



Church in Funding Difficulty

St Remigius Church, Hethersett, has to raise over £1,500 every week of the year just to keep its doors open. In a special report, Peter Steward met the Rector, the Rev Derek McClean, church treasurer Neil Sturgeon and churchwardens (pictured below) to talk about the crippling charges facing the church and what the future holds for a building that has existed for over 1,000 years.

KEEPING Hethersett Parish Church open and functioning costs over £1,500 a week and finding that money is becoming more and more difficult, it has been revealed.

In addition, much of the community and pastoral work undertaken by St Remigius Church has had to be put on hold during lockdown.

The Rector of Hethersett, the Rev Derek McClean, has been restricted to putting daily prayer sessions and weekly sermons online with the church only re-opening for private prayers and limited services in the past few weeks.

Now the church is beginning to plan for the days when lockdown is a thing of the past and it can return to some form of normality.

But that could still be some way off and the current financial situation is causing concern to the rector and members



of the parochial church council.

The figure of £1,500 doesn't take into account any repairs, alterations or proposed changes to the building.

Each year the church has to raise £75,000 from its congregation and church officials admit that worrying about finances detracts from the pastoral work of the church.

To read the full story please turn to page 4.

MAIN CONTENT

THE COST OF KEEPING PARISH CHURCH OPEN	4
NEW RUNNING CLUB LAUNCHED	7
PRAISE FOR GCSE PUPILS	8
EMERGENCY REPAIRS NEEDED TO YOUTH CLUB ROOF	9
VILLAGE SURVEY OVER NEW PAVILION	11
HETHERSETT COMMEMORATES VJ DAY	14
HETHERSETT LIBRARY READY TO RE-OPEN WITH RESTRICTIONS	18
VILLAGE SCREEN AUTUMN PROGRAMME ANNOUNCED	21
KATE AND DAVID'S MARATHON HETHERSETT RUN	22
GLOBETROTTING PONY BRINGS SMILES	25
THICKTHORN JUNCTION IMPROVEMENT PLANS	28
IMPROMPTU CONCERT ENTERTAINS NEIGHBOURS	32
SURGE IN WILL WRITING APPLICATIONS	34
WHAT I LOVE ABOUT HETHERSETT	42
GIVING THE GIFT OF LIFE—PROFILE ON CONNIE TINDALE	50
DALE EVANS' BEAUTY TIPS	54
SARAH'S WORLD WITH SARAH LAWRENCE	56
HELPING TO SAVE HETHERSETT'S FAMOUS TREE	61
CRICKETERS WIN MINI LEAGUE	62
NEW GROUP SUPPORTS THOSE WITH HEALTH ISSUES	65
GARAGE SALE IS A BIG SUCCESS	66
DOWN MEMORY LANE	82
HANNAH'S HETHERSETT LIFE	106

A Message From The Editor



Just what is the function of Hethersett Herald? That's a question I often ask myself and the answer is simple.

To inform, to educate and to entertain.

To me a successful magazine should do all three of these things and I think you could add a fourth—to campaign. I love nothing more than getting my teeth into a meaty subject and, often, one I feel very strongly about.

And I think that each edition of a magazine, whenever possible, should have a major feature. Last month we focused on the last days of the iconic Hethersett Woodside School building in Firs Road. This month it's an in depth look at the struggles our parish church has to keep its head above water.

The Memorial Playing Field has always been an area of the village dear to my heart. As a former trustee of the playing field and one of the team responsible for gaining the original planning permission for a new pavilion, I have been keen to see a number of projects come to fruition.

And suddenly I believe things are really beginning to happen and much credit for this must go to Hethersett Parish Council and the playing field trustees.

It's always good to report good news and I think we will see some considerable improvements to the field over the next few years. The children's play area has been repainted and spruced up, new swings for older children are planned and, of course, the new pavilion is taking centre stage in plans. Add to this plans for improving facilities to the cycle speedway area and you can see that things are really happening.

Attempts to get a new pavilion that the village can be proud of have met with mixed success to say the least. At times I wondered whether we would ever see a new community building, but now I am confident that plans will come to fruition. The proposed improvements to the cycle speedway area will mean that Hethersett will be able to attract top national and even international competitions which can only be good for our village.

Finally this month I must mention Derek and Rodney Trotter who have taken the village by storm. If you don't know what I'm talking about just turn to page 25 and see why they have proved popular throughout the world (literally).

PETER

**Pastoral Care
Has Been
Difficult in
Lockdown**

(Continued From Front Page)

On the front page we highlighted the struggles of Hethersett Parish Church to make ends meet. Here we look closer at how St Remigius has coped with lockdown.

THE Rector of Hethersett, the Rev. Derek McClean is painfully aware of how difficult it has been both from financial and pastoral points of view during lockdown: "We try not to let it, but there is no doubt that worrying about money detracts from what we do. We are running what is essentially a medieval and Victorian mish-mash and it is very draining."

The church has 92 regular givers who have continued to financially support the building during lockdown through regular giving, but church officials have been frustrated by not being able to hold services, social events and fundraisers and the Rector has been unable to pay visits to support Hethersett parishioners. Rev McClean and the church have had to adapt to a new



method of working during lockdown which has included a cascading system of volunteers to make phone calls to people, contact via e-mails and daily prayers and sermons on social media.

The £75,000 figure which the church has to raise to just keep its head above water includes the payment of an annual parish share of £46,500 to the Norwich Diocese towards clergy stipend, pensions and other costs.

Every church is assessed on a number of criteria including size of the local population and congregation. Churches at Little and Great Melton both have to raise an additional £19,100 with Little Melton's share £14,500 and Great Mel-

ton's £4,600 bringing the total for the Hethersett Benefice of three churches to £65,600 a year.

St Remigius usually pays its parish share in 10 instalments of £4,650 but treasurer Neil Sturgeon admits that they may have to "draw a line" under payments for 2020 and hope to return to payments in 2021.

Those parish share figures do not take into account such day to day necessities as heating, lighting, insurance and other basics. Add to that such other matters as diverse as choir and organist expenses, security cameras, printing costs and much more and it all mounts up to that £1,500 needed to be raised every week of the year. Lighting, heating and insurance takes care of £9,000 a year, small repairs £3,000, the Good News magazine and other printing costs £7,000, organist and choir costs £4,000 and security cameras £1,600. Then there is the quinquennial inspection which, as its name suggests, happens every five years and points out any repairs necessary. Over the years this has necessitated repairs running into six figures.

During lockdown the church has lost a considerable amount of revenue by not being able to hold weddings (23 in a year is the record) and funeral services (although burials have been possible) and other fund-raising events such as the annual gift day which regularly brings in up to £7,000. Church officials have no idea when it will be able to host such events although they are already looking at having to have ticket



ed events for Remembrance Sunday, Harvest and Christmas (these will be free but will help to limit numbers).

"We are living from day to day and it is so difficult to plan in the short term and even more difficult to plan for the longer term," Rev McClean (Pictured above) said, adding that the church feared a second spike of the COVID virus which could put their plans for the future even further behind.

"We've been here for over 1,000 years and want to make sure it is here for another thousand, serving and being part of the community. "

The church has also had to postpone plans aimed at bringing it closer to the local community with a programme of outreach and the church hall in Hensstead Road is another financial burden.

The best estimate of "getting back to normality" is February or March. "We are all in new territory. We have paid as much of our parish share as we can. There is no way that we will be able to

meet our full share this year,” Rev McClean added. The annual gift day has been re-scheduled to 27th September.

“There are always repairs needed that we cannot foresee including repairs to the church bells and spire and £6,000 for surfacing work to the car park which was beginning to turn into a quagmire when wet,” church officials say.

The financial figures paint a bleak picture but church officials are still optimistic and bookmarked legacies have ensured that a major project at the west end of the church to provide community rooms could still become a reality. This facility will be added to improvements already made over the past few years which have included a kitchen, new toilets and improved access for the dis-

abled:

St Remigius Church was mentioned in the Domesday Book of 1086 but there was a church in the village before that, probably on the same or a very close site. In 1997, the village celebrated 1,000 years of St Remigius with a village parade, suggesting that the church has been dated to the end of the 10th century.

“We’ve been here for over 1,000 years and want to make sure it is here for another thousand, serving and being part of the community. We want people to know that the church is there for them but if people can find it in their heart to give a little more it will be greatly appreciated,” Rev McClean added.

Methodist Church Services to Resume



SERVICES will resume at Hethersett Methodist Church from Sunday 6th September at 10.30 am.

Zoom and You Tube worship will also continue for those not able to attend in person.

Face coverings will be required for those attending. There will be no evening services for the time being.

Hethersett's Big Litter Pick

HETHERSETT will be taking part once again in South Norfolk's Big Litter Pick event.

The aim of Big Pick is to keep towns and villages free of litter through an organised litter pick with the added incentive of £200 for the best achievement with the money being spent in the community.

Hethersett's Big Pick will be on Saturday 5th September and will be split into two sessions—the first starting at 10 am from outside the Methodist Church Hall in Queen's Road and the second at 2.30 pm starting from the village hall in Back Lane.

Both picks will observe social distancing and all equipment will be supplied with the exception of gloves..

Photographic evidence of the pick will be taken to send to South Norfolk Council for the competition element of the pick.

New Running Group For Hethersett

HETHERSETT has a new running group aimed at beginners.

The group has been set up by resident Sarah Brailey and is primarily for beginners but also anyone of any ability that would like to run or even walk together in a social context.

The group's Facebook page already has almost 150 members with individuals organising runs for each other on an ad hoc basis.

"This group is an amateur group and not a running club. It has been set up to provide support and motivation, not to focus on times. Please be aware that lots of members are just starting out," Sarah states on the Facebook page.

You can find out more about the group on its Facebook page at:

<https://www.facebook.com/groups/618146582036352/>

GCSE Pupils Praised

THE roller coaster ride that has been this year's GCSE results has at least ended on a positive note with the principal of Hethersett Academy praising pupils for their results.

In keeping with most other schools, actual results haven't been made public this year but Academy Principal Jane Driver praised her pupils in the Eastern Daily Press Newspaper for their resilience, determination and positivity.

"We are incredibly proud of the resilience, determination and positive mindset that these Year 11 students have shown over their time with us in the last five years—and in the recent most unprecedented circumstances. Together with the dedication and commitment of staff, they have achieved an excellent set of grades which will allow them to progress on their chosen pathway. I am confident that the 2020 students will leave our school fully equipped for a happy and fulfilling future life and career," she said.



Jane Driver

Helping to Source Funding

South Norfolk and Broadland Council are hosting two free online training sessions to help community groups and charities source funding streams to support their work.

The councils will be running two live Zoom sessions called "Get Funded" on Thursday 24th September from 9:30 am until noon and Saturday 3rd October also from 9:30 until 12.

The sessions are aimed at providing current information on funding streams available to all types of groups across South Norfolk and Broadland.

Participants at the session will be joined by funders, both local and national, who will provide details of the support they have available and how to access it. We will post more details on various Facebook pages when we have them.

Emergency Repairs Needed To Youth Club Roof

THE recent rains may have been welcome to gardeners and many others, but they have provided Hethersett Jubilee Youth Club with a serious problem.

When the rains came they exposed weaknesses in the building's roof and those inside got a shower they hadn't bargained for.

Regular Hethersett Herald contributor Angela Eden was one of those who got more than she bargained for and that led to Angela making a plea for help in finding the money to repair the roof.



**Hethersett Jubilee Youth Club in
Back Lane**

"I was at a meeting in the hall and, to my horror, the heavens opened. Rain rain rain through the roof and water everywhere. As fast as it was mopped up there it was again.

"This is THE youth club of Hethersett. I know a new roof is in the pipeline but we don't have the funds to replace at this time," Angela said adding that she feels very strongly about the subject of providing a good facility for the young people of the village.

And Angela is quite outspoken on the situation: "We have some money towards repairing the roof but I feel very strongly about this subject. All the new builds going on around us, money to spend on new memorial playing field and yet a decent repair for the youngsters in this village?"

"We need to get this sorted before normality returns after this big lockdown we've all been experiencing. It might take a week to replace So come on Hethersett let's get cracking.

Youth Club trustee Gillian Saunders explained the severity of the situation.

"We are in the process of getting quotes to replace it as it leaks and is getting worse. If the wind blows in a certain direction and it rains hard, the water comes in now in several places. Even normal rain needs a bucket or two conveniently placed."

Gillian admits that the biggest problem faced by the trustees is cost as the current roof includes asbestos meaning getting rid of that and then putting on a metal roof would be expensive.

“Martyn Sinclair one of our new trustees has building contacts and is getting quotes. One we had was £14,000 just for replacement and scaffolding and that doesn't include removal of the current roof. We are about to launch an appeal for money and look at grants we can apply for but fundraising is difficult at the moment and I expect the grants won't be easy to get either. It could be that the current roof is beyond repair. Most of the time it isn't as bad as it has been with the recent rain, but obviously it isn't going to get better. I think we are looking at between £15 k and £20k for repairs,” Gillian added.

The youth club is also looking for a new youth worker and you can read about this and other club matters later in this edition.

Plea To Take A Pride in The Field

THE coach of a youth football team has appealed to residents to be more thoughtful after having to pick up rubbish and dogs' mess on Hethersett Memorial Playing Field.

David Powles is coach of Hethersett Athletic Under-8s and wants people to take a pride in their park.

“We're so lucky to have the park. Please can everyone do their bit to look after it and ensure youngsters can have safe and clean places to play,” David said, adding that in the last few weeks he has had to remove glass, broken cans, rubbish and dogs' mess before his players have been able to train.

He was supported in his plea by a number of residents on Facebook.

Meanwhile the table tennis table has been repaired at considerable cost to the Memorial Playing Field Trustees as Mel Perkins MBE explains:.

“Unfortunately anti-social behaviour has increased of late with damage to the table tennis table requiring a repair costing £385. There will be an increased Police presence at the field but anyone who sees anti-social activity should not hesitate to ring the Police.”

On a more positive note, Mel added: “It has been good to see the playground in use again after the lockdown. The new swings for older children should be installed late September. The trustees will be arranging a tree survey in the coming weeks and have had discussions with our contractors regarding enhanced hedge cutting arrangements.”

Village Survey Over New Pavilion

Artist's impression of the new building



HETHERSETT Parish Council is asking local residents what they want from a new £600,000 pavilion on the Memorial Playing Field.

The council has set-up a public survey as the process to replace the old out-dated brick pavilion reaches its consultation phase.

The aim is to replace the old building, which dates back to the 1990s and which is no longer fit for purpose, with a modern building which will provide up-to-date changing rooms for all ages and genders using the field, a meeting and recreation room with an adjacent kitchen that can be hired out separately, external toilets and covered seating and internal and external storage. In addition additional vehicle parking will be created.

The new pavilion is a joint project between Hethersett Parish Council and the Trustees of the Memorial Playing Field as chair of the parish council Adrienne Quinlan explained:

“The Parish Council and the Trustees of the Memorial Playing Field have been working for some time on a joint project to replace the changing rooms and provide a recreation/meeting room. We are now at the consultation stage of the process and are asking residents to fill in an online survey,” she said adding that paper copies of the survey will be sent to all homes in the village for those without access to the internet. These will be distributed along with the latest parish newsletter.

The project was given an initial boost of over £100,000 from the S106 money from housing development on Great Melton Road and the committee is hopeful of receiving another grant of over £200,000 from the Football Foundation. Other grants are being applied for:

“To ensure that the project can be completed, the parish council may need to approach the Public Works Loan Board for a long term loan at a very low rate



Proposed layout of new pavilion

of interest. This will be a last resort and we will only borrow what we need but I'm not prepared for us to start a project that will fail. We have to be sure we can finish it.

"If the parish council does have to go to the Public Works Loan Board the money will have to be paid back from future council tax. To show that the parish council can repay any loan, we have had to put an amount of money in this year's precept," Mrs Quinlan said.

The Memorial Playing Field is currently used for numerous sports including croquet, cycle speedway, bowls, cricket and football and its facilities include a basketball hoop and kick wall, an outdoor table tennis table, an all weather cricket strip and a children's playground. Any new pavilion will also be made available for general community use.

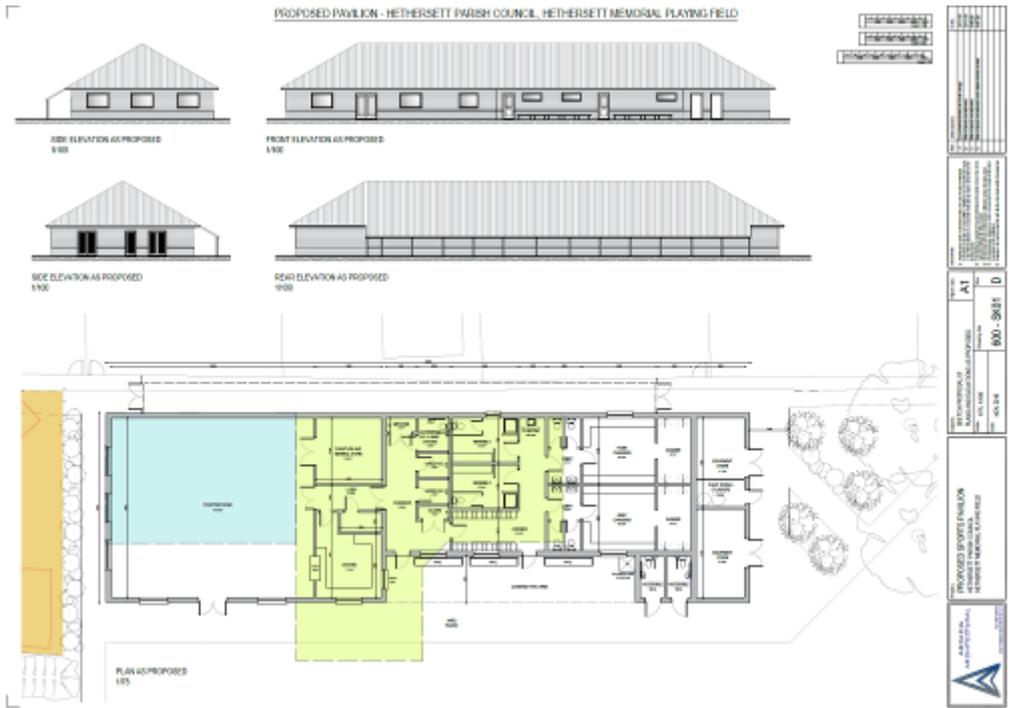
The Memorial Field was originally purchased in the 1950s as a memorial to those who fought and died in the Second World War. The land was bought through public subscription. Today it is funded partly from hiring charges and partly from grants from Hethersett Parish Council.

The current pavilion dates back to the 1990s. Planning permission for a new building was initially granted in 2013 with the project being run as a joint venture between the parish council and the trustees from last year.

"The initial project has been updated because of changed requirements. Once it has been completed the building will be handed back to the Memorial Playing Field Trustees to manage," Mrs Quinlan added.

The survey is available at

<https://www.surveymonkey.co.uk/r/HethersettPavilion>



It asks residents and interested parties what they use the playing field for, whether they would use updated facilities and what they would like to see a function room used for.

The survey also asks whether residents would support a 16p per week per household increase to the council tax if a loan is applied for and has to be paid back.

The parish council has also sent out printed copies of the survey with its latest village newsletter.

Below and opposite you can see the latest photographs of the existing pavilion which is no longer fit for purpose.

The top plan shows an artist's impression of the new pavilion layout.



Hethersett Remembers VJ Day

HETHERSETT residents took to the streets of the village on 15th August to commemorate the 75th anniversary of VJ (Victory in Japan) Day—the event that marked the surrender of the Japanese forces and the end of the Second World War.

As with VE Day in May, it wasn't possible to organise village-wide events as chair of Hethersett Parish Council Adrienne Quinlan explained:

“Unfortunately, due to Covid and social distancing regulations, it was not possible to arrange a community event to mark the occasion. The parish council thought it was very important to remember VJ as well as VE Day as many East Anglia servicemen were still imprisoned until the Japanese surrender. Even at the time they were known as the forgotten army,” she said.

Nevertheless the council invited parishioners to join them in a toast from the safety of their front gardens with the words:

“To those who gave so much we thank you.”

