald fully supports any action taken in the village to safeguard and improve our environment. Here we welcome our new columnist Penelope Brown who gives us hints on how to take “Small Steps to Save our Planet. Penny will be writing regularly on environmental issues.

With these two inspirational quotes below in mind this new column gives ideas for simple acts that we can make to help care for our most precious resource and help Hethersett to do its part to protect the future.

“We are the first generation to feel the effects of climate change and the last generation who can do something about it” – Barack Obama, 2014.

“As we look forward to the start of a new decade, it’s worth remembering it is often the small steps, not the giant leaps, that bring about the most lasting change” – Queen Elizabeth II, December 2019.

This month I will concentrate on changes that we can make in the bathroom and kitchen. It is worth remembering that every cleaning and washing product we use will find its way into our waterways and the sea in some form. Most products contain some sort of toxic chemical which may be harmful to wildlife and marine environments.

Make your own environmentally friendly **facial scrub**. The beauty industry has a million products that will exfoliate your skin. Products that contain plastics, irritating fragrances, glycerin, parabens, phthalates and other questionable ingredi-

Simple Sugar Facial Scrub

Combine 1 teaspoon granulated sugar, 2 drops of water and 1-2 drops of lemon essential oil in a small bowl.

Gently rub on to the face, avoiding your eyes. Rinse off with cold water.

You can multiply the ingredients to make a larger quantity so that your scrub is ready to use – just store it in a jar.

Check on line for other recipes of facial scrubs to suit your skin type.

ents. These commercial products can do a lot of damage to the delicate facial skin. Homemade facial scrubs are easy to make, inexpensive and great for the skin. On the previous page is my personal favourite.

There is no need for plastic bottles in the bathroom when you have solid natural **bars of shampoo** that lather beautifully and clean your hair with no need for chemicals, plastic, glass or the wrappings that they can come in. There are many companies online selling shampoo bars – give them a go and see how you get on. Here are some more hints:

Use reusable containers to store food in the fridge instead of using single-use bags and clingfilm. Buying a few durable, long lasting containers can last a lifetime and will significantly reduce the amount of plastic that you put into landfill. I have a Tupperware container that I bought over 30 years ago and it's still going strong.

Reuse plastic bags – there are many instances in the kitchen that we just cannot avoid plastic bags, the most significant of these are the bags that we get our bread in. These can all be used again, use them where you would have used a new plastic bag – as a dog poo bag or to take your sandwiches to work. Every time we reuse a bag we don't bring another one in to use.

Use an energy efficient dishwasher, a dishwasher will use significantly less water than washing up by hand. But remember to only run the dishwasher when it's full. It may be tempting to get the dishes clean as soon as possible, but, in actuality, if you run the dishwasher only when it is full, you will help save on energy and water.

Use environmentally friendly cleaning products such as bathroom and kitchen cleaners as well as washing powder/liquid. Buying products that contain natural soluble/biodegradable ingredients helps to prevent these nasty fluids ending up in natural water sources. The supermarkets are now stocking more and more environmentally friendly products. They do tend to be more expensive, but hopefully the price will come down as more people purchase them.

Herald Health With Rowan House

We continue our series of healthy help in conjunction with Rowan House Health and Well Being Centre by asking a question—Are You Sabotaging Your Own Happiness? Solution Focused hypnotherapist Brett Rennolds supplies the answers and talks about things we can achieve that started in the New Year and which can continue throughout 2020.



Brett has over 25 years of solution-focused practice.

ARE YOU sabotaging your own happiness?

That's a bit of a loaded question isn't it? Let me explain... January, culturally and perhaps even traditionally, is a month that embraces change; New Year New You! screams social media, the local gym and (it can seem) every advertising billboard you pass. But for many, this illusive change is too often unachievable... or unsustainable.

So what is going on in our minds that means despite our best intentions and endeavours change remains so illusive?

Ask yourself what is stopping you from building health habits and becoming that illusive best version of yourself?

Could it be that your existing habits are the very actions that are preventing you being that best version of yourself?

Or consider this, have you ever said to yourself 'I don't have enough time' or 'what's the point' or 'I have tried this before and it doesn't work' also known as negative forecasting an outcome before it has even happened?

Consider further that this negative forecasting is an example of you not being very kind to yourself.

Consider further still your best friend saying these same things about their inability to change. What would you say? As a good friend you would not accept this negative forecasting from your friend. You would not allow them to be so unkind; rather you would be encouraging, supportive and even forgiving.

So what prevents you from extending that same level of compassion towards yourself?

The answer for many is the stress that permeates our every day interactions.

In our high-stress culture the body's stress response is activated so often, that

the mind doesn't have the chance to reset. The mind's response to feeling stressed is to produce adrenalin, noradrenalin and cortisol, aka stress hormones.

Think of these stress hormones as water flowing from a leaky tap, you've had the good sense to place a 'stress bucket' underneath to catch the drops, but with everything else you have to think about you have neglected to empty your stress bucket and now you've come home to discover the water is all over the kitchen floor – now you have even more stress and that leaky tap is now a torrent and to compound it all you can't afford an emergency plumber and the home insurance has lapsed.

This metaphor is an attempt to conceptualise what is going on in your mind. Fundamentally change causes stress. The more change you embark on the more stressed you become. An overflowing stress bucket means that neurologically you will enter a procrastination loop, 'dammed if you do – dammed if you don't', making change all the more unachievable and unsustainable.

Self-compassion is where change starts. By learning to be kinder to yourself, being able to give yourself a break, you will begin to lay the sustainable foundations for enduring healthy habits and become that best version of yourself you seek.

In building healthy habits you will begin to establish alternative behavioural responses to the stressors in your life.

In considering how you can become more self-compassionate you begin to de-escalate the feelings of anger, anxiety and or depression; you will be less inclined to hit, run away from or hide from it leading you to become more confident, in control and joyful.

By learning to be self compassionate you will begin to fix that leaky tap, meaning that your stress bucket will not overflow and neurologically speaking stop producing stress hormones like adrenalin, noradrenalin and cortisol and begin to produce serotonin.

Serotonin is sometimes known as the happy chemical, because it appears to play an important role in regulating mood making serotonin an important molecule for regulating a sense of wellbeing.

Serotonin, the feel good chemical, literally changes the way you think and how you think dictates how you feel.

Serotonin fosters the confidence to identify the small steps, solutions, which are right for you because the amygdala is no longer compelling you to hit, run away or hide. Rather you are calm, motivated and resolute to overcome the obstacles in your life.

The clarity afforded by being less overwhelmed by your day-to-day interactions is primarily down to how your mind works.

By thinking more positively you will engage your problem-solving centre of the brain. Rather than being overwhelmed by the challenges you perceive in your life, that for too long have resulted in those familiar feelings of anger, anxiety or depression you will choose to notice a moment of clarity, savour a light bulb moment and value the penny dropping.

Result, you will begin to feel more empowered, fulfilled and restored moving forward with your life one small step at a time.

By being kinder to yourself, placing less in your stress bucket and producing more serotonin you are on your way to being more able to identify the small steps available to you and implement those changes towards being that best version of yourself.

Change is not easy, there are no short cuts. Change requires effort but the rewards extend beyond simply an improved sense of wellbeing.

The changes you seek to implement are the 'breadcrumbs' on your own path towards becoming that best version of yourself and a best version of you means you will have the capacity to not only be that best version of you but you will be that best version for those you care most about.

Consider the old Cherokee proverb that suggests that residing within all of us is 'a good wolf and bad wolf'. On hearing this a child asked their grandparent 'which wolf wins?' and the Grandparent replied 'The one you choose to feed the most'. Makes sense, but can it really be that simple?

The human mind is far more complex than this of course but, and this is the point, explanation can be complex too, so by simplifying these complicated concepts this article seeks to provide a gateway for understanding, understanding that can be shared and built upon providing you with the insight to own the changes you decide to make.

Hethersett Herald

Getting to the Heart of Our Community

And

Positively Free From Fake News

And Out Every Month

News From The Parish Council

Three Days of Celebration

Hethersett is gearing up for three days of celebration to commemorate the 75th anniversary of VE (Victory in Europe) Day.

The whole country will take to the streets of cities, towns and villages throughout the country with thousands of events being held over the weekend and Hethersett will be weighing in with a street party/picnic, a tea dance, and a number of other events organised either by or through the auspices of the parish council.

Events will kick off on Friday 8th May with a family street party/picnic in the park event in the grounds of the village hall (or inside if the weather is unsuitable). It's a free event with people asked to bring along their own picnics.

The following day (Saturday 9th May) local Guides will be taking part in a 1940s style camp. There will then be an afternoon tea and tea dance event in the village hall followed by a VE themed quiz in the evening.

The Tea dance and refreshments will be free but places will have to be booked in advance. The evening will feature a VE day themed quiz in the village hall with questions set by Herald Associate Editor Roger Morgan and Mike Anderson who over the years have raised thousands of pounds for a variety of charities and good causes through their quizzes. There will be a charge for the quiz to help offset the cost of the weekend which is also being supported by a grant from South Norfolk Council.

We will have more details of where to obtain tickets and a full programme of events in coming editions of Hethersett Herald.

VE Day is a day celebrating the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its armed forces on 8th May, 1945 following the suicide of Adolf Hitler.

It is not normally a Bank Holiday in the United Kingdom due to the proximity of May Day. However, in 1995 the Bank Holiday was moved from Monday, 1st May to Monday, 8th May to commemorate the 50th anniversary of VE Day. This year the Bank Holiday will be moved from Monday 4th May to Friday 8th May to mark the 75th anniversary of VE Day. Hethersett Parish Council has set-up a working group to help organise events in the village.

News From The Parish Council

Tree To Be Regenerated



EFFORTS will be made to regenerate the walnut tree on parish council land off Great Melton Close.

The tree was uprooted during a storms of January.

Hethersett Parish Council will foot the bill of £615 to clear away debris and polard the remaining section of the tree at approximately 10 ft “to give the tree the best chance of regenerating” after being replanted.

The council will also pay £424 to replace broken fencing and also look to pay for repairs to a garage damaged by the tree fall. The council is checking whether it will be able to recover the cost through its insurance.

News From The Parish Council

Short Term Signs Being Ignored



PEOPLE are ignoring the “short term” parking signs in the car park next to Tesco Express and parking all day it was claimed at the February meeting of Hethersett Parish Council.

A local resident told councillors that motorists are leaving vehicles and catching buses into Norwich, leaving the car park full for much of the day.

Council chairman Adrienne Quinlan emphasised that the car park is for short term parking and, in the past, the council considered implementing time limit signs but had decided this to be too difficult to enforce. The council agreed to monitor the situation.

The question of anti-social behaviour in the area was also brought up with re-



News From The Parish Council

fuse bins being moved and doors being knocked on in the early hours of the morning.

Mrs Quinlan said the council will speak to the local police beat officer about the problem and urged residents to keep a log of incidents that can be passed to the police.

Refuse Tip Consultation Period is Underway

Parish Shorts

A 40 day consultation period is underway to look at plans to shut the household refuse tip at Ketteringham and move it to Harford Bridges, members of the parish council heard. The consultation period has already started and will continue until 29th March.

There will be a public display of plans in Norwich Forum on March 2nd and at Tesco's on Ipswich Road on 12th March. For more on this see page

* * *

Hethersett Parish Council will not be providing poo bag dispensers in the village.

Councillors have turned the idea down due to a fear of the bags being taken from the machines and discarded on the floor.

Councillors felt the dispensers would be "more trouble than they are worth."

Parish Office Latest

Hethersett Parish Council is still waiting for "an outstanding issue" to be sorted out before moving to a new parish office in Hethersett Library.

Councillors are hoping that the move from the current office upstairs in the village hall can go ahead in the near future.

Meanwhile the council has turned down a request from the Library's Book Group to meet in the new parish office. The group had made the request after finding the main part of the library too noisy for their discussions.

