



Support for Depression

THIS edition of Hethersett Herald looks at a number of aspects of mental health in the village beginning with news that the Heart of Hethersett Bereavement Group is extending its welcome to local people suffering from anxiety and depression.

Mental Health Special

THE Heart of Hethersett Bereavement Group is extending its scope to include people suffering from anxiety and depression.

The group recently celebrated its first birthday and meets every fortnight on Tuesday evenings from 5.30pm until 6.30pm in the lounge of Woodcote Sheltered Housing complex in Firs Road.

Community facilitator Andrea Owen attended the meetings on October 10th and 24th to express her support for the group.

Heart of Hethersett will also be working closely with the village's Dementia Support Group which holds a café on the third Tuesday of each month in Hethersett Methodist Church Hall



from 10am to midday.

Together the groups will provide support not only for those suffering from mental health problems but also carers and supporters.

Articles on the subject of mental health written by this e-magazine have been sent to Norwich South MP Clive Lewis. Turn to page three to read one Hethersett resident's take on mental health.

INDEX

Support For Depression and Anxiety Sufferers	1
Mental Health Day	3
Herald Comment	4
Hethersett Pantomime 2018 Announced	5
A Vision of Education - 200 years of schooling in Hethersett	6
Artists on Show	12
News From Jubilee Youth Club	15
Hethersett Village Screen	17
Hethersett Matters - News from Norfolk Trading Standards	18
Council and Government Contact Numbers	20
FareShare Food Initiative at Methodist Church	22
Assurance Over Future of Hethersett Library	23
Fire Service Presence to Remain in Hethersett	23
Winter Wonderland at Old Hall School	24
Nigel Nominated for National Award	25
Herald What's On	29
Aspiring Artists' Display	30
Christmas Charities Fair	31
News From Hethersett Parish Council	32
News From Hethersett Library	33
Author Talk at Hethersett Library	35
Herald Health - Pregnancy	39
Groups and Societies	45
Hethersett Society Report	47
News From Hethersett Hedgehogs	49
Insignia Mystery Solved	51
From the Archives	52
Media Watch	53
News From Hethersett Hawks	56
Hethersett and Tas Valley Cricket Club Presentation Evening	58
Hethersett Sports Association News	62

MENTAL HEALTH DAY - A Resident's View

OCTOBER 10th was national mental health awareness day. One Hethersett resident, who has asked to remain anonymous, wrote a very moving piece about the history of mental illness and how it has affected her and her family. We reprint this below with their permission:

“If you happened to have been born during the 19th Century and were unlucky enough to have given birth to an illegitimate baby you might well have ended up in a mental asylum. Taken there against your will, normally by a member of your own family, to live amongst a tsunami wave of mentally ill strangers. Some girls were placed there and forgotten, drugged, to keep them quiet, their babies taken from them after they gave birth and many remained there for the rest of their lives.

Thankfully society has moved on from those days and that wouldn't happen now.

Mental Health is in a way like redundancy, divorce, bereavement or suicide; it doesn't touch or affect you until you know someone that has suffered its effects.

If you break an arm or a leg, people sympathise and empathise with you because they can see your injury and pain and how you are struggling to cope. Not so with mental health, it's a silent anguish and sometimes a killer.

If neighbours or friends find out you are suffering from depression, senile dementia or Alzheimer's Disease to name but a few mental illnesses, they tend to avoid you like the plague because, for some reason or another, they seem to think it could be contagious.

In my own family I have had a grandfather who committed suicide when he was 49. He left a wife and four children to fend for themselves in the early 1930s, so aptly called the “depression” decade. Who wouldn't have suffered a break-down or temporary bout of insanity if they had to line up for work every day not knowing if they could get a job for that day or the next, an endless queue and toil? He might have been in physical pain from injuries sustained from carrying heavy carcasses as a meat porter. Probably he would have been in mental anguish thinking “how can I feed my family this week”.

Nobody knew what was going on in his mind. If he had survived he would have ended up in prison, it was unlawful to take your own life. That was the help back in the 1930s, once again “lock them all up, that'll solve the problem”. Little did we know then but hopefully we are a bit more aware now.

My sister-in-law suffered from depression, no-one knew what she was thinking when she took an overdose of pills and died at 30 years of age. She left a seven year old son, who consequently thought it was his fault. Then he gave his father the further heartbreak of trying to kill himself, when he was a teenager, when he inherited his mother's mental health.

I also have another nephew who is not only depressed but also suffers from schizophrenia. He has already tried three times to commit suicide. The last time he was un-responsive when found and ended up with nerve damage to one of his arms and a fear of leaving the house. Who can read his mind and help him? He just wants to get rid of the voices in his head and can't. I could go on and on. There are work colleagues, friends and people all around us everywhere with these invisible diseases. As a society we are at last trying to come to terms with and address issues of mental health illnesses but we have only just seen the tip of the iceberg surface from under the deep waters and we still have a very long way to go.

SHORTLY after going to press with the October edition of Hethersett Herald, it was announced that the Norfolk and Suffolk Mental Health Trust had gone into special measures and been deemed inadequate.

Herald Comment

This calamitous state of affairs highlights the problems that exist within the mental health sphere in our county and our towns and villages.

Hethersett has a good support network for those who have been bereaved or are suffering from dementia, depression and anxiety. We can be justly proud of our village, but on a larger scale there seems to be almost insurmountable problems surrounding mental health issues.

Hethersett Herald has always fought for and will continue to fight for improved services on all health and well-being fronts and fight against any proposed cuts to these services.

A copy of articles we recently published on the fight by residents at Woodcote Sheltered Housing Complex in Firs Road has been sent to Norwich MP Clive Lewis. We are pleased to provide these details if it in any way helps to support an improvement in mental health provision in Norfolk.

Shipwreck Predicted For Hethersett

THERE will be a shipwreck in Hethersett in January as the village pantomime once again takes to the stage for its annual week-long run.

The group will be tackling Robinson Crusoe for the first time in its 49 year history.

The pantomime will run from January 20th to 27th and once again there will be a matinee on the Sunday but no performance on the Monday. There will be matinees on Saturday 20th, Sunday 21st and Saturday 27th at 2pm and evening performances on the 20th, 23rd, 24th, 25th, 26th and 27th at 7.30pm..

This year's pantomime played to sell-out crowds throughout the week with a number of people unable to get tickets. Next year's show has the added attraction of being new to both cast and audience and is once again written and produced by Lloyd Parfitt.

"It will include all the unexpected twists and turns and humour that has made it such a popular yearly event," said Jennie Hoult who once again is in charge of ticket sales. Tickets are £7 for all performances and include a programme and refreshments. Tickets will be available from 9am on Monday November 6th by phoning 01603 811337 or by e-mailing hethersett pantotickets@gmail.com.

Tickets will also be on sale on Saturday mornings from 10.30am to 1pm in Hethersett Library from Saturday, November 11th.

"Last year we had sold the majority of tickets by the beginning of the New Year and it ended in a total sell-out.," Mrs Hoult added.

Profits from the pantomime and a retiring bucket collection go to local charities and organisations.



Action from this year's pantomime Sleeping Beauty

HETHERSETT Voluntary Controlled Junior School is celebrating its 200th anniversary and will be holding a celebration assembly and tea party on Tuesday, 14th November, in the school hall from 9am to 10.30am.

The school is inviting all former governors, staff and pupils to attend to help them make it a day to remember.

During the event, a commemorative plaque will be unveiled by the Bishop of Thetford, the Right Reverend Alan Winton.

Anyone wanting to attend the event should contact the school on 01603 810498 or via e-mail at office@hethersettjunior.norfolk.sch.uk.

A Vision for Education

We carried a brief history of Hethersett Junior School in the August 2016 edition of Hethersett Herald. This article is available by visiting our back copy pages at www.hethersett.org.uk. Here we expand on this to bring you more details on the history of education in Hethersett written by the editor and originally published in “The Book of Hethersett.”

EDUCATION and schooling in Hethersett owes much to the vision of a number of benefactors over a considerable amount of time. In addition, close links with the church have ensured that youngsters through the ages have enjoyed a solid foundation in what is commonly known as the 3Rs.

The history of education and schools in the village is a mixture of the ancient and the modern with Hethersett today providing full-time education from nursery through to the age of 16. The foundations for this were laid by a number of characters whose shining examples stand out today. Without them, education in Hethersett over the ages would have been very much poorer. Throughout the history of village education runs a close link with the church with local clergy and rectors acting as school managers and governors over the



past 200 years. Formal paid for and non-compulsory education began in the village in 1817, but two of the current schools are modern additions to the education system.

The first National School building in Hethersett was situated just across from the present Junior School in Queen's Road. The original building was demolished in 1980 and today the site is a private bungalow, but in the front garden is a commemorative plaque. A new British School was built in Henstead Road between 1850 and 1854, just a few years before a major new section of the National School was put up in 1860 on the present Junior School site.

The building of both the British and National Schools came as a result of individual and group efforts by people, irrespective of their religious persuasion who had sometimes the money and always the vision of improving the lives of others through education.

Early in the 19th century, William Hughes bequeathed the sum of £300 a year towards the education of six children to be chosen by the village's parish minister, the churchwardens, the overseers and the schoolmaster. A schoolroom was erected in 1817 with funds raised from voluntary contributions and the Parochial Returns for 1818 record that there were 60 children supported by subscription and four children educated from the income amounting to eight guineas from the endowment in what became known as the National School.

The village curate, the Reverend John Edwards, was one of the driving forces in setting up the school and this set the standard for a close relationship between education and the church which exists to this day. Apart from the Rev. Edwards, sums of money were given by the Reverend J. Buckle, J. Browne Esq, T. S. Norgate Esq and one or two others. The school took up less than 'a 40th part of an acre.'

There was at this time a small girls' school and Rev. Edwards observed that: 'the poorer classes thankfully avail themselves of the means provided for the education of their children.' By 1833, 125 children attended the school. They were charged one shilling (5p) a quarter apart from the six who were paid for from the endowment. The returns of the National Society's School Enquiry for 1846/47 recorded that 68 boys and 41 girls received instruction in the school. Of this number, 48 boys and 32 girls attended both on weekdays and Sundays, 19 boys and six girls on weekdays only and one boy and three girls on Sundays only.

They were taught by a master and assistant mistress and five paid monitors. The total expenditure in salaries amounted to £44. 6s and the estimated annual cost of maintaining the school was £63 1s. At this time education was neither free nor compulsory. By 1861 fees at the National School had risen and varied from one penny to sixpence per week depending on the occupational status of parents.

In 1860 the Rector of Hethersett, the Rev. William Collett, applied to the National Society for aid towards erecting a new mixed school measuring 53ft by 18ft to

accommodate 120 children, with a teacher's house attached. The site, valued at £92. 10s, was taken from glebe land and the cost of the new schoolroom and proposed teacher's house amounted to £751 15s 6d. A government grant of £280 4s was received and £44 11s 6d was raised locally. Other substantial grants included £30 from the National Society.

The new school was completed in 1861 and the original building was retained as an infants' department. The boys' and girls' sections were divided in May, 1871 when the boys' section added more geography and history to the curriculum and took over the former infants' and original National School building.

It was proposed to charge 1d per week for the children of farm labourers, 2d or 3d for the children of gentlemen's servants and mechanics and 6d for the children of small farmers. The school received an annual government grant and an additional classroom for infants was added in 1883 at a cost of £173, raised by local subscription and with local builders Bailey and Son carrying out the work. The largest monetary donation was of £26 5s from the Reverend and Mrs. Collett.