There was a special poignancy about the day to a number of residents.

David Frost flew a flag at his home in Glengarry Close in memory of his father Bert Frost who was in the Suffolk Regiment and was captured in Singapore and spent the rest of the war on what became known as “the death railway.” “He was a brave and much missed father,” David said.

Bill Collins' father in law died in Singapore and his father served with the 14th army.



Hethersett Celebrates with Flags

Denise Swann also got the flags out in memory of her Great Uncle: “He died in a prisoner-of-war camp and gave his life like many others,” she said.

Lisa Northfield also had a family reason for commemorating the day: “Both my grandads were prisoners-of-war in Burma and helped build the railway. Both survived and were part of the Norfolk Regiment that were prisoners for four years.”

A number of residents admitted that they had never heard of VJ Day and Si Collins summed it up beautifully:

“VJ as such hasn’t been as widely known except for families with people out in the Far East (sometimes referred to as our forgotten army). Whilst it is so important for many many reasons, VJ Day is also the day that World War Two can be said to have ended.”

Interestingly Britain commemorates VJ Day on a different date to our cousins in the USA. In the UK we mark VJ Day on August 15th which is the day the Japanese officially surrendered. In America the commemoration is on September 2nd which is the day the surrender was formally signed aboard the USS Missouri.



The front page of the Eastern Daily Press Newspaper on August 16th, 1945, heralding “a great ,day of rejoicing.”

HETHERSETT will be experiencing one of the biggest revolutions in education in its history when children return to school after the summer break. Major building projects at two schools and a brand new primary school will see the education map of the village being withdrawn. We will have a special feature on the changes in our next edition.

The Railway Man

IF you want to get an idea of what life was like working as a prisoner-of-war on the railway take a look at the film “The Railway Man.”

Stuart Harvey did just that and found it a very harrowing experience: “What those men went through beggars belief and it’s terrible to think that if they didn’t die building the railway they would wish they had done. Thankfully lots of them were saved but we must remember those that had their lives so cruelly taken away. I couldn’t get to sleep with all the images still in my mind.”



Hethersett Croquet Club on Hethersett Memorial Playing Field.



92-year-old Derek Cubitt and neighbour Steve Smith entertain on clarinet and keyboards in Karen Close during the Victory in Japan (VJ) commemoration celebrations

Colney Lane Road Closures

Colney Lane will be closed between Burnthouse Lane and Braymeadow Lane, Hethersett, from Monday 1st September until Friday 11th September while improvements are carried out, including a new cycle path. Diversions will be in place.

Colney Lane is also being closed from its junction with Back Lane from 1st to 5th September for carriageway repairs.

Hethersett Library To Re-open

HETHERSETT Library is due to re-open during the week commencing Monday August 31st with lockdown regulations in force.

As the Monday is a Bank Holiday and the library is closed on a Tuesday it means that the first day when the doors will be open will be Wednesday 2nd September. There will be no access at present under the open libraries scheme.



The layout in the library has been “re-jigged” and non essential items have been taken out.

Library manager Jo Shelton said: “The library will operate a limited service so I’m afraid that there will be no group activities or meetings allowed. We are aiming to have two computers available and will ask customers to adhere to a one way system, social distancing rules, wear a mask and hand sanitise. Numbers will also be restricted. Although things will look and feel very different it will be lovely to open and see customers again.

So what will the re-opened library look like?

There will be a one-way system for browsing the shelves. You will be able to pre-order a selection of up to 10 books for adults for free through Select and Collect through an online form at Norfolk.spydus.co.uk or by calling 01603 774777. Children’s books can be borrowed through a grab and go bag. A 60 minute session per day can be booked on a computer on 01603 774777. Books can be returned through a drop box or self service kiosk.

In addition books can be checked out via a free Spydus app for Smartphones and of course e books, audio books, newspapers and magazines can be downloaded from www.norfolk.gov.uk/libraries. Individual books will can also be borrowed in a similar way to normal.

Library users will need to take their library cards with them and further details may be asked for to help with test and trace. Face coverings will have to be used and social distancing rules observed. Hand sanitisers will be available and surfaces and computers will be regularly wiped down. Returned books will be “quarantined” for 72 hours and there will be no newspapers, magazines or seats in the library. The toilet will also be unavailable.

There will also be some changes in opening hours which will be as detailed over the page:

Mondays 10 am to 1 pm
Tuesdays Closed
Wednesdays 10 am to 1 pm
Thursdays 1 pm to 6 pm
Fridays 10 am to 1 pm
Saturdays 10 am to 2 pm
Sundays Closed

We will be visiting the library as soon as it opens for an article for the next edition of Hethersett Herald which will be published towards the end of September. You can view more information on the new opening rules on this and the next page.



Welcome back to the Library!



**Please wait to be called forward by a member of staff
We will serve you as soon as we can**

Library members only – please have your card ready or join the library inside or online



We may ask for details from you to help with Test and Trace

Don't forget – if you are feeling unwell or have an unwell family member at home, you should stay home

**If you are returning items only and don't need to go in:
Please use the drop box**

If you have booked a computer:
Come to the front of the queue and tell us what time

If you want to use a computer but have not booked:
Please wait in line. Sessions are 60 minutes
If you need longer please speak to staff



To keep everyone safe

You can only enter the building on your own or in a pair to reduce the number of people inside at once. Adults can come into the library with up to 2 children.

Use hand sanitiser on your way in and out

Please wear a face covering when visiting the library

If you use the self-service kiosk for returns, please put items in the returns bin at the side

While there is no limit on browsing time, please be mindful of others in the one-way system and allow them to pass at a safe distance

Sorry - there are no newspapers, magazines or seats in the library and the toilet is not available. We are unable to help customers with computer questions

Please minimise the number of things you touch during your visit

Lifts are available only for those who need them and normally only one person in the lift at a time

When you leave the library please borrow your items using the self-service kiosk which you can also use for all payments for film and music items

Online Services

You can download a wide range of eBooks, audio books, newspapers and magazines. Our what's on pages are full of groups and activities that you can join online.

Just visit our website
www.norfolk.gov.uk/libraries



Find us on Facebook and Twitter for the latest news and activities

 Norfolk County Council



Welcome back
**to the
Library**
it's lovely to see you!



Returning Items



You can return borrowed items through the drop box or self-service kiosks

Please allow 3 days for items to be removed from your account as we will quarantine returned stock for 72 hours

Please wear a face covering when visiting the library



New!

Download the **FREE** Spydus app to check out books on your smartphone – just scan the barcode on the date label. You will need to use your mobile network to do this.

 Norfolk County Council



Borrowing

Browse the shelves
Follow our one-way system and find a selection of books



Select and Collect

Pre-order a selection of up to 10 books for adults for free by using the online form at norfolk.spydus.co.uk or phone 01603 774777

Books will be available within 3 working days (Monday to Friday), or the first day the library is open after that

Grab & Go

Families can use our new Grab & Go book bags. Each bag contains a pre-selected collection of books for children of different ages. You can check out the entire bag at once using the self-service kiosk.



Using a computer

You can book one 60 minute session per day



We have introduced new keyboards that feel a little different to use. They are easy to wipe down and we will clean the keyboard and mouse between sessions.

If you need to use a computer but have not booked then please wait in line to book a session with our staff

Unfortunately, we are not able to offer one to one support or provide any stationery



To book a session or if you need any help using our computers call 01603 774777



Village Screen Set To Return

HETHERSETT Village screen is set for a September return.

A number of features were cancelled due to lockdown but the 2020/2021 series of films is now due to commence in September with films being announced for the remainder of the year.

The organisers say that screenings will be fully Covid-safety compliant and will follow Government Guidelines and the Village Hall risk assessment policy.

All films will be shown in Hethersett Village Hall at 3 pm with doors open from 2.30 pm.

The season will launch with the latest adaptation of Jane Austen's "Emma" on 6th September.



This 2020 version of Jane Austen's beloved comedy about finding your equal and earning your happy ending sees the classic reimaged in a satire of social class and the pain of growing up. The film stars Anya Taylor-Joy, Johnny Flynn, Josh O'Connor, Callum Turner, Mia Goth, Miranda Hart and Bill Nighy.

On 4th October, the feature will again delve into the classics with a new interpretation of the Charles Dickens classic David Copperfield. "The Personal History of David Copperfield" stars Dev Patel alongside Aneurin Barnard, Peter Capaldi, Morfydd Clark, Daisy May Cooper, Rosalind Eleazar, Hugh Laurie, Tilda Swinton, Ben Wishaw and Paul Whitehouse. It is described as a comedy drama.



Other films lined-up for the Autumn season are the war drama "1917" on 1st November and "Harriet" on 6th December. We will have more about these later films in coming editions of Hethersett Herald.

Kate and David's Marathon Effort



THE London marathon is coming to Hethersett and your help is needed.

Two Hethersett runners are not letting the cancelling of the London Marathon stop them from running 26.1 miles for charity - and they are appealing to others to help them do it.



David Powles and Kate Gooding

Kate Gooding and David Powles were due to run this year's event prior to it being scrapped twice due to Covid-19.

However, having completed a large proportion of their training and keen to ensure their chosen charities don't miss out, they have decided to run the distance on Sunday, October 4th anyway.

Kate, 39, and David, 41, will complete laps of the village and are hoping others might help them - either by running with them for some of the run or coming out to cheer them on.

David said: "When the marathon was scrapped the first time we were in the height of lockdown and the prospect of getting to 26.1 miles was not appealing. Now, having been training since January, it feels like a good chance to raise a

few more pounds for two really important charities.”

Kate is fundraising for Cancer Research UK, while David has chosen Norfolk's Priscilla Bacon Hospice appeal.

Kate said: “ I'm running the virtual London Marathon for Cancer Research UK in memory of my mum and dad who I lost to the disease. The race should have been on the 20th anniversary of my dad's death so, when I was lucky enough to get a place in the race through my running club, I immediately wanted to run to raise funds for a charity that's working hard to put an end to this awful disease.

“CRUK estimate that they will lose £300m over the next three years, due to Covid, so even though I can't be in London, it feels just as important to run.“

David added: “A new hospice is desperately needed in Norfolk to ensure people can receive the standard of end of life care we'd all want our loved ones or us to get were we unfortunate enough to be in that position.”

To donate to Kate's charity visit;

<https://fundraise.cancerresearchuk.org/page/kates-london-marathon-7>

To donate to David's charity visit;

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=DavidPowles1&pageUrl=4>

David has already raised over £2,600 but is aware of the pain that he will be going through to complete the marathon. Writing on his Virgin Money Giving site he says: “Completing the London Marathon five years ago after a pretty tough experience which involved seven miles of crippling cramp I vowed to give it one more go. It's taken five years to build up the courage and energy.”

Kate has already raised over £900 for her charity.

If you'd like to run some of the course with them contact either David or Kate through Facebook. Timings will be decided closer to the day and we will let you have them as soon as they are available..

Keen runners will also be interested to know that the 10th running of the village two mile funrun is scheduled for next July. We will bring you more news on this event as soon as it becomes available.

Hethersett has a wonderful history of running. A number of years ago a social running group was given a national honour (we will have an article on this in a coming Hethersett Herald) and in 2010 the village started a run the square two mile funrun in support of the London 2012 Olympic Games.

This continues to this day and regular attracts up to 300 runners/walkers of all ages, although this year's event had to be cancelled due to the coronavirus pandemic.

More Woodside Memories

Chris Yemm contacted us following our coverage of the closure of the Woodside School building in Firs Road. Chris had a number of photographs taken at the school in the early 2000s. We will be featuring a number of her images in this and the October issue of Hethersett Herald.



Christmas play 2004 above and below Christmas entertainment 2007



The Adventures of Globetrotting Derek

HETHERSETT has made international headlines thanks to the antics of two globetrotting ponies that have captured the imagination of people from as far away as the USA, Australia and Japan.

Derek and Rodney Trotter have certainly put Hethersett on the map with thousands following their every move.

It all started when Derek was rescued from a skip and took on a life of his own. Slightly crazy (in the nicest possible way) residents soon took Derek to their heart as he moved around the village, being dressed up and bringing joy to so many people.

Shortly after he was joined by his brother Rodney, slightly smaller but equally naughty.

Derek's friend Kim Rout set up a Facebook page which, at the time of the writing has 950 people following his every move.



Derek Trotter turned up at the home of Trevor and Kerry Radley.

After a few days of Hethersett Globetrotting, Derek decided he wanted a reason for his travels as his friend Kim Rout explained:

“Trotter became quite the celebrity, people are taking joy in his visits during a time that has proven difficult for all of us. Some of us have lost people that are dear to us, the impact loss can have on young people is immense. Whilst we are enjoying our visits from Derek there are young people in Norfolk having to come to terms with the death of a parent, brother, sister grandparent or carer. Let's see if we can raise a good amount for Nelson's Journey with the help of Derek Trotter.”

So Derek started raising money for the Nelson's Journey charity which supports bereaved children. To date the Just Giving page has raised £582, having set a target of £500. You can donate at: <https://www.justgiving.com/fundraising/derek-trotter-globetrotter>



Derek, who is named after the character in the comedy series “Only Fools and Horses,” was sadly disowned by his family, whose names remain a mystery, and decided to begin a globetrotting adventure that so far has seen him go the length and breadth of his home village. His Facebook page tells his sad story.

“One sunny summer’s day in the sleepy village of Hethersett, Derek found himself discarded by the family with whom he had lived so long. Left abandoned by the wheelie bin, Derek decided that it was time to fulfil a lifelong ambition.

Travelling had been in his blood since his discovery of Black Beauty’s adventures. Gazing at the black bin reminded him of his hero and thus his story began in his search



Derek was a little worse for wear after a night out in Hethersett



for foreign lands.”

Derek may be just a toy but he has captured the hearts of local residents and become a symbol of fun during such difficult times. One member of the Facebook site said: “I’ve laughed so much over Derek’s posts that I feel a little hoarse.”

So far Derek has shared a bed with a much loved pet, disgraced himself by drinking too much alcohol in memory of his friend Red Rum and been dressed up in a cloth cap, sunglasses, various coats and even a Norwich City green and yellow strip.

Nobody knows how long Derek’s sojourn in Hethersett will last but it is anticipated that eventually his globetrotting might take him to other parts of Norfolk and even further afield. One thing is certain – he will never forget his Hethersett roots and the fun he has generated, particularly as he has now been joined by his slightly smaller brother Rodney and Kim Rout is keeping a keen eye on his progress.



We will have more about “the boys” adventures in the next edition.

Thickthorn Junction Update

MORE details have emerged of proposed improvements to the A47 including the complete restructuring of Thickthorn Roundabout which is technically in the parish of Hethersett.

Thickthorn is one of the six projects on the 115-mile stretch of the A47 between Peterborough and Great Yarmouth.

Apart from the Thickthorn improvements there are plans to dual stretches from North Tuddenham to Easton, from Blofield to North Burlingham and Wansford to Sutton along with making junction improvements at Guyhirn and Great Yarmouth.

Obviously the changes at Thickthorn will have most affect on Hethersett residents, many of whom use it every day.

3000 new homes are planned close to the junction

A leaflet from Highways England has been delivered to local homes giving the reasons for the improvements which include the increased traffic that will be generated by extensive developments in both Hethersett and Cringleford.

“The A47/A11 Thickthorn junction is already important for commuter, business and commercial traffic, whether on short or long distance journeys. Committed developments in Cringleford and Hethersett are expected to increase traffic at Thickthorn junction and the A11/Round House Way junction significantly by 2026.

“Around 3,000 new homes are potentially planned near the junction as well as new commercial businesses. These are also likely to increase congestion near the junction,” the leaflet states.

Highways England accept that the current Thickthorn junction will not be able to cope with the anticipated increase in traffic. The proposed changes will re-route traffic away from the existing junction to relieve congestion, reduce journey times, support economic growth and make the road better for motorists, walkers, cyclists and horse riders.

The planning process for the improvements began with public consultation on a variety of options. A total of 185 responses were received following public meetings and 74% supported the idea of improvements.

There were a number of concerns about a link to Cantley Lane and plans were amended and another series of public consultation events took

place and as a result the new design incorporates the following:

- A single-lane link road connecting the A11 northbound to the A47 eastbound via two underpasses.
- Widening the existing slip road on the A47 westbound and building a dedicated left-hand free flow lane to the A11 southbound.
- Widening the southern section of the roundabout from three lanes to four.
- Putting in new traffic lights on the approach to and from the junction with the B1172 Norwich Road (that's the road leading to and from the village).
- Putting in a new road surface, new road signs and road markings throughout the junction.
- Removing the Cantley Lane South direct connection between the A11 and A47 exit slip roads.
- A new link road connecting Cantley Lane South with the B1172 with the construction of two new bridges.
- The introduction of a 40 mph speed limit on the B1172 from the Thickthorn junction through to Hethersett.
- A new footbridge over the A47 for walkers, cyclists and horse riders.

New traffic lights planned for the B1172 junction and a 40 mph speed limit from Thickthorn through to Hethersett.

The next step in the process is to obtain a Development Consent Order to develop the road. The planning inspectorate will examine the application and make a recommendation to the Secretary of State for Transport who will make the ultimate decision on whether the project should go ahead. It is intended to submit the application early next year and, if approved, it is hoped the project will be completed in the autumn of 2024.

We will keep you up to date with further developments as and when they happen.

On the next page you can view the layout of the proposed changes to the Thickthorn junction.

Always Look On The Bright Side

Herald Associate Editor Roger Morgan looks at one of the positive sides of coronavirus



LIFE during the lockdown due to the Covid 19 virus outbreak has been difficult at times for many people. The restrictions on travel to certain countries and the subsequent quarantine regulations upon return, have made many of us abandon our holiday plans for this year.

On a more positive note, as well as saving us lots of money, it has also enabled us to look after our gardens a little better. In particular, the hanging baskets have never been better after the regular watering and feeding. You can read Roger's regular gardening column later in this edition.



Impromptu Concert Wows Neighbours



A ROAD in Hethersett resonated to the sounds of classical and chamber pop music at the beginning of August

Local resident Ceri Peterson is a member of a professional wedding quartet, Cordes Strings, which has been frustrated at not being able to perform at nuptials during lockdown. The quartet has also found rehearsals difficult but hit upon the idea of practising in Karen Close for only their second session together since lockdown.



They were joined by local residents who enjoyed a “free concert” on a Saturday morning. Summer sunshine mixed with the sounds of classics such as Pachelbel’s “Canon” and Handel’s “The Arrival of the Queen of Sheba” and more modern material including pieces made famous by the likes of Coldplay, Kaiser Chiefs, Dexy’s Midnight Runners, Pharrell Williams and even “YMCA” by the Village People.



Ceri Peterson explained the reason behind the open air impromptu concert:

“In addition to my work as a music teacher, I also play in several music ensembles around Norwich and Norfolk. One of these groups is a professional wedding quartet. It is difficult for musicians to rehearse at the moment but as long as we can keep our two metre distance from each other and rehearse in the open air then we are ok. Recently Cordes Strings got together and played for the first time since before Christmas. We met at my colleague’s house and played on a communal bit of green space which had some trees to protect us from the strong sun. Her Neighbours all agreed to us doing it and some came to listen.”

When they repeated the idea in Karen Close on a grassed area owned by residents from St David’s Road, they had a large and very appreciative audience which was musically entertained for two hours.

Karen Close is fast becoming a hotbed of musical talent. During the weekly lockdown applause for the NHS and emergency workers, 92-year-old Derek Cubitt played inspirational music on his saxophone and at the VE Day celebrations the Peterson Family entertained and Derek Cubitt was joined on keyboard by another resident Steve Smith.

The road also held a street party on 15th August to celebrate Victory in Japan (VJ) Day.

Will Writing Surge

HETHERSETT-based solicitors Dawson's Law has seen a surge in people wanting to write wills since lockdown.

The Great Melton Road firm which specialises in family law including wills, probate, power of attorney, divorces and pre-nuptial agreements, has seen the number of applications for will writing rise by 60% as it mirrored the national trend.

"We had a surge that brought a 60% increase in will instructions. The pandemic seems to have focused people's minds. There are many trigger events that make people think about writing a will from buying property to having children and grandchildren to the loss of a family member or friend and now a pandemic," said Salena Dawson.



