HETHERSETT HERALD

September 2021—Number 71



Charity Set-Up to Support Bereaved Twins

A NEW charity has been set-up by Hethersett resident Andrea Anthony to support twinless twins.

Andrea is an identical twin but lost her sister Mel to cancer five years ago.

Now Andrea is starting Twinless Twins aimed at supporting people in a similar situation.

You can read the full story by turning to page 36.



Remembering Loved Ones



LOCAL people are being given the chance to remember loved ones lost during the COVID pandemic.

Hethersett Methodist Church has set-up a remembrance tree.

You can read the full story by turning to page 24.

Meet the Chief

THE Wulugu Project has helped over one million young people in Northern Ghana to improve their lives with particular emphasis on getting young girls out of slavery through education.

We chat to Lynne Symonds from Great Melton who was made a tribal chief in recognition of her work which has helped to build over 100 schools.

The first school in Walugu now has over 2,000 pupils. For the full story turn to page 15.



MAIN CONTENT



A triple century of celebrations at Old Hall Care Home— Page 4.



GCSE results to be proud of at Hethersett Academy—Page 7.



Inside the new police training facility—Page 10

Educating Africa.

We meet tribal chief and former Hethersett teacher Lynne Symonds who tells us about the Ghanabased Wulugu Project. Page 15.



Football match held in memory of a young Hethersett Footballer who died in a road accident in 1999. Page 44.

New Support Group Launched

Meet Andrea Anthony who has launched a new Hethersett-based support group for twins who have lost a sibling. Page 36.



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

Regular Features

Sarah's World— Page 58.

John Head's Photographic Diary - Page 68.

Hethersett Heritage—Page 70.

A Message From The Editor

Hello Everyone

In the world of media, August is often looked at as "slow news month."

Many groups and organisations traditionally shut down for the month. Often the same can be said for January after the excitement of Christmas.

Of course with the pandemic, many local groups have been dormant for over a year.

But slowly and gradually the Phoenix is rising from the Ashes.

Groups are either re-starting or in the planning stages of re-launching, although, I fear, a few may just fall by the wayside through a lack of people to organise them.

Hopefully by this time next month we will have a more accurate pictures of what is on and what's not on.

Covering news in the village is very much a balancing act between the good and the bad.

We all know from living here that Hethersett has a tremendously strong beating heart with so many people unashamedly helping others both before, during and after the pandemic.

But there are a number of issues causing concern in the village and we look at just some of them in this issue. We will never shy away from bringing you details of the less

savoury side of village life, whilst continuing to highlight all the magnificent work going on.

You will see in this edition that it isn't too late to nominate local people and groups

for the annual South Norfolk
Community Awards. I know a few
have already been put forward and,
perhaps we will have reason for
celebrations in the not too distant
future

If you are new to our village, I would like to extend a warm welcome on behalf of this e-magazine. If you are reading this please pass on details to others so that we can continue to increase our readership.

Hethersett Herald always has been and always will be an independent magazine not affiliated or connected with any particular organisation. That way we can continue to work without bias.

What we will continue to do is to highlight as many things happening in our village as we can and we would love to hear from you if you have ideas for stories and features. We would also love to hear from local groups and organisations so that we can highlight them in future editions.

PETER

Triple Century Celebration



CELEBRATIONS have been in full swing at Hethersett Hall Care Home as three of its residents reached their centenary in the same month.

The home liaised with residents' families to arrange individual surprise birthday parties in the garden. Joan Howell (pictured above) turned 100 on Sunday 6th June, Alan Thomson (pictured overleaf) on Wednesday 16th June and Joan Youngs on Wednesday 23rd June.

All residents were joined by staff, relatives and friends as they received a card from the Queen in

recognition of their landmark birthday.

Guests and residents enjoyed a personalised birthday celebration whilst soaking up the sun.

Among those relatives attending was Alan Thomson's daughter, Jane Hislam, who played host for the afternoon.

She commented: "The highlight of the day was a visit from an Aston Martin DB11 courtesy of Stratton Motor Company. A heartfelt thanks to the team, it was absolute magic!" Another of the relatives from Joan Young's family, Rosalind Lloyd said that: "It was a really special afternoon in these lovely gardens here at the home".

Joan Howell said of her 100th celebration: "It was a lovely day and such a nice surprise to see all my close friends."

Kerry Tidd, General Manager said: "We're delighted to be celebrating not just one but three truly remarkable residents as they reach this amazing milestone. All of our residents have such interesting tales to tell, and we look forward to hearing many more as they break into their next century."

You will find more news from Hethersett Hall later in this edition.



Annual Flu Jab Dates Announced

THE Humbleyard Medical Practice has announced dates for annual winter flu jabs.

Dates for the jabs are as follows:

Cringleford—Saturday, 2nd October.

Hethersett— Wednesday, 6th October.

Mulbarton— Thursday, 7th October.

The practice says that appointments will be sent out:

"We aim to send you an appointment but there will be flexibility if this isn't convenient. Please do not contact us yet. At present with no final NHS decision on COVID Boosters this will be just normal flu jabs with COVID jabs happening separately," the practice states.

Promise of Action After Women Abused

WOMEN in Hethersett have been subjected to abuse and sexual comments from youths, it has been revealed.