White's Directory of 1864 describes the National School as "a spacious brick building with master's house and good playground attached. The playground which was built in 1860 at a cost of £700 and attended by 50 children. The master receives £8 3s 4d yearly from £272. 8s 8d three per cent consols left by William Hughes for the education of six poor children. The old school, built in 1817, now an Infant School, has also about 50 children in attendance.'

The same directory describes the British School as "A pretty brick building in the pointed style, erected in 1854, and attended by 40 boys and girls and 30 infants." In 1861 the population of the village is noted as 1,169.

By 1883, the National School had 111 girls and infants and 66 boys on its roll. The average attendance was 54 boys and 84 girls and infants. The average attendance at the British School was 60 mixed students. Much of the credit for the building of the British School goes to the efforts of Caroline Lindley who tirelessly raised money to provide education for both children and adults in the Great Melton district.

The original benefactor of the British School was Edward Lombe of Great Melton Hall who financially supported the project but died in 1852 which is the point at which Caroline Lindley enters the story.

She visited her brother Joseph who was the agent for Edward Lombe. Caroline had a great interest in the provision of education for children and, although by this point in her 50s and living in London, she raised sufficient capital for the school to be established in Henstead Road.

Caroline Lindley was a friend of London businessman William Ellis who, despite having no connections with Hethersett, was to play a major part in education in the village.

Ellis was manager of the Indemnity Marine Assurance Company and had a reputation for integrity whilst being both successful and affluent. He had little use for personal extravagance and devoted a large portion of his income to education throughout the country.

His wishes were for children to study Social Economy alongside the 3 Rs. This included the study of moral principles and behaviour leading to honest workmanship and reliable business dealings. Ellis believed these principles would lead to a happy and prosperous society full of industry, skill, economy, sobriety, honesty, punctuality, courage and fidelity.

Ellis established schools in numerous parts of London and also in Edinburgh, Glasgow, Leith, Manchester, Salford, Blandford, King's Sambourne in Hampshire, Dunton Bassett in Leicestershire and of course Hethersett.

When Caroline Lindley approached Ellis she found his heart as open as always and in her diary of 23rd July, 1853 notes:

“Received Mr Ellis’ answer to my letter, overjoyed with it and school bought.”

Ellis purchased the British School with money belonging to himself and vested the property in four trustees – himself, his son Edward, Joseph Lindley and Julian Hill. The first management committee consisted of Caroline Lindley of London and William Buckingham, William Morton, Benjamin Baker and James Spurgeon of Hethersett.

Ellis was obviously much taken with Caroline Lindley whom he described as: “Possessing feelings ever ready to melt at the sight of misery and an intelligence prepared to examine the various means suggested for its relief, and to seize and apply the real ones.” In commending Caroline’s efforts, Ellis said: “To us be the delight of aiding her in her labour of love.”

The National and British schools worked side by side until their amalgamation in 1951, when it proved obvious that neither of the existing schools could reach the standard in buildings and amenities laid down in the Education Act of 1944.

The British School building was sold to the church and the proceeds used to establish the Caroline Lindley Trust which is still in existence and gives grants for the further education of men and women aged between 18 and 25. School attendance in Hethersett became compulsory with all fees for elementary education being abolished in 1891. In 1918 ancillary services such as medical inspections were introduced. Schooling in 1920s Hethersett was recalled by Vera Wyatt who was born in the village in July 1912 and recounted many vivid memories of the National School:

“I can remember my first teacher so well. Miss Casey, dressed in her starched white apron so that her black dress did not get dirty, and her strong but soft ankle boots. In the winter time she would also wear gaiters, which had to be buttoned together using a button hook. She was a maiden lady and I believe that

she really loved her little class of little ones, as she sat in the middle and re-countered her stories, and helped us to make models with our various coloured plasticine.

“She also made us start to read and write using copy books. There was a line of impeccable writing with four clear lines underneath which we had to copy.”

Over the years, numerous comments have been made about the lack of space at various schools. In 1900. a school inspection commented that at the National School “The infants room is crowded and it is hoped the managers will see their way to enlarge it at an early date.”

Some 83 years later, the local Wymondham and Attleborough Mercury newspaper was advocating additional space for the Middle School: “It doesn’t take a clairvoyant to realise that numbers will not always be falling. A decision to improve the school in the near future would be a decision for common sense and the future well being of the children.’

During the Second World War, the National School provided education to 30 war evacuees, most of whom came from East Ham in London. The school received no additional teaching staff to cope with this influx. The majority of the evacuees stayed until the end of the war and one girl remained with her foster parents until she was an adult and then she married a Norwich man.

The war certainly seems to have put off many proposed improvements to the National School. In May, 1939, there were plans for “a better lavatory and cloak-room accommodation, electric light, central heating and new floors.” The work was deferred “until the international situation became clearer.’

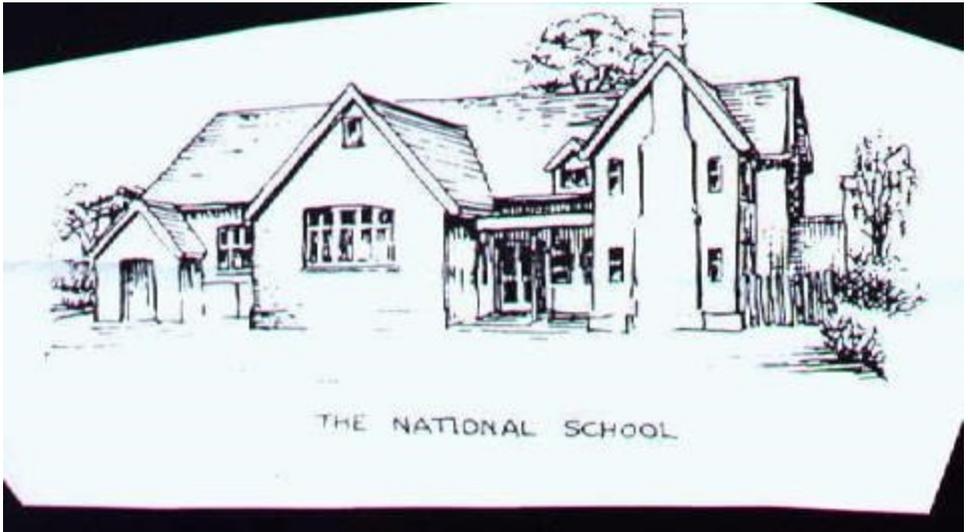
That appears to have been September 1945, when the Hethersett parish magazine reported that improvements were to be made at the National School. A canteen for meals and the installation of electric light to the school and school house were planned.

The National and British schools amalgamated to form a primary school in 1956. This continued in existence until the Middle School came into being in 1978 and this subsequently became Hethersett Junior School..

Today’s Junior School in Queen’s Road has a number of the original 1860 buildings as well as a foundation stone from 1817.

Woodside First School began its life in 1972 and was officially opened on Friday 11th January, 1974, by Margaret Thatcher, who at the time was secretary of state for education and who of course went on to be one of the country’s best known and some might say most notorious prime ministers of the twentieth century.

The year 1972 also saw the opening of a swimming pool at the Middle School which was used not only by the children but by the wider community.



The quartet of schools for all ages was completed in 1979 with the building of Hethersett High School on land in Queen's Road adjacent to the Middle School. The school was officially opened by John MacGregor, Member of Parliament for South Norfolk.

As well as the state education schools, Hethersett boasts one of the country's top independent girls' schools – Hethersett Old Hall School. This provides day and boarding facilities for girls aged between four and 18 and boys aged from four to seven. Old Hall School was founded in 1928 by Mrs C. P. Andrews as a preparatory school at Hellesdon House near Norwich. She opened the school for her two daughters, a niece and three of the girls' friends. Mrs Andrews turned outbuildings into classrooms and staff flats and new teachers joined. Hellesdon House had the feeling of a country rectory but soon became too small.

It moved to its present site on the former A11 at Hethersett in 1935 when Mr and Mrs Andrews quickly added a dining room, new classroom and a gymnasium. During the Second World War the school was re-located to Hay Tor in Devon due to concerns about the safety of children in Norfolk. On returning to Hethersett, the staff and pupils found the Royal Army Service Corps ensconced and so the school took up temporary residence at Old Catton, just outside Norwich. When the Hethersett site was de-requisitioned, it once again returned to be a seat of learning.

In 1969 the school was granted full independent recognition by the Department of Education and Science and a Board of Governors was formed in 1972 when the school was registered as a charitable educational trust. Alterations and improvements continued although some of the more fanciful ideas such as a dining hall with clock tower (1974) and cloisters (1980) were shelved.

Artists on Show



ARTISTS from Hethersett have been exhibiting their work in various parts of the county. Jo Cole, who has been featured on our Hethersett Web Site and in the Wymondham Mercury newspaper in the past, paints striking and highly colourful images inspired by her native Zimbabwe. They often contain political inspired ideas. The image above and those on the following page were featured in an exhibition in Norwich Forum in early October.



Meanwhile former Hethersett teacher Marian Watt has had a number of paintings exhibited in Becket's Chapel Arts Centre in Wymondham.

"Art was always my favourite subject at school and when I became a primary school teacher there was nothing I liked better than sharing that enthusiasm with my pupils. Teaching left me little time to pursue art myself though and it's only since I retired that I've had a chance to try different mediums and discover a passion for pastels. I enjoy all sorts of subjects including people, landscapes and still life. I also love to make patchwork quilts and knit," Marian said.

Marian is pictured opposite at the exhibition's launch. Interestingly Jo and Marian live within a few doors of each other in Hethersett. A detail from one of Marian's pictures on display is shown overleaf.





Road Improvements: We are pleased to report on two more improvements on our village roads.

Mill Road was closed for two days in October for partial re-surfacing and a new path and passing area across the B1172 to shops at Church Farm will make crossing the main road much safer for residents coming from Steepletower.

More Trustees Needed More trustees are needed for both Hethersett Memorial Playing Field and Hethersett Village Hall. Both bodies are currently under strength. “We would love to hear from anyone prepared to support our village by serving on either of these bodies,” said Hethersett Parish Council Chairman Jackie Sutton

Anyone interested in serving or who would like further details of what the volunteer roles involve should contact village clerk Ian Weetman on 01603 810915

Term is Underway

THE new term is well underway and new members and old are having a fun time on a Wednesday evening.

Jubilee Youth Club News With Gillian Saunders

We have had a Chinese evening with a chopstick challenge which was certainly a challenge for some more than others! There is more food planned before half term with a pizza evening and a 'trip' to India theme evening.

New members are welcome at any time, just come along on a Wednesday and introduce yourself to Emma. Numbers are growing in both clubs but we aren't full yet. At least until Christmas we are having a 30 minute overlap of the two groups to give those who moved up to High School a little time to adjust to their new routines. So the Year 5/6 group meets at the usual time from 5:45 until 7:30pm with the Year 7-9 meeting from 7 to 8:30pm at least until Christmas. If this causes any problems please let Emma know and we will see what we can do to help.

We do, however, urgently need volunteers for the younger group on the 4th and 5th Wednesday in the month to complement our existing volunteers. Unfortunately we have no volunteers at all to help with the second group.

This could eventually mean that the sort of activities we can offer this group might be limited. Although we have Emma and Stevie, volunteers can help with the selling of tuck, making drinks, helping with the activities and chatting with the young people. If you are interested please phone me on 01953 607566 for a chat. We do value any help we can get.