Dawson's Law. From left to right—Louis Marlborough, Susannah Parr, Sophie Mitchell and Salena Dawson.

Dawson's Law has managed to keep its doors open during lockdown but with a very different set-up which has included seeing clients in gardens and driveways and speaking to clients via the telephone or social media.

Staff admit that they have still been busy during lockdown with a client-base that includes, Wayland, Norwich, Wymondham, Attleborough, Cringleford, Hethersett, Little Melton and further afield including Cambridge and Epping Green.

"We have managed to keep a continuous service with at least one of us working behind a locked door. We still had deadlines to meet and a full case-load, the work didn't stop during lockdown," said Salena who lives in the village.

The practice is continuing to expand and has just welcomed its third solicitor in Susannah Parr who joins Salena and Sophie Mitchell. Susannah specialises in wills, probate and power of attorney. In addition Ellen Brown will be joining the team on a full time basis from the beginning of September as a

legal secretary. Ellen will also be training to become a fully qualified solicitor.

Susannah, has been a qualified solicitor for 21 years and lives in Cringleford but originally comes from North Yorkshire. She says her main job satisfaction comes from being able to help people through what is, often for them, extremely stressful times.



“I hope I can make things slightly easier for families and ease away any troubles or worries they have,” Susannah said adding that some families find legal processes a minefield.

“I am so pleased at being able to help people through periods that can be very stressful to them,” she said.

Dawson’s Law began life in Watton before moving to offices in Rowan House in Hethersett in 2012 and then moving into its own premises in the former Co-Op Funeral offices in Great Melton Road close to the junction with Mill Road in September 2018. Sophie Mitchell, who lives in Norwich but comes from Wymondham, joined Salena in 2012.

The practice prides itself on its approachability and just a few minutes in the presence of the staff illustrates just how zany life in the Great Melton office can be with plenty of laughter and fun amongst the hard-work. The staff pride themselves on the relationship they build-up with their clients.

“We are a business at the heart of the local community. We have all worked in city practices and can bring that experience but we pride ourselves on being local and approachable. Clients are often rather daunted at stepping into the offices of a solicitor but realise that there is nothing daunting about us,” Salena added.

Dawson’s Law sponsor and support the Hethersett Village Screen initiative which brings top class films to Hethersett Village Hall in the Autumn and Winter (more details of coming films are elsewhere in this edition).

There are two other members of staff that I haven’t mentioned. Louis Marlborough is the first face you will see if you pop into the office and a puppy called Eliud (named after the Kenyan marathon runner Eliud Kipchoge) who Salena describes as “a cross between a Dachsie and a Chihuahua with the attitude of a Rottweiler.”

The Other Side of Salena

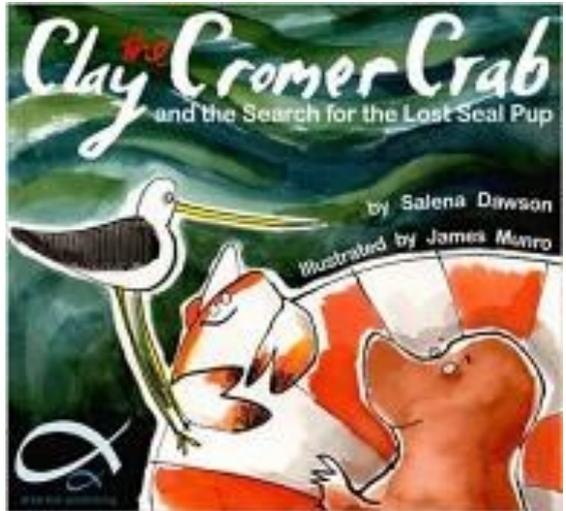
HETHESETT solicitor Salena Dawson has another claim to fame.

When she's not dealing with people's legal requirements she can be found researching and writing children's books about Clay The Cromer Crab.

Bursting with Norfolk references and with illustrations by James Munro who originally came from Bawburgh, Salena has penned three books featuring Clay, beginning with "Clay the Cromer Crab and the Search for the Lost Seal Pup" in 2006 and then "Clay and the Hunt for Black Shuck" (also published in 2006) and "Clay The Cromer Crab and the Invasion of the Jellyfish" (published in 2007).

The books all start with the following description:

**On the North Norfolk Coast,
In The East of England,
At the seaside town of Cromer,
When the sun shines brightly
And a gentle breeze floats by,
Usually at midday,
If you walk to the end of the Pier
And stand where the Crab fishers play
If you peer at the waves swaying beneath**



You might, if lucky, spy

**An underwater village
called Shipden Cove**

**And if you are really
lucky you may even see**

Clay the Cromer Crab

About to begin an adventure.

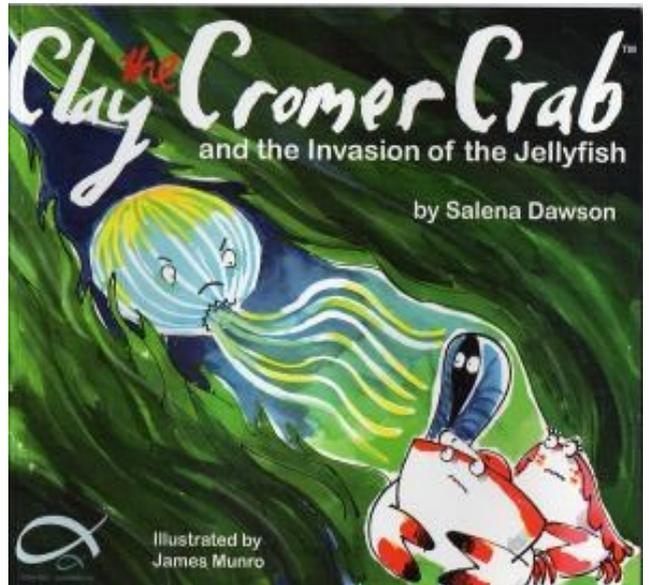
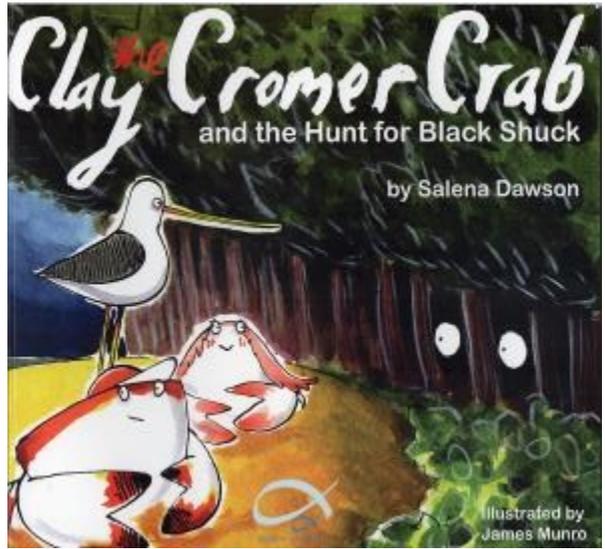
The books mention many North Norfolk place names including Sheringham, Cromer, Blakeney, Morston, Holkham and Wells. Shipden is a fascinating submerged village that once stood close to Cromer Pier but which fell into the sea in the 14th century.

Legend has it that a church and its bells can still be seen/heard at low tide.

The books featuring Clay the Cromer Crab are all readily available on Amazon and from a number of book shops and garden centres throughout Norfolk.

The books perfectly illustrate Salena's love of the North Norfolk coast with a host of marine characters who befriend Clay on his adventures.

Black Shuck is another Norfolk legend surrounding a mysterious black dog that appears not only in North Norfolk but around the Waveney Valley (Bungay's nickname is The Black Dogs). It is thought that Black Shuck may have been the inspiration for the Hound of the Baskervilles by Sir Arthur Conan-Doyle.



LASTING POWERS OF ATTORNEY – Its All In the Capacity



Susannah Parr (left) and Salena Dawson (right) give us more information on the subject of Power of Attorney.



MANY of us are aware that a Lasting Power of Attorney is a useful legal document to have in place. Lasting Powers of Attorney, or “LPAs” as they are often called for short, allow individuals whom you have chosen and trust to be able to act for you and express your wishes if you are no longer able either to manage your financial affairs or to communicate decisions about the care or medical treatment you receive.

In order to be able to make an LPA – either one relating to your “Property and Financial Affairs”, or one regarding “Health and Welfare” decisions - a person (known as a “Donor”) must understand the nature and effect of the document they are signing. This means that the Donor would need to appreciate the important features of a LPA, for example, that the LPA would take effect immediately (unless the Donor stated in the document otherwise) and would remain in place even if the Donor lost mental capacity to understand or make decisions which are covered by that particular LPA.

The Donor would also need to understand that the document allows another to make decisions or communicate with others about decisions affecting them. This person chosen by the Donor to make decisions is called an “Attorney”. An Attorney must try to involve the Donor in the decision making process as much as possible, even if it is doubtful whether the Donor understands.

A Health and Welfare LPA allows attorneys to make decisions about where the Donor lives and the care that they receive (at home or in a residential setting) – but only if a Donor was not able to make or understand those decisions themselves. Under a Property and Financial Affairs LPA, if a Donor became unable to manage their finances (for instance, because their memory was impaired), then the attorneys would be able to apply for benefits, pay bills and invest money on the Donor’s behalf.

Ideally, we would all make Lasting Powers of Attorney when we are fit and well, so that they are in place for later in case we need them. The misconception is that LPAs are simply documents for the elderly, but what if you are middle aged and you have a life-changing accident which leaves you unable to make decisions? Do you know who you want to appoint to make those decisions for you? Do you know what instructions you would want your Attorneys to adhere to? These could be simple acts such as continuing to buy gifts for “loved ones” on their birthday, only wanting to eat vegan food, keeping your charitable or political donations continuing or more complex issues such as deciding who should

make decisions regarding any life sustaining treatment you receive.

The ideal scenario for any Donor is that an LPA may never be used! Wouldn't it be great if we all maintained our mental and physical capacity throughout our lifetime? However, an LPA's true value is in being ready and available to use if required and in the peace of mind it gives to the Donor is that the person or persons they have themselves chosen will be able to make the decisions that need to be made. Without a valid LPA in place, the person chosen to help the Donor with decision-making would have to be appointed by a Court under a Deputyship Application. This is a longer process and - not surprisingly - costly. Instructions and Preferences of the Donor in respect of care and finance decisions will not have been recorded by the Donor in the absence of an LPA. Therefore the appointed Deputy would have to make such decisions without guidance from the Donor.

It is not unusual that a person needing an LPA may have borderline capacity or fluctuating capacity and therefore a formal assessment is required before the LPA can be entered into. Unfortunately this can mean that, in some circumstances, it is not clear whether or not someone has the mental capacity to understand the nature and effect of making an LPA. And when it is unclear or capacity is lost then a person loses the ability to "choose" their attorney and the Court can become involved in appointing one.

We have experience in establishing whether vulnerable clients are able to make LPAs by applying the legal tests for mental capacity. If necessary, we will advise that we refer the matter to an independent specialist, who can carry out a formal capacity assessment and provide a written report of their opinion. This could be relied on by the attorneys in case it is later claimed by others that the person did not have the capacity to appoint them to act. This is often useful in situations where a family is divided over who would be the best attorney or attorneys for a parent who has lost mental capacity.

Unfortunately, due to the nature of some illnesses which involve a gradual loss of mental capacity, it may be that making an LPA cannot be entered into, as the person is not able to understand what they are signing and how it would affect them. If this is the case, we can advise about the next steps to be taken to protect that person's finances and wellbeing. This involves an application to the Office of the Public Guardian for an individual to be appointed as a Deputy for the vulnerable person. We can guide you through this process, making it less stressful for all involved.

At Dawsons Law preparing LPAs are on a Fixed Fee Basis. We also can advise on instructions the Donors should leave to the Attorneys in the LPA, such instructions are bespoke to each Donor.

In an LPA the Donor requires a Certificate Provider to confirm they have capacity, understand the effect of the LPA and are not acting under duress. At Dawson's Law we also can provide a Certificate Provider Service. For more information call 01603 327280.

Hand Cleansers

You may have noticed a number of hand sanitiser stations springing up in the village.

These have been provided by Hethersett Parish Council in conjunction with South Norfolk Council to support retail shop owners in the village.

The stations were put in place at the beginning of August on Great Melton and Queen's Road.

The units will be checked and re-filled on a regular basis by the parish council. If you find one empty please phone 07902 322729.

The parish council has also visited local businesses within the village to distribute supplies of "safe queuing" floor stickers and colour posters.



THE King's Head has at last been tied up by its owners Ei Publican Partnership. We still await news about the pub re-opening and new landlords. Watch this space.

News From Hethersett Hawks

By Mel Perkins MBE

HETHERSETT Hawks/ Yellow Brick Mortgages have been successfully running training sessions on Tuesday evenings and Saturday mornings. Since early July over 40 members have taken part, the majority of them being Under-12. We have attracted 23 new members and 13 of our younger members are girls. These sessions will continue during September and October.

Finally we have been allowed to introduce proper racing again and this has been factored into our training from mid-August under increased risk assessment guidelines. We are provisionally planning to stage the Norfolk Championships within the guidelines during September.

The Club is excited about plans being put together to improve trackside facilities. Planning is at an early stage but will put the club in a good position to apply to stage major events again, especially with the new community pavilion being planned as well.

Fixtures at the Memorial Playing Field in September (Provisional):

Sun 6th– Norfolk Under-8 and Ladies/Girls Championships 14.00

Sun 13th– Norfolk Under-10 and Under-19 Championships 14.00

Sun.20th Norfolk Under-13 and Senior Championships 14.00

Sun.27th Norfolk Under-16 and Veteran Championships 14.00

You can keep up to date with our activities on our website at www.hethersetthawks.co.uk

What's Open and What's Not

We are pleased to report that Tots Town in Station Lane, Hethersett, has reopened and are taking bookings for birthday parties.

For more information visit their website at:

<https://tots-town.co.uk>.

They also have a Facebook page at <https://www.facebook.com/Totstown/>

The PACT animal sanctuary charity shop in Great Melton Road continues to be shut along with the charity's 14 other shops in Norfolk.

What I Love About Hethersett

WE continue our series by asking chairman of Hethersett Parish Council Adrienne Quinlan (pictured opposite) what she loves about our village



When the editor asked me to do this piece, I listed the words that came into my head. They were

- Memories
- Location
- my home
- Family
- Friendship
- Caring

My first memory is as a small girl being driven past the King's and Queen's Heads on the way back to the City from my grandmothers in Cambridgeshire, we were nearly home.

My mother moved to the bungalow I now live in nearly 30 years ago and that's when I became properly acquainted with the village. Mum moved round the corner to Marian Roberts Court 13 years ago and my husband and I came to live here. Other members of the family have also moved here. This seems to happen to with many families, one person comes and then others join them, I think that says a lot about our village

When describing Hethersett to others I like to describe it as being like Norfolk - you don't come here unless you're coming here and for me that makes it a lovely place to live, we are a village even if a very big one. On a more practical note, I love its location, I used to work at the Science Research Park which is just 10 minutes away. We are also close to the hospital which is an advantage when you need it. Sitting near the A11 and the A47 gives great links to the City, County and beyond.

I Joined the Parish Council about five years ago and, as one does, learnt that there was a lot more to keeping the village ticking over than I thought. I think the

village's nature has very much shown itself during this year when so much has changed. We've been there for one another but not in one another's pockets, we're good neighbours and friends when needed.

Parish Council Chairman's Thanks To Residents

IN the latest newsletter issued by Hethersett Parish Council and delivered to homes throughout the village, Adrienne Quinlan thanks residents for their help and support during lockdown: Below is that message:

"Well at last we seem to be over the worst (for now) and for the first time this week I filled up with petrol since we went down into lockdown. It's strange how something so normal felt so different.

"I'd like to thank those who have helped others during the lockdown, the volunteers in the community who went that extra step to help others, all the key workers who were there for us within the village and those who went to work even though they knew it was a risk. We kept our distance and enjoyed those moments when we got to talk to our neighbours on a Thursday evening and when we remembered VE Day

"Many amenities and businesses within the village have re-opened and children are able to use the play equipment. Some children have been able to go back to school and the rest are due to return in September. As lockdown relaxes even further, some of our social groups may also be able to restart.

"The parish council has been able to continue during the lockdown but with some changes—Annette, our Parish Clerk, has been working from home and we have continued to hold parish council meetings via the Zoom video conferencing software. These have been very successful and people who don't normally get to meetings but have access to the internet or a telephone are now able to join proceedings. Please do join us at a future meeting. If you need any help with this please contact the clerk.

"I hope that you all have a good summer and that the goodwill spirit in the village continues."

News From The Parish Council

There was no full parish council meeting in August. The September meeting is scheduled for the 20th. Below are details of meetings and how to contact the parish council.

Parish Council Meetings

HETHERSETT Parish Council meets on the third Monday of each month apart from August. Full council meetings begin at 7.30 pm and are preceded by meetings of the council's planning committee which starts at 7 pm. In addition the Memorial Playing Field Pavilion Development Committee meets on the first Monday of the month at 7.30 pm. This meeting is preceded by a further meeting of the planning committee starting at 7 pm. These meetings are all open to the public

Meetings of the parish council usually take place in the village hall but are currently being held via the Zoom video conferencing platform.

Agendas and reports can be found on the council's website at:

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

There are two opportunities for the public to speak at each full council meeting.

How To Contact The Parish Council

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

Parish clerk Annette Palmer can be contacted by telephone on 07902 322729 or via email at hethersett.pc@tiscali.co.uk.

The council has a website at

www.hethersett-parish-council.norfolkparishes.gov.uk

and also a Facebook page.

News From The Parish Council

A “Polite Request”

HETHERSETT Parish Council has made what it refers to as “a polite request” for residents to ensure their hedges are cut back and not allowed to encroach on paths or roads.

The council has received a number of complaints from residents about hedges overhanging paths.

“This makes the use of the pavement particularly difficult for wheelchair users and those pushing buggies,” the council states in its latest newsletter which is distributed throughout the village.

“Please can the parish council politely ask homeowners to ensure that hedges are kept under control and not allowed to encroach onto paths and public areas,” the newsletter states.

Help Available

Throughout lockdown the parish council has endorsed the support network put into place by South Norfolk Council.

In addition the parish council has received a grant of £1,000 to provide additional support.

“These are difficult times for us all, but we know that some people—through no fault of their own—are really struggling to cope.

“If you have a specific need at the moment, such as food or other essential supplies, please let us know and we will try to help,” the council states in its latest newsletter to the village.

If you or somebody you know needs help please contact parish clerk Annette Palmer either by phone on 07902 322729 or e-mail hethersett.pc@tiscali.co.uk. All calls/contacts will be treated in strictest confidence.

Written details can be left through the letterbox at Hethersee Village Hall and should be addressed to Annette Palmer.



To prevent the spread of Coronavirus,

**regularly wash your hands
for at least 20 seconds**

with soap and warm water



For more information on how to protect yourself,

visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)

South Norfolk COMMUNITY AWARDS 2020



Say thank you to local volunteers in your community

Nominate a shining star for a **South Norfolk Community Award** and they could be in with a chance to receive £250 for a charity or community group of their choice.

Award categories are:

- ★ Volunteer of the Year
- ★ Young Volunteer of the Year
- ★ Community Group of the Year
- ★ Lifetime Community Hero
- ★ Community Wellbeing Champion or Group of the Year
- ★ Community Fundraiser of the Year
- ★ Environmental Champion of the Year
- ★ Business Community Champion of the Year

Nominate by 4 September by visiting:

south-norfolk.gov.uk/champions or call: 01508 533945



This Day—A Short Story

HETHERSETT resident Kathy Floyd (pictured opposite) is currently studying Creative Writing at the University of East Anglia and has sent us this short story from one of her modules. It is entitled This Day.



She's not got long to go now, they said. Victoria phoned yesterday when I was cutting up Barthes' *Death of the Author*. She's mother's favourite, is big Vic. The one who always kisses her goodnight, says sod it to the rules. The plump one, you know the sort, type two diabetes from Mulbarton, lesbian married daughter in Eastbourne, heart in that good place. Mother prefers real life stories to TV rubbish. I think when carers know they're a Do Not Resuscitate resident, they linger longer, reveal more, forget themselves.