Resident Helen Tyler highlighted the problem on Facebook with the following words:

"I've just had two guys around the age of 14 or 15 shout at me across the street, asking if they can have my dog and then telling me I look fit. I asked them not to speak to me like this but they continued to shout 'what, we are just saying you look fit."

Helen said the incident had left her shaken:

"It has really shaken me as I've never felt unsafe in this village and worry how someone more vulnerable or younger may have coped with this."

"One was on a bike in a grey hoodie and one was walking and wearing a blue hoodie. The incident took place near the memorial park," Helen added.

She reported the matter to the police and received an almost instant response from Hethersett's beat officer PC Stu Barnard (pictured opposite) who urged anyone subjected to harassment to report it.

"I would urge anyone who feels affected by anyone's behaviour to report it direct online or via 101 as it does constitute a public order offence. Having looked at the time parameters I'm confident the same two lads were responsible for an incident which occurred earlier in the day.

"Please report incidents to us. We need to keep on top of their young and silly

behaviour and we have the power to do so but we really rely on the community to report things to us.

"Please rest assured that positive action will be taken if individuals are identified."



Helen Tyler backed up PC Barnard's appeal to report incidents:

"My faith is restored in our village. If anyone experiences anything like this please do raise it with the police. We need to make sure that this behaviour doesn't define our lovely village," she said.

Helen wasn't alone in experiencing abusive and unacceptable comments. Others took to Facebook to report similar incidents. One contribution stated:

"Also encountered three young lads on bikes near side car park at Tesco when I was dog walking with a friend. As soon as one of them said 'I like your dogs' I guessed it was the same people who had been verbally abusive and intimidating to the poster on here a couple of days ago. I said I'd heard about their behaviour on social media and told them to get out of the way. As my friend and I continued to walk towards Park Drive the three of them appeared in front of us again on their bikes and shouted vulgar and sexual

comments. There was one who was taller than the other two who seemed to be somewhat the leader".

Another post stated:

"Just to say something similar to this incident happened to a dog walkers in the memorial park. Young lads saying obscene things to her and not happy

when she challenged them.

Another poster said:

"Kids and adults (those that abuse our community) need to understand community, morals and social behaviour."

Police contact details can be viewed on page nine of this edition of Hethersett Herald

Exam Results

Results To Be Proud Of



Hethersett Academy's class of 2021 have been praised for "fantastic" GCSE results.

Principal Jane Diver said: "They should be exceptionally proud of their achievements. They have shown their great resilience and capabilities over the last two years.

"Congratulations to the class of 2021 who have achieved fantastic results. We are especially pleased for them and proud of the resilience and maturity

they have shown. The grades they have achieved are thoroughly deserved reflecting their commitment and determination whilst studying at Hethersett Academy.

"We are proud of them all and wish them every success for their futures. I am confident that the 2021 students leave our school fully equipped for a happy and fulfilling life and career and know that we are here to provide any support we can to help them with this."

For the second year running, GCSE results were given through teacher assessment, not through end-of-year exams.

Among many of the happy students at Hethersett were:

Olivia Forth who remarked "I'm really pleased, looking forward to next year studying geography, psychology and graphics at Jane Austen College." Olivia Obtained an impressive 5 x 9s, 3 x 8s, 2 x 7s.

Also heading to an Inspiration Trust Sixth Form in Norwich is Ryan Turner who is starting at Sir Isaac Newton Sixth Form College in September to study A level maths, computer science and physics. Ryan said that he felt "Very happy" after obtained 8 x 9s along with, 3 x 8s.

Another happy pair of pupils were Kaitlin Banfield, who said "Much better than I was expecting. I am very happy."

Jane Diver—"Pupils should be exceptionally proud of their achievements. They have shown their great resilience and capabilities over the last two years."

after obtaining 5 x 9s, 3 x 8s and 3 x 7s and Ben Smith, who remarked: "It's pretty good. I feel elated." after gaining an impressive 9 x 9s and 2 x 8s.

Photographs on this and the previous page are courtesy of Inspiration Trust.

HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team









A/Insp. Dave BURKE Local Policing Commander



PC Andy HUDSON **Engagement Officer**



PC Stu BARNARD Beat Manager

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 Fxt: 4151



David.Burke@norfolk.police.uk

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

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: 2386



Stuart.Barnard@norfolk.police.uk



SNTHethersett@norfolk.pnn.police.uk



/SouthNorfolkPolice



@SouthNorfPolice



Keeping The Soul

WHEN Norfolk Police took over its new training complex in Hethersett it wanted to ensure that the historic buildings weren't "stripped of its soul."

So the county Force set about respecting the legacy of the past, whilst aiming to provide a modern seat of learning for the present and future.

The police took over ownership of the former Old Hall School on the B1172 after its shock closure in 2018 and, as Operational Head of Learning and

Development Chief Inspector Keith Philpot explained, set about developing a training site for the future, whilst keeping the educational legacy of the past:

"We realised that the number of police recruits would increase over a three year period and existing facilities at our Wymondham headquarters weren't adequate," he said.

So Chief Inspector Philpot started looking for suitable premises, hoping to find a school environment that could be adapted. Old Hall School came on the market and the police moved quickly, negotiating and paying for the site using Private Finance Initiative money associated with the headquarters. "As soon as I saw the complex I thought, this is it, this is what we need. I knew it would give us the opportunity to produce a campus style environment



Hethersett Herald editor Peter Steward visits Norfolk Police's new training complex at the former Old Hall School on the B1172.

similar to that at universities," Chief Inspector Philpot added.