The council turned down the request for a number of reasons including the need to keep the office exclusively for council use, the fact that confidential information may be held and also it could open up for other groups to apply to use the office.

It was also thought that allowing outside groups to use the office could be against the council's lease.

News From the Parish Council

Parish Council Meeting Dates

HETHERSETT Parish Council meets on the third Monday of each month with full council meetings starting at 7.30 pm. They are preceded by meetings of the council's planning committee at 7 pm. The planning committee also meets on the first Monday of each month

Dates for meetings in 2020 are as follows:

March 16th, April 20th, May 18th, June 15th, July 20th, September 21st, October 19th, November 16th and December 21st. The village annual parish meeting will take place on May 11th, a week later than usual due to the village hall being booked on the first Monday of May.

Members of the public have the chance to bring up issues at the beginning and also towards the end of full council meetings. Planning committee meetings are also open to the public.

How To Contact The Parish Council

PARISH clerk Annette Palmer can be contacted by telephone on 01603 810915 or via email at hethersett.pc@tiscali.co.uk.

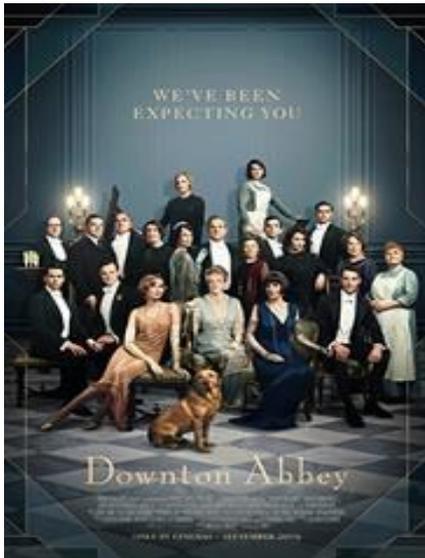
The parish office is currently upstairs in the village hall and is open on Monday and Thursday mornings between 10 am and noon.

It is likely that the office will move into Hethersett Library in the near future. We will have dates and times as soon as they are available.

The council has a website at

www.hethersett-parish-council.norfolkparishes.gov.uk and also a Facebook page.

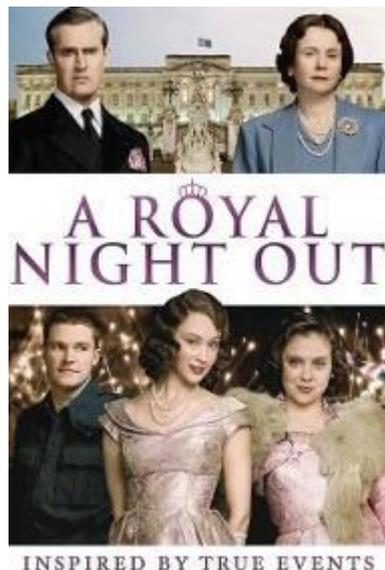
Record Attendance For Downton



THE latest film from the Village Screen group—Downton Abbey—attracted a record attendance of over 80 people who braved stormy conditions to enjoy (or not) the period drama based on the television series of the same name.

The next film will take place on March 8th when Helen Mirren and Ian McKellen star in The Good Liar (certificate 15) and the April offering on the 19th sees Keira Knightley, Matt Smith and Ralph Fiennes in “Official Secrets” (certificate 15). The run of films is completed on May 10th with the Royal Family drama “A Royal Night Out” (certificate 12) which will also form part of the village’s VE Day commemoration celebrations.

All films are shown in Hethersett Village Hall at 3 pm and the main attraction is usually preceded by archive films and/or cartoons. Downton Abbey was preceded by a 1960s film about the possibility of having a tunnel built under the Channel!



Focus On March's Film

The Good Liar will be shown in Hethersett Village Hall at 3 pm on Sunday March 8th.

Career con artist Roy Courtney (Ian McKellen) can hardly believe his luck when he meets well-to-do widow Betty McLeish (Helen Mirren) online.

As Betty opens her home and life to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.



Anne Pearce, who is a member of Hethersett Writers' Group, has published her first volume of short stories entitled "Autumn Leaves."

Anne (pictured opposite) who lives in Attleborough, describes her book as: "A fairly eclectic collection of short stories cobbled together over quite a few years - their inspiration has come from a variety of sources; some personal and others that came to be written after random events or 'happenstances' that seemed to provide background threads for the weaving of stories that I hope might be (at least a little!) interesting or entertaining."

"Autumn Leaves" has been self published on Amazon. The paperback version costs £11.64 and the Kindle edition £2.32.



Hannah's Hethersett Life

All stories and photographs by Hethersett Herald Associate Editor Hannah Harrison.

In Memory of Albert

On March 12th, 2019, Albert Ringer, a gentleman who had lived in Hethersett in the same house for all of his 75 years, passed away.

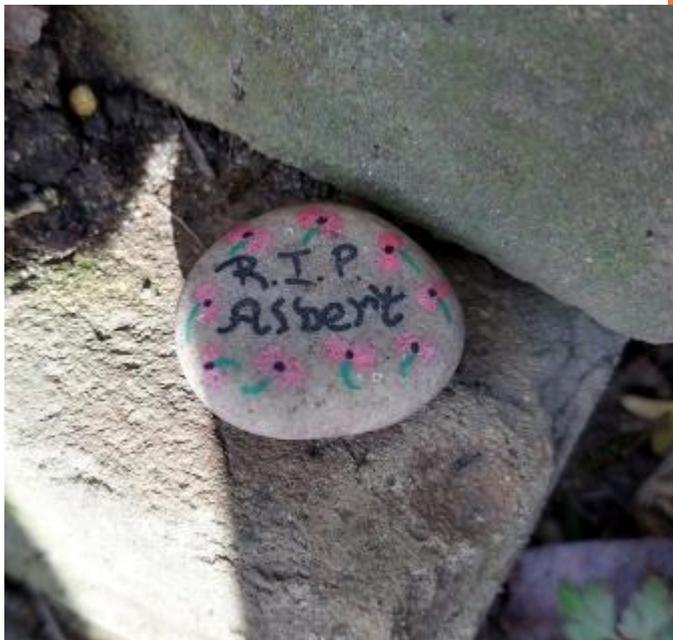
He battled with cancer but unfortunately lost the fight in the end, many people didn't even know that he was ill.

In the next issue of the Herald, I will be talking more about Albert's life, his home, his friends and his family.

He gave Hethersett so much, it's only right that he has a memorial section in the Hethersett Herald, just for him. Rest in peace, Albert.

If anyone wishes to visit his grave, he is buried at St Remigius church on Norwich Road.

The beautifully hand painted stone in memory of Albert was found on ground opposite his house.



Hannah's Hethersett Life

In Praise of Hethersett Surgery

UNFORTUNATELY, my husband became ill over the last few weeks. I reluctantly called the doctors fully expecting not to be given an appointment or any help, based on the stories I've heard of Hethersett Humbleyard Practice. I'd also heard that the booking system had changed so I wasn't sure what to expect.

I called at 8:30 am and waited in a queue for around ten minutes, spoke to a friendly receptionist who said they can't offer appointments but can put you on the triage list to be called back by a doctor, which happened by 9 am. We were given an appointment by 10 am and had been sent to the hospital, given medication and discharged again by 2 pm! It was all so efficient and quick.

Don't get me wrong, I know it's not always like that. But the NHS was great for us when we needed it the most. We've had to use that booking system a few times since which has worked just as well, so please don't worry – if you really need to see a doctor then they will get you in, whether that's at Hethersett, Cringleford or Mulbarton.

The NHS is struggling, it's very overstretched and underfunded, but the people who work for the NHS are superstars.

What We must do to ease the strain on the NHS is to look after our own health as much as we can, see a pharmacist or call 111 if it's not urgent; stop smoking, eat healthier, drink more water, exercise, wash your hands regularly etc etc. We cannot help being struck by some illnesses, believe me, I know that. But we can do little things to improve our own health which in turn could mean less trips to the doctor in the future

Hannah's Hethersett Life

Follow Hannah every month in Hethersett Herald as she takes her own personal look at the good things going on in our village.

Hannah's Hethersett Life

Garden wildlife/Big Garden Birdwatch Results



IN the last edition, I mentioned the RSPB's Big Garden Birdwatch. I took part on the Sunday and as usual, the birds started to arrive after the hour was up, typical! For those who don't know, the RSPB do the BGBW each year, it gives them a really great idea of the bird activity we see around the country and can show important trends in particular species.

In our Hethersett garden over one hour (bearing in mind you only count how many of the birds you see at any one time, to prevent you counting the same bird numerous times) we saw two wood pigeons, one collared dove, one chaffinch, two blackbirds, one coal tit, one great tit, one blue tit,



Hannah's Hethersett Life

one robin and five long tailed tits. Not too shabby I suppose!

The wildlife in our garden is beginning to really kick off, squirrels are coming in thick and fast, frantically burying (and then digging up...) all kinds of nuts, jackdaws are making more of an appearance, chaffinch numbers are getting more and more every day, hopping around the lawn. The blue tits are checking out the nest box everyday so I hope it's an indication that they will nest in there for the fourth year in a row! I'm so excited for Spring and Summer, my favourite seasons for watching wildlife.

Mr Heckles the hedgehog is still doing well, his weight gain has slowed right down which is good because he's over 1kg now. As long as he's not losing lots of weight it's fine. It won't be long until he can be released into the wild to live the rest of his life as hedgehogs should.

I recently did a poll on the All Things Hethersett Facebook page, to find out what sort of wildlife we are seeing in Hethersett. I asked people to select all of the wildlife that they had seen in Hethersett alone. At the very top of the poll, with 117 votes, we have the very common wood pigeon, closely followed by robins, grey squirrels and blackbirds. At the bottom of the poll we



Hannah's Hethersett Life

have badgers with only five votes, redwings with only two votes and the chiff-chaff with only one vote, it was really interesting to see who sees what, and exciting to see what I could see that I haven't already.

First Steps Playgroup – Valentines Day Themed Session



We had another themed session at playgroup in February for Valentines Day. The children all got a party bag each, with sweeties and a pencil inside. I made heart shaped shortbread (that's one of the only things I can bake). We had some jammy dodgers, cakes and lots of other yummy food. The group is still consistently busy. The Valentines session saw lots and lots of babies in attendance. Which isn't great if you're feeling broody, ha ha!

Don't forget, First Steps playgroup is at the Village Hall every Tuesday during term time, 9:45-11 am, £2 per child (under 6 months free) and £1 for each additional child. Come along, we'd love to see you.

Hannah's Hethersett Life



Food, food and more food. I took these photographs at First Steps Playgroup and also Café Kin in Rowan House Health and Well Being Centre



All photographs courtesy of Hannah Harrison.

Talking Favourite Cafes

KIN is my favourite cafe. There, I said it! It's become somewhere I visit regularly and I cannot recommend it enough. The coffees are delicious, but the food is even better. It's healthy and nutritious, using flavours I'd never think to use together but that work so well. On my last visit I tried the roasted pepper and feta toastie, with a boiled egg, gherkin and houmous, it was an absolute taste sensation.

As well as fantastic food and drink, Kin offer a loyalty card which gets stamped each time you purchase a hot drink, then once your card is full – you get a free drink! Even better than that, they offer a blue light card discount. Blue light card holders are those who work in the emergency services and armed forces (past and present) the discount is 15% off.

I love the way that Rowan House and Kin are so connected, you'll often find the same staff members flitting between the two, helping out wherever needed. I recently had a meeting with the lovely Jessica who works there regarding the community matters session that she organised. I was really surprised to find out how much goes on there. From hearing specialists, breastfeeding support, pregnancy and parenting classes, foot health, emotional wellbeing, massage and nutrition. You'll find something for everyone under this one roof.

Finnbar's Force, a local charity, are also using it as a base at the moment. I will be delving further into the treatments available at Rowan house soon... to be continued!