I was in bed drinking, making her roll-ups out of habit, half listening to that medical officer woman, Jenny Harries, half waiting for The Laurels to phone again. What an emotionally devoid human specimen she comes across as, hammering home Test Test Test, and the other week she was saying we didn't need to Test Test Test because we were a first world country, and Cheltenham was no strong danger.

Right.

They won't let mother smoke straights anymore. Not since she nodded off with the thing between her yellowed fingers and set fire to her blanket. I had to buy her a welder's apron off Amazon after that. Dead animal skin thing mustard suede. Her fingers blend into it till you don't know they're there. Only ever takes it off for bed at seven, after potions and lotions are dispensed and absorbed.

Doctor Rasmina confirmed it. Yes, she'll probably be gone by tomorrow, she said. No, a hospital admission isn't an option. Your mother's ninety-six the twenty-something GP said. She's had a good life, it's a wonderful age. What would she know? Have you read *Death of the Mother*, I asked her. She apologised for having to 'bring the call to an end'.

Mother's certificate for Full Mental Capacity got shredded around five years ago. She's had COPD half her life and smoked forever. Now they're saying nicotine is a good thing on the news, roll up, roll up.

People try and pull you up. You don't let on how you feel stranded, but you find yourself bent over the screen searching for a virtual handhold. The Brancott Estate on offer at Tesco slides down a treat again and you're connecting, linking something immediately meaningful that comes into your head, just like that,

Tommy Cooper style. Glug glug. You offer your friends Eric Carmen, All by Myself. Let Eric sing what you can't say. Sometimes people can't be bothered to navigate to the red heart with their crusty fingers, so they just click on the thumbs up cos they feel obliged to respond. 'Hey I get that' they say, job done, moving on, not looking back. Sometimes they might. Who knows? You forage for what you had, what and who you were, how it was, why it went the way it did. Something escaped and we all got trapped. Life, suddenly so precious, or is it? Depends on the quality, I guess.

Sometimes you really laugh OUT LOUD. HA HA HA, HA HA HA HA in your head and in the hollow tap tap of the haha language you use to half-heartedly communicate or disconnect. Stuff comes out of the blue, into your blue, morphing into your own shit, muddying it. You turn to see your face in the dusty mirror of isolation. Former friend, perpetual reflector and affirmer of a life going somewhere, not just anywhere, nowhere.

Clichés rule the right side of your brain where art stuff should happen, and the logical left left you ages ago. Bereft. You follow the rules though. You practice deeper reverence: the returning blossom, birdsong, cleaner air, functioning lungs, toilet rolls. You linger on your own front path like it's the walkway to Blickling Hall, and dance around an imaginary Chelsea Girl clutch bag in your kitchen to 'I Will Survive'. It got you through when you were dumped at seventeen. Will it now? You fancy yourself as Agnetha from ABBA. Lay All Your Love On Me blasts out. Glug. You have her blue eyes. You get carried away with the volume and your mother comes back to haunt you. Maybe she will. She's opened the bedroom door. Caught you trying out life at thirteen, when you were confused and pissed, like you are now:

Stands in the doorway, arms folded, apron stained from yesterday's gravy. Yesterday's news. *Your father's not coming back.* Slam. You can hear her back downstairs, stuff smashing, cupboards emptying, doors banging. Slam smash bang. Swig. She can't hear your laboured breathing through the din she makes, see your fingers jamming your ears shut, see the rainbows on your wallpaper blur and fade.

Forty years on and here's the dog's standing in the doorway, ears erect, dinner face on:

Good job you've got me, she says. Who else can love you like this? Who else to steal heat from on frosty April mornings when nightmares banish sleep and sheep bleat, bummer off, we don't want to be counted? She lays all her love on me as I open and bin the tin without remembering how the food reached the plate of the placater.

I tried this experiment yesterday. It's all to do with experimental writing, whatever that is. That's what they're teaching us at uni. How to steal other people's words and make them your own. What you've got to do is get a load of stuff together, newspapers, old love letters, your mother's will, deeds to your house, study books, blah blah. You just have to cut up the sentences, mix them about on the floor and then rearrange them to remake meaning. I shredded Roland Barthes

essays and a *Chat* mag. Here's the start of mine. Da Dah!

The text is a tissue of quotations and instructions for making your own mask drawn from Aunty Nelly's Problem Page. Unsure of my vagina diagnosis, each of us has his own rhythm of suffering and language is never innocent. Man does not exist prior to language, subscribe to Chat from just £10.99 refer to the small print. The author enters into his own death, from Jumbo Jess to Pretty Princess, writing begins and dad's trousers save the wedding. The new is not a fashion, it is a value, and only 9% of Britons want to return to normal after lockdown is over to get £50 of FREE BINGO or 30 Free Spins.*

I should be doing the essay, changing my sheets, feeding myself, bagging up the dog shit, cleaning the mirror, moving on. Glug glug.

They say an active brain keeps dementia away. Head hurts.

Swig. Maybe I should go over, high thread count tea-towel tied round my face, smash my way in, smother my mother in a final spray of goodbye kisses? Lay the rest of my love on her. God knows, there's plenty left for the taking.

I'm going a bit askew alone here with the dog and all the cut up pieces of paper and mixed messages all over the floor, the tele, the radio, the internet. The stats of the dead and dying, obligatory chats, same old, murky new. Unscrew another cap.

I haven't seen her for a month now. Last time was no different to usual. A continued rampage of rage under the guise of her progressive neurological disorder. I never asked her about dad, why he left — whether it was my fault, what with me being his 'nightmare of a teenager', but I probably was the reason. I would have liked to tell her about the dried gravy on her pinny, about what the memory of it means to me now I'm as old as she was when life took a turn for the worst, and she was abandoned. I'd like to tell her about how that apron kept me going, unconsciously, knowing other tea-times would come. Tell her I know she did her best, even on the blackest of days. Like when she didn't leave her bed until I came home from school, when the weight of that apron was too much, and we sat in silence, distanced on the sagging settee, dining on sugar sandwiches and tinned peaches.

But they won't let me in to love her and she can't understand why, and I've had to stop phoning because all she says, shouts, is, 'Why don't you come anymore'.

There goes the phone. I'm not ready for this. Dizzy head again. Seventh ring and the answer machine kicks in. I push my palms hard to my ears, sing LA LA LA LA LA LA LA over and over. GO AWAY.

Hi Bethany, tha's Vic at The Laurels here, was really hopin to catch ya, ring me back soon as you can, will ya? We had to call in Doctor Rasmina cos your mother's taken a turn again. She's actually, like, you won't believe it, sat up in bed right now, askin for ice-cream, and wantin to know when you'll be droppin off her rollies, habloodyha. No rush on that front. We're like, gobsmacked here. Speak soon Byeeee.

Giving the Gift of Life

Connie Tindale will already be familiar to regular readers of Hethersett Herald through her regular column on hedgehogs. But we wanted to find out a little more about Connie and what has been her colourful life. Here she talks openly to us about her life (the parts we can print anyway) and a serious illness which is incurable.

CONNIE Tindale may have a serious life-threatening illness but that hasn't stopped her from giving the gift of life to hundreds of small creatures over the past few years.

Connie suffers from Multiple Sclerosis and the incurable disease Idiopathic Pulmonary Fibrosis (IPF) but that hasn't prevented her from caring for hedgehogs at her home.

Connie regularly takes in sick hedgehogs weighing just a few ounces and cares for them until they are strong enough to be released back into the wild. She has turned her garden in Grove Road into a hedgehog haven, leaving out food and water every day for prickly visitors, providing heat pads and homes for hogs struggling to survive and monitoring their welfare through a series of CCTV cameras.



Connie Tindale with one of her latest "guests."

Connie admits that she feels deeply about hedgehogs whose numbers have fallen alarmingly from 30 million a few years ago to their current numbers of less than a million. She admits that their vulnerability and helplessness is one of the reasons she is attracted to them and she feels it deeply when "one of her guests" doesn't make it.

Recently a collection was taken for Connie via a Facebook page and realised over £200 from local people who wanted to recognise and shower her with gifts for what she has done for her prickly friends.



Connie with her outdoor halfway house run

“I was stunned by all the gifts which were delivered by another Hethersett resident Hannah Harrison who is another great supporter of hedgehogs and wildlife in general, as is our village dentist Paul Baisley,” Connie said, adding that she doesn’t allow her illnesses to get in the way of caring: “I have learned to live with the illnesses and don’t let them dominate my life,” she said.

Connie is so well known in Hethersett for her work with hedgehogs that local people regularly contact her for advice or take sick hogs to her and she never turns them away. She has found the British Hedgehog Preservation Society particularly helpful in giving her help and advice on how to look after the tiny creatures.

She admits that hogs can be scared of human contact and so she handles them as little as possible. Often young hogs will be abandoned by their mothers as happened recently when a hedge was pulled up in Cromwell Close leaving a number of very small and young hedgehogs defenceless.

Once with Connie, the hogs are given the protection and food needed to make them grow strong. An outside run acts as a kind of halfway house prior to their being released back into the wild. Each hog seems to have its own character, however. Some refuse to hibernate, others go for their annual sleep early.

They can pitch up at Connie's in a dreadful condition, suffering from ticks and worms and at times being literally eaten alive by flies. This month a hog died after one of its legs became so badly affected that it had to be humanely put down.

Looking after hedgehogs can be very tiring as Connie can no longer go on holiday. She puts out cat food for the hogs along with kitten biscuits each night as she has settled into a routine over many years.

Connie has led a full and colourful life that has included living for 16 years in Egypt where she launched the children's charity Little Stars whose aim is to help orphaned, abandoned, disabled and disadvantaged children. She was expelled from Egypt for openly criticising the ruling regime. Little Stars has recently diversified by providing equipment and a container for Hethersett Jubilee Youth Club.

She set up the charity after suffering an accident in Egypt. "I ended up in hospital after being run over by a horse and carriage. There I saw a little girl who had broken her arm. All they did was plaster it and send her home. I think she died of blood poisoning and I wanted to do something to help children like her. I started collecting money for a charity but it took some time to get charity status."

Nevertheless Little Stars has helped many Egyptian children over the years, providing some with help and support and even homes and has been supported by a legacy left by a supporter. She admits that she "cannot let go of Egypt" and helps as much as she can to alleviate the "horrific living conditions."

She has also written a number of books on subjects as diverse as Japanese gardens, Bonsai trees (she has a collection), books about Luxor (including one entitled "Luxor Love and Lust") and a novel "The Fall of Thebes." She has climbed Mount Kilimanjaro and visited Cambodia at the height of the rule of the evil Khmer Rouge regime. She was formerly secretary of the Norfolk Bonsai Association and has had a lifetime love of the miniature trees

Connie, who is 75, has lived in Hethersett on and off for 40 years, maintaining a home here even when living in Egypt. She was born in Kent and lived for part of her childhood in Barrow In Furness before moving to London. At 18 she married her husband of 57 years, Mick, who was in the RAF. She came to East Anglia and lived for a number of years in Watton before moving to Hethersett. She spent a period teaching accountancy and statistics at Norwich City College. Connie and Mick have two children and two grandchildren.

Connie was also instrumental in setting up a highly successful creative writing competition for Hethersett Schools which has seen over 150 entries in each of its two years of existence. She helps with the judging and personally sponsors the prizes and says she is proud to help engender a love of writing in young people.

Despite her health problems, Connie continues to be very active. It is estimated that 50% of people suffering from IPF die within three years and 80% within five years. It is now two and a half years since her diagnosis, but as I have already said she is learning to live with the illness.

Nowadays, however, it is the hedgehogs that take up much of her time, although she feels she is still very much an amateur who continues to learn about the small creatures in her care.

“They fight like hell, they smell, they are very territorial, at times they refuse to hibernate, they get worms and ticks, they get injured by strimmers, run over by vehicles and attacked by dogs but I care for them because they cannot cope with the modern world and the continuous loss of their habitat and I am extremely concerned by their diminishing numbers,” Connie added.

You can read Connie’s latest Hethersett Hedgehogs article elsewhere.



The Next edition of Hethersett Herald will be published exclusively on line towards the end of September.

With the coronavirus still restricting activity in the village we would be delighted to receive features and photographs from residents.

Welcome To Our New Columnists

WE are delighted to be able to welcome two new regular columnists to Hethersett Herald. Sarah Lawrence will be giving her regular monthly take on village life and Dale Evans will be giving beauty tips and answering your questions.

Below Dale introduces herself and answers some of your questions..



Dale Evans at the Willows

Advanced Beauty Clinic

The Willows, Hethersett, NR9 3JY

Tel. 07921367910

info@daleevans.co.uk

www.daleevans.co.uk

By Appointment Only

@daleevansbeauty 

Hi, my name is Dale and I've been living in Hethersett for over 15 years.

I originate from Bedfordshire where I trained as a beauty therapist over 30 years ago at Champneys College.

After starting my own business there in the early nineties, I progressed to a trio of salons. I now specialise in skin treatments, microblading and electrolysis from my cabin in the village.

I am often asked questions and would like to share some of them with you.

Please feel free to contact me and all questions will be treated confidentially. So here we go.

Hi Dale

Since having my last baby I have started to grow a few hairs on my chin. This is making me feel very depressed, what's the best way to get rid of them?

Anon

Please be assured this is a very common problem, especially when there is a change in hormone activity e.g puberty, menopause etc.

When the hormones return to normal the hair may return back to how it was before if you leave them alone, but, I know this is difficult. Unfortunately the quick temporary methods of tweezing, threading and waxing can result in strengthening the root and also stimulate the area around the stronger hairs resulting in increased growth all over that area.

Cutting the hair does not interfere with the root and can sometimes be enough to alleviate your worries.

A more permanent solution could be Laser hair removal, IPL (intense pulsed light) or electrolysis. All these methods are carried out by professional therapists. If the hair is dark and relatively thick, laser and IPL can work really well. It is a light therapy and the light dissolves the hair to the root, destroying it in the process. The hairs need to be shaved before treatment and can take several sessions as they will not all be in the correct growing phase at the same time. Treatments are normally performed at monthly intervals. Electrolysis also destroys the hair follicles but by heat instead of light. The hairs do not need to be shaved first and will work on all colours of hair including grey. Each hair is treated individually and again several sessions will be required, depending on the hair growth the sessions could be weekly.

As a long term solution electrolysis, laser and IPL are the best options. I hope this helps.

*

*

*

Dear Dale

I am a 50 year old man and have started getting red areas on my nose and cheeks. They seem to be worse at certain times, with little white pimples. Why? Help?

Hi, this does seem to be an increasing problem. From your description I would think it may be a condition called Acne Rosacea. It is more common as you get older and also for women with hormonal changes. It is a chronic inflammatory skin condition. Certain triggers like heat, spicy foods, alcohol and stress can all induce a flare up. It can feel sore to touch and have a burning sensation.

Always wear a non perfumed sunscreen, which includes UVA and UVB protection. Also maybe reduce alcohol, caffeine and spicy foods . Your doctor may be able to help with a low dose antibiotic and there are several topical products that can help. In salon treatments like LED facials , IPL therapy and if there are visible broken capillaries, electrolysis can be used to reduce these. Good luck, a holistic approach using several of these options works best.

I will be back next month with any more questions, I can be emailed on

info@daleevans.co.uk

Sarah's World

Introducing our new columnist Sarah Lawrence who will be contributing to Hethersett Herald every month. Many will know Sarah from her connections with Tesco Express and her involvement with the First Steps Playgroup.

I WOULD like to start by saying thank you to Peter for offering me my own little slice of the Herald to ramble away about what I've been up to this month! I'm really excited to be a part of this wonderful e-magazine after being a reader for so long.

24th July saw the start of compulsory face coverings when shopping in enclosed places, unless exempt. This has obviously been a massive change to the way we shop, especially round the village when we're so used to just nipping out for a pint of milk. When shops started to charge for bags I had struggled to remember to bring one with me when I shopped, I'd just about mastered that. Now another thing to remember!

In our little Tescos, working with masks on has been the most challenging thing I've faced in years. Though shop workers don't strictly have to wear them, most of us have agreed that it isn't fair to ask customers to wear them if we're not wearing them too! It's really hard wearing them for nine hour shifts. I have the utmost respect and awe for our amazing NHS workers who have had to wear them for months on end now, for long shifts. The hot weather we've had hasn't helped either!

While I'm on the subject of Tesco, please remember that we will take any plastic or card household recycling on a Wednesday or a Sunday to recycle along with what we generate in store. Tesco then use this to make into new packaging or sometimes even



things like resurfacing of car parks! This isn't a nationwide scheme, just something that the Store Manager and I thought up to help with recycling. This includes soft plastics which obviously can't be recycled in our household green bins, so it's a big win for the environment!

Some of you may know that for a few months, myself and a few other keen individuals have been campaigning for the chance to build a new Skatepark in Hethersett. Previously next to the Hethersett Village Hall, it fell into disrepair and was unsafe, so the equipment was removed. Our group is looking at other locations that it could be built at and there's some definite promise to the idea! We hope to have completed our proposal document ready for the next Parish Council meeting in September. Good things take time, so it will obviously be a while before we know whether the idea is viable.. But I'm sure it will be worth the wait!

Like many others this month, we have taken full advantage of the government's 'Eat Out to Help Out' scheme. We love the cafes in Hethersett anyway, but with the lure of 50% off, who could resist?

We went to Cafe Kin on Queen's Road on the second week of the scheme with our friend Hannah and her daughter Eva. I had a delicious ham and cheese panini toastie and a strawberry, banana and peach smoothie and my girls each had a children's lunch bag filled with a sandwich, mini cheddars, fruit juice and an ice cream treat. They also had a massive milkshake each! I was in such a hurry to gobble mine up, that I didn't take a photo (must work on that..) but I did take a photo of Hannah's amazing looking mozzarella, tomato, pesto and rocket toastie. The team at Kin Cafe were doing an amazing job at keeping their customers happy and in the shade as much as they could and we saw them wiping down chairs, tables and touch points with anti-bac wipes. It was all very organised and professional!

We visited Janey's Cafe on Mill Road that second week too (you'll soon learn



that Lawrences love their food..) Janey's has been a firm favourite with our family since it opened! As soon as you go in you're heartily welcomed, even with the COVID restrictions in place. We took a seat and had a chat to the lovely Jane and Emma and ordered our breakfasts, all menus were wiped down and visors were being worn.



There's even a Gazebo outside if you fancy dining al fresco! I did manage to take a photo of my breakfast this time - I asked my eldest daughter to remind me - and as you can see, it looked delicious. Tasted even better, I can assure you! You may notice the absence of bacon. I'm not a huge fan, but obviously that would be on a standard breakfast. We even bumped into a couple of local Celebs while we were there.. Derek the Globetrotting Pony and his mate Rodney!

Finally, keep you diaries free on Saturday 5th September. Geoff Dyett, Hannah Harrison and myself are holding an informal litter pick, our biggest to date! Hethersett definitely needs it after months of not being able to hold our usual monthly ones with HEAT.

Details will be published on the All Things Hethersett Facebook group nearer to the date but it will involve a morning and an afternoon litter pick - so there's no excuse to not show up and take pride in your village.

I think that's about all I have to natter about this time, I'd better get my thinking cap on for next month's column. Have a wonderful month! :-)



Hethersett Herald



September 2020

News From The Media

Stories from Hethersett regularly appear in the local Media including the Eastern Daily Press, Norwich Evening News and Wymondham Mercury. Below are just a few of the stories that you may have missed. Other features that have appeared in the local media appear throughout this edition of Hethersett Herald.

Power Off

A number of homes in Hethersett were temporarily without power on 21st August after an electricity pole came down between Hethersett and Little Melton.

Engineers from UK Power Networks repaired the damage.

Service in Lockdown

Jake Willgress from Church Farm Shop has been talking to the Media about the positive effect lockdown has had on his business.

“I believe most farm shops were struggling before lockdown, with the ‘local’ shopping taking a back seat. But due to the nature of the beast, people didn’t have much choice and realised the quality, service and product is much better in the local farm shops. Knowing where your food is sourced is such a huge statement at the moment.