The local community instantly warmed to having a police training centre on their doorstep: "I think there was concern that the site would be broken up and sold as different units and it would lose its identity, but we have secured the retention of the site as a whole and I think that is a big achievement," Chief Inspector Philpot added.

There was plenty of work to knock the buildings into shape and adapt them into 16 classrooms and a conference room with numerous working hubs, a fitness centre in the former school gymnasium and other areas. There is also an area set aside to simulate training environments such as a bar, an apartment and a café where scenarios can be acted out for new recruits.

The world of policing is changing with future recruits being trained to degree level:

"The degree qualification will recognise the breadth and depth of policing and the complex issues of policing in our modern world," Chief Inspector Philpot said.

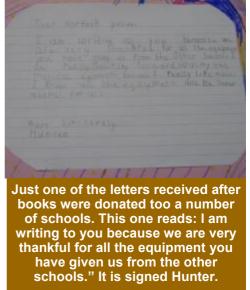
One of the first actions was to contact and work with a very strong former pupils' network in order to recognise and celebrate the site's heritage which goes back at Hethersett to 1938.

This led to books being sent to 42 schools and the setting up of three complete school libraries. Bedding was donated to a company which turned it into scrubs for the NHS. Pupil's colourful artwork and artifacts were incorporated and a classroom was named after former Principal Victoria Redington with a special plaque and history of her connection with the school so that trainees can learn about the legacy.

"The complex has given us a first class environment in which to train police officers. To raise the standards of policing we need the right atmosphere and in Hethersett we have it," Chief Inspector Philpot said.

The work on the new training complex is far from finished. There are more conference rooms and classrooms to come and the possibility of a custody suite for training and even a nursery. The Force is also considering how it can get closer to the local community by hiring out rooms.

Chief Inspector Philpot is keen to see





One of the relaxation areas in the new training complex.

a welfare centre for all the emergency services and public sector to provide staff with support when needed. For now Chief Inspector Philpot is happy with what has been achieved:

"If somebody had told me in 2019 that we would be where we are now, I would have bitten their hands off. I feel



really privileged to be part of this. I have been driven by a passion to get something that I will know will make a difference and for me it is a dream come true. The last thing I wanted was for the site to be stripped of its soul," he said.

The names of the top trainee police officers in the future will be placed alongside top pupils of the past and existing cups and trophies will also be used to again underline the heritage of the building. The boards with the name of the head girls have also been kept and will be added to as time goes by with the names of top police recruits.



One of the new classrooms in the training complex above and below the gym

Classrooms are being named after local people, local organisations or police that have made major contributions over the years. As already mentioned a room has been named after former principal Victoria Redington. Another room has been named after former Chief Constable Ken Williams who was instrumental in setting up the new headquarters at Wymondham a number of decades ago. A third room will



be named after the Wulugu project in Africa which has a close connection with the buildings as you can read on the subsequent pages.

On the next page you can also see a gallery of photographs taken during the visit







A variety of photographs from the new Norfolk Police training complex showing the mock-ups of a bar and apartment and also the plaque to the room named after former Norfolk Chief Constable Ken Williams. One of the rooms in the new complex is named after Mr. Williams. On the next page you can read more about Victoria Redington, former school principal who has also had a room named after her.





Recognition For A Role Model

The following information is taken from the official plaque which marks the dedication of one of the new police classrooms to former Hethersett Old Hall School Principal Victoria Redington.

Victoria "Vic" Redington was born in Norwich, the eldest of five children and was educated

at Norwich High School for Girls before obtaining a degree in geography from St. Hugh's College, Oxford. Whilst at University she organised and led the Oxford University Women's Expedition to Iceland, travelling through many rough areas on the way.

Upon graduation, Vic became an assistant lecturer in geography at Lady Spencer Churchill College of Education in Oxfordshire. Moving to Suffolk with her new family, she was involved in running the Ranger Guides and also teaching adult education classes in sociology. This enabled her to return to full time teaching at All Hallows School at Ditchingham where she became deputy head.

In January 1983, Vic was appointed Head of Hethersett Old Hall School, which at the time wasn't in good shape financially with a period of many changes of management. The staff were excellent and committed to their pupils, but there was no real vision of growth or progress with teaching undertaken in old and dilapidated temporary buildings.

Through Vic's leadership, she began to change and improve the school's visibility by attracting more pupils, working to create a more attractive physical education programme and developing the best educational environment for this to succeed..

She was responsible for the construction of the current quad area as well as the repair of the then dis-used stable block and the construction of a sixth form canteen and conference room. Throughout the 1980s, she transformed the school, expanding numbers of pupils and building the teaching and sporting facilities.

This continued until her retirement in 1999. Vic now lives with husband Hugh in Southwold in Suffolk..

The plaque concludes "Vic is recognised through this classroom as a female role model and for setting the vision for Hethersett that allows it to continue today."



Educating Africa

By Peter Steward

IT'S not every day that you have the chance to have a cup of tea and chat with an African tribal chief.

But Lynne Symonds is no ordinary chief. For Lynne, who lives in Great Melton and who was a much-loved science teacher at Hethersett Old Hall School for many years, is the founder of the Wulugu Project charity which raises funds to build schools and facilities and educate youngsters in Northern Ghana.