Thank You To Contributors

A BIG thank you to everyone that has sent in information for this edition of Hethersett Herald.

Contributors include: Angela Eden, Jenny Melvin, Debby Lambert, Hannah Harrison, Quenby Cooper, Barry Foster, Tina Bowden, Michelle Fisher, Sarah Lawrence, Roger Morgan, Gary Wyatt, Stephen Cobb, Connie Tindale, Agnes Riley, David Kinnaird, Margaret Askew, Jill Williams, Ruth Codling, Karen Finch, Martin Pond, Penelope Brown, Brett Rennolds, Scott Willoughby, Mel Perkins, Gillian Saunders, Angela Farrington, Ann Wright, Leslie Dale, Marilyn Savory, Claire Kiely, Elaine Canning, Charlotte Rosario and Gareth Doughty and apologies to anyone we have missed out.

Hethersett Matters

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

WE are again warning residents to be on their guard for telephone cold calls claiming to be from 'Amazon'.

There has been an increase in reports from Norfolk residents of cold calls claiming to be from Amazon, these have included:

Recorded message calls claiming 'your Prime subscription is about to expire and payment will be automatically taken.' The call then states you can 'press 1 to cancel the payment.'

Recorded message calls claiming your Amazon Prime account 'is about to be cancelled unless you update your bank details.' The call then states you can 'press 1 to speak to customer service'

Calls claiming to be from 'Cyber Security at Amazon.'

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

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

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

Rogue Trader Alert – Doorstep Cold Callers claiming they need to 'trim trees and hedges' We are warning residents to be on their guard after reports of doorstep cold callers..

This follows an incident where a resident was cold called at their home by a man who claimed they 'needed to trim the tree and hedges' at the rear of the residents' property ahead of 'some building work next door'.

The male then claimed they needed to do the work and take payment 'in the next two hours'.

The man then proceeded to undertake a small amount of work before asking for a payment totalling several hundred pounds.

The male was using a white Ford Transit tipper van.

The advice is NEVER deal with doorstep cold callers and NEVER agree to having work done on or around your property if approached in this way.

If you are looking to have this type of work done only deal with reputable companies that you have researched and chosen yourself and have obtained a written quotation from.

Anyone concerned about rogue trader activity in Norfolk can contact Trading Standards through the Citizens Advice consumer helpline on 03454 04 05 06 or Norfolk Police on 101.

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

Scam Alert – Telephone cold calls claiming to be from ‘BT’ and ‘Openreach’ – 21 January 2020

We are continuing to receive reports from Norfolk residents about telephone cold calls claiming to be from ‘BT’ and ‘Openreach’.

Recent reports have included:

Cold callers claiming to be from BT stating ‘the signal from your router is irregular’ and this ‘might mean that someone else was using it’. The cold caller then said he would need to access the resident’s computer.

Recorded message calls saying ‘this is BT, your service will be terminated within the next 24 hours’. The message then gives an option to ‘Press 1 to continue your service’

Cold callers claiming to be from ‘Openreach’ stating that ‘you are having problems with slow broadband’

These calls are NOT GENUINE.

If you receive this or a similar call our advice is DO NOT give or confirm any details, press any buttons or allow remote access to computer equipment and hang up.

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

Council/Government Contact Numbers

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

Member of Parliament

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

Norfolk County Council

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

South Norfolk Council

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

Hethersett Parish Council

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

Classics of Back Lane

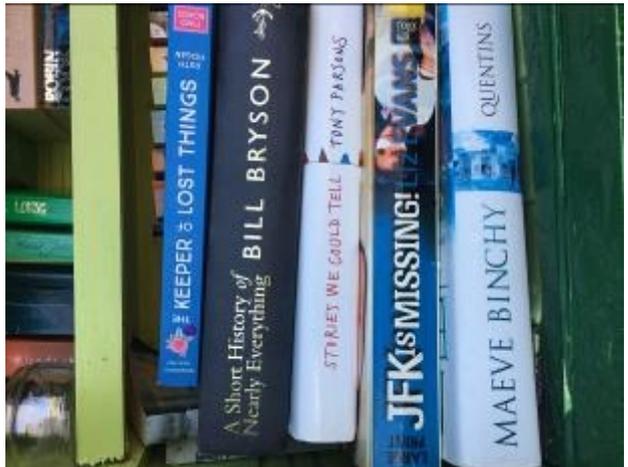
The Back Lane book swap was set-up by local resident Penelope Brown and has become a great success with a regular turnover of books. The idea is simple—just take a book or swap a book. Donations of books is always welcome.

Over the past four editions of Hethersett Herald we have featured “classic books” found in the book swap. From this edition Penny will be featuring some of her favourites. Of course by the time you read this the featured book may have gone.

No. 5 – A Short History of Nearly Everything by Bill Bryson

Bill Bryson is an American-British author of books on travel, the English language, science and other non-fiction topics. He also has Norfolk links having lived in the Old Rectory in Wrampingham for ten years.

“A Short History of Nearly Everything” is a popular science book originally published in 2003. The book explains some areas of science using accessible language that appeals to the general public.



Bryson describes general sciences such as chemistry, palaeontology, astronomy and particle physics. In the book he investigates time from the Big Bang to the discovery of quantum mechanics through evolution and geology.

Bill Bryson wrote the book because he felt that his scientific knowledge was lacking. He recalls that science was an obscure and unexplained subject at school. He writes that teachers and textbooks did nothing to ignite a passion for knowledge in him because they did not investigate the whys, hows and whens in any subject. He recalls that it was as though they wanted to keep the good stuff secret by making the subjects totally unfathomable.

Bryson describes the size of the universe and that of atoms and particles.

In the introduction he congratulates the reader for 'making it'. He continues, 'for you to be here now trillions of drifting atoms had somehow to assemble in an intricate and curiously obliging manner to create you.

It's an arrangement so specialized and particular that it has never been tried before and will only exist this once'.

A considerable part of the book is given to relating humorous stories about the scientists behind the research and discoveries and their sometimes eccentric behaviours.



The author also addresses modern scientific views on human effects on the global climate and livelihood of other species. He explores the magnitude of natural disasters such as earthquakes, volcanoes, tsunamis, hurricanes and the mass extinctions caused by some of these events.

The Back Lane Book Swap is an ideal place to find your next read. Books are left, taken or swapped constantly so if you haven't visited yet please do, or visit the Facebook page on Back Lane Book Swap – Hethersett. Children's books move particularly quickly so donations of reads for little ones are always most welcome.

Also found in the Book Swap this month were: The Keeper of Lost Things by Ruth Hogan, Stories We Could Tell by Tony Parsons, JFK is Missing by Liz Evans (large print), Quentins by Maeve Binchy, The Lost Throne by Chris Kuzneski, The Accidental Further Adventures of The Hundred Year Old Man by Jonas Jonasson, The White Queen by Philippa Gregory, The Year of Taking Chances by Lucy Diamond, Popcorn by Ben Elton, Mr. Rosenblum's List by Natasha Solomons, The Flamboya Tree by Clara Olink Kelly, A Taste of Freedom by Liz Ryan, Garment of Shadows by Laurie R. King, The Church of Dead Girls by Stephen Dobyns and Net Force: Point of Impact by Tom Clancy.

Some of these may still be there!

The Scott Willoughby Column

OVER the years Hethersett has changed almost beyond recognition.

I like nothing more than getting together with friends over a pint of two to play the old “do you remember when game.”

But it seems that memories are short-lived. Last month I mentioned the former Barclays Bank and received plenty of messages from people stating that either they didn't remember the bank or were not aware that we ever had one.

But of course our village is changing out of all recognition and this will continue at least for the foreseeable future.

In an idle moment which I sometimes have I had a look at the Greater Norwich plan. This is where the great and the good tell us what shape our area is likely to take in the future.

The problem I have is that the great and the good always seem to see things differently to us more humble mortals.

I refer to a part in the Hethersett pages where they extol the virtues of the village. So lets have a look at what they say and my interpretation. For this admittedly pointless exercise I will refer to them as the GG (Great and Good) and myself as H.M (standing for Humble Mortal).

G.G—”In terms of education facilities, proposals are underway to have two primary schools (one at Queen's Road and the other on Coachmakers Way) and to expand the site of the secondary school. This will add to the good range of facilities already available in Hethersett. These include convenience shops, a post office, a pharmacy, doctor and dentist surgeries, a library and a small business centre, mostly in the vicinity of Queen's Road/Great Melton Road. More generally in terms of the built form, the old A11 (B1172 Norwich Road) still largely defines the settlement's built edge to the south. To the east and west of Hethersett land is controlled by a long-standing strategic gap policy to prevent coalescence with Cringleford to the east and Wymondham to the west.”

H.M—”I am sure the village is grateful for the improvements in educational facilities. Yes the range of facilities in the village are generally good but many are now stretched almost to breaking point and that's before we take into account more major building development over the coming years. It is by no means certain that we will retain a post office as the postmaster has already stated that he is looking to retire in two years' time. The doctors and dentists surgeries are already both over subscribed and struggling to cope with the demand which is only going to increase. Libraries can so often be soft targets. There is no suggestion that Norfolk County Council will be closing any libraries in the county but I'm always afraid that these are empty words that can be changed on a whim. As for

The Scott Willoughby Column



a strategic gap policy. Well we all know that policies can be changed and we are already battling to keep a strategic gap between ourselves and Wymondham with a planning application recently being turned down. How long will it be before the planning policy changes and we are linked to both Cringleford and Wymondham? If I was a betting man I would say not too long at all.

I have lived in Hethersett for what seems a very long time and, over the years, I have seen the village grow almost beyond recognition whilst services have been eroded. That's how Barclay's Bank closed. The sad thing is I don't see facilities improving any time soon.

* * *

Over the years Hethersett Memorial Playing Field has been subjected to numerous incidents of vandalism. I can remember football goals being snapped, play equipment being damaged, guttering being ripped off the pavilion and, in the days when glass banks were in the car park, glass being strewn all over the car park.

There have also been a number of incidents of motorised vehicles being driven across the grass area. The latest example of this proves that there are still morons about happy to spoil things for the majority of park users. Thankfully their latest handiwork can be remedied quite quickly but it does show that the vandalism problem is still there. I took the photos above on February 26th and they show the damage is not as bad as in the photo taken by the football club which is reproduced elsewhere in this magazine.

The trustees of the playing field do a remarkable job and I know how gut-wrenching it is for them to see these acts of vandalism. Gates at the field are now shut at dusk and various other steps have been taken to stop vandalism but as everyone knows we can't be vigilant every minute of every hour of every day.

Bringing Old and Young Together



FOUR children of various ages attended Hethersett Hall care home on February 22nd to enjoy entertainment from Tommy Winn Music.

Tommy performed old classics from the likes of Frank Sinatra and the Beatles and contrasted this with modern music and Disney songs so that all ages could have a singalong.

Babies and children of all ages are welcome to the fortnightly visit at Hethersett Hall care home between 10.30 am and midday under the banner of the Friend in Deed organisation.

Friend In Deed sees children paying regular visits to Hethersett Hall. More information is available on the website

www.friendindeed.org.uk

News From the Village

Diamond Beer

Crusaders Rugby Club is celebrating its diamond jubilee this year, having been founded in 1960. The club's annual beer festival will take place on 20th July.

Fundraisers

The community Christmas carol singing by Hethersett and District Churches Together outside Tesco Express in Great Melton Road raised £82 from a bucket collection in aid of the East Anglian Air Ambulance.

The 2019 collection in Hethersett and Little Melton in aid of the Children's Society amounted to £824.65. This was made up of £534.73 from collection boxes, £36.92 from the Friendly Society collection and £253 from a Christingle service in St Remigius.

Poppy Appeal

A total of £2,220 was donated to the Royal British Legion Poppy Appeal from collections in Hethersett and Little Melton. A further £586.57 was donated as a result of local church collections and payment for wreaths, giving a grand total of £2,806.57.