On Saturday 11th November from 10:30-12noon we are holding a coffee morning and toy sale at the hall There will be an opportunity to buy some excellent quality used toys and also some new pocket money toys or stocking fillers. There will also be a cake stall and refreshments. We do need your support on the day please and also any donations of cakes for the stall will be welcome. Come and start your Christmas shopping away from the crowds. If you don't want toys come for the coffee and cakes.

We were hoping to have Christmas cards on sale but as Phoenix Cards are no longer trading this is proving more difficult. If anyone does cards and would be willing to sell them on the 11th November please get in touch.

We will also be having a tombola stall at the village charities market on 1st December and any items you are able to donate we are happy to receive from now.

Finally, I am offering to decorate your Christmas cakes for you. So if you would like something a little different from the usual snow scene let me know. I can offer Christmas roses with holly and ivy (from sugarpaste), Father Christmas,

Christmas Fireplaces with stockings hanging ready for Santa, Christmas trees or snowmen. Just let me know what you would like. Money raised will go towards the club and you will have a Christmas Cake without all the hassle of decorating it. If you are interested please see me or give me a call!

See you on the 11th November. I can be contacted on 01953 607566.

Charity Market Date

THIS year's Village Christmas Charity Market will take place on December 1st at Hethersett Methodist Church from 6 to 9pm.

There will be the usual mix of Christmas sales, charity stalls and festive entertainment. There will also be children's entertainment. Charity stalls will raise funds for their own groups.

There is still time to book a stall - just ring Jackie Baker on 01603 811725

Social Media Watch

Our weekly walking group is growing in popularity! Departs every Monday from the library at 9.30 a.m. for a gentle stroll around Hethersett. Tea/coffee and chat in the library afterwards. Why not come along? #HealthyLibsNfk #NoLonelyDay #InGoodCompany - Hethersett Library on Facebook.

Is #hethersett at war? Crazy loud / low RAF / USAF jets above. - Twitter

Redwings now seeping over the village seen 4 so far #vizmig #Herherset - Hethersett Bird Life on Twitter.

Parent and toddlers swimming lessons at Hethersett VC Junior School Friday morning from 10pm, Run by Debbie Sutton following the asa and Sta framework. Class are £7 per lesson which you pay for in advance each term. For more information on times please contact us at swimtosim@googlemail.com - Next Door Social Media site.

Did anyone else hear the fireworks going off last night (October 1st) haven't these idiots got a calendar, and also they don't think about pets or people with small children trying to go to sleep and what about the elderly who are going to bed early or are not well. - Next Door Social Media site.

Hethersett Village Screen

Coming films are listed below. All films are held in Hethersett Village Hall on Sunday afternoons at 3pm.

THE October film was “The Sense of an Ending” starring Jim Broadbent, Charlotte Rampling and Harriet Walter. A very English film, it is based on the novel by Julian Barnes and tells the story of an elderly divorced man who re-lives his youth through a series of flashbacks taking him back to his schooldays with relationships and a mystery at the fore. Coming village screen productions are detailed below.



Viceroy's House (12A) Sunday 12th November, 3pm

The final Viceroy of India, Lord Mountbatten, is tasked with overseeing the transition of British India to independence, but meets with conflict as different sides clash in the face of monumental change. A strong ensemble cast features Hugh Bonneville, Gillian Anderson, Michael Gambon, Manish Dayal and Simon Callow.

Whisky Galore (PG) Sunday 17th December, 3pm

Whisky Galore is a remake of the classic British comedy in which Scottish islanders attempt to steal whisky from a wrecked ship. It features a rich cast of comic talent, including Ellie Kendrick, James Cosmo, Eddie Izzard, Sean Biggerstaff, Tim Pigott-Smith, Naomi Battrick and Gregor Fisher.

HETHERSETT MATTERS

Working with Norfolk Trading Standards to make you aware of some of the latest scams to avoid.

NORFOLK Trading Standards is again warning residents to be on their guard after receiving further reports about men going door to door selling household cleaning products.

The doorstep cold callers are continuing to claim they are 'recently out of prison' or working as part of a 'youth offending order'. In some incidents they have also claimed to be 'licensed' for this work and are displaying some form of identification on lanyards.

Trading Standards advises **never** to deal with anyone who cold calls at your property offering to sell something.

Anyone sighting these sellers in Hethersett or who are concerned about rogue trader activity in the community can contact Trading Standards through its partners the Citizens Advice consumer helpline on 03454 04 05 06 or to Norfolk Constabulary via 101.

In other incidents cold callers have been offering free roof insulation checks as part of a so called "free government scheme being rolled out by local councils."

The callers are attempting to make appointments to go onto roofs of properties to "check the health of tiles and insulation."

If access to the roof is gained it is possible they may cause damage in an attempt to pressure the householder into paying for unnecessary work. These callers are not connected in any way with a local council.

Another fraud that has come to our notice surrounds cold calls claiming to be from the Police about bank fraud.

This follows a recent incident where a resident was cold called by a 'Sergeant Roy' from 'Watford Police' claiming he was 'investigating a large fraud'. The fake police officer stated a large amount of money had been taken from the call recipient's account which had then been replaced with counterfeit money.

He then asked the call recipient to attend a bank branch in Norwich to withdraw a large amount of money for 'forensic evidence gathering' which would then be collected by a 'police courier'.

The Police or your bank will **never** ask you to divulge your card pin number, ask you to confirm the amount held in your account or ask you to withdraw any

HETHERSETT MATTERS

money.

If you receive a call claiming to be from a Police Officer and you have concerns about its authenticity. Norfolk Constabulary offers the following advice:

- Ask for their name, station and collar number.
- Tell them you need to confirm their identity.
- Hang up, wait five minutes, then call 101 asking to be put through to that named officer.

These calls will attempt to target elderly and vulnerable people. Please share this information with family, friends and neighbours who could be susceptible to this type of approach to help keep them safe.

If you receive a suspicious cold call, do not give or confirm any information, hang up, wait five minutes then report it to Action Fraud on 0300 123 2040.

With Autumnal weather starting to arrive rogue traders may use bad weather events as an opportunity to try to get householders to agree to them undertaking repairs. These cold callers rarely give householders proper contact details or their legal rights to cancel within 14 days. They may also claim more work is required than actually is to increase their profits and the work they do can often be of poor quality.

Trading Standards advise **never** use cold callers who arrive at your property offering to undertake work.

If you are looking for a trader you can trust make sure you choose a Norfolk Trusted Trader. This could be a member of the Norfolk Trading Standards Trusted Trader scheme, a business known to you that you've used before or by recommendation from a friend or family member.

You can search the Norfolk Trusted Trader directory at www.norfolk.gov.uk/trustedtrader or call the Norfolk County Council customer service centre on 0344 800 8020.

Norfolk Trading Standards are warning residents about telephone cold calls claiming to be from 'CAB' and 'Citizens Advice' asking 'if you have debts'.

This follows reports from Norfolk residents who have received calls. Please remember Citizens Advice do not cold call regarding debt issues. If you receive one of these calls do not give or confirm any personal information. Hang up and report it to 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 Leslie Dale and David Bills. Leslie can be contacted on 01603 810952. David can be contacted on 01603 813041.

Hethersett Parish Council

Clerk to the council Ian Weetman can be contacted on 01603 810915. Parish council chairman Jackie Sutton can be contacted on 01603 811170.

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

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

www.hethersett.org.uk



Supported by



News From The Village

FareShare for Hethersett

HETHERSETT Methodist Church (pictured opposite) will be distributing food parcels to needy people under the banner of a UK-wide charity which is fighting hunger and food waste.

FairShare is involved in redistributing good food to frontline charities and community groups that support vulnerable people and which would otherwise go to waste.

The village Methodist Church will be collecting and making available food suitable for food parcels from Tesco Express in Hethersett. A food parcel will only include unprepared ambient food which will have been stored in accordance with the terms and conditions laid down by FairShare.

People will only be offered enough food for their immediate needs and this is subject to food being available on the day.

Food parcels will be available for collection on Saturdays between 10.30am and noon when the church is open for Shoppers' Coffee.

Food parcels can be requested on Saturdays by speaking to anybody wearing a red lanyard and/or by taking a token from the basket in the entrance area and handing it to one of the volunteers making the teas and coffee.

FareShare currently covers over 1,300 towns and cities, providing food for 28.6 million meals a year and supporting almost half a million people every week.

Almost 7,000 charities receive food through FareShare and provide a lifeline for vulnerable people, including homeless hostels, children's breakfast clubs and lunch clubs for old people. It is estimated that 8.4 million people in the UK are struggling to afford to eat. More information on FareShare is available on the website www.fareshare.org.uk



News From The Village

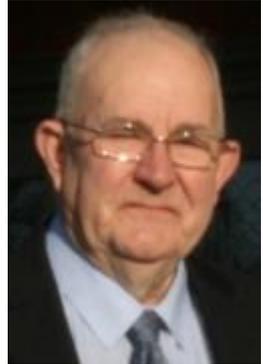
Assurance Over Future of Library

THE future of Hethersett Library looks rosy following assurances from our Norfolk County Councillor that there are no plans to cut the service or close it.

David Bills (pictured opposite) told the October meeting of Hethersett Parish Council that the library would continue to be at the centre of the community.

The assurance follows rumours that Hethersett and other libraries in Norfolk would close their doors.

“The old days of silence in libraries where only coughs and splutters broke the silence are long gone. Hethersett Library is a vital community facility for all ages. This will continue and we will be looking to continue to improve the community services available through the library,” Mr Bills said, adding that Hethersett Library is a shining beacon in the county’s service.



Turn to page for more news from Hethersett Library and a list of coming events.

Fire Station to Remain Operational

DESPITE no longer being a fire headquarters, there will continue to be an operational presence in Old Norwich Road, Hethersett.

The control room and maintenance garages have moved to Wymondham, but fire engines will continue to operate out of Hethersett.

It isn’t known what will happen to the historic building which was formerly used as the control centre.

In welcoming news of the continuation of operational fire fighting from Hethersett, parish council chairman Jackie Sutton said she would welcome the use of the building for commercial purposes: “We are short of office space and commercial premises in the village,” she said.

News From The Village

Long Distance Target for Health Club

Hethersett Fitness Express members have set themselves a long distance challenge for 2018 after a special national fitness event in October.

Members set out to swim, cycle, run, walk, step and row as far as they could in one day and achieved a combined total of 250 miles which they will be looking to better next year in what could become an annual event.

Hethersett Memorial Playing Field Trust

Two new litter bins have been placed on the Memorial Playing Field courtesy of the parish council. Graffiti has been removed from the pavilion and anti-climbing paint put on the container. Vandalism has been a problem this year but trustees are working with Norfolk Police to combat this.

Hethersett Dementia Group

Hethersett Dementia Cafe continues to meet on the third Tuesday of each month in Hethersett Methodist Church Hall from 10 am to midday. The café supports those suffering from dementia and also their carers and also welcomes volunteers.