“I would like to think in the future, all those new customers will be regular customers and remember how many local shops helped us all out when we needed them.

“I personally believe the saying ‘use it or lose it’ has never been more touching. We have seen so many local businesses close and we do need to keep them up and running. For us personally, we were so lucky and very appreciative to have some amazing volunteers during the peak of Covid, without these amazing people we wouldn’t have been able to support so many vulnerable people.”

Cycle Route

A Hethersett family was featured in a press story about the new major cycle route was completed. The Blue Pedalway, which connects Wymondham with

News From The Media



Sproston via the city centre, opened in July after the completion of the final 1.3 kilometre stretch along the B1172 at Hethersett.

The Wymondham to Hethersett section was paid for by £1.1million from the Department for Transport's Transforming Cities Fund, and is one of six schemes funded by a £6.1m windfall from March 2019.

The council says it has seen a four-fold increase in usage on the route since 2018, and has also received positive feedback from families in Hethersett.

Liz Cox, who lives in the village with husband Leon and children Toby, 14, and Rosie, 12, said: "Our children are at an age where they are starting to get more freedom to go out with their friends.

"I would have really worried about them cycling into Wymondham, but the new off-road route gives me added peace of mind to know they are safe and we've had some really enjoyable family rides too," Liz told the Media. Liz, Leon and children are pictured above.

News From The Media

Kett's Oak—Picture by Peter Steward



Protecting the Oak

The Eastern Daily Press reported on attempts to safeguard the future of Norfolk's most famous tree—Kett's Oak in Hethersett.

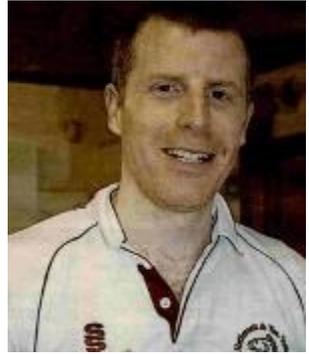
The tree on the B1172 is now a feature of the new cyclepath between Hethersett and Wymondham,

The full story can be read at: <https://www.edp24.co.uk/news/environment/kett-s-oak-hethersett-health-boost-broads-authority-1-6810755>

The tree has been there for well over 500 years but has suffered from disease and has been supported by a wooden frame since the 1960s. To improve its health, the Broads Authority and Norfolk County Council have used a natural soil which is produced in the Broads National Park called biochar.

The charcoal-like substance has been added to the soil around the tree to increase water and nutrients with the hope of giving the tree a “new lease of life”.

Cricketers Plot To Overthrow Their Nemeses— Eventually



Ian Bryce—a fine 96

HETHERSETT and Tas Valley Cricket Club has vowed to beat the curse of Cambridgeshire after being knocked out of the National Village Cup by Foxton.

Over the past six seasons, Hethersett has lost five times to Foxton and once against Thriplow but have now adopted the slogan if at first you don't succeed try, try, try, try, try, try and try again.

Following their latest defeat, going down by 24 runs, Hethersett skipper Tom Collishaw vowed that the club would eventually overcome their Cambridgeshire nemesis:

"There's no doubt in my mind that they are a beatable side and we are not a million miles off beating them," he said.

Hethersett has won the Norfolk regional title for the last six years, this year overcoming Overstrand and winning the right to once again challenge the Cambridgeshire champions in the 40-overs per side competition.

In common with all other clubs, Hethersett cricketers have been starved of action this year due to the virus pandemic and only got down to business in early July. Valley's four Saturday men's teams have been taking part in special mini leagues organised by the Norfolk Cricket Board following the cancellation of the Norfolk Alliance and Norfolk League's regular seasons

This in itself proved a frustration for the first team after winning promotion last season to Division One of the Norfolk Alliance for the first time in the club's history. Club Development Officer Matt Bird said, however, that; "it is brilliant just to have everyone back together again."

Returning to details of the National Village Competition, Hethersett won the toss against Foxton and put the Cambridgeshire side into bat and restricted them to 252-6 with Ian Bryce taking 3-32. Hethersett replied with 228 with their last wicket falling off the last ball of the innings. Bryce completed an outstanding day with 96 but failed to find sufficient support for the team to put in a serious chal-

lenge.

The club continues to provide cricket for both sexes and all ages with youth teams at under-9, Under-11, Under-13, Under-15 and Under-17 levels, alongside Saturday and Sunday adults teams and a ladies team.

Lockdown Eased For Mini League

WHEN lockdown was eased Norfolk Cricket Board organised a series of 17 mini groups with six teams in each group.

The groups were put together according to the standards of each team and Hethersett found themselves in Group Four alongside Martham, Ashmanhaugh and Barton Wanderers, Bradfield, Lowestoft and Bungay.

The teams played each other just once and Hethersett ended up unbeaten with four wins and one abandoned game in their five matches, giving them 18 points and top place in their group.

The final positions in Group Four are shown in the table below

Key: P— Matches played

W—Wins

L-Defeats

Ab—Matches Abandoned

Ps—Points

Hethersett then competed against one of the other group winners Swardeston for a trophy.

	P	W	L	Ab	Ps
Hethersett and Tas Valley	5	4	0	1	18
Martham	5	4	1	0	16
Ashmanhaugh and Barton Wanderers	5	2	1	2	12
Bradfield	5	1	2	2	8
Lowestoft	5	1	4	0	4
Bungay	5	0	4	1	2

The Next Step

The winners of each of the top four groups then went into a knockout competition with Hethersett due to play Swardeston Seconds for a trophy.

Swardeston Seconds were unbeaten winners of group three and the game was scheduled for Flordon on 29th August but was called off following persistent rain throughout the day. The match is now scheduled for September 5th.

Hethersett and Tas Valley Seconds finished third equal in Group Seven with two wins and three defeats giving them a total of eight points—the same number as Ashmanhaugh and Barton Wanderers and Cromer Seconds. Hethersett thirds finished bottom of Group 13 with four defeats in their five games and the fourths finished bottom of group 16 with one victory in their four games.



Above, Hethersett opening bat Tom Collishaw in action during one of the mini league games in August.



Above, Hethersett's Ben France hits a boundary during one of the mini league games and on the left second team player Ra Mason in action at the beginning of the month as the team lost to Brooke by nine wickets.



Hethersett Health Support

HETHERSETT Herald Associate Editor Hannah Harrison has set-up a new Facebook support group for those suffering ill health. Here she tells us how the group came about.



INSPIRED by a blog I read a few weeks ago written by Hethersett resident and fellow arthritis sufferer, Joel Nelson, I have set up a new Facebook group called Hethersett Health. It's early days but providing life ever gets back to normal, it has the potential to become a face to face support group for Hethersett residents.

I have Crohn's disease, enteropathic arthritis and sacroiliitis. All go hand in hand unfortunately. Luckily I can just about manage to lead a normal life, so far. I'm also a carer for my husband who has demens disease, autism and various mental health problems. We have a four year old daughter. Being a carer for a loved one can be very lonely and damned difficult when you have your own health issues to worry about.

I've talked to a few other people in the village before and know of others who have various health problems, so I thought why not have somewhere where we can all discuss our feelings and experiences? As I mentioned at the start, I'd read Joel Nelson's blog about his feelings surrounding shielding due to COVID-19 coming to an end; I realised that although we have different health issues, our fears and concerns are the same.

A problem shared can be a problem halved so I'm giving it a go with this new online support group. It's open to anyone really, you won't be thrown out if there isn't anything "wrong" with you.

It's for anyone who has mental health problems, long term general health problems or even short term. Anything from terminal illnesses to illnesses which don't have that much impact on the person's life. The only thing you need is to reside in Hethersett or the close surrounding areas.

It helps no end just knowing that you're not the only person in the world suffering, even more so not the only one in your own village. It's not only about benefiting myself, the main aim is to help and support others in the community.

I hope to write more about this at a later date once it's been running for longer. But, for now, if you think that it could be something that could help you or you just want to see what it's all about, head on over to Facebook and type "Hethersett Health" in the search bar, then click "join".

Garage Sale Is A Big Success



Pictures courtesy of Clare Sayer and reproduced with permission.

THE garage sale organised by mother and daughter Clare and Isabelle Sayer proved a tremendous success with over 60 stalls taking part

To date over £300 has been raised for Cancer Research.

Clare said: "I would like to thank everyone for taking part in the garage sale, whether selling or purchasing! It was a great event and there was a real buzz around the village. I even managed to sell a few bits too .

The event brought a number of appreciative comments via Facebook:

These included: "So nice to see so many





people out and about. Managed to say “hello” to loads of people as well.” and “A lovely way of spending three hours round the village.”

Such was the success that Clare is already considering holding a repeat event next year.



Across the fields by John Head. This lovely image is one of the many taken by John during dawn walks in and around Hetherssett. John will be putting together a regular photo diary of his walks for Hetherssett Herald. You can see some of his work in his first article later in this edition.

More Memories of Old Hall School

THE news that Hethersett Old Hall School would be closing at the end of the summer term 2019 was a hammer blow to staff and former and present pupils alike. Now one year on the school site is owned by Norfolk Police. But the memories of school days continue to circulate, mainly thanks to the Hethersett Old Hall School Blue Newsletter on social media. In the latest edition Jasmine Philpott relates just some of her memories which she refers as “My memories of moving to the haven that was Hethersett Old Hall.” Jasmine’s article is reproduced here with her permission and also that of the editors of the newsletter, to whom we are very grateful.

“I WILL never forget my baptism of fire when I joined HOHS in 2006. After a couple of miserable years at my previous school, my parents decided to foot the bill and take me out of state education, which was the best thing they ever did for me.

My first day in February of Year 8 was like something out of a dream. I couldn’t believe that this place was

a school. The food was delicious – there was a menu on the wall outside the canteen and homemade dessert served every lunchtime (shout out to the pancake roll). The buildings smelled nice, the toilets were clean and graffiti-free, the students were nice to each other and the teachers were good! None of the younger kids were put in bins, things could be left out and not get stolen or vandalised, and the rapport between teachers and students was completely different to what I had experienced before. There was a school nurse who was always referred to as ‘Nurse’, not ‘the nurse’ and somewhere to lie down if you were ill. The girls hugged each other hello in the morning, linked arms everywhere – even the school bus was nice! It was surreal.

The uniform list was like something out of St Trinians to me – a curious bell-shaped navy skirt, which I soon learned everyone rolled down at the top other-



wise the waist would have to be worn somewhere just below one's breasts; a PE skirt (I didn't even know there was such a thing), some hideous Lycra undershorts with incredibly tight elastic but huge, floppy legs, and a dark blue blazer (which singled me out as 'new' for the rest of my time at the school – all of the ex-junior girls were still squeezing into their lovely light blue ones). Of course my mother bought me my blazer at a size that I would 'grow in to'. Clearly she assumed I would grow up to be a man, because it engulfed me as much at 16 as it did at 12 years old.



I went from classes of 30 rowdy boys and girls to a class of 16 girls, all of whom were genuinely my friends by the time I left the school in 2009. I went from a sea of white faces to genuine diversity – in race, religion, wealth and nationality. I went from hiding in the toilet cubicles to eat my lunch in safety at Long Stratton to leaping out of the car in the morning, eager to get to school, and being genuinely devastated when 3.45 came around – especially if it was a Friday. I think I actually asked my parents if I could board at one point.

One of my earliest and most prevalent memories was turning up to my first Food Tech class to see that the group had already mastered making a roux and were now making bread from scratch. To put this in context, in Year 7 of Food Tech at Long Stratton we had learned to make beans on toast, and in Year 8 we had learned to heat up Ribena in a saucepan to make a 'hot drink'. I remember my class finding it hilarious and endearing that when we were asked to bring a container with us to school to take our Spaghetti Bolognese home in, I brought a Quality Street tin, from which the tomato sauce proceeded to leak everywhere. Lesson learned!

I recall spending all of Year 8's French class completely clueless as to what a tense was, but thanks to Mrs Sutcliffe's (and later Ms Le Brun's) patience I eventually mastered all of my tenses and ironically went on to do a degree in French. I also miraculously overcame my hatred of maths thanks to Mrs Heppell.

I learned that at Hethersett, you eat properly, but you eat fast. A side salad, main course and dessert would be wolfed down at breakneck speed, but your cutlery should always be placed to the right of your plate when you had finished, and if you had a bread roll on the side, you should pick pieces off it, not stuff the whole thing in your mouth (who knew?). I learned to say 'breakfast, lunch and dinner', not 'breakfast, dinner and tea' (I was never posh enough to say 'supper' or 'high tea' though). I learned how to interact with adults, as for the first time, my friends' parents were friendly and welcoming. I learned how to introduce people, how to make conversation with strangers and how to be the type of young woman that

strangers would report to the school as being 'such a lovely young lady'.

Despite being surrounded by some very wealthy people, I felt more welcome and accepted at Hethersett than I ever did at other schools. We all embraced each other the way we were. My time at Hethersett is so precious to me. I feel it is the place that carried me from girlhood to young womanhood, and that the lessons I learned there are responsible for many of the successes I have had since leaving all those years ago. I used to get very annoyed with my friends if they ever moaned about it, because I knew what it was like at a rough school and realised how unbelievably lovely it was at HOHS. My best friends today are the ones I made at Hethersett. I always said that if I could afford it, I would send my daughters there one day, and it's such a shame that will never happen. However, I will always treasure those years, and the women it helped me and all of my lovely friends to become.

The Day They Felled The Beech Tree

REGULAR readers of Hethersett Herald will have seen our mention over the past few editions of a massive and historic beech tree in the grounds of Hethersett Old Hall School.

Sadly this tree became diseased and had to be cut down. Its lopping and felling was captured on a video and you can see a time lapse film of it by going to You Tube at

<https://www.youtube.com/watch?v=yyk1a3w-w-c>

The coverage has the following to say about the event.

"Hethersett Old Hall School's iconic and much-loved 300-year-old Copper Beech tree – the subject of our school logo – had to be felled over the February 2015 half term break after a specialist screening revealed dangerous levels of rot.

"Alex Brickham filmed its removal, which took place over several days, and we hope this time-lapse marks its demise with suitable dignity. We also plan to pro-



duce souvenirs for our pupils and families with some of the timber once it has been suitably dried and seasoned.”

Sarah Atkins contacted us to show that the tree lives on. These are her words:

“When news reached me that it was to be felled I contacted the school and asked if I could have a piece. When Vicky and I were at school together in the late 1990s we had a small wooden box we bought from QD in Norwich to put daisy chains in we’d make together. I thought it would be nice to get a new box made for each of us from the tree.

The school agreed and, after a donation, passed over several large chunks of wood which had been collected. These spent the next five years seasoning in my garage. I struggled to find anyone to work on the project that was within my budget.

A chance conversation with a friend led to it being sent to a contact of hers several hundred miles away. Delivered back were two beautiful jewellery boxes (photograph on previous page) which I was thrilled with and Vicky received hers as a birthday present.

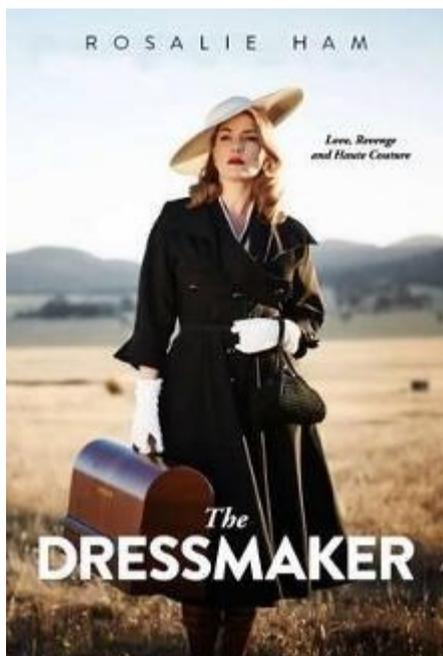
“When the school closed I enquired after the rest of the tree and was told that the school has not stored it correctly and the huge pile of wood which was left had now rotted beyond use. How very sad.

But the jewellery box project had left behind some wood, which was fashioned into keepsakes for the lucky few who were quick to ask after it in the weeks following closure.”



The 11th in a series featuring a literary gem found in the Back Lane Book Swap. Books found during a wander along the lane. Of course by the time you read this the featured book may have gone.

No. 11– *The Dressmaker* by Rosalie Ham



After 20 years spent mastering the art of dressmaking at couture houses in Paris, Tilly Dunnage returns to the small Australian town she was banished from as a child. She plans only to check on her ailing mother and leave. But Tilly decides to stay, and though she is still an outcast, her lush, exquisite dresses prove irresistible to the prim women of Dungatar. Through her fashion business, her friendship with Sergeant Farrat—the town’s only policeman, who harbours an unusual passion for fabrics—and a budding romance

with Teddy, the local football star whose family is almost as reviled as hers, she finds a measure of grudging acceptance. But as her dresses begin to arouse competition and envy in town, causing old resentments to surface, it becomes clear that Tilly’s mind is set on a darker design: exacting revenge on those who wronged her, in the most spectacular fashion.

News From Hethersett Jubilee Youth Club

By Gillian Saunders

We hope everyone is keeping well and looking forward to the new term and for some new schools.

As restrictions start to be relaxed we as Trustees are looking at starting Youth Club again on a Wednesday evening. Things will obviously need to be a little different but we hope that we can make things as safe as possible for all our members and adults.

The hall itself has reopened for a limited number of bookings each day and is thoroughly cleaned by the hirer and by our team of cleaners (one of whom has been on a Covid 19 cleaning course so she is our resident expert). If you wish to enquire about booking the hall please contact me on 01953 607566 and I will be able to explain all the requirements and restrictions.

Youth club as I say is making preparations so as soon as we get the go ahead we are ready to go!

It will be as near to normal as we can make it but as I said some changes are inevitable! I will write to as many parents as possible but I would also like comments from parents and members and potential members about opening the club with safety measures in place from the end of September or early October. My email is gilliansaunders3@btinternet.com.

We are sorry to announce that Emma has decided to leave the club after three years. She has worked so hard and brought fun ideas to Wednesday evenings. We will miss her enthusiasm and wish her all the best for the future. We are advertising for a new leader and I am sure they will bring their own ideas which will grow the club again and help us to move in a different direction but still an exciting one. We would like to open the club up to Year 7/8 again as we feel we are not meeting your needs. We may be able to continue with the Well Being Group too but this will depend on the new leadership. Please keep in touch with me via our Facebook page and I will try and remember to keep this updated and also publish information in the Herald.

We will thank Emma properly when we have members together to make cards etc. But I just wanted to formally thank her here first.

As we close one door another one opens and the club will be here for its members.

Finally we would like to say we have no knowledge of the rumours that the building is to be sold! We have a lease for a few more years yet. I would be interested to know where this rumour started!

There is No Planet B

With Penelope Brown

How to make the switch to natural shampoo

Making the switch to natural shampoo can be daunting. Your hair can be a big part of your identity and changing how you care for it is kind of a big deal.

Below are the words of environmentalist Charlie Thompson as she tells us how she made the switch to natural shampoos.

“Using plastic-packaged, toxin-heavy mainstream shampoo and conditioner products was something I didn’t want to be part of my identity anymore. I wanted my bathroom to be minimalist – as little plastic packaging as possible – and I wanted what I was washing down the drain, into our waterways and eco systems to be truly natural (not ‘greenwashed natural’).”

So... I took the leap and switched to natural bar shampoo. Packaged only in paper or cardboard. No plastic. No toxins. No nasties. No worries.

What I Wish I’d Known Before I Made The Switch.

I quickly learned that not all natural shampoo bars are made the same and there are some nifty tricks you can use to make the switch as smooth as possible.

How To Transition To Natural Shampoo Bars

1. BE PREPARED FOR AN ACTUAL ‘TRANSITION PERIOD’

Conventional shampoos and conditioners contain nasty toxins like SLS, synthetic fragrance and ethanalamines (MEA, DEA, TEA), which leave a build-up of residue on your hair. This will leave the hair feeling smooth and slippery instantly, but these toxins are absorbed into your skin through your scalp and research has shown they can have some nasty effects on your health and on our waterways when they go down the drain. Because of this build-up of residue, it can take a week or two for your hair to settle into its groove again, while it gets used to the change from synthetic chemicals to the natural cleansers in your bar. How long this period will last is determined by things like how damaged your hair is, how much built-up residue is on your hair, your hair type, historic over-styling and the like.