Writing in the latest edition of the village Good News magazine, organiser Jerry Wright said: "I would like to thank everyone who donated to the appeal and a particular thank you to the businesses, organisations and schools in the two villages that had collecting boxes and poppies.

"Thank you also to the people who undertake house to house collections. Each of them gives a few hours of their time but they all collect a good sum and really make a contribution to the overall amount collected."

Jerry is stepping down from his role as Poppy Appeal Organiser after 12 years and his place will be taken by Richard Gunstone who has been a house to house collector for 12 years.

"I have got to know Richard over the time spent in the role and I have every confidence that he will do a great job as the new Poppy Appeal Organiser," Jerry Wright said.

Delivery Appeal

The village Good News magazine is looking for distributors for Lynch Green and Firs Road. If you are interested in helping with the distribution of the monthly magazine contact Kim Arnall on 01603 810993.

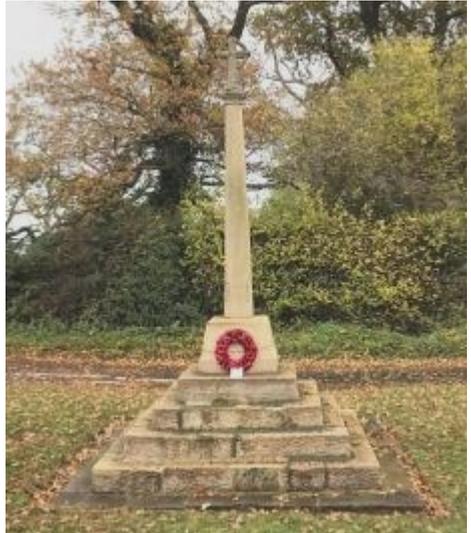
Five Star Rating

MacDonalds Restaurant at Thickthorn has received a five star hygiene rating. Assessment of the cleanliness of the restaurant was made in December. Five stars is the top hygiene rating available. Whilst the restaurant is over two miles from the village, Thickthorn is always classed as being part of Hethersett.

Honouring The War Dead

A NEW online publication honouring soldiers from Great Melton who either died or served in the First World War is available on the Great Melton Parish Council Website.

The Great Melton Parish World War One Roll of Honour includes the service records of parishioners and the paper lists those men from Great Melton who served their country in the Great War and also commemorates those who gave their lives and are remembered on the Great Melton War Memorial (pictured above).



The paper has been put together by David Gregory “with the hope that knowledge of their service and sacrifice may ensure our parish war memorial remains relevant to future generations of parishioners.”

We will have more on the paper in the April edition of Hethersett Herald.

We are also appealing for anyone with photographs of VE Day celebrations in 1945 to contact us. We would particularly like to hear from local residents who may have had memorabilia handed down through the generations. It’s just possible there may still be some people around who remember the end of the war. We would love to hear from them about what our village was like at that time.

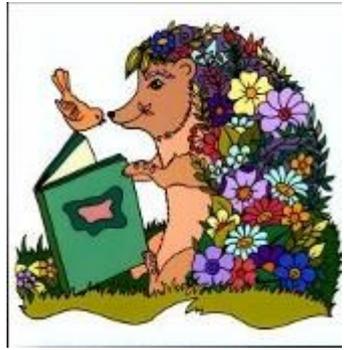
Meanwhile you can view the Great Melton paper online by going to:

<https://gtmelton.norfolkparishes.gov.uk/category/history/>

Should I Sing A Lullaby?

WE are now into March and Miss Piggy is still wide awake in a cycle of eating and sleeping but then waking up to eat again instead of just hibernating. She is in sync with the modern age of being an adult but still living at home.

I opened up the outside run where she lives thinking that she might wander off and make another life for herself and then I worried that she might not be able to cope with the wind and the weather. I waited five days and then removed the covering of the run, climbed in and looked for her just in case she had decided that it was too risky out there in the big wide world. And there she was. Fast asleep in her home waiting for dinner time.



Little Prince, who is the sole resident in a small run, went into hibernation weeks ago so I have lifted him gently and moved him into an empty home in Miss Piggy's run in the hope that she might join him. Just in case I have inadvertently woken him up when I moved him, I am putting food enough for two in there. I will keep you posted on what happens next.

As we drive along the roads it is now impossible not to notice that there is already a green haze on the hedges and that many are in a full flush of white flowers. The fish in my ponds are up and eating and while I cannot see any frogs about I am sure that they are there. Is spring really here or are we going to get seriously bad weather that will ruin the fruit harvest as it clips back the flowers and threatens everything that has been lulled into a false sense of security by the higher than normal temperatures? Fingers crossed that it does not happen or that there is only a mild frost that will simply delay things without ruining them.

Locally, the University of East Anglia is now on the ladder to becoming a hedgehog friendly campus. Could your garden be more hedgehog friendly than it already is? Is there access from your garden to those of your neighbours so that wanderers can move about easily in their search for food? Hedgehogs can wander up to two miles each night on their little legs in a search for food which can often provide fewer nutrients than they use up in finding something to eat.

Is there a shallow dish of water available so that they can get the water they need? I know that sounds unnecessary with so much water having fallen from the skies but once that has soaked away they still need a source of fresh clean water. And, while we might be praying to see the end of the rain, once the ground gets dry it also gets hard and the hedgehogs are unable to dig for worms.

Hethersett Hedgehogs



Baby hedgehogs at PACT Animal Sanctuary in Hingham. PACT has a fundraising shop in the centre of Hethersett

A bit of cat food can make the world of difference.

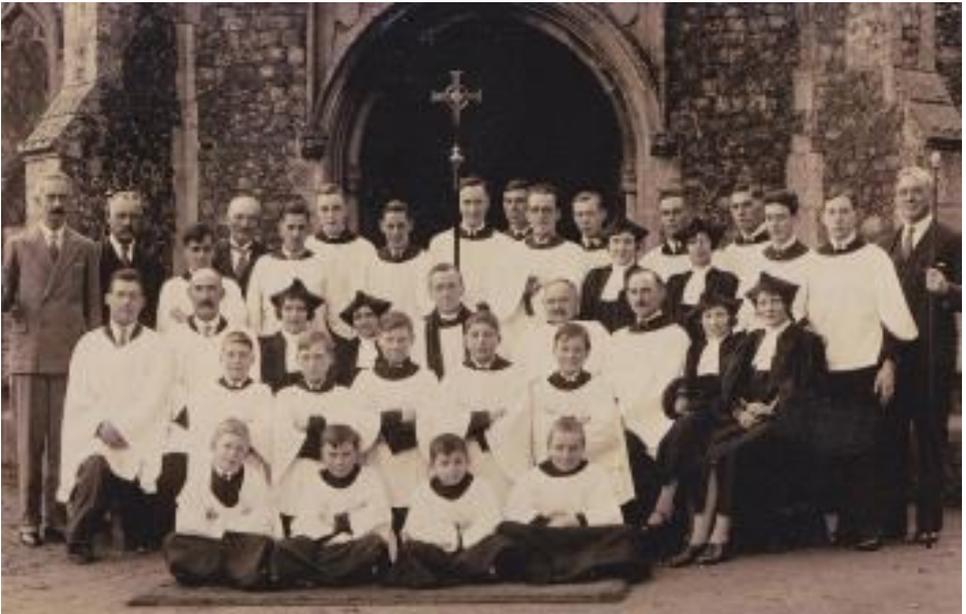
Paul Baisley, our local dentist and active hedgehog carer, is running the London Marathon in aid of the hedgehogs at Hallswood Animal Sanctuary north of Norwich. Please look at his Facebook or Just Giving Pages and help if you can.

As I look at my own half drowned and weather-beaten patch of garden, I long to see it neat and tidy again instead of like an abandoned wasteland. You may feel the same and have already cleaned up the strimmer ready to put in into action. Please poke around any long grass, nettles or weeds before you start whacking them as there could be a dozy hedgehog sheltering there.

The injuries strimmers can cause to small animals are horrific and often cannot be rectified. It is tragic to see a prickly little animal with half its face and back lacerated by the whiplash of the rotating wire. A bit of forethought can prevent this. **Let's make Hethersett a really hedgehog friendly village to be proud of.**

From The Archives

IT'S time to delve a little into the history of Hethersett. Over the next year we will be looking at various aspects of Hethersett history from archive material found when the editor was searching through some old USB drives. We start with the Rectors of Hethersett in the first of a two part piece based on the writings of Rev Frederic Jarvis.



THE Reverend Frederic Jarvis plays an important part in the history of Hethersett. He was Rector from 1914 until 1931 and served on the Western Front during the First World War. He was also a keen historian and regular contributor to the village Good News magazine where he covered the events of the war and the post war years before moving on to become vicar of Wymondham where his writing skills were once again to the fore as he penned a history of Wymondham Abbey.

Frederic Jarvis also wrote about the rectors of Hethersett, the first of which was Ralf de Somerton in 1260. Over the page is a full list of Rectors.

Please note that Rev Jarvis doesn't include every Rector in his history and at times his dates are at odds with the dates given overleaf which are taken from



The Rectors of Hethersett board inside St Remigius' Church. This photograph was taken before the current Rector the Rev Derek McClean (pictured opposite) succeeded the Rev Di Lammas.



1260 - Ralf de Somerton	1454 - John Dyconson	1702 - John Amyas
1300 - Robert de Dryby	1484 - Robert Smethurst	1704 - John Murrant
1327 - Gilbert de Scrobby	1507 - John Philip	1736 - John Berney
1334 - Hugo de Bernak	1515 - John Wayn	1782 - Bartholomew Edwards
1341 - Roger Faber	1532 - Thomas Smyth	1820 - Jeremy Day
1346 - Robert Bishop	1541 - John Barrett	1855 - William Collett
1349 - William Bassett	1542 - Christopher Wilson	1903 - John Still
1350 - William de Ketteringham	1554 - Edward Jackson	1914 - Frederic Jarvis
1384 - Lambert de Frampton	1573 - Miles Hunne	1931 - J. M. La F McAnally
1385 - John Christmass	1596 - Joshua Hutton	1943 - S. J. Titterton
1387 - John Serjeant	1609 - Thomas Hunne	1948 - H. L. H. Townshend
1393 - Thomas Saunders	1617 - William Warren	1950 - R. G. Heawood
1398 - Robert Bosage	1639 - Edward Mitchell	1959 - D. J. Turner
1408 - Roger Wright	1647 - Philip Tennyson	1966 - L. R. Kingsbury
1429 - John Atte Dam	1660 - Thomas Jermy	1972 - Michael Sexton
1433 - Thomas Ryby	1670 - Thomas Church	1987 - Brian Llewelyn
1452 - Roger Brode	1673 - William Lock	1995 - Diane Lammas
		2013- Derek McClean

the board within St Remigius Church. Rev Jarvis also uses different spellings but for this feature we have kept to both the official and also Frederic Jarvis' spellings.

The first entry is taken from the Good News Magazine of November 1920.

“It may surprise some readers to know that at one time there were two Rectors of this Parish, although there was only one church. The Income of the Benefice appears to have been equally divided between two incumbents. One was called Rector of Tateshale's Mediety after Sir Robert de Tatashale who was the Patron. This was afterwards known as Cantelofe, from which we probably derive the name Cantley, the church being called at that time the Church of Cantelofe. The other was called Rector of Fitz-Ralfe's Modeity, after Sir Ralf Fitz-Ralf, the Patron. The Rector of Tateshal's Mediety appears to have inhabited the Rectory and had a hundred acres of land which was valued at fifteen marks and a half.

It is proposed as space permits in the Magazine to give a list of these Rectors of the Parish, stating whatever information it has been possible to gather concerning them. The earliest record at present discovered is in the year 1260, and from 1260 to 1433 the living was held sometimes by one and sometimes by two Rectors. In 1433 the two Medieties were perpetually united and have remained so until the present time.