One of the rooms in the new Norfolk Police training complex has been named after the Wulugu Project to mark its close association with the former Hethersett Old Hall School.

The story of the Wulugu Project goes back many years to 1993 with Lynne playing a pivotal role as she explained:

"I was very interested in international science, enabling lesser developed countries to develop," she said.

So when called upon to represent England at an international conference Lynne jumped at the opportunity. There she met a contingent from Ghana. One of whom, asked a very poignant question:

"He was sad because another girl in his school had died the previous week and he asked me how I felt when girls at my school died. That meeting was a moment of realisation for me."

Lynne realised that Northern Ghana is



The Wulugu plaque in the new complex



one of the poorest areas in the world with very few girls receiving an education and little career path, being expected to be married and have children and she decided to do something about it.

"I came back and told the girls at Old Hall School that it would be a great match and I think it changed the lives of many both in Hethersett and Ghana."

The Wulugu Project was born and named after the first village helped by the project and has gone from strength to strength, founding over 100 schools and hostels for girls, providing clean water through bore holes, toilets and much more as education



Searching For Water

in the African country has become revolutionised. The original school at Wulugu now has 2,000 children. Some of the schools are in game reserve territory and the charity works closely with wardens to educate their children and also to fight against the illegal poaching of elephant tusks.

Lorries full of books made their way to Ghana and when Old Hall School closed, hundreds of pieces of uniform followed.

As a result of all her efforts Lynne was made a chief of the Mamprusi Tribe.

Lynne admits that on her travel to Ghana she has felt at times that she has been in a dream:

"It's something not a lot of people have experienced. Two days of travelling on very rough roads with no toilets and in 45 degrees of heat. But there was colour and joys and smells like I have never experienced before. All the





"It's hard to explain just how primitive many of the communities are --or how much they want to improve lives for their kids." - Lynne Symonds

pictures you have in your mind of Africa are true," Lynne said adding that when she was told she was being made a chief her immediate thought was that it was "ridiculous."

At first Lynne turned down the offer but eventually said yes: "I was used to doing crazy things. I refused the offer but the people wisely persuaded me that it would help draw attention to the work we do. I have been told there will never be another white woman chief of the tribe. This title is uniquely mine."

Lynne is expected to act regally whilst on official duties in Ghana: "I am expected to behave regally when I am there. I am given a spearman to protect me. Tribal chiefs are very important people who do care for their people," she said.

That meant Lynne had to go through a special ceremony called an "enskinment" where she sat on animal skins. "It was a huge and incredible honour to become a chief. I am a girl from Sunderland and this was quite something for me."

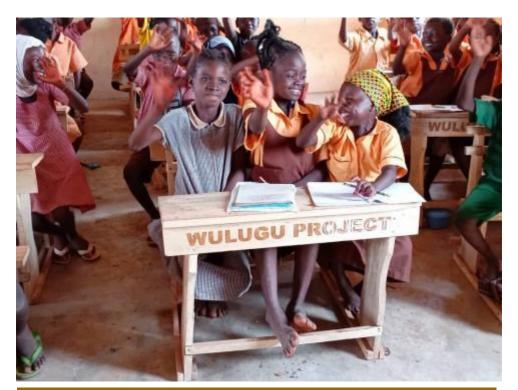
But Lynne did anything but rest on her laurels and set about fundraising in earnest through the Wulugu Project. It costs £32,000 to build a junior high school for 14 to 17-year-olds and £54,000 to build a primary school.

There is no doubt that the project has revolutionised education in a vast area of Northern Ghana.

"Originally lots of girls had no







One of the project's latest schools--Cheshugu.

formal education and were sent into slavery. Now our project has awards for tackling slavery, racism and much more," Lynne said adding that girls are now learning literacy, numeracy, office skills, hairdressing, printing, marketing and much more.

Catering is hugely important, helping girls to really understand health and nutrition. Some of the vocational schools run small cafes by the road and so produce an income to help fund their practical courses.



"We realised that for many girls who had never been to school there was just no hope. We were asked to give them vocational schooling to teach numeracy, literacy and a locally marketable skill. These schools are so important—real life savers. Families bring back their girls from slavery in the cities. Our first, at Walewale, has over 1000 students now. We have six more."

The project works closely with local authorities in Ghana who pay the wages of teachers and identify what needs to be done.

But Lynne admits that the project needs more money if it is to continue to meet





Hethersett Herald



Hethersett Herald

21

September 2021



its aims for the future.

"We do have important help from some small trusts but I think our relatively small size stops larger agencies form helping—despite our cast iron record and the fact that we are highly respected across Northern Ghana where the people work with is in mutual trust and respect, enabling us to do what is most needed. No money is wasted. All our work is done by volunteers.

"Most of our funding at the moment comes from the North-East and East Anglia. Every penny raised goes to the projects. I work fast and like making things happen," she added.

Sinking a bore hole costs £3,500 and some of the first were financed by Rotary Clubs in Sunderland and Wymondham. Now there are around 40 bore holes. "Local people never dreamed that they would have clean water in their lifetimes," Lynne said.

Wymondham Rotary Club played a vital part as Lynne explained: "Wymondham Rotary's great support gave us the first bore hole and the confidence to go ahead and seek funding from others, although this was outside of our experience. So their role on our programme has been pivotal in bringing clean water to approx. 350,000

She points out, however, that when it came to COVID, Ghana was ahead of the game:

"They knew about the virus before us."