2. THE SECRET TO GETTING THROUGH THE ‘TRANSITION PERIOD’ IS APPLE CIDER VINEGAR

Apple cider vinegar (ACV) is a ruddy miracle, isn't it?! Is there anything it can't help with? Here's how it can help you transition to natural bar shampoo:

- Try adding 1-2 tablespoons of ACV to 1 cup of warm water and pouring it over your hair after shampooing.
- Make sure to massage it through your hair and scalp.
- Leave it in for a few minutes, which will help smooth out the hair follicles, remove soap deposits, prevent tangles in long hair and help balance out the pH of the scalp.

3. BECOME BEST FRIENDS WITH YOUR HAIRBRUSH

Remember to brush your hair from the roots all the way down to the ends at least twice a day, to pull the natural oils all the way to the tips of your hair, keeping it nourished and healthy. I have long hair, so I also pull my brush through my hair before I wash it. Wet hair is more prone to tangling, so brushing first helps to prevent shower-induced knots.

4. RINSE, AND REPEAT

When it comes to shampooing your hair, remember that natural shampoo bars do not contain nasty SLS, which is the synthetic chemical that creates the lather and bubbles in products like shampoos, bubble baths and washing up liquid.

For a successful wash:

- Wet your hair through thoroughly.
- Wet the shampoo bar.
- Depending on the brand you might find one of these three methods of lathering works best:
 - Rub the wet bar between your palms to lather it up as much as you can, then work it into your hair with your hands and fingertips;
 - Break off a small piece (about the size of a pea) from the bar and work it into a lather between your palms, then work into your hair with your fingertips; or
 - Run the wet bar over your hair from the scalp to the ends.

- Massage through to work up a thick, creamy lather.
- Rinse thoroughly, and repeat – you'll probably find the shampoo lathers more easily on the second wash.
- Use your ACV method (as above) if needed.
- Dry or style as usual.

Because natural shampoo won't dry out your hair like conventional shampoo, you may find you don't need to use conditioner at all. However, combination shampoo/conditioner bars are available. Use them in exactly the same way as a straight-shampoo bar and make sure you wash and rinse twice.

If you choose to use a separate natural conditioner bar, only use it on the ends of your hair, and if you have fine hair, try 'reverse washing' – which means conditioning your hair first, before shampooing it.

5. IT'S NOT ONE SIZE FITS ALL

Just like conventional shampoos, natural bar shampoos also offer different formulas for different hair types, so look for the one that best suits yours.

6. SAFE STORAGE

Store your natural shampoo bar away from water when not in use to prolong its life. I can make one shampoo bar last for three months – that's a lot of plastic bottles and toxins ... and money! ... saved.

7. PERSIST FOR AT LEAST TWO WEEKS, BUT DO TRY A DIFFERENT PRODUCT (OR THREE) BEFORE YOU GIVE UP

Give it time, but if one bar really isn't working for you, try another one before you give up. Just like with natural deodorant, sometimes you have to trial a few different varieties before you find the one that suits you best.

But the best thing about shampoo bars is you can use them as ordinary soap bars as well, so even if it's not right for your hair, the delicious smells and creamy texture of shampoo bars work perfectly for your body. Zero wastage = winning!

Once you find a bar that works for you, you'll use it for the rest of your life. And that's good for your hair, your body, your bank balance AND the planet.

More from Penelope Brown in next month's Hethersett Herald.

My Photographic Diary *by John Head*

Hethersett resident and friend of Hethersett Herald, John Head, is a keen photographer who regularly posts his excellent photographs on Facebook. Here we feature a selection of John's photographs taken during his wanderings in an around Hethersett.

August 27th—Dawn skies taken from the field opposite Kett's Oak



Hethersett Herald



September 2020



August 25th

'Those Trees' in the field abutting Park Farm which stand as sentinels on the south west approach to Hethersett at dawn.

August 18th

At dawn I walked from Wood Hall Hethersett to Ketteringham Hall following the path of Rev. Wayte Andrew.

Rev Andrew was the chosen Parson of the Squire of Ketteringham, Sir John Boileau, for St Peter's Church, Ketteringham.

Rev Andrew resided in Wood Hall Hethersett and would walk across the fields to his Parish in Ketteringham. Sir John resided in Kettering-



Hall. Looking at their CVs, they appeared ideal for each other but their relationship over the years resulted in acrimony . Rev Andrew, being subservient to the Squire, often found himself reported to the Bishop of Norwich by Sir John.

However, following a major error of judgement by Sir John involving some coffins, the Squire looked to his parson for assistance and support. How was all this known? After their deaths it was found both men kept diaries.

This is all recorded in an excellent book by Owen Chadwick called 'Victorian Miniatures'. Far apart the Squire and his Parson were in life – they became much closer in death as they are interred near each other in St Peter's churchyard.





Change Can Be Like Mourning

Says Rector of Hethersett Rev Derek McClean

ACCEPTING change can be akin to mourning, according to the Rector of Hethersett, the Rev Derek McClean.

Writing in the August edition of the village's Good News magazine, Rev McClean asks the question: "What will our new normal look like?"



He goes on to ask: "Have we allowed ourselves the time to mourn what was?"

"A book I read recently involved looking squarely in the face of the fact that we sometimes want to move on without taking the time to mourn the losses that a change may bring. Even a long desired, highly positive change (such as changing jobs or retiring), means a loss. And we need to acknowledge these," he says.

"The seismic change that COVID 19 has brought upon us has made it difficult to find the time to mourn our losses in the way we would have liked.

"As we prepare to come out of lockdown and rejoice in some semblance of what we used to take for granted, let's not forget to acknowledge our losses," he added

They've Got Hethersett Archived

HETHERSETT History is being brought back to life by a Google-backed project which will give access to over 150 years of news items from the Eastern Daily Press Newspaper.

Local Recall has digitised the entire EDP archive which means millions of articles on and about Norfolk.

And hidden amongst those pages will be hundreds of articles on our village. Up to now the Archant-owned archives have been open to the public through personal visits on three days of the week. But looking for articles has meant time-consuming pouring over fragile volumes of newspapers.



In 2017 Archant—publishers of the Eastern Daily Press—received a six figure grant to allow it to launch the Local Recall project.

The project began in early 2018 and – with help from Norwich-based artificial intelligence and chatbot company Ubisend along with specialist historical scanning companies TownsWeb Archiving and Find My Past – Local Recall has since digitised an estimated 750,000 pages of EDP newspapers.

In the process, more than seven million articles have been uploaded online through a process of high-resolution photography, optical character recognition software and key word extraction, which helps improve search accuracy.

Over 800 volunteers were then called in to proof read and check texts and articles ahead of the official launch. Apps will allow subscribers to use voice controls to call up articles, although there will be search facilities for those who prefer to type in their queries.

Users of local recall can explore the EDP archives from October 1870 right up to the latest breaking news through a subscription service available on monthly and annual price plans. The cost is £5.99 per month with an annual subscription of £59.99 also available. More information on the service is available from:

<https://www.edp24.co.uk/features/local-recall-digital-newspaper-archive-launched-1-6752082>

You can sign up for Local Recall by going to localrecall.co.uk

We will be having a good look round Local Recall to report back on what can be found out about our village for a special feature in the October edition of Hethersett Herald.

Down Memory Lane— with Peter Steward

ONE of the great joys of being a history enthusiast is coming across undiscovered gems. There must be so much hidden Hethersett history in lofts and boxes gathering dust rather than adding to the village's story.

Duncan Pigg is a veritable encyclopaedia of Hethersett life - not the least because he has lived through over 90 years of it.

So I was delighted when he unearthed another piece of Hethersett history from his collection.

So this month I'm going to talk about Hethersett's wartime attempts to raise thousands of pounds to buy a tank - yes you heard that correctly, a tank.

And not surprisingly the organisers called it The Hethersett Tank Fund and its motto was "a tip in the tin is a tip for a tank." This referred to a number of collecting tins that were in place in the village.

The appeal was led by Donald Harrison and members of the Hethersett Youth Service Group, which included Duncan Pigg who, at the time of its launch in July 1942, was 16 years of age.

Details of the fund and appeal exist in a beautifully kept handwritten booklet where the following is the first entry by Donald on July 21st, 1942:

"In a report to the County Education Office mentioned that I would like to start a tank fund to raise money for a tank, also asked if they could tell me where to send contributions."

Donald's next entry on August 1st gives more information:

"Reply from Mr H. Moore, secretary for the county education office. In answer to your question about the tank fund, I understand from the Citizens Advice Bureau in Norwich that your best method would be to write direct to the Ministry of Supply and ask them to let you have the address to which such contributions should be sent."

So three of the Hethersett Service of Youth Group - Duncan, Donald and George Lake - set about raising money. They raised 2/-d (two shillings or 10p today) from the sale of foreign stamps. Duncan arranged for a collecting tin to be placed in the Kinkajou Cafe off what is now the B1172 and which was owned by his mother. Marion Curson agreed to have a tin in the Village Wool Shop.

The Kinkajou Cafe tin realised 10s 6d in its first month (approx 52p)

Down Memory Lane

On October 31st, there was a tank fund dance at The Senior School in Norwich Road, Wymondham, where admission was 1/6d (7p) for civilians and 1/- (5p) for members of the Forces.

By November, 1942, the fund stood at £8 12s 6d (£8.62p) which wouldn't make a great dent in buying a heavy tank at £20,000 or a medium tank at £18,000 or even a light tank at ten grand.

Dann's Butchers took a collection tin but Kent and Woods refused. There's an interesting entry in the log for November 12th, 1942:

"Letter to the Director of Public Relations asking if they wished us to send the money in small amounts or in lots of £10 per time, also whether it could go to a tank for the group or whether it would have to go to the country's tank fund."

A house to house collection raised 3/3d (16p) and then there was the intriguing "Battle of Threepennybits". Sadly there is no description of what this actually was.

I think the organisers began to realise that the task ahead of them was an impossible one as Donald noted after hearing about the cost of a tank.

"This seems as Mr Churchill would say. Rather like the end of the beginning, rather than the beginning of the end, at any rate when £10 is beside £20,000."

Undaunted, the trio continued to collect money, garner subscriptions and also organise a youth week in 1943. This included a lantern slide lecture by legendary Norfolk naturalist Ted Ellis, a whist drive, a dance and raffle, after which they were able to send off £35. One of the most original fundraisers was the sale of apple pips to a Mr H. Morse of Brundall for five shillings (25p).

But the fund was wound up when two of the leaders - Donald and George - were called up for active service after just one year of the fund.

Duncan kindly sent me some explanatory notes to shed some more light on the booklet - some of which I share here. I will be putting jpeg images of the booklet and more notes on my Hethersett History project at www.hethersettherald.weebly.com at a later date.

Donald Harrison was the son of Matthew Harrison who farmed White Hall Farm which is now Park Farm Hotel. Apparently Donald always slept outside in a Shepherd's Hut. George Lake was under gardener at Hethersett Priory. The

Down Memory Lane

wool shop mentioned was adjacent to the Queen's Head. Kent and Woods Grocers is now the village estate agents. Apple pips produced strong stems for rose grafting. The Kinkajou Cafe was in Kett's Oak and was demolished in the 1980s.

Now we turn to a very interesting photograph below which shows the Hethersett Methodist Church Male Voice Choir pictured in 1925. The image is another from the collection of Stephen Frosdick and is reprinted with his kind permission. We would love to hear from you if you recognise any of the characters in the photograph. We would also love to receive electronic copies of any old photographs or postcards of Hethersett for reproduction in this column.

Over the page we have photographs of the celebrations for 1000 years of St Remigius Church which are particularly poignant during this time of lockdown and the struggles that the church has to raise £1,500 each week to keep its head above water.

See our story on the front page to read more about the financial struggles of the parish church.



Down Memory Lane

Celebrating 1000 Years of St Remigius

WE have featured numerous examples in Hethersett Herald of street parades. It seems that Hethersett was very partial to a parade in days gone by. So here's another example.

The photographs here were posted on the All Things Hethersett site by Hethersett Parish Councillor Marilyn Savory who believes the parade was held to celebrate 1,000 years of St Remigius Church.



Marilyn was unable to date the photographs, however, but we have now managed to give them a date of 1997. We would love to hear from anyone else with memories of the parade.. We know that Hethersett had a church from records of



We hope you enjoy the photographs and some of our older readers will probably remember many of those featured. Thanks to Marilyn for permission to reproduce them.

Down Memory Lane

the Domesday Book in 1086, but it is likely that there was a building well before that date. For more information on St Remigius and other Hethersett buildings go to: www.hetherssettherald.weebly.com

And follow the links to our history project.



All photographs courtesy of Marilyn Savory and reproduced with permission.

Down Memory Lane



Another photograph from the album of old Hethersett pictures taken from the collection of Stephen Frosdick. This show the St Remigius Church Choir pictured just before World War One. The Rector Canon John Still is in the centre of the front row with Fred Dodman and William Kent on his right and Walter Buckingham in the middle on his left. Many of those pictured will have been called up for active duty.

The Day The Races Came

WE conclude Our Down Memory Lane feature this month with a look at the day a national cycle race came through Hethersett.

Sometimes you don't have to travel too far back in time to prompt memories.

Take 12th September, 2015, for instance. It was a great day in the history of Hethersett when we celebrated an event that took less than a minute.



Of all the thousand upon thousand of photographs I have taken over the years, this is one of my favourites thanks to the smiling face of the rider in green. I have tried, without success, to find out his name, but at least he seemed happy to be hurtling through Hethersett.

I'll pause for a moment when you ask the obvious question: "How can something that took less than a minute go into the annals of village history?"

Those who lined the roads of the village will remember that minute well. It was the day that a major cycle race rushed through the village - entering down by the Queen's Head and exiting along Great Melton Road.

It was one of those blink and you'll miss it events. I would hazard a guess that the number of people out on the village streets per second of the event is probably higher than that of any other event in the entire history of Hethersett.

For me it was a busy day. There was lots of preparation for the arrival of the Tour of Britain race. I helped get refreshments ready at the Methodist Church and then took a banner belonging to Hethersett Sports Association down to Queen's Road where Dr Anne Edwards kindly tied it to her fence - just in case any television companies turned up to film. We had a limited number of tee shirts promoting the race and I went to take a photograph of the staff of the Queen's Head who were all wearing them. Then took photos of other parts of the village



as an historical record of the day. It was a day when heavy rain was forecast but thankfully it stayed dry.

The race came through at 11.35 am.

The race was through in a flash although I did get some decent photos by putting my camera on sport mode and just keeping my finger on the shutter. The race was preceded by police outriders ensuring that the path was clear. The roads had been shut to the public but I still remember some idiot trying to get his car off of Tesco's just before the race came through. This really could have proved a dangerous action.

There were plenty of support vehicles as well. Then the riders whooshed through and weeks of planning were over within that one minute. That wasn't the end of my sporting day though. In the afternoon we saw Norwich beat Bournemouth 3-1 (If you are old enough you might just remember when Norwich won a football match)!

This is what I wrote about the race on an old Hethersett web site:

Saturday 12th September, 2015, will live long in the memory of all those who took to the streets of Hethersett to watch the national Tour of Britain cycle race pass through.

Hundreds of residents lined Queen's Road and Great Melton Road as the penultimate stage of the 2015 event made its way from Fakenham to Ipswich. The race entered Hethersett through Colney Lane, before going past the parish church and turning into the village at the Queen's Head. It then went the length of Queen's Road and Great Melton Road before turning left towards Wymondham.

Bunting and specially made banners welcomed the riders into the village with the race entourage of police motorbike outriders and team back-up cars also adding to the colour of the event.

Months of planning at a national level and weeks of organisation in the village culminated in the race which was through the village within minutes but which will have left a memory for young and old. Refreshments were served at Hethersett Queen's Head and Hethersett Methodist Church, there was a special sculpture on the playing field at Hethersett Junior School, the village sign was decorated and Hodge Podge shop in Oak Square organised games for children.

Early morning rain thankfully gave way to warm sunshine in time for the race to pass through. A breakaway of a handful of riders was followed by the peloton (or pack) of riders. For the record the stage was won by German Andre Greipel and the entire tour went to Edvald Boasson Hagen from Norway who was riding for the BTN Qhubeka team.

I hope you enjoy just a few of the photographs I took of the day.

There are more photographs of the cycle race on my daily blog at www.peterowensteward.weebly.com. Just go to my entry for 29th July, 2020. The blog is updated every day with many entries looking at the history of our village.





The intriguing photograph on the left just has the following details—Mrs Christmas Curson’s mother and her sister Mary Ann of Hethersett. They do not look very happy but this is typical of the posed photographs of the era. The photo is undated but we would love to hear from anyone who can help with any further details.

The Stories Beneath Our Feet

Lewis Buckingham continues his look at aspects of Hethersett's History.

I OFTEN find myself wondering: "How many people have stood on this exact spot in the past? What stories lie beneath my feet?"

Many of those stories are lost to the mists of time, but some threads do remain. If they're followed, a little of the past can be revealed to us.

That's one of my fascinations with Hethersett.

Today it seems to be slowly merging with the outer bounds of Norwich. In the past it thought of itself as a distinct village - not a satellite of Norwich. Further back it was perhaps three or four individual hamlets bound by one or two churches, or the estate of a Roman Villa, or a stopping place where ancestors were venerated in their barrows.

The fields of Hethersett had names that held memories of people from the past and, though they looked wild when left fallow, every foot had been trodden on many times over in the wake of plough or scythe.

Buildings, too, have memories. Though time may mark them and transform them, elements of them remain substantially the same. Any marks and changes are mementoes of people who once stood in those same rooms. If you walk there yourself, you will undoubtedly leave some small mark of yourself behind for future visitors.

As you walk the aisles of St Remigius Church, there are stones beneath your feet that can literally tell you a story - or a least the beginning of one. Black flagstones are carved with the names of residents long gone. They are now worn and smoothed by the tread of centuries. The faces and people behind those names are forgotten. There was once a time when those who knew those faces stepped carefully around the sharp cut memorials to their dead.



Blackstone Memorial to Jeffrey and Elizabeth Betts. Image used with kind permission of jmc4— Church Explorer— (<https://www.flickr.com/photos/52219527@N00/>)"

I'd like to pull on a few of the threads that link us to one of those black stones this month.

If you walk up the North Aisle of the Church, you will discover a black flagstone decorated with these words beneath your feet:

Here lies the Bodyes
of Jeoffry Betts Gent
Deceased May 15 1680
and Elizabeth his Wife
deceased June Ye 24
1663, Aetatis 74
she 57

Jeoffry may have ended his days beneath that stone in Hethersett, but he came from Wiltshire. As a young man he acted as the Steward to William Herbert, the 3rd Earl of Pembroke. He was likely based in the town of Wilton in Wiltshire, where the Earls of Pembroke had their home Manor. As steward, he was responsible for ensuring all tenants paid their rent and did their services to the lord, as well as acting as a proxy for the lord himself when he was not there.