It is probable that there was a church in Hethersett prior to the year 1260 as the parish is mentioned in the Domesday Book, where it is called Hederseta, the capital village of this Hundred, the name meaning the seat or place or most public road entering the Hundred. The place was also known to exist in the days of Edward the Confessor, when it belonged to one of the Barons named Olf. But as the nave of the present church probably dates from the late thirteenth or early fourteenth century, we may suppose that the existing records relate only to the time since the present church was built.

RECTORS of HETHERSETT - Parish Magazine December 1920

In the introduction last month it was wrongly stated that whilst there were once two Rectors in the parish, there was only one Church. My attention has been drawn by one of our readers to an authority who states that Cantalofe or Cantley anciently had a church (All Saints) and its site is still called the old Churchyard. I find this corroborated by a second authority who states that there was "one church with 60 acres of glebe worth 5s and one other church with 8 acres of glebe worth 8d." There may possibly be some in the parish who can point out the site of the old churchyard, which is believed to be close to the railway line.

Rectors of Tateshale's Mediety

1260. Ralf de Somerton. He was rector for 40 years, but nothing more seems to be known of him.

1300. Robert de Drilby. He was appointed by Joan Tateshale, the Lady of the Manor, and Patroness of both medieties and he held the two medieties united during his life time. In 1305 Lady Joan made over the advowson, or right to appoint the rector of both medieties, to Sir William Bernak, whose effigy is in the church behind the organ.

1349 Robert Bishop. He appears to have resigned after a few months

1350 William de Keteringham who again held it united to the other mediety for his life time.

1352 William Hille or Hulle of Ketteringham of whom nothing is known except that he resigned in 1384.

1384 Lambert de Frampton - Son of Thomas de Frampton, who was appointed by Sir Ralf Cromwell Knt, the Lord of the Manor. He was rector for only one year.

1385 Sir John Christmass. The Rev Sir John Christmass was the private chaplain of Lord Tateshale, or Lord of the Manor of Tateshale, whose name is given above.

1393 William Bassett.

1398 Robert Bosage.

???? John Rygges. The actual date of this rector's appointment is not known but he succeeded Robert Bosage.

1427 Thomas Ryby, who in 1433 was also appointed rector of Fitz-Ralf's mediety, since which date the two medieties have remained united.

Rectors of Fitz-Ralf's Mediety.

1300 Robert de Drilby, who was appointed by Joan Lady Tateshale to both medieties for his lifetime.

1325 Sir John le Curson. The name of Curson seems to have been connected with the parish for many centuries and occurs repeatedly in the old Parish Registers. At the present time there would appear to be almost a clan bearing the name who may possibly claim to be descendants of this Sir John, who was for two years Rector.

1327 Gilbert de Scrobby. Presented by Sir William de Bernak.

1334 Hugh de Bernak, probably a relative of the patron.

1341 Roger Smith. He was a son of Edmund Smith, a resident of Hethersett, and was appointed by John de Bernak. He resigned the living five years later.

1346 Robert Bishop. John de Bernak, the Patron, was now dead and John, his son and heir, was a minor. Edward III appears to have been his guardian and presented the living to Robert Bishop, who was already Rector of the other moiety.

1349 William Bassett. He was buried in the church and gave books and corn to

it in 1383. He did not remain at Hethersett until his death, but appears to have exchanged about the year 1383 with the Rector of Cranwich. During his incumbency the two medieties were united.

?1383 William de Ketteringham, by exchange as above. He died in 1386 and was buried in the chancel.

1387 John Sergeant. He was presented by Ralf de Cromwell, Lord Tateshale, but in 1393 he exchanged with the Rector of Weasenham.

1393 Thomas Saunders, by exchange as above.

1408 Roger Wright, presented by Maud Cromwell, Lady Tateshale.

1429 John atte Dam. He was presented by Sir John Tiptoft, Sir William Phelep, William Paston and Oliver Groos who were feoffees of Ralf Cromwell, Lady Tateshale. He resigned in 1433 and at that date, at the desire of the above mentioned Ralf Cromwell, the two medieties were perpetually united and ever since they have continued as one Rectory.

The names now given are of the Rectors of the consolidated Medieties of Hethersett and Church of Cantelofe, as it appears to have been called. Unless something of special interest is known, only the name and date will be given.

1433 Thomas Ryby (already referred to) - we continue in the next edition.

1452 Roger Brode.

1454 John Dyconson who resigned after 30 years.

1484 Robert Smetherst. An interesting piece of information is recorded in connection with this gentleman's incumbency. It appears that he had a brother, John Smetherst, a yeoman of the Crown, who was buried in the church "before the Rood." This would seem to mean that the beam running across the eastern end of the nave above the chancel arch (which is probably the old Rood beam) originally held the figures of Christ on the Cross and St John and the Blessed Virgin on either side, as now portrayed in the east window. Investigation of the beam might find the sockets in which these figures stood.

1507 John Philip.

1515 John Wayn. He was priest in charge of st Mary Magdalen's Hospital in Colchester and exchanged with the above.

1532 Thomas Smith. John Wayn seems to have been a rolling-stone for he exchanged again with Thomas Smith who was Rector of East Mersey in the London Diocese. More in the next edition of Hethersett Herald.

Groups and Societies

Hethersett Society

Herald Associate Editor and Hethersett Society member, Gary Wyatt, reviews the society's February meeting.

AT its first meeting of 2020, the society heard a talk by Barbara Miller, whose subject was "*The Norwich Boot and Shoe Trade.*" Barbara has been a Norwich guide for more than 50 years and so knows the city's history well. She has spoken to the society a couple of times before.

Barbara started by considering why shoes have been such an obsession through the ages for many people, women in particular, and concluded that whereas a woman's dress size tends to change (? increase) with age, the shoe size stays the same throughout life and therefore does not carry the same "guilt factor".



Crakow Shoes

The use of shoes can be traced back through history, and the 'Ice Man' found frozen in the Alps, who lived around 3000 BC, was wearing leather wrapped around his feet and fastened with thongs. Barbara showed us examples of shoe fashions through the ages, some of which were quite extreme. For example, the 'Crakow' design from Poland had such long toes that the tips had to be tied up to the knees with garters to allow the wearer to walk. Other extreme designs were the very wide and flat 'Duckbill' designs favoured in the 16th century and worn by Henry VIII.

Moving on to the Norwich industry, it was noted that at its peak, the industry employed more than 10,000 men and women. The first shoe makers were thought to be in open-fronted shops on what is now called Gentleman's Walk, and probably evolved from the long history of the weaving trade in Norwich when that trade started to die out in the 19th century. James Smith, a leather

Groups and Societies

merchant of St. Peter's Street, is known to have supplied material for what was then a cottage industry.

In the 1830s, industrial machinery took over production, and Barbara went on to talk about the larger Norwich manufacturers that grew up at that time. Only women's and children's shoes were made in the city, never men's shoes, probably as a result of the connection with the weaving industry mentioned above.

The process of shoe making involved several stages. The first was 'clicking', cutting out of the leather. This was followed by machining when the parts were assembled, then lasting where the leather was stretched over a mould or 'last' and then finally finishing, heels and soles being added and the shoe checked before dispatch. The different procedures were traditionally divided between men and women, with men doing the clicking and lasting, and women the machining and finishing.

Barbara went on to give a brief history of some of the main manufacturers in Norwich. The first of these was founded at the end of the 18th century by the above mentioned James Smith. Much later it became Start-Rite, which initially had a factory on Crome Road but later moved to larger premises on Mousehold Road. The next company she mentioned was founded by a Jewish refugee from Europe called Philip Haldinstein. His family later sold it to the Swiss shoe company Bally. Their factory on Queen Street in Norwich was designed by the well-known local architect Edward Boardman, a magnificent building which still exists. The company later moved out to Hall Road on the outskirts of the city.

Tillyard and Howlett were based first in Elm Hill but later moved to a much larger site in St. George's Street. John Howlett was joined by George White and the company became Howlett and White. They adopted the brand name of Norvic. Their large building still exists and nowadays is a mixture of apartments, a restaurant (The Last Wine Bar, named for its connection with the industry) and the Jane Austen School.

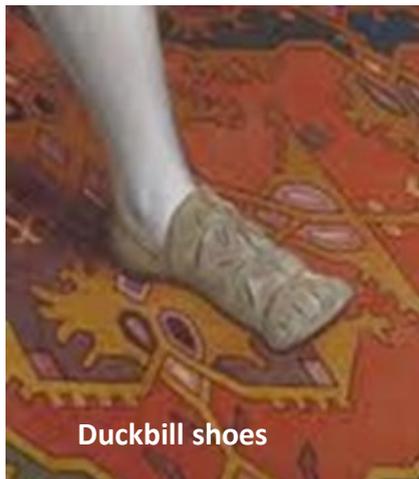


St Mary Works

Groups and Societies

A former employee of Norvic, Henry Sexton, set up on his own in Fishergate and later moved to Oak Street. They became Sexton Son and Everard and were the first to introduce a conveyor production system. They were based in St. Mary's Plain in a lovely 1930s art deco building, currently being converted to apartments after many years of being derelict.

Like many of the prominent factory owners in Norwich, Henry Sexton became heavily involved in civic life, and he gave the Assembly House to the city. Many of the owners were non-conformists, and are buried in the Rosary Cemetery. There was much intermarrying in the families, and several owners became Lord Mayors of the city.



Duckbill shoes

Edwards and Holmes were established on Esdelle Street and later moved to Drayton Road. The factory was bombed in the Second World War but later rebuilt. Henry Holmes was responsible for setting up the Bridewell Museum (now called the Museum of Norwich) as an industrial museum.

Barbara told us that in 1947 there were 32 shoe factories plus two making the lasts and two making heels. The only remaining one today, and that on a very small scale, is Bowhill and Elliot on Castle Meadow, who make slippers and a few shoes. She finished by saying that the red shoes worn by Judy Garland in *The Wizard of Oz* sold two years ago for \$2.4 million!

An interesting and entertaining talk from an experienced speaker.

The next meeting of the Society is on Monday 9th March at 7.30 pm in the Methodist Church meeting hall, when the speaker will be Paige Langton from The Dogs' Trust. Non-members are welcome to any meeting for a £2 charge but membership for the full year is only £7.

Hethersett Hawks By Mel Perkins MBE

HETHERSETT Hawks/Yellow Brick Mortgages Cycle Speedway Club has started preparing for the new season even earlier this year, such is the keenness of the younger riders. Sessions were even held at Spixworth in January and a local GO-RIDE series was organised at Harford Park on Sunday mornings in February.

Groups and Societies

Preparation work has started on our track in readiness for the Tuesday club nights to start, weather permitting, on 3rd March. These start at 6.30 pm and are open to all ages and genders with newcomers especially welcome.

You can keep up to date with our activities on our website which is

www.hethersetthawks.co.uk

Methodist Church

HETHERSETT Methodist Church holds shoppers' coffee mornings every Saturday from 10.30 am until midday. All are welcome with refreshments available. The art and craft group meets on Wednesday mornings at 10 am. Once again everyone is welcome and further details are available from Tina Greenhalgh on 810364.

The church has Bible Study sessions on the second and fourth Tuesdays at 7.30 pm. More details are available from Leonie Pritchard on 01603 812634.

Hethersett Short Mat Bowls Club

THE club plays all year round in Hethersett Village Hall and is affiliated to the English Short Mat Bowls Association. The club meets twice a week but inexperienced bowlers and newcomers are invited to attend the Friday evening sessions which take place at 7.30 pm. Sessions last for approximately two hours and take place on purpose-made bowling mats with refreshments served between games. Bowls can be provided. More information is available from Mick Wright on 07825 759162.

Caring Youngsters

Caring children from Hethersett Voluntary Controlled Primary School have been raising money to support animals injured in the Australian bush fires.

Year Six children made and sold badges and raised £100.

Groups and Societies

Jubilee Youth Club

By Gillian Saunders

The first meeting to discuss this year's fete was due to be held on Wednesday 26th February.