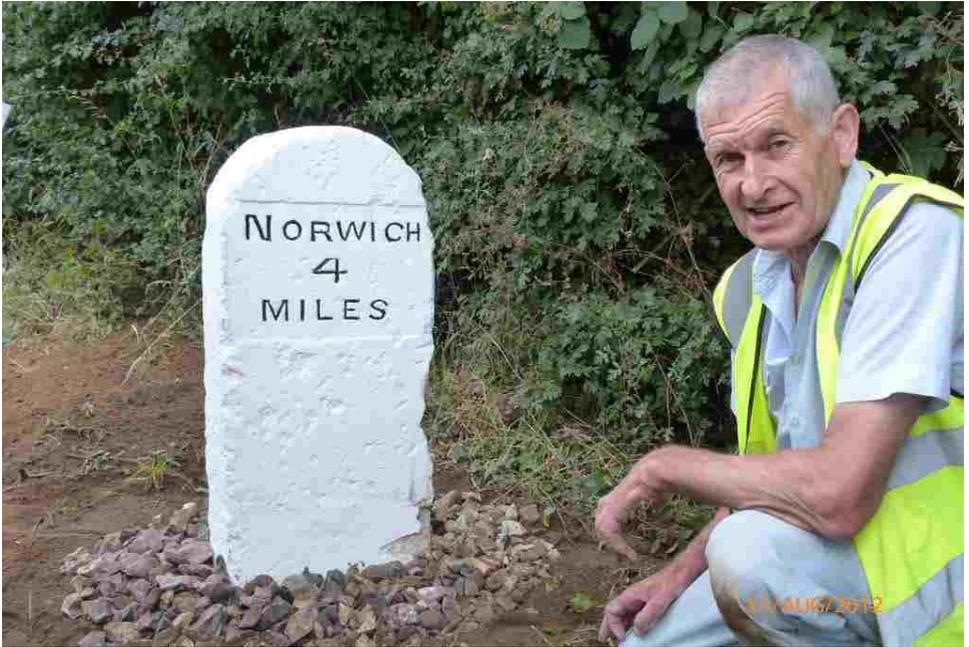
Winter Wonderland Time

HETHERSETT Old Hall School is holding a Christmas Fayre on November 18th and has stalls for hire.

The school's Winter Wonderland Fayre will run from 10am until 3pm.

"Stalls cost £25 and can be booked through me at salshog@hotmail.com," said chairman of the school's parents association Joy Elsley.

Nigel Nominated For Award



NIGEL Ford (pictured above) has been nominated for a top national environmental award for his work in restoring milestones throughout Norfolk.

Nigel has close links with Hethersett and cleaned and renovated the old Hethersett Village sign which is now on the piece of ground close to Tesco Express in Great Melton Road.

Nigel is down to the last three in the Best Rescue, Recording or Interpretation of An Historic Place section of the Historic England Angels' Awards. The winner will be announced on November 20th. The awards celebrate the efforts of people taking action to champion their local heritage. In the final, Nigel is up against Adam Sutcliffe-Brown from Birmingham who organises autism friendly tours and the Heritage Heroes Group which is a partnership between the Canal and River Trust and Help for Heroes.

The awards were founded by Andrew Lloyd Webber and are co-funded by the Andrew Lloyd Webber Foundation. You can read more about the shortlisted finalists and vote on the web site <https://historicengland.org.uk/get-involved/angel->

awards/. The site has the following to say about Nigel's nomination.

“FindMilestones are a simple, but powerful, link to generations long gone. Nigel Ford's project to recover and restore hundreds of milestones across Norfolk is clear for everyone to see. For his team of volunteers (which includes many children) and for all visitors to the county, the project highlights an important part of Norfolk's heritage.”

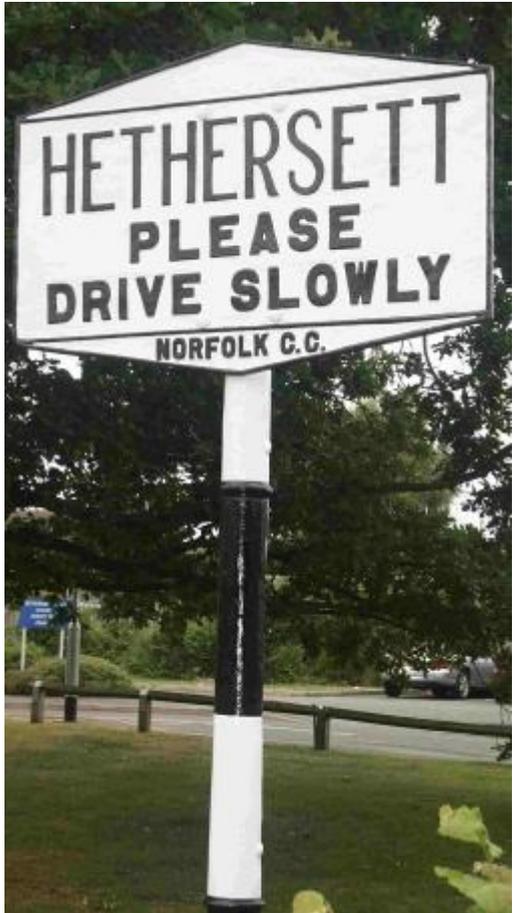
Nigel and his team have renovated a number of milestones in South Norfolk as well as the sign in the centre of Hethersett. You can vote online for Nigel and his team by going to the website address above. Below and on the next page we reprint the story of Nigel's work on the Hethersett village sign:

BEFORE



Hethersett Herald

AFTER



Historic Hethersett Sign Spruced Up

AN historic Hethersett sign is back in place after a refurbishment programme that has seen it restored to its 1920s glory.

From the Archive

The “Please Drive Slowly” sign was moved from its position at the entrance to the village at the top of Great Melton Road into a central position on land further down Great Melton Road.

Many residents felt that the sign looked unsightly, being dirty and full of rust. Hethersett Parish Council decided to have it renovated and returned to its original glory as befitting one of the few from that era still remaining on active service in the county.

Enthusiast Tony Langford, assisted by Nigel Ford, set to work with funding from the parish council and the resplendently cleaned and painted sign is now back in its place as a reminder both of history and the need to take care when driving through the village.

It was officially unveiled by children from the Rockinghorse Nursery with parish councillors and members of the Hethersett Environmental Action Team and restorers Tony Langford and Nigel Ford looking on.

Nigel Ford has estimated the date of the original sign to be approximately 1925, making it 90 years old this year (*this was written in 2015- Editor*).

“We wanted to restore it whilst keeping the original look and feel so that it maintained its historic features and didn’t look brand new,” Nigel Ford said.

The original sign was made by the Royal Label Factory in Stratford on Avon and this is still commemorated on it today. The Royal Label Factory was established in 1874 and up to the 1960s was the major manufacturer of road signs in the United Kingdom

HETHERSETT Village Screen needs your votes.

The group which brings monthly films to the village (see page 17 for details of future shows) is hoping for some funding from the Aviva Community Fund:

“A grant would enable us to reach out to more folk on the community by allowing us to print programme leaflets twice a year and to affect a total local household distribution,” organisers state.

Vote for the initiative at <https://www.avivacommunityfund.co.uk/voting/>

Hethersett Herald

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

www.hethersett.org.uk

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

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

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

Herald Team

Editor - Peter Steward

Associate Editors - Roger Morgan and Gary Wyatt.

Proof Reader - Patricia Mills

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

Hethersett Herald What's On

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

petersteward@lineone.net

November 1st - The RiNG (Rheumatoid in Norfolk Group) - Dr Mike Signy's antiques' quiz. Hethersett Village Hall 2-4pm.

November 5th - Christmas Fair at Colney - For full details please see page 31.

November 7th - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road, 5.30-6.30pm

November 12th - Hethersett Village Screen presentation "Viceroy's House," Hethersett Village Hall, 3pm.

November 13th - Hethersett Society "Buckingham Palace", Methodist Church Hall, 7.30pm.

November 14th - Hethersett Writers' Club, 8pm. Venue to be announced.

November 14th - Hethersett Junior School 200th year anniversary celebrations. For more details see page.

November 15th - Hethersett and District Horticultural Society. Charlotte Philcox on "Enclosing Eden." Methodist Church Hall, 7.30pm.

November 20th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30pm.

November 21st - Hethersett Dementia Group café at Hethersett Methodist Church Hall, 10am to midday.

November 21st - Heart of Hethersett support group for those bereaved and suffering from anxiety and depression. Woodcote Sheltered Housing complex, Firs Road, 5.30-6.30pm.

November 25th - Messy Church at St Remigius.

November 26th - Hethersett Art Group's annual show in Hethersett Village Hall 10am to 4pm.

November 27th - Cringleford and Hethersett Flower Club open meeting. Heth-

ersett Village Hall 7.30pm. Tickets required - supper included.

December 1st - Hethersett Velo Club Christmas Party and Awards Ceremony, Cellar House, Eaton, 7pm.

December 1st - Annual Christmas village sale, Hethersett Methodist Church from 6pm.

December 12th - Hethersett Writers' Club, 8pm. Venue to be announced.

December 17th - Hethersett Village Screen presents "Whisky Galore," Hethersett Village Hall 3pm.

December 18th - Hethersett Parish Council meeting in Hethersett Village Hall at 7.30pm.

December 19th - Hethersett Dementia Group café at Hethersett Methodist Church Hall, 10am to midday.

2018

January 20th-27th - Village Pantomime Robinson Crusoe. For full details of dates and times of performances see page five.

*

*

*

ON the next page you can view a poster sent to us by the Hethersett-based charity Respect Yourself which is holding a Christmas Fair in November.

Aspiring Artists' Display

Art Group Show

Hethersett Art Group (formerly Hethersett Aspiring Artists) will be holding an exhibition in Hethersett Village Hall on November 26th from 10am to 4pm.

Entry and car parking is free and all are welcome. Refreshments will be available for a small charge. Paintings and cards by the individual artists will be on sale with payment either by cash or cheque.

The group has been in existence for over a decade, being an informal, social group. Artists use their various painting talents to produce a wide variety of work - often over a cup of tea or coffee.

Everyone is welcome whether they are complete beginners or have considerable experience. The group is currently close to full membership but does have a few places available and the first session is free.

The group meets on Thursday afternoons in Hethersett Village Hall beginning at 1.30pm and finishing by 4pm.

Christmas Charities Fair

Sunday 5th November 2017

10.00 am – 2.30 pm

**GreenAcres Colney
Watton Road, Norwich, NR4 7TY**

**Please join us in the Woodland Hall
for a Christmas Charities Fair**

All Welcome

**Local Charities will be selling
crafts, gifts and Christmas cards**

**Have a go on the tombola and
stock up on stocking fillers**

This Is A Free Drop-in Event

**For further information contact bobby on 07714760032
or email bobby@respectyourself.org.uk**



Event Support by:

**Respect Yourself - empowering young people to choose a better life
Registered Charity No. 1161527**

www.respectyourself.org.uk

Smartphone app: [iOS](#) | [Android Website](#) | [twitter](#) | [facebook](#)

News From the Parish Council

Jackie Stays as Chairman

JACKIE Sutton (pictured right) is staying on as chairman of Hethersett Parish Council until the end of the civic year in May, 2018.

Jackie was elected interim chairman at the council's annual meeting in May, but has now agreed to stay on into the new year.



Improved Drainage

A considerable amount of work is being undertaken to ensure that there is no repeat of the extensive flooding suffered by parts of the village in the summer.

The parish council heard that collapsed pipes are being replaced in affected areas which include St David's Road, Karen Close, New Road and Southcroft. New Road is likely to be temporarily shut in the near future for further work to ensure proper drainage of affected areas.

* * *

A planning application by Persimmon Homes for an advertising sign in a field opposite Hethersett King's Head has been formally turned down by South Norfolk Council, the parish council was informed at its October meeting.

Originally a sign was put up without planning permission but taken down thanks to the work of Hethersett's two district councillors Leslie Dale and David Bills.

* * *

The parish council is awaiting the go-ahead from South Norfolk Council to put speed limit signs on rubbish bins in 20mph sections of the village.