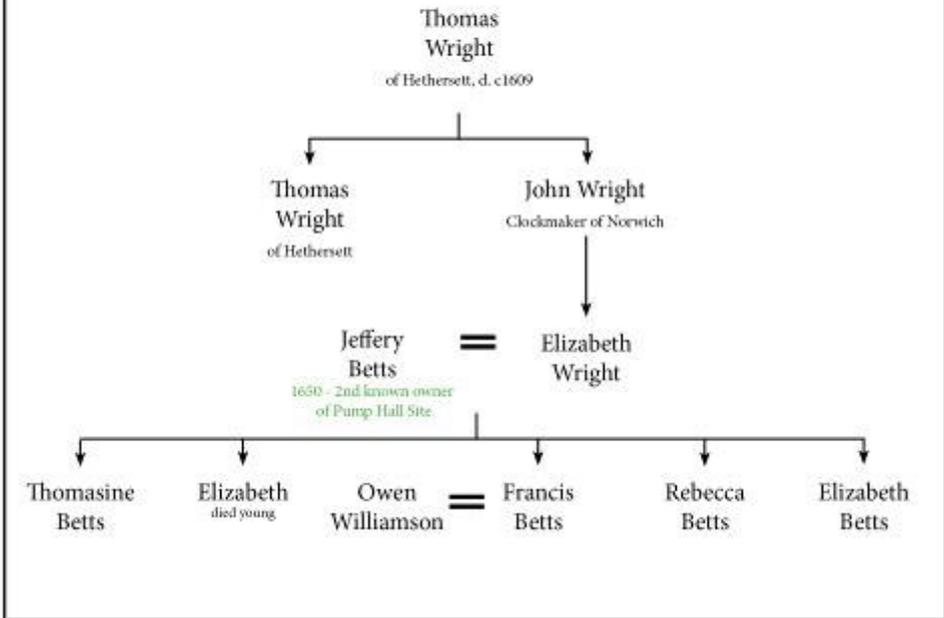
It's unclear where Jeoffry originated from and whether he had been a gentleman from birth, but while acting as Steward to the Earl he was likely exposed to much in the way of culture. William Herbert, the Earl, was known as a patron of the arts. In fact the First Folio of Shakespeare's plays was dedicated to him and his brother. Shakespeare's sonnets were dedicated to a "Mr W.H" - who many strongly believe was William Herbert. It seems that some were actually written with him in mind, urging him to go ahead and marry Elizabeth Carey - the granddaughter of the man who ran Shakespeare's company. If these artistic credentials weren't enough, Pembroke College was named for this particular Earl of Pembroke while he was Chancellor of the University of Oxford.



William Herbert—3rd
Earl of Pembroke

Soon after the earl died in 1630, Jeoffry arrived in Norwich and took up residence in the parish of St Michael at Plea. He almost immediately married and over the next ten years he and his wife had five daughters - one of whom sadly died young.

The Betts and Wrights



Jeffery's new bride was Elizabeth Wright, the daughter of a clockmaker and gentleman named John Wright. John probably grew up in Hethersett, at least his father and older brother had both owned homes there many years earlier. You don't just pick up horology in the garden shed, though, so he was probably apprenticed to a clockmaker in Norwich as a child and eventually made a new home for himself there.

As a clockmaker, I imagine John was a meticulous and careful man. His first granddaughter, Thomasine, was born the 10th of July in 1631, and three weeks later he bought a small plot of land in Shovell Field in Hethersett. It could be that he was already planning for her dowry.

Over the next five years he bought five more plots in the same field - on two occasions within a month of the birth of another granddaughter. This may just be coincidence, but it makes you wonder whether he was being just as meticulous in consideration of his granddaughters' futures as he was when he assembled his clocks.

If you've followed my little tale of Pump Hall over the past few months, you'll remember that Shovell Field was part of what eventually became the farmland of Pump Hall.

John Wright's Purchases

The slow growth towards a modern farm

Year	Purchase	Previous Owner
1631	3 Roods in Shovell Field	Robert Duffield
1632	1 Acre in Shovell Field	Robert Duffield
1632	1 Acre in Shovell Field	Henry Russell
1634	Half an Acre in Shovell Field	Robert Duffield
1635	1 Enclosure of 4 Acres in Shovell Field	Robert Duffield
1638	1 Acre in Shovell Field	Thomas Ayde

This was all before the Enclosure of Hethersett in 1800, so people rarely bought or owned a field in its entirety. Instead they would have a series of plots within many fields, in order to share around the good and bad farmland, with a stone or stake to mark the edge of your little section.

If you were an investor, however, just like any property developer today, it made more sense to consolidate your land, and this is what John appears to have been doing. Piece by piece he was adding to his portfolio in Shovell Field. This was part of a slow process that had carried on from time immemorial.

A quick look at the list of purchases John made for his granddaughters will show you that Robert Duffield had already begun to consolidate the land in that field before selling to John. Elsewhere in that field, the Flowerdew family had been doing the same thing.

This was happening in field upon field throughout not only Hethersett but the country as a whole. It would eventually lead to the modern character of the English countryside - that familiar patchwork of hedged or walled fields

John stopped purchasing land in Shovell Field after the birth of his fourth granddaughter. Perhaps the reason he made no purchase when Elizabeth, granddaughter number five was born, was because the land that would have gone to her departed sister and namesake Elizabeth would go to her instead.

I doubt John farmed the land himself. He was a clockmaker living in Norwich, after all. He more likely rented it to a local farmer. By 1652 when he wrote his will, it looks like he had taken to gardening in his retirement, so perhaps he had a leaning towards the land nonetheless. He had some plots in the City of Norwich itself, but he may also have enjoyed a trip down to Hethersett now and

then to potter through his fields.

At his death in 1652, the land in Shovell Field went to his daughter Elizabeth and to her husband Geoffry, along with two houses and assorted other pieces of land that had been John's father's many years before.

Elizabeth had a sister, who had a family of her own, but it's clear that the Betts family already knew that Shovell Field was intended for them. If you remember last month's article, in 1650 - which was two years before her father died - Elizabeth and Geoffry bought the site of present day Pump Hall from Christopher Flowerdew. This land was just next to Shovell Field. Geoffry and Elizabeth were simply taking up her father's mantle and continuing the slow aggregation of separate plots of land into a single farming estate.

The Betts moved to Hethersett soon after, and lived right on the highway there. They made themselves well and truly at home, gaining leave to fence off some yards around their property. They were actually given leave to fence in part of the verge of the highway there - with permission from William Trendle, the lord of the manor at that time. Strictly speaking, the verge was classed as "Wast" or common ground. It was meant to be of use to all tenants of a manor for grazing, so a dispensation from the Lord, and payment of a little more rent was required to set up their picket fence along the highway. Now and then they bought a little bit more of Shovell Field.

At that time, Hethersett was already seen as the perfect place for a gentleman to set up his home. Then as now, Hethersett's convenience to Norwich was recognised. A gentleman could live in a very rural setting and enjoy all the benefits of that kind of peaceful life, while still only an hour outside one of the largest towns in England.

A quick look at the ten years around Geoffry and Elizabeth's move to Hethersett shows mention of at least eight "Mansion Houses" in Hethersett, and no doubt there were a few more well to do places on top of that.

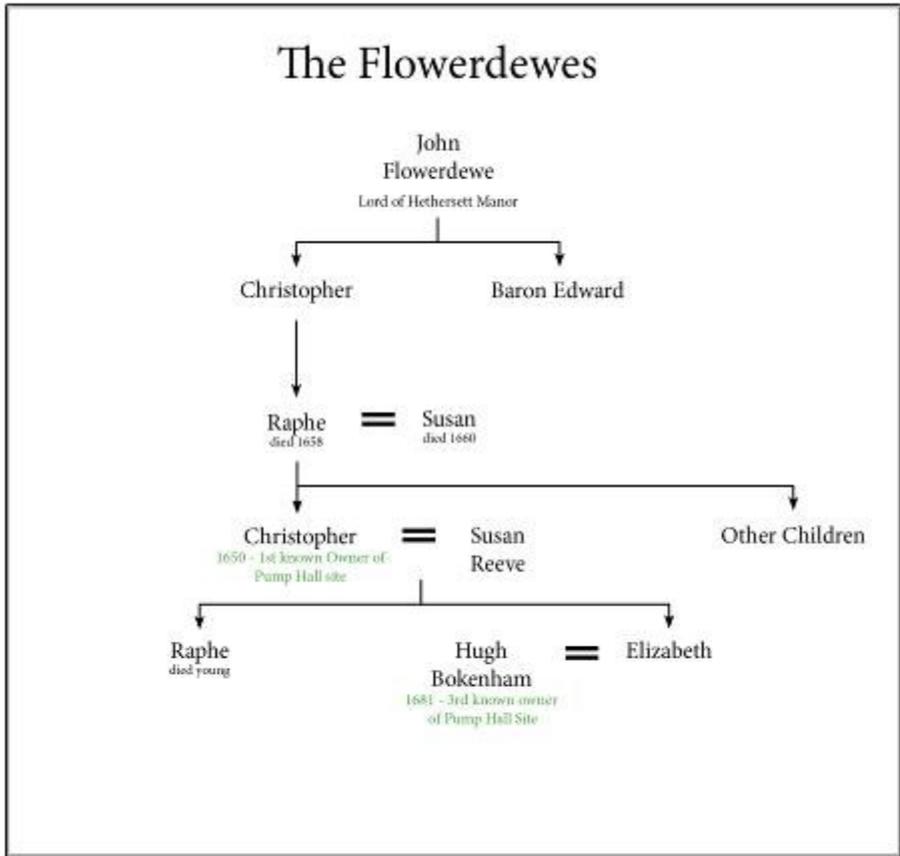
Evidently Geoffry fitted in quite quickly. He was a prominent and well respected member of the community and, on at least one occasion, the residents of Hethersett chose him to represent their interests at the courts in Norwich.

He is recorded in 1665 as arguing for and gaining reimbursement for expenses from the town of Wymondham. Whenever the Wymondham town constables came across a visitor from somewhere that was currently infested with the plague, they would escort them across the boundary to Hethersett and leave them to their own devices.

Understandably those in Hethersett weren't too happy with the whole spreading of contagion thing they were left with. But more importantly, moving the presumably infected people left them 40 shillings out of pocket. Where they moved them to I don't know. Perhaps they made it Cringleford's problem.

It may be that by this time, Geoffry was throwing himself into the local community. His wife Elizabeth died in 1663, two years before this. He may have wanted to

The Flowerdewes



do something with himself now that she had passed on. Although he lived almost 20 more years, he never remarried.

By the time of his death in 1680, only one of his daughters had married, so presumably he had the other three daughters to keep him company in his later years.

In his will, he asked that all of the property that he had bought of Mr Flowerdew and Francis Hayward be sold to raise money to furnish his bequests. All of that property, bought piece by piece over the years by Jeoffry and Susan and by Susan's father John were in Shovell Field and the fields around it.

They were the nucleus of what would one day become Home Farm and its lands, but still they were disparate strips of land, interspersed with those of other local landholders - most particularly with land held by the Flowerdewes.

By this time, the branch of the Flowerdew family that owned land in Shovell Field existed only in the person of Elizabeth, Christopher Flowerdew's daughter.

She had married Hugh Bokenham, a Suffolk man. They both now lived in Hethersett and, in time, they would both share a black flagstone in the aisles of St Remigius.

In 1681, the year following Jeffrey's death, Hugh would be elected Mayor of Norwich. That same year, Thomasine Betts sold the land in Shovell Field to Hugh and Elizabeth.

On that day the final step in the slow formation of a farming estate was completed. For more than 50 years various people had worked to gather all of the individual furrows and strips in Shovell Field into one coherent whole. The meerstones were probably discarded one by one as each field was bought alongside another already owned. Over time it would be forgotten where one furlong ended and the next began, or that there had ever been anything but a single field.

The records still described the field before it had been pieced together, though.

The names of Christopher and Ralph Flowerdew, of Nicholas Breviter, John Wright, Jeffrey Betts and many more would still be used to describe these patchwork pieces of land for another two hundred years.

They weren't carved in black stone for all to see, but their names were still remembered by those that ploughed the fields and those that walked the laneways of Hethersett. Back then, the villagers of Hethersett would have had an answer to my first question: "What stories lie beneath my feet?"



Blackstone memorial to Hugh and Elizabeth Bokenham.
Image used with kind permission of jmc4—Church Explorer: <https://www.flickr.com/photos/52219527@N00/>

Where Are The Best Deals?

ONCE again this month we looked at petrol prices with our survey taken towards the end of the month. Our aim is to compare garages within easy driving distances of Hethersett to let you know where the best value is.

Herald Petrol Watch

Prices have begun to rise again after some dipped below the £1 per litre price a couple of months ago. The closest stations to Hethersett at Wymondham and Thickthorn continue to charge the highest prices with Thickthorn 11p per litre and Waitrose 10p a litre more expensive than other places.

Each month we will be using the eight garages listed below to show how prices have increased or decreased over the past month. The best value petrol and diesel is highlighted in red. NC = No Change.

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

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

	Unleaded	Change	Diesel	Change
Asda Hall Road, Norwich	109.7	NC	113.7	+1p
Tesco Express, Earlham Road, Norwich	109.9	NC	114.9	+1p
Sainsbury's Queen's Road Norwich	109.9	+1p	112.9	NC
Tesco Harford Bridges, Norwich	109.9	+1p	114.9	+1p
Sainsbury's Longwater, Norwich	110.9	NC	114.9	NC
Abbeygate Wymondham	119.9	+1p	125.9	NC
Waitrose Wymondham	120.0	NC	125.9	NC
Thickthorn Services, Hethersett	120.9	-2p	125.9	-2p

HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



A/Insp. Dave BURKE
Local Policing Commander

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



101 Ext: 4151



David.Burke@norfolk.pnn.police.uk



PC Andy HUDSON
Engagement Officer

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

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



PC Chris BODEN
Beat Manager

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

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



101 Ext: 2955



Christopher.Boden@norfolk.pnn.police.uk



SNTHethersett@norfolk.pnn.police.uk



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



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



NORFOLK
CONSTABULARY
Our Priority is You

Angela's Back Lane Gallery

Regular contributor Angela Eden brings us photographically up to date with building in Back Lane. It's all hands to the pump as work continues on extensions to Hethersett Academy ahead of the school's re-opening for the new term.



**All photographs
taken by Angela
Eden and used
with permission.**





LITTLE MELTON PRE-SCHOOL NURSERY



*Our Pre-School is run by a team
of experienced,
qualified and caring staff.*

Open Monday-Friday during term time.

*Rated 'Good' by OFSTED
Open to children from 2 1/2 - School age.*

*Providing Quality Childcare
for over 30 years.*

*Please contact us to arrange a visit.
Little Melton Village Hall, Mill RD, Little Melton
01603812362*

*www.littlemeltonpreschoolnursery.co.uk
Registered Charity No:1028459*

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

Join The Email Group

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

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

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

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

The October edition of Hethersett Herald will be online at the end of September.

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

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

petersteward@lineone.net

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

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

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

Advertise In Hethersett Herald

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

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

Artwork should be supplied by the advertisers in Jpeg format.

Contact Us

petersteward@lineone.net

Advertising Rates

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

Hannah's Hethersett Life

A Message From Hannah

WITH a heavy heart, I've decided to take a step back from my monthly column. I won't bore you with the details but I need to take some time out for myself and my family.

I will continue running my nature and wildlife page on Facebook (named 'All Things Nature') so if anyone enjoys my ramblings about wildlife, nature and my garden, please do take a look.

I've also set up a new Facebook group called Hethersett Health, which you can read more about earlier in this edition.

I'd like to give massive thanks to Peter, the editor, for giving me the space to write about what I want for a whole year now. I will be staying on as an associate editor so it won't be the last you hear of me (sorry!). Thank you to anyone who has been kind enough to read my column over the last 12 months, I really appreciate it!

Take care, Hethersett friends x

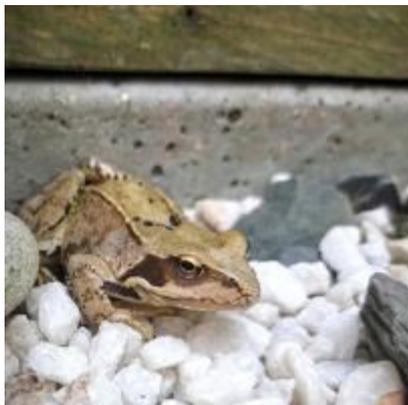
My garden wildlife

THIS last month in our garden has been an absolute dream. Thanks to the heatwave, we've been spending more time in the garden than usual (and we were already using it a lot!), in and out of the paddling pool, lots of meals in the garden etc. Although, some days have been too hot to even be outside!

Numerous times we've been in the paddling pool and have had a wood pigeon land right next to us in the bird bath to have a drink, they really are quite stupidly brave, but loveable and full of personality.



Hannah's Hethersett Life



We've probably saved around 10 wasps from drowning in the pool or our various bird baths, they never sting me. I've always liked wasps and never worry that they will sting. However, whilst trying to catch a small ball in her mouth in the pool, Eva didn't realise a wasp had fallen in the water and it stung her lip, poor girl. So she looked like she'd had lip fillers for the rest of the day, haha! Luckily, all swelling had gone down by the morning and she still doesn't seem too bothered about wasps coming near her.



The collared doves have successfully raised their fourth brood who fledged a few days ago. I've loved all of the babies but these two (named Peppa and George) seem different; they've hung around a lot longer than their brothers and sisters before them, they almost seem quite tame which is a bit of a worry for them surviving once they leave our garden, but hopefully they'll wise up.

Only this morning I was watching one of the parent doves chasing off three magpies! Usually they don't bother each other but I guess instinct kicked in and the dove wanted to protect his/her babies! It worked, the magpies soon flew away, squawking their complaints.

I didn't think the doves would bother with a fifth brood, but I've spotted them mating a few times since Peppa and George fledged, so watch this space.

We've had some hedgehog visitors to the garden over the last few weeks which is lovely. We don't always feed them now because the food was getting eaten

Hannah's Hethersett Life

by cats and the hogs weren't getting a look in, but we always leave some fresh water out for them. I put the wildlife camera out one night and saw what looks like an adult hog and a baby, so precious! There's also a frog that seems to like living in and around Eva's fairy garden which is so sweet, hopefully our mini pond is encouraging him to stick around.

We've been on a few walks/picnics over the fields behind the church – one of our favourite places to walk. It's lovely to see all the crops growing and the lovely trees. Although very saddened to see a fallen tree, one we always admired, as it was rotten from the core. Nature of course but still sad.

As I've mentioned before, we subscribe to something called Mud and Bloom - a gardening and nature box aimed at children (though I'm still convinced I enjoy it more than Eva!). Each month they provide two packets of seeds to be planted and some materials to complete other activities that they give you full instructions for. The aim is that you have to spend time in nature finding the rest of the items that you need to complete

the activity. For example, this month we were sent a cloth Mud and Bloom bag with some twine, then full instructions on foraging for blackberries to then use to tie-dye the bag, so much fun! We then went blackberry picking on a separate occasion but this time to make blackberry jam, we also picked some elderberries to mix in, too. It's a fantastic way to get children involved in nature indoors



Hannah's Hethersett Life



and out, with lots of ideas and information too. It comes highly recommended by us!

Just a few of my mud and bloom pictures appear below and on the next page:



Hannah's Hethersett Life



From our mud and
bloom boxes



Getting Back To 'Normal'

Schools are gearing up to start back and I am terrified. Not because I don't have faith in the schools' ability to keep our children safe because I do, it's our government that I don't have trust in. I don't think any country can be fully equipped for a pandemic, but we just didn't have a clue did we? I don't particularly like wearing face masks but I will do it without complaint because it could stop the spread of COVID-19, but why was it enforced so late? Why were schools closed "as off next Friday" why not immediately if it wasn't safe?

How you can go shopping around a load of people that may or not be wearing a face covering but ladies giving birth cannot have their significant other present at the birth of their own child is ridiculous.

I'm of course hoping that there will not be a second wave but it feels inevitable and could have been avoidable. New Zealand have done a fantastic job, we could learn a lot from them.

It's lovely to see businesses gradually getting back to normal, or at least settling into a new normal. I've been to Kin Cafe at Rowan House a few times, you aren't yet allowed inside so it all feels very safe and manageable, and very cheap when going on Mondays to Wednesdays in August to take advantage of the Eat Out To Help Out offer.

Again, back to talking about the government (dangerous, I know!). I can't understand why they're encouraging people to eat out so much? Why isn't there a scheme running for takeaways, which would mean that people aren't gathering in enclosed spaces for a meal, they're taking it away or having it delivered. It just all feels very backwards.

I'm wishing all the very best to any businesses in Hethersett, however big or small, hoping that they all manage to stay afloat after such a terrible few months.

Thanks to Hannah

Hethersett Herald would like to thank Hannah for all her efforts over the past year. We know that readers have enjoyed her monthly column and her words of wisdom on environmental matters.

As Hannah has said, we are delighted that she will be staying on as an associate editor and we look forward to bringing you more of her stories in the future.

Hannah's Hethersett Gallery



Hannah's Hethersett Gallery



Hethersett Matters

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

Facebook Messenger messages asking to use your PayPal account.