The Fete and Dog Show will be on **Saturday 27th June** at the hall from 12-3:30 pm. We are taking bookings for stall holders now, so if you are interested or know someone who is please get in touch with me. The charge is £10 a table, inside or out.

We are also collecting books, white elephant, bottles and Tombola prizes for the fete. If you have anything to donate let me know or leave them in the lobby when the hall is open and we can store them in the loft.

Youth club for those who are aged nine, ten or 11 runs every Wednesday 5:45-7:30 pm in term time and there are lots of fun activities planned with the young people. Lots seem to include food! If you want to see what it is like then go along and find out and hopefully have a great evening. Subs are £1.50 a week and there is a tuck shop if you wish to purchase sweets or crisps.

Then on the first Wednesday of the month there is a session for those at High School, age 11-14. Again subs are £1.50 and it is open to all, just go along at 7:30-9pm at the hall. The next session is Wednesday 4th March so go along and find out more.

We are always looking for volunteers to help with the early group on a Wednesday evening to serve tuck, make drinks and generally help out. What ever you feel comfortable with. We ask only that you commit to a regular time eg first Wednesday in the month or every other month. Please think about it and arrange to go and see the club or contact me on 01953 607566.

I would like to thank Carter's, who are the building contractors for the works on the Academy, for agreeing to patch up the pot holes in the car park which are now quite deep and currently full of water! The paving slabs have also broken so again just be careful until they also replace them.

Groups and Societies

Norfolk Association For The Disabled

By Angela Farrington

We are a group which enable people with disabilities, their carers and others who may want to join a friendly group for afternoon socials and trips out or for anyone wishing to volunteer their services to help others.

Our socials are held on the first Thursday of the month at Hethersett Methodist Church hall from 2-4 pm. We have three trips out each year. We can provide transport or help with taxi costs if needed. Feel free to turn up at any of our meetings and you will be guaranteed a very friendly welcome. Membership fees are due in April and are £15. The committee provide refreshments, sandwiches and cakes followed by a raffle with a fun activity or visiting entertainment at all socials.

For more information about the group please contact myself on 01603 810342 (leave a message if I'm not at home) or Rob Reeve, chairperson on 01603 810440.

Dates for the coming months are:

5th March: Beetle Drive

26th March: Trip to Norwich Theatre Royal to see Les Miserables. Pre booked tickets only (Be at Hethersett Village Hall at 12.45.pm for coach) .

2nd April: Visit by a singing group Timescape. They will be singing songs from the 1940s and will be dressed accordingly. I suspect this will be a bit of a sing along.

7th May: Activity to be arranged.

Hethersett Art Group 'Paint with Us'

By Ann Wright

The group meets on Thursdays from 1.30 to 4 pm in the Village Hall, Back Lane.

The group was formed in 2003 with 13 members. It has gone from strength to strength, now having over 30 members. About 15 members come each week from Hethersett and surrounding villages.

An annual exhibition of the artists' work is held in the autumn with no one under any obligation to exhibit their paintings, cards or small sculptures.

Artists of all abilities are welcome from beginners to experienced artists.

Groups and Societies

There is no formal tuition. We encourage each other and members are always willing to give help when asked.

The first session is free for new members. Contact email is suefhope@gmail.com or come on a Thursday to see if you would like to join us.

Membership is payable on a six monthly basis to cover the cost of hiring the hall and miscellaneous expenses.

Memorial Playing Field

By Mel Perkins

The Trustees have removed the old swings outside the play area, as they were no longer serviceable. We are currently considering options for a new set of swings for older children inside the play area. We are also now able to reinstate the bowl swing after repair thanks to additional financial support from Hethersett Parish Council. In the spring we will also be undertaking some equipment painting. The table tennis equipment will be put back out from early March for residents to use.

Probus Club

Cliff Mortley was once again quizmaster for the club's annual quiz. Teams were chosen at random through the issue of playing cards and then 40 questions were divided into four rounds of 10. Half of the questions were general knowledge and the other half the definition of words. The winning team consisted of Ron Butcher, Chris Mallett and Julian Bailey. The quiz was followed by a buffet lunch.

Hethersett Parochial Charity

Funds are available from the charity for people in need living in Hethersett. If you know of anyone in need contact clerk to the trustees Stephanie Clarke on 01603 811589 or in writing at 43, Lynch Green, Hethersett, NR9 3JT.

Hethersett Mothers' Union

Herald editor Peter Steward talked to the February meeting of Hethersett Mothers' Union about "Heroes and Heroines and a Horse From Hethersett." His talk featured a number of high profile people either born or who lived in Hethersett, going back to the 16th century and including a pioneer of America—Temperance Flowerdew— and a pioneer of Australia—Elizabeth Pulley.

Groups and Societies

Heart of Hethersett Group

The Heart of Hethersett Bereavement Group is widening its remit to take in a number of other subjects other than bereavement. The group was formed four years ago and meets regularly every two weeks in the lounge at Woodcote Sheltered Housing complex in Firs Road from 5.30 until 6.30 pm.

Over the past few years the group has looked at many aspects of bereavement and also extended its remit to include depression and anxiety.

Now the group will be looking at a whole mix of subjects including loneliness, solitude and alienation, isolation, the use of social media etc. New members are always welcome and there will be three meetings in March on March 3rd, 17th and 31st. Tina Bowden will talk to the group on March 17th about her role as a celebrant.

On February 18th, the group viewed a video of American philosopher Herbert Fingarette taken when he was 97 years of age. Herbert, who died shortly after the film was made, looked back on his life and discussed the problems of old age and becoming frail.

Hethersett Dementia Support Group

The monthly café on February 18th enjoyed the second part of a film on "Norwich in the 1960s". This was followed by a meal prepared by helpers and volunteers. About 30 people attended. The group meets twice a month on the first Tuesday for an informal café style chat and coffee and on the third Tuesday when the meeting is more structured and includes films and talks.

March dates are 3rd (informal café) and 17th. The café runs from 10 until 11.30 am and the regular dementia group sessions from 10 until midday. All meetings take place in Hethersett Methodist Church Hall.

Please Get In Touch

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

Groups and Societies

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

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

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

www.hetherssettherald.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.

Hethersett Pensioners' Association

The association meets monthly in Hethersett Methodist Church Hall from 2 to 4 pm. The programme for the next five months is:

Monday 9th March—Peter Steward “Hethersett Heroes and Heroines and a Horse.”

Monday 6th April—Anna Meek “Norway.”

Monday 11th May—Lesley Wooton “Reminiscing School Days.”

Monday 15th June—Georgette Vale “Wymondham's First Lady.”

Hethersett Parochial Charity

Funds are available for those in need in the village through the Parochial Charity. If you know somebody in need who lives in the village contact clerk to the trustees Stephanie Clarke on 811589 or in writing to 43, Lynch Green, Hethersett, NR9 3JT.

Groups and Societies

Hethersett and District Horticultural Society

By Leslie Dale—Committee Secretary

At Hethersett and District Horticultural Society's meeting on Wednesday 19th February Lesley and John Easton showed us their photographs and movie clips of a trip to South Africa. A wonderful travelogue.

This was a trip starting in Capetown and involved journeying for three nights on the "Rovos" luxury train and travelling via Kimberley's DeBeers big diamond mine, now a watery void over a "Volcanic plug", to Pretoria and thence to the Kruger National Park and Victoria Falls.

We enjoyed photos of some native flora, strelitza, and "proteus" the National Flower of South Africa. The land based wildlife featured extensively in the presentation; however the first example of fauna shown was on the sand of Boulder Beach to the south west of Capetown. Surprisingly it was home to the only penguin species not based in the frozen Antarctic region.

The highlights of the talk, for your scribe, were the many varied wild animals, some shown in movie clips. If you ever have to have the misfortune to be near a large wild cat which is twitching its tail, this is bad news if you happen to be an impala; however, if seated in a tourist vehicle, you are probably safe.

The society meets on the third Wednesday of each month except December, which is on the second Wednesday, at 7.30pm in the Methodist Church Hall, Great Melton Road, Hethersett. All are very welcome - occasional visitors are charged £1.50; refreshments are included.

Our next meeting is on Wednesday 15th April, when Julia Allen of the National Gardens' Scheme visits "Private Gardens" and on Wednesday 20th May, Robin MacDonald is on a "Spring Fling in Kirkenhoff".

Parents and Toddlers Coffee Drop In

A special parents and toddlers coffee drop in morning takes place in St Remigus Church on the first Tuesday of each month from 10 a.m.

Pawfect Activity for a Healthy Retirement

Looking to stay fit and active in retirement? The solution could have four paws and a waggy tail! With scientific studies showing that the company of a dog can reduce stress and increase physical activity and social interaction, there's a lot to be said for spending time with a canine. In her regular column Hethersett resident Helen Tyler from Barking Mad looks at how a dog can enhance your lives.

DOG ownership is a huge long-term commitment, both emotionally and financially. With the average lifespan of a dog being approximately 12 years, many people are discouraged from taking on such a responsibility.

Barking Mad offers a part-time alternative to dog ownership, where you can experience all the benefits without the full-time responsibility. 'Host families' become temporary companions for dogs whose owners are on holiday.

Below, we look at the benefits they can experience:

A healthier life with a dog

As well as helping lower blood pressure by encouraging us to exercise more, dogs can also help in another way and it's all down to science! A release of the hormone oxytocin is triggered when you stroke a dog, particularly if you look into their eyes. This surge of oxytocin can lower blood pressure, ward off depression and boost immunity.

A Swedish study of 3.4 million people also makes the claim:

"In a nationwide population-based study with 12 years of follow-up, we show that dog ownership is associated with a lower risk of cardiovascular disease in single households."

Hounds can make you happier

Patting, stroking and walking dogs can help people to feel more relaxed and less anxious. This makes a huge difference to emotional and physical well-



being. Dogs also have a huge capacity for unconditional love which can't fail to make you feel happier! No matter how bad your day has been, a dog will always greet you with a waggy tail and a non-judgemental attitude.

Caring for canines can ease social isolation

Dogs can be a real catalyst for social relationships in neighbourhood settings. When you're walking a dog, it really does break the ice with fellow dog carers/owners, as well as getting you out of the house in the first place.



Barking Mad host families also benefit from joining a local community of dog loving individuals, with regular events such as group walks and meals out.

Retired Financial Adviser, Helen, and retired Engineer/Gas Fitter, Steve, (pictured on the previous page) have hosted for Barking Mad since 2015. They said:

“Using Barking Mad gives us all the pleasure of having a dog with none of the cost, worries or being tied to home. It enriches our lives. We also feel that as we get older, we don't want to leave a dog that might have to be placed in a rescue centre if we were no longer fit to look after it. It's amazing how much pleasure you can get from these four-legged bundles of fun! Each dog is different, so be patient and you'll soon learn their likes and dislikes. Dog sitting is also a great way to meet like-minded people who walk their own dogs.”

How does it work?

Our hosts are generally active retired people or home workers, who enjoy having a dog to stay occasionally. We carefully match each dog to the host's environment and circumstances to make it a great experience for everyone. Friendly dogs arrive to stay for a week or two with everything they need, such as food, bedding and toys, all provided. Transport, insurance and administration are taken care of by ourselves. We are on call 24/7 and provide full support and guidance.

If you have a secure outside space, plenty of time to spare (when it's convenient for you) and are a real dog lover, we'd love to hear from you.”

If you would like to find out more about becoming a Barking Mad host, you can call me on 01603 340595, or email me at helen.tyler@barkingmad.uk.com or visit www.barkingmad.uk.com

Where To Eat In Hethersett

Church Farm Shop and Tea Rooms -

Norwich Road (B1172). Telephone 01603 814151

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

Janey's Village Café -

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

Open Monday, Tuesday, Wednesday, Thursday and Sunday 8 am to 3 pm.
Friday and Saturday 8 am to 5 pm.