Lynne says that people in Ghana were "devastated" when they heard that Hethersett Old Hall School had closed. "But they loved the fact that a room in the new police training centre has been named after them. In many ways it feels like a role reversal as schools in Northern Ghana build themselves up, Old Hall has closed."

Lynne has no intention of pulling back from the project anytime soon:



"I have enjoyed everything, although it has been a lot of hard work. I have to remember that we are dealing with people's lives. Given more money I would be able to do so much more," she said.

Lynne is hoping eventually to return to Northern Ghana when it is safe to do so. Until them she will continue to promote and fundraise for the project. Perhaps we should leave the final words to her: "I estimate we have helped well over one million by improving lives/decreasing poverty and improving availability of schooling, particularly girls and women.

More information on the Wulugu Project and its work is available on the website: https://www.wulugu.co.uk. Lynne Symonds can be contacted on 01603 810748 or by e-mail at wuluguproject@gmail.com.

There is certainly an element of self-help in the projects. The project is being increasingly helped by local people who carry water and raw materials and accommodate the builders. Recently a local Christian church in Tamale bought three sewing machines for a girls' vocational school at Buipe. A local Ghanaian M.P gave desks for one of the new schools. "Recently we worked with a PTA at Guomo—they managed to build half of a school and ran out of funds—so we completed it," Lynne said.

During lock-down girls from the vocational schools took sewing machines home and made masks. They sold them very cheaply and this helped their families as many had a very tough time during lock-down. Despite lockdown the project has still managed to build two new schools this year.



Church Creates Special Space

ETHERSETT Methodist
Church has created a special space for people to remember loved ones lost during the COVID pandemic.

Residents are being invited to choose a ribbon with a heart shaped leaf on which to write the name of the person they wish to remember and to hang it on a special tree in the church.

A book is also available for memories to be written in. The purpose of the book is to capture stories of those who lived and memories of those who sadly died during the time of the COVID-19 Pandemic.

Full details of the new initiative can be seen on the next page.





Hethersett Herald

A Space to Remember and Give Thanks

... has been created at Hethersett Methodist Church to give you the opportunity to mark the passing of a loved one who, for whatever reason, passed away during the time of the COVID-19 pandemic. It might be a friend, a family member or someone else.

You are invited to choose a ribbon with a heart shaped leaf, to write the name of the person you wish to remember and hang it on the tree in the Chapel. Then you may wish to take the opportunity to sit and reflect

There is also a book available for you to write in to capture the stories of this very difficult time in history. Your story perhaps? Or a memory of the person whose name you have written, the difference they made in your life or in the life of the community?

You may prefer to take the heart shaped leaf home, or a loose page to write your memories on and bring them back when you are ready.

Should you wish to talk to someone about your loss, please contact our minister: Reverend Steve Cullis

By telephone: 01953 609106

Via our website: www.hethersettmethodist.org.uk

Via our Facebook page:

Hethersett, Morley & Wymondham Methodist Churches @HMWMethodistChurches · Methodist Church

Hethersett Methodist Church is open on:

Wednesdays between 10 and 12

Saturdays* 10:30 till 12

and of course,

Sunday mornings when we gather for worship at 10:30.

*The Saturday Coffee Stop is due to reopen very soon

Spending A Penny For Free

WHEN it comes to spending a penny there is plenty of community support in Hethersett as village postie Jade Cooper (pictured opposite) found out.

Not wanting to be cut short on her rounds, Jade made a plea on Facebook for places where she could make a pit stop.

"Is there any means of a public toilet in Hethersett at all? Us female posties sometimes struggle as to where to go, driving up to Shell or McDonald's can

be time consuming sometimes. Just wondering if there is anywhere a bit closer to our rounds. "

The response was almost immediate with many local residents offering their facilities and a number of businesses including Rowan House Health and Well Being Centre, Janey's Village Café, Hethersett Queen's Head and King's Head being amongst those offering their facilities and more are likely to follow.

So local posties will no longer have to drive or cross their legs when the call of nature comes.

There is one question remaining, however, that has concerned us for some time and

which Jade might be able to answer. Is it compulsory for posties to wear shorts, even in the depth of winter?

Incidentally for our younger readers, the term spending a penny simply means going to the toilet. It refers to the (former) use of coin operated locks on public toilets. It was used mostly by women (men's urinals were free of charge). Such locks were first introduced, at a public toilet outside the Royal Exchange, London, in the 1850s. The term refers to the fact that one penny had to be inserted to unlock the doors.





Death of Village Stalwart Rosie

ONE of the best loved Hethersett residents has died

Rosie Hubbard died in the Priscilla Bacon Lodge on August 14th after a brave battle with cancer. She was 72.

She was known by many friends as a person always "willing to roll up her sleeves and help out" and was involved in many Hethersett-based groups including St Remigius Parish Church and Hethersett Jubilee Youth Club.

Residents took to social media to pay tribute to Rosie. Typical of the comments received was the following from trustee of the jubilee youth club Gillian Saunders:

Rosie was a long serving and very loyal member of the club volunteers and at the fete she had the kitchen running like clockwork! She will be greatly missed by all who knew her and the way she always had time for everyone and genuinely enjoyed helping the young people at club.

A funeral service will be held in St Remigius Church on September 6th and we will have a full tribute to Rosie in the next edition of Hethersett Herald.