The council has made a £100 donation to the Citizen's Advice Charity.

News From Hethersett Library

Grab a Bag of Books

Do you have trouble choosing a book when you visit Hethersett Library? Well help is at hand.

A new initiative entitled “Grab and Go” takes away the need to spend time scouring the shelves for something to read.

Now you can just grab a bag of books and check them out and then have the enjoyment of finding out what’s in the bag when you get home.

The bright blue bags contain six books and there are a number of category bags to grab from children’s and teens to crime and even staff picks. When you have finished with the books you just pack them up and return. Each set of books is issued for a period of three weeks.

I tried the new idea out, grabbing a bag of “light crime” which included books by Agatha Christie, M.C. Beaton, Simon Brett and W.J. Burley amongst others. It was intriguing to find out just what I had picked up - a bit like Christmas with a series of second hand books with the added bonus of being able to return any I didn’t want to read. Our picture shows member of the library staff Rebecca Warner with a “Grab and Go bag.”

P.S



November in Hethersett Library

with Rebecca Warner

'What's On' in your Library in November!

Wednesday 1st	1030 – Colour Yourself Calm colouring group. 1415 – Bounce and Rhyme for babies and toddlers.
Thursday 2nd	1400 – NNAB in the library with sight information stand
Monday 6th	0930 – Walk & Talk walking group departs from library. 1030 – Just a Cuppa coffee morning. 1400 – Library book group.
Wednesday 8th	1030 – Colour Yourself Calm colouring group. 1415 – Bounce and Rhyme for babies and toddlers.
Thursday 9th	1400 – Family History Course – booking required.
Monday 13th	0930 – Walk & Talk walking group departs from library. 1030 – Just a Cuppa coffee morning. 1400 – Craft group.
Wednesday 15th	1030 – Colour Yourself Calm colouring group. 1415 – Bounce and Rhyme for babies and toddlers.
Friday 17th	1530 – Crafter School Club £1 per child 50p siblings.
Monday 20th	0930 – Walk & Talk walking group departs from library. 1030 – Just a Cuppa coffee morning. 1400 – Craft group.
Wednesday 22nd	1030 – Colour Yourself Calm colouring group. 1415 – Bounce and Rhyme for babies and toddlers.
Thursday 23rd	1400 – Learn to download eBooks – booking required.
Monday 27th	0930 – Walk & Talk walking group departs from library. 1030 – Just a Cuppa coffee morning. 1400 – Craft group.
Wednesday 29th	1030 – Colour Yourself Calm colouring group. 1415 – Bounce and Rhyme for babies and toddlers.

Looking Further Ahead::

Calling all parents of primary age children.

Hethersett Library Friends' Group is holding a traditional Christmas party on Saturday, 9th December from 3-5pm. This will include party fayre, games, gifts and a possible visit from Santa. Optional fancy dress - come dressed as a Christmas book or story character - prizes for the best. There are a limited number of tickets available from the library on a first come, first served basis - £2.50 per child. Dietary needs will be catered for.

Like and follow us on Facebook – www.facebook.com/HethersettLibrary

Photocopying now available in the library – 10p per black and white sheet, 50p for colour.

Hethersett Library
Queen's Road, Hethersett
www.library.norfolk.gov.uk
Email: libraries@norfolk.gov.uk
Tel: 01603 810188

Hethersett Library Opening Hours: The library is staffed on the following days and times:

Monday: 10am-1pm and 2-5.pm.

Wednesday: 10am-1pm and 2-5.pm.

Thursday: 2-7pm.

Friday: 10am-1pm and 2-5.pm.

Saturday: 8am-2pm.

A Labour of Love

NORFOLK author Marion Andrews describes her debut novel “Angels of the NHS” as a “Labour of Love” and on October 19th she gave a talk in Hethersett Library about her memories of being a young nurse working in the National Health Service.

Marion stressed that the book is fiction but very much based on the facts of her own experiences training to be a nurse in the Swinging London of the 1960s.

The book tells the story of Joy who wanted to be a nurse from the age of seven and who is now facing the reality of being a student nurse in London. Marion describes the highs and lows of hospital life with stories about patients, strict ward sisters, fierce consultants and the days when matron reigned supreme.

The book has been given five stars by

Assurance on the Future of Hethersett Library

THE future of Hethersett Library as an integral part of the village community is assured according to Norfolk County Councillor David Bills. You can read what he had to say on the subject on page 23.

all of its seven reviewers on Amazon. Comments include the following:

“From the first chapter this book is very descriptive and gives a wonderful insight into the vulnerability of a young nurse starting her career and the many changes that have taken place in the NHS since the 1960s.”



“I couldn't put this book down. It brought back so many memories of my own nursing days, and the author has a way of making you feel it's all happening to you “

“An excellent book giving real insight into nurse training fifty years ago. I could not put it down.”

“This wonderful read took me back to my own nurse training in the 80s.”

The book took Marion eight years to write and there were one or two hiccups along the way as she explained:

“I cannot write without paper, a propelling pencil and a pen. Then when I had written it all out on paper I had to type it into a computer and unfortunately, when I was nearing completion, I somehow wiped everything out apart from the title page and so had to start again. I wasn't very disciplined about the writing,” she said.

Marion initially got the idea for the book from attending an adult education class:

“We were asked to write about something we were familiar with and so I chose my fob watch. The leader of the course said that my work came alive when I was writing about nursing and that gave me the idea for the book.”

Marion soon found herself growing in confidence and turning what for her was mainly fact into fiction.

Originally it was entitled “Keep Calm and Don't Panic” but Marion felt that “Angels of the NHS” was a more appropriate title as young nurses were often referred to as Angels.

The finished book was eventually self-published by Marion through Grosvenor

House Publishing Ltd. It is available through Waterstones, Amazon and other book shops at £9.99.

Marion was born in London and trained and worked in hospitals in the capital, including University College Hospital in Tottenham Court Road, before moving with her husband to Norfolk where she worked at the Priscilla Bacon Lodge in Norwich before retiring. Today she lives in Coltishall.

Marion's book covers the National Health Service from a bygone day and she realises that the world young trainee nurses find themselves in today is very different:

"I feel sorry for nurses today. Hospitals are short staffed and the staff are stressed and there isn't the support for them that used to be there. Today's medical professionals have to deal defensively thanks to the ever present possibility of litigation. Fifty years ago there was much more respect for doctors and nurses.

"Part of the reason I wrote 'Angels of the NHS' is I fear the NHS is fizzling out and I'm afraid it could disappear and I want my grandchildren to see what it was like when I trained and worked as a nurse," she said.

Marion has a Facebook page at:

<https://www.facebook.com/marion.andrews.77>

Spooky Goings On at Hethersett Library

A haunting evening is on the menu at Hethersett Library on November 14th as the building will be turning the lights down low for a spooky event to celebrate the series of ghostly stories by Susan Hill under the title "Travelling Bag."

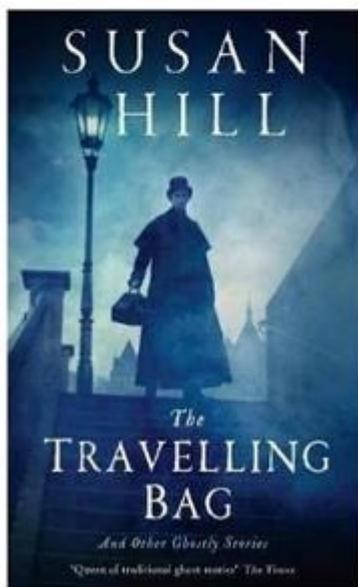
The stories move from the foggy streets of Victorian London to the eerie perfection of 1950s suburbia.

The everyday is invaded by the evil otherworldly in a collection of ghost stories from the author of "The Woman in Black."

There will be quizzes and much more in the event which runs from 6 until 7pm. For more information see the poster on the next page.

A Haunting Evening

Join us for an evening of ghostly tales,
quizzes and seasonal chills to celebrate
The Travelling Bag by Susan Hill, bestselling
author of *The Woman in Black*



Hethersett Library
Tuesday 14th November
6pm—7pm

Booking essential. To book
call 01603 810188.
Refreshments provided
(donations welcome)

Borrow Discover Connect

www.norfolk.gov.uk/libraries

 **Norfolk** County Council

HERALD HEALTH

IN conjunction with Rowan House Health and Welfare Centre in Queen's Road, Hethersett.

This month Jodie Bunkell. looks at how to stay healthy during pregnancy.

FROM the moment you first find out you are pregnant, life takes a different direction; a new path that is unique and exciting. You watch your baby grow from a seed to a kiwi to a water melon and spend hours on Pinterest planning the nursery. However, other than changing your obvious eating and drinking habits you may have spent very little time preparing yourself for the journey ahead and before you know it weeks have turned into months and maternity leave is just around the corner.

For some the biggest barrier to preparing for this unique journey is knowing where to start and finding a resource you can trust and that fits with your value



.....

8 Tips to:

PREPARE FOR BIRTH

& ENJOY A HEALTHY PREGNANCY

1. Prepare & Educate yourself
2. Find a local Support Network
3. Involve your Partner from the off
4. Nourish your Body
5. Learn how to Relax
6. Get Fit for Pregnancy & Birth
7. Align your Body
8. Future proof your Pelvic Health

.....

 Pregnancy & Parenthood



and beliefs. At Pregnancy and Parenthood we understand that every mother and pregnancy are different but, regardless of this, we believe that there are eight core ways to prepare for birth and a healthy pregnancy.

1/ Prepare and Educate Yourself:

Pregnancy and birth can be the most incredible and natural biological transformation, but modern lifestyles and beliefs often mean that women are no longer instinctively and spontaneously preparing themselves for birth. There is a saying that “knowledge is power” and, whilst education and preparation will not guarantee a straightforward vaginal birth, it will, however, arm you with tools to enable you and your birth partner to feel more informed, confident, empowered and positive about the journey ahead.

2/ Find a Local Support Network.

Social media is a wonderful source of information and support throughout pregnancy and for new parents. You Tube channels, blog sites and specialist websites can be very informative but are not always responsive to individuals and can be misinterpreted. Social groups and forums are again invaluable but tend to be opinion based rather than fact based with the most up to date information.

Finding a reputable antenatal class can help you and your partner focus on your pregnancy and prepare for birth as well as for the practicalities of feeding and caring for a new born baby.

Private antenatal courses tend to be longer, more comprehensive and interactive than those offered by the NHS. Teachers are practised in providing emotional, physical and practical support as well as promoting discussion around topics that women and birth partners identify are important to them. The majority of expectant parents want to meet others for long-term friendships and support. Facilitators know the importance of this and are skilled in encouraging groups to form a close network.

When looking for private antenatal classes ensure the teachers are fully trained and licenced to provide the level of education you desire. You might like to ask yourself: Is the course going to meet my needs? Do the facilitators adopt a modern approach to teaching, particularly around the practicalities of returning to work and sharing childcare? Will they involve and meet the needs of my birth partner? Can I relate to the teacher and will she support me after birth? Do I want to turn to a national organisation or is a local provider going to give me a more nurturing experience?

3/ Involve your Partner from the off:

Research shows that planning to give birth in a “home from home” environment such as a Midwife Led Birthing Unit, or actually at home, increases the chance of a woman having a straightforward vaginal birth, especially for low risk women.

The role of a birth partner is more than just holding your hand! Birth partners should take a proactive role in thinking about and practising skills such as positions, movement, relaxation, massage and breathing with you before the arrival of your baby.