Hethersett Queen's Head -

12 Norwich Road. Telephone 01603 810226.

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

Park Farm Hotel

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

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

Café Kin

Rowan House, Queen's Road, Hethersett.

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

* * *

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

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

Hethersett King's Head is due to re-open in the not too distant future following its refurbishment and the emphasis will be on food.

Hethersett Herald

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

www.hethersettherald.weebly.com

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

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

Herald Team

Editor - Peter Steward

Associate Editors - Roger Morgan, Gary Wyatt and Hannah Harrison.

Columnists - Scott Willoughby. Connie Tindale and Penelope Brown

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

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

petersteward@lineone.net

Regular Events:

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

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

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

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

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

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

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

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

On the next page we have a list of just some of the events taking place in the village in March.

Hethersett Herald What's On

March

Tuesday 3rd—Hethersett Dementia Support Group informal coffee morning. Hethersett Methodist Church Hall, 10 am.

Tuesday 3rd—Heart of Hethersett Bereavement Support Group meets in the lounge at Woodcote Sheltered Housing Complex, 5.30-6.30 pm.

Thursday 5th—Norfolk Association for the Disabled Beetle Drive, Methodist Church Hall 2 -4 pm.

Friday 6th—World Day of Prayer service in St Remigius, 2 pm.

Friday 6th—Friends of Hethersett Library Games Afternoon from 2 pm.

Friday 6th—Hethersett Memorial Playing Field Bowls Club Quiz. Hethersett Jubilee Youth Club, 7.30 pm.

Sunday 8th—Hethersett Village Screen presents the film “The Good Liar” starring Helen Mirren, Hethersett Village Hall, 3 pm.

Monday 9th—Hethersett Pensioners' Association. Peter Steward on “Hethersett Heroes and Heroines and A Horse.”

Monday 9th—Hethersett Society. Paige Langton from the Dogs' Trust. Methodist Church Hall, 7.30 pm.

Thursday 12th—Hethersett in Bloom public meeting, Hethersett Library 6-7 pm.

Saturday 14th—Save the Children Quiz and Chips. See page 132 for more details.

Monday 16th—Hethersett Methodist Church Open Hearts and Open Mind event, 3 pm. See page 69 for more information.

Monday 16th—Hethersett Parish Council. Hethersett Village Hall, 7.30 pm.

Tuesday 17th—Hethersett Dementia Support Group's monthly café. Hethersett Methodist Church from 10 am.

Tuesday 17th—Heart of Hethersett Bereavement Support Group meets in the lounge at Woodcote Sheltered Housing Complex, 5.30-6.30 pm.

Wednesday 18th—Hethersett and District Horticultural Society—Hawaiian Adventures. Methodist Church Hall, 7.30 pm.

Friday 20th—Sewing Workshop at Hethersett Jubilee Youth Club.

Thursday 26th/Friday 27th—Hethersett Academy's presentation of the musical Hair-spray. 7 pm.

Sunday 29th—Easter Egg hunt. See page 127 for more details.

Tuesday 31st—Heart of Hethersett Bereavement Support Group meets in the lounge at Woodcote Sheltered Housing Complex, 5.30-6.30 pm..

Unexpected Find On Litter Pick.



These tyres were found on the latest litter pick undertaken by volunteers, They were too big to bag but the relevant authority has been informed. The picture was taken by Claire Kiely. Details of coming litter picks are on the next page and on page 127 you can see another example of what is being fly tipped in the village.



THE latest village litter pick in February attracted 17 volunteers from as young as six years of age. The photo above was taken by Herald Associate Editor Hannah Harrison.

2pm Meet at the village hall

Under 18's must be accompanied by an adult.
Wrap up warm because it will be chilly!

Following picks: 14th March, 11th April &
9th May.



THIS single divan bed and mattress was found on the grass verge across from the turning into Bailey Close. Its presence was reported to South Norfolk Council for removal.

Hethersett Herald What's On

A Chocolate Treasure Hunt

FIRST Hethersett Cromwell Cub Scouts are organising an Easter Egg hunt around the village.

Letters spelling an Easter word or phrase will be displayed from 10.30 till 3.30 pm on Sunday 29th March around the village. The idea is for people to walk, run, scoot or cycle with their family and friends to find them.

Between 1 pm and 4 pm, at the Scout Hut (in the grounds of Hethersett Academy), Cubs will be swapping completed maps for Easter Eggs. There will be a chocolate egg for every completed map.

The Cubs will be selling the maps for £2.50 each between 14th and 27th March and have chosen to donate proceeds to the Hethersett-based Finnbar's Force charity, Australian Bushfires and The Rainforest Trust.

Check out the Hethersett Herald Facebook page to find out how and where to get your maps.

Hethersett Herald What's On

TICKETS are now on sale for Hethersett Players' night of 1940s entertainment to celebrate VE (Victory in Europe) Day.

VE Day 75 will take place in Hethersett Village Hall on Friday 12th June and Saturday 13th June.

Tickets are available from <https://hethersettboxoffice.org.uk>. There is also a website at <https://hethersettplayers.co.uk> and a Facebook page @hethersettplayers.

Places Available For Sewing Workshop

A sewing workshop is being held in Hethersett Jubilee Youth Club Hall on Friday, March 20th, and a strictly limited number of places are still available.

The title of the workshop is "Calico Garden" and tutor Sheelagh Foulkes will be using muted colours and simple stitches for the work. Only two places are left.

Materials will be provided by Sheelagh but those taking part will need to take along basic sewing kits and an eight inch hoop if possible.

Tea and coffee will be provided but participants are asked to bring their own lunch. The workshop will run from 10 am until 3 pm and the cost is £15.

To book a place or to find out more information please contact Elaine Canning at ecpiano23@gmail.com

Hairspray on Stage At Hethersett Academy

FOLLOWING the success of last year's production of Bugsy Malone, students from Hethersett Academy will be performing the musical Hairspray at the school on Thursday, 26th March and Friday 27th March at 7 pm.

Tickets cost £8 for adults and £4 for students with children under-11 free. There is also a healthy discount for families.

More details are on the poster on the next page.

Hethersett Herald What's On



presents

hairspray

• THE BROADWAY MUSICAL •

Book by
Mark O'Donnell
Thomas Meehan

Music by
Marc Shaiman

Lyrics by
Scott Wittman
Marc Shaiman

Thursday 26 March 7pm

Friday 27 March 7pm

HA Sports Hall

www.ticketsource.co.uk/hethersettacademy

£8 adults, £4 students, under-11s free

Family Discount: 10% off bookings of 4 or more tickets

Student tickets also available via www.mystickers.co.uk for 40 points

Based on the New Line Cinema film written and directed by JOHN WATERS

Orchestrations by Karol Wheeler | Arrangements by Marc Shaiman

This amateur production is presented by arrangement with Music Theatre International (Europe)

All authorized performance materials are also supplied by MTI Europe www.mtishows.co.uk

Hethersett Herald What's On

Hethersett Jubilee Youth Club Back Lane, Hethersett

Well-Being evening.

This is on the first Wednesday of each month during term time between 7.45pm until 9.00pm.

This service is open for years 7, 8, and 9.

This is aimed to be a chance for young people to take some time for themselves and focus on their well-being. This will be a calm session for young people to relax and enjoy activities and talk to workers about things that are important to them.

£1.50 per member per week.

Please come along and see what its about.

(Please note this is instead of senior youth club)

Also Junior Club runs every Wednesday evening during term time from 5.45pm until 7.30pm.

This a club for young people to enjoy a wide range of activities including cooking, pool, table tennis, wii, arts and crafts.

This is open to years 5 and 6.

£1.50 per member per week.

Home schooled young people very welcome these session are open for all.

Please contact Emma Howe 07760 283864

or

ehowe449@gmail.com

Hethersett Jubilee Youth Club

Back Lane, Hethersett

Junior Youth Club

**Club is on every Wednesday evening during term time
5.45pm until 7.30pm.**

**This a club for young people to enjoy a wide range of activities
including cooking, pool, table tennis, wii, arts and crafts.**

This is open to years 5 and 6. £1.50 per week.

**Home schooled young people very welcome
these session are open for all.**

**Please contact Emma Howe 07760 283864
or email
ehowe449@gmail.com**

Hethersett Herald What's On



Save the Children
100 YEARS

Norwich Branch

QUIZ AND CHIPS

Saturday 14th March

Hethersett Village Hall 7.30pm

Fish and Chip Supper

Tables of up to 8 people

Bring your own drinks - glasses provided

Tickets £10



Tickets and information from Pam Butcher
01493 701122 / pamela.butcher46@gmail.com



Art Exhibition

Hempnall Village Hall

**Sat 25th & Sun 26th
April 2020**

10.30am until 4.00pm

Entrance £1 per person including catalogue

Over 250 exhibits for sale by
club members and invited local artists

Tea, coffee and homemade cakes

A donation from profits will be given to a local charity

Open Day For U3A

THE Wymondham branch of the University of the Third Age (U3A) will be holding an open day on 6th June in Wymondham Central Hall from 10 am to 4 pm.

Wymondham U3A is made up of retired or semi-retired people from Wymondham and the surrounding villages including Hethersett.

U3A was founded in France during the 1970s and is now world-wide and aimed at semi-retired and retired people who wish to make new friends, experience new opportunities and above all bring joy and laughter into their lives.

The monthly magazine called 'Third Age Matters' encompasses the idea that the third stage of our lives matters and that each and every day should be lived to the full.

The Wymondham U3A has been in existence since 2001 and provides a vast array of choices with the many groups from books to bridge, from gardening to golf, from Spanish to Scrabble and much more. Over to the organisers of Wymondham U3A.

"If you are on your own or a couple, you will receive a warm and friendly welcome in your first step into a social environment with a visit to one of our coffee mornings held each Thursday from 10 – 12 am at Central Hall, Wymondham.

"During our Open Day on 6th June, you will be able to browse amongst the many activities on offer including holidays, coach trips and social events. You can be involved as little or as much as you feel comfortable and will soon find that the strangers you meet will soon become friends.

"Do come along and see for yourself when you will be met with friendly faces and laughter. If you would like to know more before our Open Day, please look at our website on

www.u3asites.org.uk/wymondham/welcome.

You can also email Gilly at gillyflour4@gmail.com who will be happy to answer any of your questions.

More information is included on the poster on the following page.



U3A STANDS FOR THE UNIVERSITY OF THE THIRD AGE FOR PEOPLE IN THEIR "THIRD AGE" IN RETIREMENT OR SEMI-RETIREMENT

THIRD AGE MATTERS
LIVE
LEARN
LAUGH
A WARM
WELCOME
AWAITS

Happy Thursday



Would like to know more?
Why not join us for our coffee mornings
Every Thursday 10 - 12 am
Central Hall
Wymondham

STRANGERS
.... are just
FRINDS
.... waiting to
HAPPEN



Step into an interesting and friendly new world
Make new friends
Experience new interests
Get involved

A vast array of information is available on our website:
www.u3asites.org.uk/wymondham/welcome

Hethersett Social Club



Coming attractions at Hethersett Social Club include the following:

Saturday 7th March—Entertainment with James Barr

Sunday 12th April– Karaoke

Saturday 25th April– Live music with Karen Bell

Friday 8th May- Karaoke

Sunday 24th May– Karaoke

Saturday 20th June– Live music with the Odd Man Out Band

Club Opening Hours

Monday - Closed

Tuesday - 7 pm to 11 pm

Wednesday - 7 pm to 11 pm

Thursday - 7 pm to 11 pm

Friday - 5 pm to 11.30 pm

Saturday - 12 pm to 12 am

Sunday - 12 pm to 6 pm

For more information on club activities telephone 01603 811195 or visit the official website at: www.hethersettsocialclub.co.uk

Hethersett Herald What's On

Time For That Quizzical Look

HETHERSETT Memorial Playing Field Bowls Club is organising a quiz on Friday, March 6th, from 7.30 pm for an 8 pm start.