Rosie Hubbard photographed during a pancake event in St Remigius Church in 1990. Picture courtesy of John Head.

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





Village Screen To Re-start

HETHERSETT Village Screen is preparing to re-launch.

After struggling through lockdown with few showings, the Village Screen group will be kicking things off with an Oscar winning film on September 5th.

The Autumn season kicks off with Nomadland which stars Frances McDormand in an unusual film that mixes fact and fiction. The 2020 film is based on the 2017 non fiction book "Nomadland—Surviving America in the Twenty First Century" by Jessica Bruder. McDormand plays a van dwelling nomad who leaves her home town following the death of her husband. Being homeless she travels around America.

The film is unusual in that actors appear alongside real-life nomads.

Nomadland will be followed by The Father on October 3rd, Ammonite on November 7th and Summerland on December 5th. All films are shown on Sunday afternoons at 3 pm in Hethersett Village Hall.

One of the group organisers James Utting told Herald that ticket prices will be raised slightly to £5. Audiences of at least 25 are needed to break even.

"We are still faced with the same overheads as before and really need an audience of around 25 to break even, which we were achieving pre-Covid, whereas our audiences in the curtailed last season was considerably below the break-even figure resulting in financial



September—Nomadland



October—The Father

loss. We have decided to increase the ticket price very slightly to £5 which is more in line with other Village Screen venues, and very much hope people will feel confident enough to come to a show in sufficient numbers to enable us financially to continue into 2022 and beyond," Mr Utting said.



PROUDLY PRESENTS



HETHERSETT VILLAGE HALL SUNDAY 5TH SEPTEMBER, 3PM

Adults £5, U16 £2, family ticket (2 adults, 2 U16) £12 Tickets on door or call Martin on 01603 811721 to reserve.

In association with





Hethersett Village Screen



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News From Hethersett Hawks

By Mel Perkins MBE

The Norfolk HSBC Go-Ride and Grand Prix Series finally got under way after a week one postponement when 25 riders took to the track at Spixworth - 18 from Hethersett, four from Norwich Stars and three Spixworth-based riders.

Heats took place in three sections (Under-8/ Under-10, Under-13 and Under-16/ Senior) before splitting out into age finals. Some riders also doubled up to contest older age groups.

Winners of the finals were Max Pugh, Connor Jarrett (twice), McKenzie Loombe and Harley Hamill.

Full final positions -

Under-8: A - 1 Max Pugh, 2 Oscar Copeland, 3 Ronnie Harding, 4 Arlo Davies. B - 1 Remy Davies.

Under-10: A - 1 Connor Jarrett, 2 Zachary Eastwood, 3 Jamal Musa, 4 Luca El Labany. B - 1 Lola Martin, 2 Austin Brailey

Under-13: A - 1 Connor Jarrett, 2 Aiesha Musa, 3 Will Clarke, 4 Zachary Eastwood. B - 1 Thalia Silver.

Under-16: A - 1 McKenzie Loombe.

Senior: A - 1 Harley Hamill, 2 Ben Loombe, 3 McKenzie Loombe, 4 Jamie Medler.

B - 1 Daniel Martin, 2 Dave Martin, 3 Paul Delaiche, 4 Tom Blackmore. C - 1 Rod Burke, 2 Katie Adams, 3 Matthew Tyrell.

The second of the eight weekly Norfolk HSBC GO-RIDE and Grand Prix rounds was staged at Spixworth with another large turnout and some making their first appearance. The winners were a repeat of the first round apart from the Seniors where Ben Loombe put his Spixworth track knowledge to good stead holding off Paddy Wenn.

Results of Finals—U8: A - 1 Max Pugh, 2 Oscar Copeland, 3 Noah Cameron, 4 Arlo Davies. B - 1 Grace Cameron, 2 Remy Davies.

Under-10: A - 1 Connor Jarrett, 2 Zachary Eastwood, 3 Jamal Musa, 4 Lola Martin. B - 1 Austin Brailey.

Under-13: A - 1 Connor Jarrett, 2 Aiesha Musa, 3 Zachary Eastwood, 4 Lola

Hethersett Hawks/Yellow Brick Mortgages had members

preparing to set up the track

and equipment for the first of

the most horrendous

September.

the GO-RIDE Grand Prix when

thunderstorm arrived stranding

them there for over an hour

and flooding the track. It is

round will be staged later in

hoped that the Hethersett

Martin. B - 1 James Hankey, 2 Matthew Sidell, 3 Thalia Silver.

Under-16: A - 1 Mason Martin, 2 McKenzie Loombe.

Senior A - 1 Ben Loombe, 2 Paddy Wenn, 3 Jamie Medler, 4 Tom Blackmore. B - 1 Dave Martin, 2 Mason Martin, 3 Paul Delaiche, 4 McKenzie Loombe. C - 1 Daniel Martin, 2 Nigel Longlands, 3 Matthew Tyrrell.

The third Norfolk HSBC GO-RIDE and Grand Prix event was held at Eaton Park and some slick organisation ensured that 36 races were completed before dusk as the series gets even more popular.

With some series leaders absent, it was time for others to grab the glory. In the Under-8s, Oscar Copeland came from behind to secure the gold medal and in the Under-10s, with Connor Jarrett opting to step up to Under-13, Zachary Eastwood survived a heavy crash to win a delayed re-run. Connor's rivalry with Aiesha Musa in the Under-13s has been a big feature of the series and once again he just held off a strong challenge to win.