Birth partners are there for:

- practical support – keeping you distracted in early labour, dimming the lights, giving you a drink, taking you to empty your bladder regularly and packing the ‘birth tool kit’.
- emotional support – reassuring, encouraging and hand holding. There is good evidence that where a partner is informed, well prepared and supportive, women feel less scared and more confident about giving birth and breastfeeding.
- physical support – reminding you of breathing and relaxation techniques as well as providing massage, helping you to move into different positions and helping you in and out of the bath.
- talking support – keeping you informed about what is going on and maintaining a dialogue with the midwife – speaking up for you, communicating birth wishes and asking questions.

Midwives are often caring for several women at a time so having a supportive and attentive birth partner who can provide one to one care may mean you are more likely to have a straightforward slightly shorter birth and a positive experience.

4/ Nourish your Body:

We all know that eating a well-balanced diet is important for you and your baby’s health. Protein, B vitamins and vitamin C are all essentials but one fatty acid that is often overlooked is Omega 3.

Omega 3 fatty acids are most commonly found in oily fish. The benefits to your baby include enhancing brain growth and development and some studies suggest it can help regulate blood pressure and reduce ‘baby blues’.

Not all fish is suitable during pregnancy. The NHS website has a comprehensive list but here are the highlights. White fish and cooked shellfish have no limits. Oily fish like salmon and mackerel are beneficial but should be eaten no more than twice a week.

Avoid swordfish and shark and limit your consumption of tinned tuna, due to high levels of mercury. NB: We are NOT talking about cod liver oil here, which is not advised during pregnancy.

It is always best to get your nutrients from food, but if you just can’t stomach fish then talk to an expert about an alternative, such as ground flaxseed and chia seeds or a supplement. Rowan House’s Nutritional Therapist, Catherine Jeans,

recommends Eskimo by Nutri.

5/ Learn how to Relax:

Relaxation is one of the most important skills you will ever learn, for you and your baby. During pregnancy, it will help you manage blood pressure (high and low) and cope better with stress and labour. During birth, staying relaxed creates the perfect environment for the hormonal dance that gets your baby into the best position for a straightforward labour. This dance is interrupted by stress or anxiety, both of which are common responses during active labour. Learning how to relax will mean that, no matter what, you will be able to get back to a calm, safe place.

When you learn how to relax, you become more aware of your stress responses and can choose another route. For example we often clench our jaws during birth, which triggers a similar response in the pelvic floor. So learning to relax our jaw will inevitably help us let us go and allow our baby to be born.

Relaxing is not easy. If you find it difficult or boring, you really need to learn. Knowing how to relax is a life skill and like any new skill practice makes perfect. Not only can it help you through pregnancy and birth it will change your life, and the life of your children. Learning how to switch off from the fast-paced, technological life we lead is the best decision you will ever make. Do it today.

6/ Get Fit for Pregnancy and Birth:

The benefits to exercising in pregnancy are vast with minimal risks. Benefits include reduced weight gain, reduced risk of hypertension issues such as gestational diabetes and pre-eclampsia, reduced risk of c-section, quicker recovery after birth, improved mood and sleep, with no risk to preterm birth or baby weight. Pregnancy is a time to do exercise that you enjoy and that helps you relax, so pick something that you enjoy. Use 'the talk test' to know how hard you should be working; you should be able to hold a conversation whilst exercising.

If you are leading a healthy pregnancy with no advice not to exercise then the department of health and national guidelines recommend 150 minutes of moderate intensity aerobic exercise a week, with two of these sessions incorporating strengthening all major muscle groups, including the pelvic floor muscles. This is the same amount of exercise recommended to all adults. If you are currently not very physically active, you should start with 10 minute sessions, slowly building these together. If you are active then you can continue your exercise routine but you may need to modify the type of exercise you are doing for example if you are doing contact sports.

What exercise should I avoid?

- High risk of falls or injury: such as skiing, water skiing, horse riding, football, netball.

- Lying on your back after the first trimester: This can cause reduced cardiac output and supine hypotensive syndrome causing reduced blood flow to mother and baby
- Sports affecting your physiology; including scuba diving, sky diving, high altitude (>6000feet) vigorous exercise

7. Align your Body:

Staying active during pregnancy may also assist with encouraging baby into the optimal foetal position i.e. head down facing towards your spine. When this alignment happens, there is a greater chance of having a quicker and more straightforward vaginal birth with less pain relief. This is because baby fits snugly into the curve of the pelvis, he/she is more likely to tuck his/her chin under so the smallest part of his/her head comes first and even pressure is applied to the cervix encouraging uniform dilation.

A back-to-back position is where baby has his/her head down but his back is against your spine. You may have backache together with a longer, slower birth as the tightenings struggle to find their rhythm. About one in ten babies is posterior when birth begins but most will still be born vaginally.

Babies who are in a posterior position may just lie in this way due to the shape of mum's pelvis but if you have the more common rounded pelvis how you move and sit particularly during late pregnancy may mean you can encourage baby to rest in an anterior position. When you relax on the sofa or work at a desk for hours your pelvis is tipped backwards.

This may encourage baby to swing round to the back due to gravity. If, however, you participate in upright activities such as Yoga and Pilates, take regular breaks and walk tall, pop a cushion under your bottom when in a car seat and rather than slouching on the sofa, sit or kneel over a gym ball, your baby is more likely to rest in an anterior position as your pelvis is always tipped forwards.

8. Future Proof Your Pelvic Health:

Your pelvic floor muscles are a group of muscles that span the outlet of your pelvis from the pubic bone at the front to the coccyx bone at the back, forming the floor of your pelvis.

The main functions of the pelvic floor are:

Maintain continence – they control your bladder and bowel by tightly closing the urethra and back passage (preventing incontinence). They also release fully to allow you to empty your bladder or bowel.

Support – they act like a hammock to support your pelvic organs and keep them in the correct position.

Sexual function – they can help improve sex by increasing your sensation and

your grip.

Stability – they help to keep your pelvis and hips stable. One of the most common causes of pelvic floor dysfunction is pregnancy and childbirth. In pregnancy the muscles can become under strain with increased pressure upon them from the growing foetus, in vaginal deliveries stretch and trauma can occur to the muscles.

Your pelvic floor exercises can be performed in any position. Find a position which is comfortable for you, or which your physiotherapist has recommended.

Be aware of your breathing, keeping a relaxed breath in through the nose and out through the mouth. Do not hold your breath whilst doing your pelvic floor exercises. This is difficult at first but keep trying. Sometimes it helps to count out loud.

Next, you need to start squeezing your pelvic floor. Imagine that you are trying to stop yourself passing wind and urine at the same time. You can also think of squeezing tight in the vagina. You should feel your pelvic floor muscles 'squeeze and lift'. Try not to squeeze your buttocks and legs.

You may feel a gentle tightening in your tummy, which are your deep tummy muscles working to help the pelvic floor. You need to practise both long squeezes and short squeezes and gradually build up your routine. As you do so your muscles will get stronger and your exercise programme will gradually increase.

Birthday Celebrations

ROWAN House has just celebrated its second birthday.

The health and welfare centre opened its doors for the first time in October, 2015. Now the centre is looking to support a new start-up business in the health sector in the New Year and is looking for a company/group wanting to take part.

Anyone interested should contact Rachel Pails on 01603 813999.

Rachel told the latest meeting of Hethersett and the Meltons' Sports Association that taking part in the 2017 Run the Square celebrations had helped raise awareness of the centre and it is hoped to have another tie-in with Hethersett Social Club and the funrun in July 2018.

Hethersett Funrun organiser Shane Hull said Rowan House's involvement helped to complement the event and he will be liaising with the centre early in the new year.

Groups and Societies



Duncan and
Jenny Pigg

Probus Club

VILLAGE stalwart Duncan Pigg was the speaker at the meeting of Hethersett and District Probus Club. He was accompanied by his wife Jenny. Duncan, who is himself a member of the Probus Club, outlined his life from his boyhood as a chorister in Norwich Cathedral when church music was one of his passions. This has remained with him throughout his 91 years, enabling him to find fulfilment as choirmaster at St Remigius Church and giving him the chance to take leading roles in music festivals and oversee the music for Hethersett pantomimes.

Duncan was the founder of Hethersett Pantomime Group and writer and director for over 40 years. Duncan's late teenage years were spent in the RAF which gave him the opportunity to travel. Later he served on the parish council and was employed as an hospital administrator and planning officer.

Duncan also has a long association with sport, being a fan of Norwich City and

Groups and Societies

playing cricket for Hethersett (now Hethersett and Tas Valley Cricket Club). Duncan served as club chairman, captain and president and today is a vice-president..

“It is evident that Duncan was never content to be a back bencher, but always endeavoured to lead from the front,” said Probus member Eugene Ewart.

The RiNG

The Rheumatoid in Norfolk Group (The RiNG), which meets monthly in Hethersett Village Hall on the first Wednesday of the month, enjoyed a summer outing on the Holt to Sheringham Railway which was followed by a leisurely stroll down the main street with lunch. In August Gosia Zielinsks, Community Officer in the Home, gave an informative talk.

The group charges £3 a visit which covers entrance fee, speaker, tea and cake. Annual membership costs £6. More information is available on the website www.thering.org.uk or on 0800 072 9597.

The next meeting will see Dr Mike Signy organising an antiques' quiz.

Hethersett Society

Herald associate editor and Hethersett Society member, Gary Wyatt, reviews the society's October meeting.

The talk at Hethersett Society's October meeting was given by Margaret Forrester who has also spoken to the group on previous occasions. This time Margaret's subject was 'The Lindisfarne Gospels in context'. This famous illuminated manuscript, as this type of book is generally termed, is in the British Library and is currently being digitised so it can be made available on-line. As is well known, it was produced around the year 700 at the monastery on the island of Lindisfarne, just off what is now Northumberland.

Margaret's aim in the talk was to give us the background to its production and describe something of the contemporary world at the time. Although it seems difficult to believe, it is thought that the entire book, including the extremely intricate illustrations and text, was produced by one man, Eadfrith, a Bishop of Lin-

Groups and Societies

disfarne, although others would have helped with preparation of vellum and binding of the pages. It is contemporary with the Sutton Hoo burial in Suffolk and Margaret made comparisons with designs on items found during excavations at that site. There are probably also connections with other monasteries active at that time, such as Jarrow, Iona and Melrose. It is considered to be written in honour of St. Cuthbert after his death.

The text is in Latin, one of five languages then used in Britain, the others being English, Irish, Pictish and Celtic. It is on vellum which is clearly a very durable material, given the excellent condition the book is still in after 1300 years.

The writer used yellow, green and red pigments and the 'carpet pages', which separate the four gospels in the book, are especially detailed, with serpents, birds and crosses prominent. Some 250 years later, a translation into Old English was added above the corresponding lines on the pages.

It is astonishing to think that one person could have produced such a rich and detailed manuscript and it must have been a life's work in very difficult conditions. Just imagine, for example, the cold and the lack of light during the long winter months on an island in the North Sea. Your correspondent has been to the island, which even in summer can appear inhospitable (although it was rather gloomy and raining when we were there). Even though this stunning manuscript can speak for itself, Margaret's talk made the Lindisfarne Gospels come to life for us, and was much appreciated.



Groups and Societies

Hethersett and District Horticultural Society

Report by Leslie Dale

At Hethersett and District Horticultural Society's meeting on 18th October, Lindsay Maclean returned after 20 months to tell us about her career move back to a role as a head gardener and the need to provide her employer with a colourful autumn and winter garden.