The club is looking for teams of up to eight for the event in Hethersett Jubilee Youth Club Hall in Back Lane. Cost is £8 per person which includes a buffet. Tickets are available from Ron Butcher on 01603 813096.

Still on the theme of quizzes, the Friends of Hethersett Library will be holding one in Hethersett Village Hall on February 29th and more details are available on the poster on page 145. There's still time to book a table for this if you are reading it on the 29th.

Celebration Time

The re-formed Hethersett Players will be presenting their take on VE Day to celebrate the 75th anniversary.

We will have more details of this and parish council led celebrations in the April edition of Hethersett Herald.



HETHERSETT Hall care home is opening its doors by inviting the community to visit them for regular activities. Chair exercising, church singing groups, live music, Yoga and bingo are just some of the activities organised during each month by the home. More details of events at the home are on the next two pages.



Community Activities

BARCHESTER
Celebrating life

Ongoing events and activities at Hethersett Hall open to all!

Chairecise

Come and join Mr Dod for an afternoon of chair based exercises to enhance balance and core stability. Every first and second Monday of the month at 3pm in our Main Lounge

Methodist Singers

For over 20 years the Methodist Singers have been joining us at Hethersett Hall for songs of worship, praise and fellowship. Every first Thursday of the month at 3pm in our Main Lounge

Yoga

Come and join our instructor Bella for chair based Yoga focusing on relaxation and meditative techniques to enhance your everyday life. Every Wednesday morning at 11:15am in our Main Lounge.

Live performance by Peter Turrell

Come along and enjoy some classical guitar played by Peter at 3pm!

Pets at Therapy Visit

Every second Tuesday of the month we welcome you to come and greet our lovely PAT dog Wes at 2pm and our other PAT dog Coisty every second Saturday at 11am.

Bingo!

All are welcome to join us for Bingo every Saturday at 3pm!

Complimentary refreshments always available! If you would like to attend any of our free community events please call our Activities Co-coordinator's Charlotte or Emily on 01603 810478 or email at hethersett.activities@barchester.com

March Activities at Hethersett Hall

Monday 2nd

Our Gentleman Barber will be here from 2pm if you would like to pay at visit!

Tuesday 3rd

The lovely ladies from Birdies Boutique will be here from 2pm to provide a shopping experience with a variety of different clothing and shoes for both ladies and gentlemen!

Thursday 5th

Join us for Songs of Praise with the Methodist Singers at 3pm!

Saturday 7th

Activities with Little Visitors from Friend in Deed from 10:30am.

Tuesday 10th

Holy Communion with Reverend Derek at 11am. Wes our PAT dog will be visiting at 2pm also.

Thursday 12th

Falls Prevention exercise class with Callum from "Senior Strength Fitness" at 3pm.

Monday 16th

"Little Orchestra" from Hethersett will giving a wonderful performance for us at 7:15pm.

Tuesday 17th

Peter Turrell will be here to play classical guitar for you at 3pm!

Wednesday 18th

Dick High will be singing some of your all-time favourite songs at 2pm.

Friday 20th

Music & Movement with Bella at 11am.

Saturday 21st

Activities with little visitors from Friend in Deed from 10:30am.

Sunday 22nd

Eddie will be performing this afternoon at 11am with some golden oldies!

Wednesday 25th

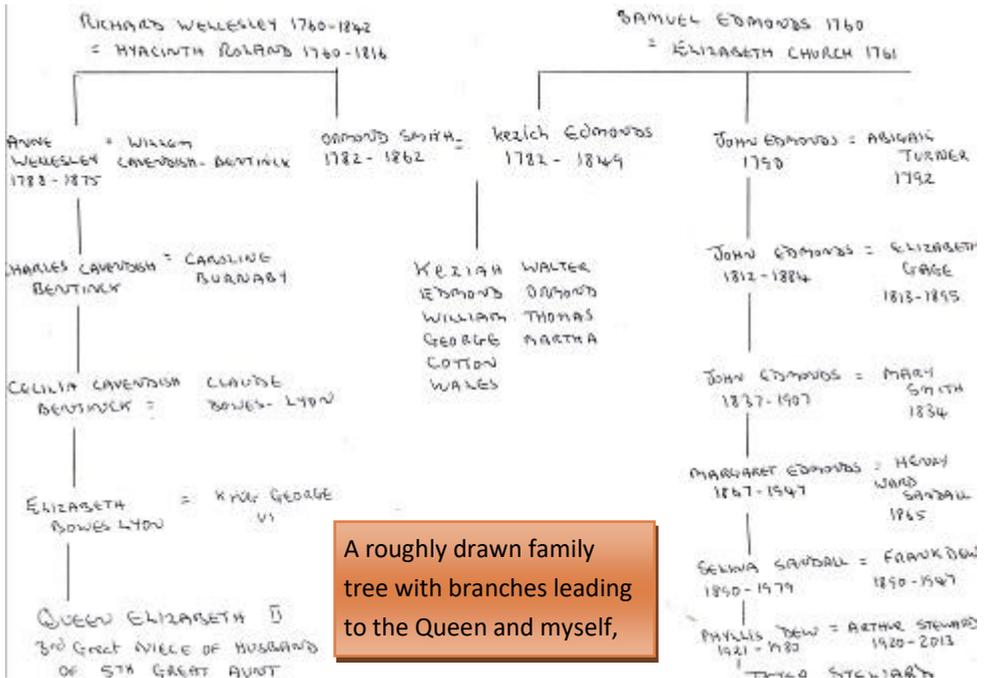
Salena from Dawson's Law in Hethersett will be here to give an informative talk, offering support and advice to give Attorneys clearer instructions, 5pm – 6pm.

Refreshments available and all are welcome!

Saturday 28th

Our PAT dog Coisty will be visiting for cuddles at 10:30am – if you would like to pop along and say hello!

Editor's Royal Side



By Peter Steward

IF you are a keen genealogist looking to delve into your past be prepared to expect the unexpected.

My journey delving into my family past has taken me on a roller-coaster ride, uncovering war heroes and much more. But nothing prepared me for a discovery made this month when I not only found a connection to a Parisian actress of some repute but also a connection with nobility and, ultimately, the Royal Family.

But I'm probably getting ahead of myself and need to explain. There are two sides to me when it comes to family tree research. There's the disciplined side that tracks my immediate ancestors and then there is what I refer to as my "butterfly" side where I fly off in all directions.

And it was this latter side that led me to my Royal Connection. OK it's a pretty tenuous one but it is nevertheless there. Let me explain.

My 5x great grandparents included Samuel Edmonds who was born in 1760 and

Elizabeth Edmonds (nee Church) who was born in 1761. One of their sons John Edmonds was born in 1790. He was my 4x great grandfather and had an older sister Keziah Edmonds who was born in 1782 and died in 1849.

Keziah Edmonds married Ormond Smith (1782-1862) in Great Yarmouth. Together they had 10 children, three of whom set up a highly successful and profitable shipping line in Australia (but that's a story for another day).

It turns out that Ormond Smith was the illegitimate son of Richard Wellesley (1760-1842) and French actress Hyacinth Roland (1760-1816). In those days children born "out of wedlock" were frowned upon and, presumably for that reason, Ormond was adopted by a couple from Great Yarmouth by the name of Smith.

Wellesley and Hyacinth Roland moved to London where Hyacinth was frowned upon by "polite society" due to the fact that she refused to learn to speak English.

Nevertheless the couple continued to produce offspring, many of whom went on to have distinguished careers. One of these was Anne Wellesley (1788-1875). She married Willem Cavendish-Bentinck and one of their sons was Charles Cavendish-Bentinck (1817-1865) who married Caroline Burnaby.

Their daughter Cecilia Cavendish-Bentinck married Claude Bowes-Lyon and their daughter



Pictured above is Hyacinthe-Gabrielle Wellesley, Marchioness Wellesley (1766 – 7 November 1816). Hyacinthe was a French actress who became the mistress, and later the wife, of Richard Wellesley, 1st Marquess Wellesley of Norragh.

She was born as Hyacinthe-Gabrielle Roland in Paris, the daughter of Pierre Roland and Hyacinthe Gabrielle Varis.

Wellesley, the son of Garret Wesley, 1st Earl of Mornington, met Roland at the Palais Royal where she was an actress. She spoke no English, and they lived together for some years without marrying. They married on 29th November, 1794, at St George's, Hanover Square, London. She remained a social outcast. Wellesley had a number of other illegitimate children with other mistresses.

Elizabeth Bowes-Lyon married King George VI. One of their daughters, of course, is the current Queen!

So with the help of Ancestry.co.uk I have established that Queen Elizabeth II is the third great niece of the husband of my fifth great aunt. I am also related to the Duke of Wellington.

So if you see me wandering around the village you might like to bow a little!!!

On a more serious note I am a trustee of the Norfolk Family History Society in Norwich. Membership to the society is available and includes four magazines a year and also access to millions of family history records on the members' section of the web site.

More information is available on the web site at:

<https://www.norfolkfhs.org.uk>



Anne Wellesley—The great great grandmother of the Queen. She was the daughter of Richard Wellesley and Hyacinthe Roland.



Richard Colley Wellesley, 1st Marquess Wellesley, KG, PC, PC (Ire) (20 June 1760 – 26 September 1842) was an Irish and British politician and colonial administrator. He was styled as Viscount Wellesley until 1781, when he succeeded his father as 2nd Earl of Mornington. In 1799, he was granted the Irish peerage title of Marquess Wellesley.

He first made his name as Governor-General of Bengal between 1798 and 1805, and he later served as Foreign Secretary in the British Cabinet and as Lord Lieutenant of Ireland.

He married Hyacinthe Gabrielle Roland, on 29th November, 1794 after having a number of illegitimate children with her including Ormond Smith who was adopted by a couple from Great Yarmouth

News From Hethersett Library

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.

The poster on the last page of this edition gives an overview of coming events in Hethersett Library for March.

Hethersett Parish Council will soon have its own office in the library. Plans are now at an advanced state to provide a parish office for the public within the building.

We will let you know when this is up and running.

You will also find details of the latest meeting and coming events of the Friends of Hethersett Library elsewhere in this edition of Hethersett Herald.

Talks, presentations and games afternoons are just some of the events being lined-up by the Friends of Hethersett Library for 2020.

A games afternoon is organised on the first Friday of each month. A whole host of games from chess and draughts to well known board games will be available and it's just 50p to take part.

Looking further forward the group will be organising a quiz in the village hall on February 29th. Tables of up to eight will be taking part and the cost will be £5 per person.

News From Hethersett Library



Picture by Angela Eden

Time For Play

HETHERSETT Library has an indoor games afternoon on the first Friday of each month. Pictured above is a group enjoying some friendly competition. Everyone is welcome and the charge is just 50p per session. The starting time is 2 pm.

Hethersett Library Friends

Quiz Night

+ Raffle!

Saturday 29th February

6:30pm

Hethersett Village Hall

£5 per person, maximum of 8 people per table

Please arrive on time for a prompt start.

Bring your own nibbles and refreshments

To book your place, please contact
Angela Farrington on 01603 810342.

Hethersett Library Events

March 2020

- **Knit & Natter: Mon 9th, 16th, 23rd & 30th 14:00-16:00**
- **Colour me Calm: Weds 4th, 11th, 18th, 25th 11:00-12:00**
- **Baby Bounce and Rhyme: 2nd, 9th, 16th, 23rd & 30th 14:00-14:30**
- **Lego Club: Fri 6th, 13th, 20th & 27th 3:15-4:15**
- **Games Afternoon-Hosted by Friends of Hethersett Library. Fri 6th, 14:30-16:30**

Join our lively Lego Club every Friday after School from 15:15!

This is a free event but donations are welcome and will go towards improving club resources.

Suitable for children age 5+

Book of the Month

Our Book Group read The Gates of Rome by Con Iggulden this month. Come in, see what they thought and take a copy for yourself! We will also have a collection of books commonly read by fans of the author.

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



Norfolk County Council