There has been a surge of reports of people receiving messages through Facebook Messenger from friends or family requesting to use their PayPal account to receive funds from the sale of items on eBay. Very often the item allegedly sold is a camera.

Messages are sent by fraudsters purporting to be friends or family stating that they have sold a camera on eBay but that they are unable to process the payment as they either do not have a PayPal account or because their PayPal account is not working. The request is that the message recipient receives the funds into their own Pay Pal account, then, after transferring it into their own bank account, they forward it onto an account controlled by the fraudster.

If the victim agrees the payment is transferred into their Pay Pal account but, after the money is transferred out, the initial transaction is reversed leaving the account in negative balance.

Multiple reports have also been received from victims stating that their Facebook Messenger accounts have been hacked and that these fraudulent messages have been sent to all their contacts on their behalf.

The total reported loss for these reports is £44,035.

Follow these steps to protect yourself:

- Verify financial requests – Be wary of unusual messages asking for assistance with financial transactions. Even if the message appears to be from someone you know and trust, you should check it's really them that sent the message by calling them or speaking with them in person
- Unusual financial requests – Never respond to any requests to send mon-

Hethersett Matters

ey, or have money transferred through your account, by someone you don't know and trust.

- Secure your accounts – You can protect your important online accounts by using a strong separate password and, where available, turn on two-factor authentication (2FA).
- If you have made a payment – Inform your bank, or payment service provider, such as PayPal, as soon as possible. They can help you prevent any further losses. You should also monitor your bank statements regularly for any unusual activity.

You can report scams received to us via our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**.

Friends Against Scams, live online sessions.

With scams remaining an ever-present issue, the recent rise in COVID-19 related scams has made it as important as ever to ensure as many people as possible are scam aware.

Friends Against Scams is a National Trading Standards Scams Team initiative which aims to protect and prevent people from becoming victims by empowering everyone to take a stand against scams.

Friends Against Scams is designed to inspire action, highlight the scale of the problem, change the perceptions of why people fall for scams and make scams a community, regional and national topic.

Currently face to face Friends Against Scams training sessions are on hold due to COVID-19 but our colleagues at NatWest who are part of Friends Against Scams are now able to offer virtual training sessions to groups via Zoom.

If you are part of a community group in Norfolk who are meeting up virtually and would be interesting in receiving a Friends Against Scams training session, please contact any of the NatWest Norfolk Community Bankers, their contact details are:

Lucy.Croft@natwest.com – 07711 763317
Lisa.Auker@natwest.com – 07590 803131
Amber.Osborn@natwest.com – 07866 892371

Council/Government Contact Numbers

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

Member of Parliament

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

Email - Richard@richardbacon.org.uk.

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

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

Norfolk County Council

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

South Norfolk Council

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

Hethersett Parish Council

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

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

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

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

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

www.hetherssettherald.weebly.com



The Editor's Corner

The following extracts are taken from the editor's blog on Hethersett which has been running since the beginning of lockdown—looking at many different areas of village life. The full bog is available at www.peterowensteward.weebly.com

August 8th

What a fine hoard is there opposite.

My friends from the Hethersett Old Hall School Facebook page posted this photograph, unsure of exactly what they were.

It immediately struck a chord with me as I recognised them as being either medals from the Hethersett Village funrun or commemorative coins given out to mark the Diamond Jubilee of the Queen and the day the Olympic flame came to Hethersett.



I increased the size of the photo and came to the conclusion it was the latter. The coins featured the date of 5th July, 2012, and that was the day the flame came to Hethersett and put us on the national map. Let me explain.

In 2012, the Olympic torch began its journey as is customary in Greece and reached the UK on 19th May. It criss-crossed the country until 27th July. On 4th July it went from Peterborough to Norwich and on 5th it travelled from Norwich to Ipswich. Along the route the torch was carried by many people who had shown outstanding service to their local communities.

Hethersett was not on the scheduled route, however. But such was our involvement that, for the only time in Olympic history anywhere in the world, the flame made an off route visit to Hethersett. It was unprecedented but recognised the fact that our village organised more events in support of the Olympic Games per head of population than any other village, town or city in the UK.

The only drawback was that the visit had to take place very early morning. Nevertheless hundreds of residents turned out to see the flame being paraded round the field at Hethersett High School (now Hethersett Academy) before be-

The Editor's Corner

ing re-united with the full torch and going on its way.

The following description is taken from my personal diary of the visit.

"One of the big days in the history of Hethersett. It was the appearance of the Olympic Games flame. It's about one foot high and a tiny flame but that wasn't the point. It was symbolic and brought much of the village together.

"We were up about 3.20 am. It was a clammy night. Around 4.40 am we set off for the High School. We were early enough not to have to worry about parking restrictions in the village. Popped into the library to unload breakfast goods, parked in the High School and had a look round the site and took a few pre-flame photos. Also got hold of a press tabard so I could move around the site. Went back to the library to help prepare the breakfasts.

People started coming in their hundreds. Estimates are that there were between 1,500 and 2,000 out. It all went very smoothly.

The flame was carried in by the Head Boy and Head Girl and then paraded round by Shane Hull who was only told that he would be carrying the flame when it arrived.

Six minutes later it was all over. The crowd dispersed and we went to the library for breakfast. There were about 50 people there. We managed to clear up and get away before the morning school traffic arrived. We were home again by 8.30 and I spent much of the remainder of the morning downloading photographs of the event and putting them on various web sites."



The Editor's Corner

August 12th

Phew. It doesn't seem to get any cooler. Yesterday morning we set off to deliver parish council newsletters and pavilion surveys and it was cloudy but steamily hot and I looked like a drowned rat when I got back home.

It was lovely to see so many people cycling and jogging.

Since lockdown there does seem to be an increase in people running and biking - even during the hot weather. I know that there are some plans afoot to start up a new beginners' running club in the village. This is an excellent idea.

A number of years ago I was involved in setting up such a group in conjunction with Active Norfolk. For a number of years we met on the Memorial Playing Field on Thursday evenings under the guidance of coach Paul Evans. It was so successful that it was named Eastern area group of the year by the athletic authorities.

Sadly the finance for the coaching dried up and Active Norfolk withdrew and the group stopped. I wish any new group the best of luck.

Today I thought I would go with the ancient and the modern with just a few pictures of Hethersett past and reasonably present.

Popped round to see Chris Yemm who had a disc of photographs taken at Woodside School in 2003 and 2007. I have written a considerable amount about the closure of the building in Firs Road over the past month and these were just some more memories.

Then there are a couple of photographs from the collection of Stephen Frosdick which go back considerably further. I am very grateful to both Chris and Stephen for permission to reproduce their images. (to view them go to my blog).



The Editor's Corner



THOSE readers who know me will know that I am very competitive and like nothing more than a challenge.

But I also believe that competitions should be fun. So on a recent holiday in Wales with the grandchildren we gave each of them a compact camera and let them



The Editor's Corner



loose on a day at the seaside. Poppy is only five and Elliot just seven but they love photography and were very happy to take numerous shots.

I then picked what I thought was the best five from each of them and asked the lovely people of the All Things Hethersett Facebook page to tell us which was their favourite image.

We had an amazing response and the winning photograph is on the top of the previous page and was taken by Elliot of a house and boat on the edge of the cliffs. All the images were taken in North Wales. I will be printing off the best, and framing them for the deadly duo.



If you aren't of a competitive nature we hope you enjoy the photographs. I think the standard for such young children is amazing (but then I'm biased).



The Editor's Corner



If you have youngsters who love taking photographs and would like to see them published in Hethersett Herald please send them to me at:

petersteward@lineone.net



Hethersett Hedgehogs *with Connie Tindale*

Only September But Autumn Is Already Here

AUGUST was a strange month for gardeners and for hedgehogs. From blazing sun with drought conditions, it turned to torrential rain and near winter temperatures. This has confused plants and wildlife alike. They have no idea what is happening or how to cope with such rapid change.

In the middle of August Peter, our wonderful editor, wrote an article for the EDP and Evening News about the work of Hethersett Hedgehogs that has brought a lot of interest in what we do. We would never accept monetary donations from anywhere but we do accept offers of food and equipment. We still have some of the wonderful donated items that Hannah Harrison organised but in addition we have received more food from various sources and all sorts of offers of assistance should we need it.

The two tiny hoglets that came in a while back from Cromwell Close weighing 79 and 80 gm were put in the outside run when they got over 650 gm. Then the run was opened up and they had the choice of leaving or staying. They went. But, before their departure, we were able to observe them tending their homes. One barricaded itself inside its house every night, protecting itself from all comers.

The other was a little less fearful and merely dragged large quantities of straw inside its house. We were actually sorry to see them leave but were pleased that they were big and healthy with a good future ahead of them.

That left the run available for Bob who was not quite so small and had a bad front leg. His

Hedgehogs have now been officially listed as an endangered species. They need your help.



Hethersett Hedgehogs

leg healed and he also grew to be over 650 gm when he was put inside the run. He is still in there waiting for his finder to be able to release him back where he was found.

While there is good news there is always sadness. We had a lovely little chap come in called Billy. He had a very bad back leg. It was huge as it was encased in poo and leaves but there was little doubt that it was broken.

We took him to the vet, who anaesthetised him so that he could be properly examined. Inside the casing of detritus around his leg were hundreds of tiny maggots eating him alive. That meant that the leg had to be removed; there was no way of saving it. We were willing to pay for this operation to be done but the vet declined as hedgehogs do not fare well on three legs and he had no future. So, he was put to rest before waking. We are always devastated when we lose a hog and even more so as Billy was a delightful little chap.

We now have Brian who was a cold wet little fellow picked up on the Green at Barford. He is in the shed warming himself on a heat pad. He is only 250 gm so fingers crossed that we can bring him up to weight before Winter really starts. Nothing is guaranteed but we will do our best.

I know Bonfire Night is still over nine weeks away but time passes quickly so take care when building your bonfires for Guy Fawkes celebrations and getting rid of leaves.

During lockdown people have been renovating their gardens and hedges leaving wildlife nests disturbed and babies abandoned. Please inspect what is happening under your hedge before you do anything drastic.

Thanks are offered again to Peter for all the help he has given and for the wonderful article that he wrote. You are definitely a Hedgehog Champion Peter.

Editor's Note: I've been called a lot of things over the years but never a Hedgehog Champion. So thanks to Connie for those kind words.

You can read my article about Connie's life elsewhere in this edition of Hethersett Herald.

Groups and Societies

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

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

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

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

www.hethersettherald.weebly.com

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

If you enjoy reading Hethersett Herald please pass details on.

Please Get In Touch

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

News From The Garden



With Roger Morgan

THE weather has been dry this August and the lawns are showing signs of going brown. The general advice is not to water as it encourages the growth of more shallow roots. The grass will quickly green up when the rains come. At this time of year there is always so much to do in the garden, here we make some more suggestions for jobs which we can be getting on with during September.

In the Flower Garden

- Continue to feed and deadhead hanging-basket and container plants - they will often keep going until the first frosts.
- Keep deadheading annuals and perennials to extend their performance.
- Deadhead your penstemons, dahlias, and roses to keep flowers coming.
- Divide herbaceous perennials as the weather cools and water in the new divisions well.
- Prune any late-summer flowering shrubs, such as the rock rose (*helianthemum*).
- Prune climbing roses and rambling roses once they've finished flowering (unless they are repeat-flowering varieties, in which case leave them until later in the year).
- Keep camellias and rhododendrons well-watered at this time of year to ensure that next year's buds develop well.

In the Vegetable Garden

- Keep harvesting crops. If you have a glut of fruit and veg try freezing,

drying, pickling, and storing so that you can benefit from them later on.

- Harvest sweetcorn. To test if it's ready, pinch a kernel - it will release a milky sap when ripe. If the kernels are starchy you've left it too late, if they're watery they need a little longer to ripen.
- Pull or cut off the foliage of maincrop potatoes at ground level three weeks before lifting them. This will prevent blight spores infecting the tubers as you lift them and help to firm the skins of the potatoes.
- Spread newly dug potatoes out to dry for a few hours before storing them in a cool, dark place. Store them in paper or hessian sacks, as this will allow the crop to breathe while it's in storage. Only store undamaged, disease-free tubers - one rotten potato can ruin your whole crop!
- Raise pumpkins and squashes off the ground to prevent rotting. Place them on a piece of slate or wood.
- Keep feeding and watering French and runner beans to make the most of them. Continue harvesting little and often to prevent them setting seed.
- Cut bean and pea plants away at ground level when they have finished cropping. Leave the roots which will slowly release nitrogen back into the soil as they break down.
- Start the autumn clean-up. Remove any old crops that have finished and clear away weeds to leave your plot clean and tidy for the winter.
- Pot up some mint and parsley for the kitchen windowsill, for fresh herbs through the winter.
- Cover your brassicas with netting to prevent birds making a meal out of them.



In the Fruit Garden

- Tidy up your strawberry plants and clear away any used straw, as this will harbour pests and diseases over winter.
- Pot up strawberry runners to make extra plants for next year.
- Pick ripe apples. To test when they're ripe, gently lift them in the palm of your hand or give them a gentle pull - they should come away easily.



- Pick off rotting fruits from pear, apple and plum trees - they will spread disease if left on the tree.
- Mow long grass under fruit trees to make it easier to spot windfall fruits.
- Cover wall-trained peach trees to prevent peach leaf curl from taking hold. The fungus needs wet conditions to infect the plants.
- Harvest plums. If you have more than you need, freeze them by washing, halving and stoning them, before laying them out on a tray in the freezer. Once frozen, pack them into freezer bags.
- Cut back the fruited canes of your summer raspberries, if you haven't already, leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing.
- Pick blackberries as they ripen and use straight away or freeze some for use later on.



News from the Allotment

The news from the allotment this month is about the crops grown for the first time this year.

The chickpeas have certainly been the most successful so far. They all germinated well and the plants produced a lot of bright green small pods. However, each pod only contains one or two peas so you need a lot of pods to get a worthwhile amount. The peas can be eaten while green or the pods can be left on the plant until it dries. The peas can then be harvested and used to make humus, falafel or curries etc.



The edamame beans did not germinate so well but those plants that did grow are now producing pods. The self-blanching celery has also grown very well but it does need plenty of watering so that it doesn't droop. The main crop potatoes have produced a lot of large sized tubers and the French and runner beans have been prolific.

Have You Missed Out ?

YOU can catch up on previous editions of the Hethersett Herald by going to www.hethersettherald.weebly.com

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

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



Hethersett Herald



The Positives and Negatives of Family Lockdown

By Kerry Brind

It cannot go unnoticed that the lockdown measures designed to limit the spread of CoVID-19 had a significant effect on most families; my own family included. Surviving and even thriving in life after lockdown can be challenging but it's certainly possible.

Some things have been positive. For many families these measures created opportunities to spend more time together and learn how to co-exist in ways that we could never have imagined. The ability to negotiate, understand and adapt has been an essential skill in helping many families and those in relationships to navigate this unprecedented and uncertain period.

The beginning of lockdown enabled families to spend quality time doing things that they would not have otherwise done; a daily dose of Joe Wicks' family workout, learning a new language, creating wonderful community art projects such as the NHS Rainbows that decorate our streets and communities, and parents engaging in their children's education.

I have seen families play music together at 8 pm on Thursday evenings, and ironically I had never seen so many families outside walking, cycling and running together as their daily exercise. For some this has been an opportunity for reflection and life changing decisions; I know of families who have become vegetarian, became more active in their community by volunteering, take more care for the environment and adults who have changed their career in order to create a more fulfilling lifestyle.

But for many young people, adults and families, lockdown became more challenging the longer it went on. As the days turned to weeks and the weeks became months, the usual activities that help us to keep physically, spiritually and mentally healthy were unavailable to us. Sport and activity clubs, recreational centres, going outside, places of worship, schools, cinema, restaurants, shops, pubs, beaches to name a few became a distant memory.

Many adults and children found themselves contained within the walls of their home having to work, school, socialise, relax and play; this changed the dynamic of all relationships.

Being pushed together during uncertain times can be enough to drive relationships and families apart, however, it is essential for all families to take the time to listen and understand what is being said if we are to live together in close proximity. Listening, understanding and checking out whether a person wants advice before it is given can prevent many arguments.

[Taking the time to consider what you can do to improve a situation has more value than telling others what they can do.](#)

Many families saw their roles change; parents found themselves having to simultaneously become teachers while working from home. Many people had to step away from their regular and traditional roles to become the main carer for their children, relatives and neighbours. Adding to the stress for many families was the worry of not being able to see our distant, elderly or vulnerable relatives, job insecurity and unemployment, economic slowdown, uncertainty of when the schools will re-open, and how can we keep safe and stay alive?

A lot of families have experienced the death of a relative or friend (I have lost a parent during this period) and the lockdown measures have prevented people from attending funerals and celebrating life in the usual meaningful ways.

I do not have specific answers on how families and relationships survive the impact of lockdown; each relationship will have its own formula for achieving this. What I will comment on is that it is OK to feel vulnerable and scared. Feelings of vulnerability and uncertainty are a reminder that we care, feel and think. Our vulnerabilities contribute to our personalities and help us to be the valuable person we are; accepting our vulnerabilities helps us to love others and be loved in return.

Avoiding our vulnerabilities can lead to additional stress, depression, aggression, alcohol, drugs and even suicide. Take time to listen and validate what others are experiencing; this is essential for understanding what is being felt and contributes toward healthier relationships; this is particularly helpful for parents caring for a worried or distressed child.

Taking time to be together and have some fun with those whom we love and care for is important to our mental wellbeing and in this regard video conferencing has been a lifeline for many friends and extended family. Remember that humans have evolved to be social mammals for our survival, therefore not being together puts a lot of stress on our brains and our collective ability to cope. Taking time to interact face-to-face is an important aspect of taking care of our mental health; this includes taking time away from our mobile phones and other screens to have an old fashioned conversation at regular intervals.

Remember, if you are feeling distressed about anything it is important to talk and if you live with someone who is struggling it is important to listen. If you are experiencing difficulties with your relationships or emotional health, and you need to talk to a counsellor or psychotherapist, Rowan House provides a large range of psychological therapies that can help you. It is important not to suffer in silence.

Where To Eat In Hethersett

Church Farm Shop and Tea Rooms -

Norwich Road (B1172). Telephone 01603 814151

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

Janey's Village Café -

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

Currently open Wednesdays and Thursdays from 10 am until 2 pm and Fridays to Sundays from 9 am until 2 pm.

Hethersett Queen's Head -

12 Norwich Road. Telephone 01603 810226.

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

Park Farm Hotel

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

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

Café Kin

Rowan House, Queen's Road, Hethersett.

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

*

*

*

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

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

During the pandemic please check with the individual outlets. Many of them are now providing a takeaway service or changed opening hours. We will inform you of more opening dates as soon as we have them.

Hethersett Herald

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

www.hethersettherald.weebly.com

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

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

Herald Team

Editor - Peter Steward

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

Regular Columnists - Connie Tindale, Penelope Brown, Dale Evans and Sarah Lawrence.

Proof Reader - Anne Steward.

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

To contact us e-mail petersteward@lineone.net.

Hethersett Herald What's On

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

petersteward@lineone.net

Please note that many of these events will not be taking place at present due to Coronavirus. We have decided to keep this page active in order to inform residents of what is available to them once the epidemic is over.

Regular Events:

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

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

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

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

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

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

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

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

In the light of the Coronavirus epidemic we have suspended our normal What's on listings. The listings will be re-introduced once groups and societies begin meeting again.

Hethersett Social Club



Hethersett Social Club re-opened on 14th August but with restrictions in place.

The new opening hours will be as follows:

Monday - Closed

Tuesday - Closed

Wednesday - Closed

Thursday - Closed

Friday - 5 pm to 10 pm

Saturday - 4-10 pm

Sunday - 2-6 pm

For more information on club activities telephone 01603 811195 or visit the official website at: www.hethersettsocialclub.co.uk

Check Out Facebook Pages

Lockdown restrictions may have been eased but there is still a need to be kept informed on the up-to-date situation. There are a number of village Facebook pages that will do just that. The best page to view is the All Things Hethersett site which has over 3,000 members and includes numerous postings from residents throughout the day.

There is also a Hethersett Facebook page and a Hethersett Herald page. Just pop along to Facebook and search for them.