Mason Martin won the Under-16s by default but made the Senior A Final and it was his brother Daniel who made it a double win as he took advantage of a first lap gap to speed past Jamie Medler and hold on to the chequered flag.

In total there were 31 riders taking part but the highlight was the impressive form of riders making their debuts - Ralph Silvester, Kenny Culling, Stanley Budds, Harry Dodds, Amelia Dodson and veteran Rory Freeman back in action after over 20 years. (continued on the next page).

Both Clubs Deserve Credit

Hethersett Hawks / Yellow Brick Mortgages were dreading a trip to Great Blakenham with so many of their squad unavailable, Both clubs deserve credit - the Hawks for honouring the fixture and Blakenham for resting top riders to provide a more competitive match. Paul Delaiche and the Martin brothers did their utmost to keep the score respectable and others got some valuable practice.

Great Blakenham 96 Hethersett 63: Hethersett scorers: Paul Delaiche 16, Daniel Martin 14, Mason Martin 12+1, Will Clarke 5, Katie Adams 5, Gareth Mott 4, Harry Dodds 3, Oscar Copeland 2, Matthew Sidell 2.

The Hawks were one rider short for the youth team match and gave debuts to Oscar Copeland and Harry Dodds, the latter looking very impressive after joining the club less than a month ago. His support to unbeaten Mason Martin and Will Clarke and the determination of Matthew Sidell saw the Hawks pull off a victory by six points.

Great Blakenham 60 Hethersett 66. Hethersett scorers—Will Clarke 20, Mason Martin 16, Harry Dodds 12+3, Matthew Sidell 10+1, Oscar Copeland 8+1.

Results: Under-8—A - 1 Oscar Copeland, 2 Ralph Silvester, 3 Noah Cameron, 4 Arlo Davies. B - 1 Grace Cameron 2, Remy Davies.

Under-10—A - 1 Zachary Eastwood, 2 Jamal Musa, 3 Kenny Culling, 4 Lola Martin. B - 1 Stanley Budds, 2 Austin Brailey.

Under-13—A - 1 Connor Jarrett, 2 Aiesha Musa, 3 Harry Dodds, 4 Tabitha Nierop. B - 1 Amelia Dodson, 2 Matthew Sidell, 3 James Hankey.

Under-16—A - 1 Mason Martin.

Senior—A - 1 Daniel Martin, 2 Jamie Medler, 3 Mason Martin, 4 Tom Blackmore. B - 1 Paul Delaiche, 2 Rory Freeman, 3 Katie Adams, 4 Nigel Longlands.

There were 29 riders at round four of the Norfolk HSBC Go-Ride and Grand Prix series at Eaton Park but there were several changes as family holidays start and

Hawks Birthday Celebrations

HAWKS have announced the date of their 55h Anniversary Celebration Day - Sunday September 19th.

The day will also feature the Breckland Autos Hethersett Charity Cup, one of the longest running invitation events. As regular racing is still very much scarce for some, it has been decided to open up the invitations to everyone in the UK who is aged 13 or above so any rider who is interested please contact the club at Hethersetthawks@outlook.com.

The format for the day will start at 10 am with the first four hours open for a reunion of ex-riders with some ad hoc racing challenges and novelty competitions. The club looks forward to seeing lots of ex-members back to help the celebrations. At 2 pm the club's Under-13 riders take to the track for a special handicap event based on age - a chance for everyone to see the full range of our successful youth set-up.

The Charity Cup will commence at 4 pm.

All proceeds from the day will be shared between the Orchid Charity (male prostate cancer charity supported by the Eurovets series) and the Hawks own Development Fund planning improved facilities at the track.

The club staged a successful open day on Friday, 13th August as part of British Cycling's Lets Ride Campaign. The track was very busy throughout the five hours, both with current members and a large number of people of all ages having a taster session - some stayed much longer than intended as they were enjoying it so much.

finish.

Two riders came back for their first action and duly won their age categories - Frank Spauls in Under-10 and Shaun Kell in Under-16. Max Pugh returned to continue his domination of the Under-8 and Connor Jarrett made it four wins in the Under-13s, this time his main challenge coming from Will Clarke. Paddy Wenn made the most of grid one to win the Senior A Final.

Finals—Under-8: A - 1 Max Pugh, 2 Oscar Copeland, 3 Ralph Silvester, 4 Noah Cameron. B - 1 Grace Cameron.

Under-10—A - 1 Frank Spauls, 2 Zachary Eastwood, 3 Jamal Musa, 4 Stanley Budds. B - 1 Kenny Culling, 2 Lola Martin.

Under-13—A - 1 Connor Jarrett, 2 Will Clarke, 3 Airsha Musa, 4 Tabitha Nierop. B - 1 Harry Dodds, 2 Amelia Dodson, 3 Alex Osborne, 4 James Hankey.

Under-16—A - 1 Shaun Kell, 2 McKenzie Loombe, 3 Mason Martin.

Senior—A - 1 Paddy Wenn, 2 Jamie Medler, 3 Ben Loombe, 4 Harley Hamill. B - 1 Tom Blackmore, 2 Rod Burke, 3 Rory Freeman.

More news from Hethersett Hawks/Yellow Brick Mortgages in the October edition of Hethersett Herald which will be exclusively online at the end of September.