Colour, Lindsay explained, was not just in flower heads but also in plant leaves and shrub and tree bark. Whilst our table show illustrated the breadth and splendour of flowers from late August and early autumn, the A to Z of plants portrayed by Lindsay gave us many suggestions which could keep the garden in colour right round to the time when snowdrops and aconites raise their dormant heads.

Whilst your scribe, in thanking Lindsay, was bemoaning the brilliant green of the many weeds in his lawn which a certain brand of "weed and feed" has failed to deal with, many of Lindsay's suggested plantings, large and small, would make a considerable difference to an otherwise dismal view.

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

Our next meeting is on Wednesday 15th November when Charlotte Philcox will be "Enclosing Eden" and on 13th December our members will provide their own entertainment appropriate to the Christmas season.

Hethersett WI

Hethersett Women's Institute meets on the third Monday evening of every month at 7.30pm in the Methodist Church Hall. New members or visitors are very welcome. There is usually a speaker and refreshments plus a raffle.

The next meeting on November 20th will be the group's AGM. The WI will also be donating toys and tins to the Salvation Army Christmas appeal plus Mrs Brenda Packman will be informing members on how the Pennies for Friendship helps the Associated Country Women of the World charity.

December's meeting on the 18th will include entertainment from Fine City Chorus. Members enjoyed a coffee morning despite inclement weather. The group is currently working on its programme for the coming year which will be its centenary. In September the group had a cookery demonstration.

Winter Approaches

Connie Tindale updates us on the progress of her Hethersett Hedgehogs

REMEMBER Remember the 5th of November and Remember Remember that there may be a hedgehog trying to hibernate at the bottom of a celebratory Guy Fawkes bonfire.

Please check carefully that there are no prickly lodgers about before you light the fire and set off the fireworks. Now is also the time when you might attack your compost heap to get that mulch that your flower beds and vegetable patches need. Turn it over carefully as a hedgehog may have already made its winter home in there.

November is a time when the Autumn juveniles are really struggling to survive. If you see one out and about in daylight then it will be looking for warmth from the sun. It needs to be picked up and given that warmth; without warmth, it will slip into hypothermia. Trying to bring a tiny scrap of life back from hypothermia is a heart breaking task as the will to live may have gone. If you keep the hoglet warm by wrap-

ping it in an old jumper or placing it with a wrapped hot-water bottle then hypothermia may be avoided. It is very important that the bottle is not allowed to go cold as it will then take heat from the hoglet rather than helping it. Please take juveniles to a rescue centre the same day that you find them as they can then be kept on a heat controlled pad and syringe fed if necessary as



all appetite is lost once the body temperature drops dangerously low. With such small creatures time is of the essence.

Little Florence was brought to us a few weeks ago weighing 185 gm but she was a feisty little thing with a will to live and is now 550 gm which is just below release weight. She will be placed in a sheltered pre-release run until she

grows a bit more. If she chooses to hibernate in the area then she will be able to as hibernation homes have been placed in there. The case of little Spike was different. He ate when he was picked up but got very cold during the night and the next day before he was brought in. He weighed 125 gm but his little body had no fat at all. He was so cold when he arrived that he was slipping into hibernation but had no reserves at all to sustain him. He died 48 hours later; but at least he died in a cosy nest and not under a wet hedge.



There are fewer hedgehogs to be seen in gardens now. Some are still collecting leaves for their winter nests and can sometimes be seen scurrying about with huge bunches of leaves in their mouths. They are consequently eating less of the food that may have been put out for them. The traditional dish of dried mealworms has gone out of favour as there is not enough calcium in it, but mealworms can still be used but hopefully not on their own. However, there is always the dilemma over the hedgehog that refuses to eat anything else. Do you give in and let them eat only mealworms or do you test them to see if they will actually starve themselves to death. Not a happy choice to have to make.

If you do care for a hedgehog yourself over the winter months remember that it is a wild animal and you are not allowed to keep it as a pet no matter how attached you become to it. It is against the law. Offering sanctuary to a hedgehog that would not be able to survive in the wild is acceptable but a healthy hedgehog that is of a size to survive has to be released.

There will be little hedgehog activity over the winter months so I will write about general hedgehog care and their common ailments, how to spot them and treatments that can be given. The winter months can also be used to consider how you can make your own garden more hedgehog friendly and consult with your neighbours about how Hethersett can have a hedgehog highway that will allow them to move from garden to garden.

For more information and news on Hethersett hedgehogs visit the website at:

www.hethersetthedgehogs.com

A Mystery Solved

IN the October edition of the Herald, we asked for information on the emblem opposite which turned up in the village.

The silver insignia had the word Hethersett on its edge and depicted a bird in flight.

Vic Redington, who was formerly head of Hethersett Old Hall School, was quick to respond:



“This was a badge awarded to a prefect at Old Hall School in the early days. The School began as a PNEU school and I believe the design may have been used throughout the organisation.

“The original badges were silver and were still in use when I came to Hethersett in 1983. Gradually they were lost or damaged and later were only used for house captains.

NOTE: PNEU schools were affiliated to the Parents' National Education Union.

News From St Remigius

A Musical Hour

St Remigius Church will be holding a musical hour in aid of the church porch repair on 18th November from 2.30pm.

The event will feature Anthony Joule on the organ and Catherine Joule (soloist). The varied programme of music will be followed by afternoon tea and tickets are £5.

In Remembrance

This year’s Remembrance event will be held on Sunday 12th November:

“Remembrance Sunday is a stark reminder of the fact that we enjoy the freedoms we have because of the sacrifices of others, even to the point of death,” said Rector of Hethersett, the Rev Derek McClean.

From the Archives

A HETHERSETT resident came across the below minutes from the Norfolk Old People's Welfare Committee's first annual report from June, 1948. For our younger readers, Wilfred Pickles was a very popular British entertainer, actor and radio presenter of the late 1940s to late 1960s.

HETHERSETT

President: LORD MACKINTOSH OF HALIFAX OF HETHERSETT

Chairman: COL. SANDEMAN ALLEN

Hon. Secretaries: MRS. I. RUMP, The Haven, Hethersett
MR. J. COWELL, Mill Road, Hethersett

Hon. Treasurer: Mr. D. H. BLAKE, Queen's Road, Hethersett

Club. Hethersett Old People's Club. Open Wednesdays from 3 p.m. to 5.30 p.m. Average attendance 38.

Committee's Present Activities. Club Meetings which are usually attended by a Member of the local Parish and Rural District Councils to assist in any queries on local matters. Darts and Cards are played, "Wilfred Pickles" contests and "Twenty Questions" are held and local entertainers give their services from time to time. Tea and refreshments are served at a nominal charge and the session concludes with the passing round of a musical parcel which contains something useful for the winner and the singing of the Club signature tune "The more we are together the merrier we shall be."

Plans for the Future. Entertainments to include concerts, cinema shows, etc. A summer outing to Yarmouth to which Club Members are inviting patients from Hill House Hospital, Wicklewood.

Financial Position. Very healthy. The Committee finds that the members are quite keen to donate gifts for raffles, etc. to swell the funds.

Media Watch

The following stories have appeared in the local newspapers - the Wymondham Mercury, the Eastern Daily Press and the Norwich Evening News

More Success For Academy

The Eastern Daily Press reported on more success for Hethersett Academy. The high performing school was heralded by the Media as “a remarkable turnaround story.”

The paper continues:

“In June 2013, Hethersett Academy, now run by the Inspiration Trust, was in special measures and had been branded inadequate by Ofsted inspectors. But less than three years later it had secured the watchdog’s top grade - outstanding.



It is now often found at the top of league tables, and this year secured a Progress 8 score of 0.89, the highest in Norfolk.

It was also in the top five for the percentage of pupils who achieved a level four or above in English, achieving 80pc.

Principal Gareth Stevens (pictured above) told the newspaper: “I am very proud of the hard work of our students and staff that have led to these results, that are not just the top in Norfolk but in the top 1pc nationally for pupil progress.”

Last year, Hethersett Academy was also the top performing school for Progress 8 in Norfolk. Progress 8 measures pupils’ progress from the end of primary to the end of secondary compared to others with a similar starting point.

Norfolk’s score of -0.05, below the national average of -0.03, puts it joint 77th out of 151 local authorities.

Educational Help

HAVE you lived in Hethersett for the past five years and are between 18 and 25?

Are you in need of financial help for further education?

If the answer is yes to both these questions the Caroline Lindley Educational Foundation can possibly help financially towards your educational needs.

Full details of how to claim and application forms can be ordered by contacting Geoff Brownsey on 01603 811624.

You can also read more about Caroline Lindley in our special feature on the history of education in Hethersett on page six.

Hethersett Pictorial

Hethersett in 1910



Have You Missed an Edition?



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

News and Features Needed

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

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

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

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

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

Sports Coverage Starts Here

HETHERSETT Hawks/Myhill Decorators' much travelled veteran Glyn Morgan was in Sussex for the penultimate Eurovets round at Hellingly.

Cycle Speedway with Mel Perkins

He put recent track experiences there to good use to amass a very good 18 points and get to his second Over-50s A Final of the season.

Starting well off grid three he got into second place but could not hold on and was relegated to fourth at the finish. Still the 21 GP points achieved kept him up with the leaders.

He then travelled to Leicester for the finale of the Eurovets series needing a good performance to finish in the top four of the Over-50s. A slipping foot at the start of his first race gained him an exclusion so not the ideal start, but he rallied to win one race, something he has achieved at every round, and amass 12 points which gave him 5th place overall.



Meanwhile, Owen Wells retained his Hethersett Under-19 title.

Hawks had five riders in action at the final round of the South East and Eastern Grand Prix series at Great Blakenham. With rain setting in just before the older age groups took to the track, conditions were not ideal but they all performed well. Highlight was Harley Hamill's pass when two Ipswich rivals were contesting the lead and his subsequent win in the Senior "A" Final. This gave him the overall series win but no trophy as no senior rider had contested 50% of the eight rounds.

There were trophies for two Hawks - both Owen Wells (Under-18s) and Glyn Morgan (Veterans) had to settle for last place in their respective "A" Finals but the points secured gave them overall third and runner-up respectively. Paul Delaiche (Under-14s) and Danny Machin (Senior) both achieved second places in "B" Finals on their first visits to Great Blakenham.

Hawks brought the curtain down on their season in glorious sunshine with the staging of the Hethersett Charity Cup. With increased sponsorship from Breckland Autos, five trophies were on offer and competition from a good field was intense.

The very first heat looked to be decisive with four main contenders taking part and so it proved as three of the four riders went on to contest a three-way race-off after scoring 18 points. It was a classic race as Hellingly's Neil Hollebon led with an ensuing stiff challenge from home captain Leigh Cossey only for Ipswich's Charlie Rumbold to take full advantage from the back to take the chequered flag and the trophy.

Dan Chambers won a race-off against team-mate Harley Hamill for the fourth and fifth places after Hamill slipped and twisted his ankle on the first corner.

Leigh Cossey won his first Hethersett club championship since 2004 by finishing one point ahead of Dan Chambers after a gruelling formula which required riders to race seven times each. Glyn Morgan finished third - his first podium place in the event since winning it in 1980.

Hawks concluded their racing season with the Club Maiden Plate which is for riders who have never won any of the club's eight championships. Level Two coach Kevin Wells decided to go on track to teach his skills and performed well but he had no answer to fast 2017 recruit Danny Machin who took the title with a 28-point maximum.

Wells was runner-up with improving youngster Paul Delaiche third. Scores - Danny Machin 28, Kevin Wells 25, Paul Delaiche 22, Shaun Kell 18, Duncan McPhee 15, Michaela Cameron 13, Shayne Smith 11, Evony Leverington 8.

The event was held as part of the penultimate Tuesday Club Night which has seen 55 different participants. The Club is planning a monthly Go-Ride session on Sunday mornings and has its presentation evening on December 8th.

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

Ian is Player of the Year



HETHERSETT and Tas Valley Cricket Club held its annual presentation evening and dinner at Park Farm Hotel, Hethersett, on Saturday, October 14th with opening batsman Ian Bryce being named Player-of-the-Year.

Ian (pictured below receiving one of many trophies he won from club president Richard Ellis), scored over 1,200 runs during 2017 and also took over 30 wickets. He won a national award for his innings of 151 against Cambridgeshire side Foxton in the National Village Cup, an innings described at the presentation evening by first team captain Damian Fahy as “one of the best I have ever seen at any level of cricket.” As well as the player of the year trophy Ian also took the First Eleven Batting award, the overall Batting Cup and the Best Performance Cup for the innings against Foxton. The first eleven bowling award went to John Curtis.

Reports on the season were given by the four Saturday team captains - Mark Worley (fourths), Cameron Clarke (thirds), Stephen Hayes (seconds) and Damian Fahy (firsts).

Damian Fahy reported on a first team season that had exceeded expectations:





Club President Richard Ellis presents the Clubman of the Year Trophy to Richard Matthews



“At the beginning of the season the club said it was looking for the first team to consolidate its position in Division Two of the Norfolk Alliance and to bring through a number of young players. We did better than that, finishing third and being in with a chance of promotion until the final match of the season. We beat the team that finished runners-up twice and saw a number of excellent performances from our younger players.

“We also had a number of important new signings to strengthen the team. With a number of other key players now fit again after long periods out through injury, the future of the first team is looking very bright,” he said.

The season saw the firsts achieve their

highest ever points total in Division Two of the Norfolk Alliance.

Stephen Hayes said it had been a “tough year” for the seconds who had numerous call-ups to the first team and relied on a number of talented youngsters to bolster the ranks. Nevertheless the team had avoided relegation from Division Four of the Norfolk Alliance.

The third team had just missed out on promotion in the Norfolk League - finishing six points behind second place. Luke Matthews was named the Norfolk League’s Under-19s Batsman of the Year.

Mark Worley reported on a highly successful season for the fourth team which achieved its first ever league victory:

“It was an absolutely brilliant season



First Team Captain Damian Fahy with Young Player of the Year Jack Gibson



with great team spirit. The fourths is all about introducing young players to league cricket and helping them to progress through the club's ranks. During the season we gave competitive cricket to 50 players - 36 in the league and another 14 in friendly matches," Mark said.

Awards presented during the evening included the following: First Eleven - Batting, Ian Bryce; Bowling, John Curtis. Second Eleven - Batting Dean Parfitt; Bowling, Andy Baker. Third Eleven - Batting, Nick Powell; Bowling, Cameron Clarke. Fourth Eleven - Batting, Mark Worley; Bowling, Hal Worley.

Overall Batting Cup, Ian Bryce; Overall Bowling Cup, Robbie Matthews.

Duck Cup for most ducks, Cameron Amis; Fielders Catching Cup (excluding wicketkeepers), Damian Fahy; Catching Cup (including wicketkeepers), Damian Fahy.

Best Performance of the Season, Ian Bryce.

Young Player of the Year Playing in Adult Cricket, Jack Gibson. Most Improved Player, Jack Gibson. Clubman of the Year, Richard Matthews.

Player of the Year, Ian Bryce

Club Annual Meeting

THE annual general meeting of Hetherset and Tas Valley Cricket Club took place at its Flordon headquarters on October 19th.

Retiring chairman Peter Steward paid tribute to all the hard work put in by so many people to make the club such a success.

"We have a fantastic family-based club with an excellent social scene and one of the best youth set-ups and grounds in Norfolk. We have progressed greatly over the past two years both on and off the field of play and I firmly believe that the next two to three years will see us progress even further. We will be looking to further enhance our facilities and also to start a women's team," he said.

His place as chairman was taken by Mark Worley who also underlined the pro-

gress made by the club over the 2017 season despite only winning one trophy - The South Norfolk Over-40s Cup.

The season had seen the club host the finals of the county over-40s tournament, along with a number of representative matches. A total of 97 youngsters had taken part in youth training sessions.

Two retiring members of the club's executive committee were presented with mementoes. Rennie Broughton has retired from his post as director of youth cricket and was made an honorary vice-president in recognition of his nine years in the post. Matthew Ellis was also presented with a gift to mark his years as club treasurer.

The new position of Director of Ladies Cricket was created at the meeting with Claire Matthews taking on the role.

Officers elected for the coming year were: President, Richard G. Ellis; Vice-Presidents, David Johnson, Harold Kerlake, Duncan Pigg and Rennie Broughton; Chairman, Mark Worley; Vice-Chairman, Jane Morton; Club Secretary, Richard D. Ellis; Fixtures Secretary, Richard D. Ellis, Results Secretary, Richard D. Ellis; Welfare Officer, Jane Morton; Selection Manager, Matthew Ellis, Treasurer, Robbie Matthews.

First Team Captain, Ian Bryce; First Team Vice-Captain, Damian Fahy; Second Team Captain, Tristan Hunt; Second Team Vice-Captain, Stephen Hayes; Third Team Captain, Mark Creasy; Third Team Vice-Captain, Stuart Last; Fourth Team Captain, Mark Worley; Fourth Team Vice-Captain, Nick Morton; Sunday Captain, Sam Morton; Over-40s Captain, Richard D. Ellis.

Director of Youth Cricket, Sara Worley; Director of Ladies Cricket, Claire Matthews; Youth Cricket Fixtures Manager, Matt Bird; Cricket Development Officers, Damian Fahy and Richard Matthews; Club Development Officer, Peter Steward; Groundsmen, Richard D. Ellis, Richard Matthews and Richard G. Ellis; Subscriptions' Officer, Jane Morton; Bar Managers, Richard Matthews and Tony Smith; Scorer, Al Watts; Auditor, David Johnson; Social Committee Chairman, Harriet Matthews.

The club expressed a wish to continue to improve its standing in the Norfolk Alliance with promotion for the first and second teams the aim and to this end the executive committee will be looking into employing a coach. This will be discussed at a subsequent club meeting.

Hethersett Funrun Date Set

A provisional date of Sunday, July 8th, has been set for the 2018 Hethersett Run the Square funrun. The event continues to gain in popularity with the eighth running this year attracting over 250 runners/walkers of all ages.

The funrun started in 2010 as part of the village's lead up to the 2012 London Olympic Games and has continued ever since as part of the ongoing Olympic Legacy which also saw the setting-up of the Hethersett and the Meltons Sports Association. A report on that organisation's latest meeting appears below.

We will bring you more news on the funrun in future editions of the Hethersett Herald.

Sports Association Meeting

THE latest meeting of Hethersett and the Meltons' Sports Association took place at Park Farm Hotel at the beginning of October.

The association was founded in February, 2011, to bring together sports and leisure groups along with individuals involved in fitness and well being, either in a professional or volunteer capacity.

It was founded as part of the build-up to the 2012 London Olympic Games and meets quarterly to celebrate sport, recreation, health and well-being in Hethersett, Great Melton and Little Melton.

The latest meeting heard reports from member clubs in sports as diverse as football, rugby, badminton, cricket, table tennis, cycling, croquet and many more.

The association will be backing any applications from member

clubs for money from village development. One project will an application for the refurbishment and extension to the pavilion on Hethersett Memorial Playing Field.

Club membership of Hethersett and the Meltons' Sports Association is j£5 per year and individual membership is free. For more information visit the association's web site at:

<https://handmsa.weebly.com>

The next meeting of the association will be at Park Farm Hotel at 7.30 pm on Monday January 10th, 2018.

News From Hethersett Sports Clubs

THE following reports from sports clubs/groups were given at the latest meeting of Hethersett and the Meltons Sports Association on October 11th:

Hethersett Croquet Club

Peter Hoult reported on a successful season that is now drawing to a close.

Hethersett Netball Club

Helen Lawn reported that one of the adult sides has won promotion and that the junior section is going well. The club is now using the Hethersett Academy Sports Hall.

Hethersett Badminton Club

Peter Hoult reported on a very successful junior set-up with two groups of 25 youngsters being coached with a waiting list also being set-up. The club also has 35 adult members.

Hethersett Social Running Group

Peter Steward reported that the summer coaching sessions have now stopped, but it is hoped that they will begin again in the spring leading up to the village funrun

Hethersett Hawks Cycle Speedway

Mel Perkins reported that the 2017 season is drawing to a close. It has been a successful year for the club with over 60 riders taking part, 25% of those taking part being female. The club has riders aged from five to 62. An Aviva Community Grant will be used to purchase equipment. The first team finished fourth in the South East League with the second team finishing runners-up. Senior club members are planning a trip to Poland in 2018 for the European Club Championships. The club has achieved clubmark status and is looking for a male welfare officer. Mel expressed a wish to foster good relations with the newly re-constituted Hethersett and Wymondham Velo Club.

Hethersett and Wymondham Velo Club

Stephen Andrew reported on the re-branding of the club and its new name to incorporate Wymondham. Tuesday evening club runs will be coming to an end as the nights draw in but the Sunday rides of 40-45 miles will continue. The club's ethos is that nobody gets left behind and this has helped riders to gain in confidence. The club has a "vast array" of refreshment stops. New members are welcome and the club is looking to have new kit available in the near future.

Hethersett Athletic Football Club

The new season has started with the club running teams at all ages from six to veterans.

Hethersett and Tas Valley Cricket Club

Peter Steward reported on a successful 2017 season that has seen many of the club's youth players pushing up into adult teams. Just under 100 youngsters have taken part in training evenings and the club is looking to push forward in the 2018 season.

Crusaders Rugby Club

Maurice Durrant reported that the club's first team finished fourth in its league last season, but the second team struggled. The club is catering for youth players from the age of under-five to 15. Leagues have been re-drawn to cut down on travelling distances. The club has spent £12,000 on upgrading floodlights and knocking four changing rooms into two with a view to obtaining planning permission to provide showers and toilet facilities. The club will be holding a fireworks evening on November 4th. The club may be affected by the laying of cables by

Dong Energy as part of their windfarm infrastructure.

Hethersett Methodist Table Tennis

This continues on Friday evenings in Hethersett Methodist Church Hall and is managing to pay its way.

New Clubs

The association has been approached to support a shuffleboard group in Hethersett and it is likely that a come and try event will be held in the village in the New Year.

Zumba Opportunities

There are plenty of opportunities in the village to take part in Zumba classes. Alahna Eamer has contacted us with details of her classes which take place at Hethersett Old Hall School and Hethersett Jubilee Youth Club on the following dates:

Tuesday's at 7.15pm - Aqua Zumba at Hethersett Old Hall School - £6

Wednesdays at 7.30pm - Aqua Zumba at Hethersett Old Hall School - £6

Fridays at 7.15pm - Zumba at the Jubilee Youth Hall - £5

Alahna can be contacted on 07825 924 515 or via email at alahnae@hotmail.co.uk for further details

Sports Reports Needed

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

If you would like your club featured just send the details to petersteward@lineone.net. Photographs are particularly appreciated.

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