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

Market 1

Duncan's Special Day

Fig. 1 and 1 and

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

Jubilee Youth Club News

By Gillian Saunders

Firstly a rather belated thank you to everyone who supported the fete and dog show in June. It was good to be able to have the show, having had to cancel last year's. We made about £500 which we were pleased with as every little helps especially as it was all rather hastily arranged once we knew restrictions would allow us to go ahead.

Plans are underway for next year already. The date will be 25th June 2022 from midday to 3.30 pm. Bookings are now being taken for stalls at £10 each.

For the time being my best contact number will be my parents' phone on 01603 759449 while I move house! They will either take messages or if I am available pass the phone to me.

The good news on the roof is that we have enough money to start the project. This should have happened over the summer holidays but, due to the contractor being unable to get the materials on time, we have asked him to postpone this work now until October half term so as to cause minimal disruption to youth club and bookings.

Thanks to a very generous donation from a local charity, we are also able to upgrade the lights to LED and also insulate the roof which we hope will keep the hall warmer and the lighting will also have improved. We still need to do a little more fundraising as we used the money we had put aside for repairs to fund this project so it would be good to replenish this fund. We will probably have a quiz in the spring and something during the Christmas period.

We are delighted to welcome Rebecca to join Alana with the Year 5/6 group on Wednesday evenings. Some of you will already know her from school and even if you don't I am sure you will make her very welcome.

The person we originally interviewed and hoped to appoint to lead the Year 7+group unfortunately was unable to provide us with suitable referees so we were unable to confirm his appointment. However, the position is currently being advertised and we hope to appoint someone for this group and the Well Being Group as soon as possible as we know how much those going into Year7 enjoyed club. We want to continue with that and we are doing everything we can to find the right person to lead the group with Alana who will be acting as assistant for this group while continuing to lead the younger group.

Alana has been planning some exciting things for the new term. Club will restart as you return to school. All those in Year 5/6 are welcome to come along. Subs remain at £2 a session and tuck is not compulsory. The first week back we do need everyone to complete new registration forms as we need to ensure records are up to date.

Finally thinking ahead to Christmas. If anyone has any soft toys or Christmas selection boxes or sweets they are willing to donate for a Christmas tombola please let Alana or Rebecca have them. The more we have the more money we make for club.

As I am writing this I have just received the sad news of the death of Rosie Hubbard. Rosie was a long serving and very loyal member of the club volunteers and at the fete she had the kitchen running like clockwork. She will be greatly missed by all who knew her and the way she always had time for everyone and genuinely enjoyed helping the young people at club.

I have written to her family expressing our sadness but also the happy memories of Rosie. I have said to her family that in due course we would like to do something at club in her memory. She was a very special lady.

The youth club's full tribute to Rosie appears below.

One In A Million

Rosie was a regular volunteer at youth club for as long as I have been involved with the club. Nothing was ever too much trouble for Rosie and, if you asked her if she could do an extra turn at club because someone had dropped off the rota, you knew if she couldn't she was genuinely doing something else. I have known Rosie to change her plans too in order to help out.

At the fete, Rosie was in charge of the kitchen and you knew it was in capable hands and I knew I never had to worry about the kitchen and refreshments were sorted. Rosie also helped out with refreshments at coffee mornings and other events.

I believe her involvement goes back before my time too! Lots of young people have had the benefit of Rosie's help and care at the club. Needless to say she will be missed by young people, leaders and Trustees alike. Rosie was one in a million.

Andrea Launches New Support Group

After over 20 years as a childminder in Hethersett, Andrea Anthony is moving into new pastures as she told Hethersett Herald editor Peter Steward.

A STEADY stream of children, friends and family turning up to Little Melton Playing Field on August 25th paid testimony to the love and respect there is for Andrea Anthony who has announced her retirement after 24 years



childminding in Hethersett and 31 years looking after children in a number of roles.

Andrea won't be putting her feet up, however, as she moves into more areas where she will be able to use her skills for the benefit of others.

And a new venture will see her turn her own personal tragedy into something positive with a new group.

Five years ago Andrea lost her



identical twin sister Melanie to cancer and not a days goes by without her thinking about her and her families loss.

"We were so close and I miss her every single day," Andrea said.

The tragedy has been the catylist for a new group

supporting twins who have lost a sibling.

Under the title of Twinless Twins, Andrea is looking to give support to bereaved twins by setting up a support group with the backing of Rowan House health and well being centre.

"Losing a twin is a unique loss as being with them has been the only thing you have known. Your life is one of shared experiences. Losing a twin can lead to an identity crisis and even a feeling of guilt that you have survived while they haven't," Andrea said adding that it was also easy for the twin left behind to feel cheated.

But as so often out of charity comes hope and Andrea is hoping a new support group will help those who have lost twins to know that they are not alone.

"I am also aware that some twins don't necessarily have close relationships and there are others where a twin lives thousands of miles away. My sister had so much support from councillors that I think it is my turn to give





something back," she added.

But giving something back is not something that Andrea is backwards in doing as fellow childminders Emma Wood and Karen Cox were quick to point out. That Andrea always puts others before herself and this has been shown by her work with the Daisy Group which provides an outreach service for men, women and children suffering as a result of domestic abuse. And the Cruse group for bereavement support.

"The Daisy Group has been very important during COVID and something very much needed," said Andrea who admits that one of her relationships had been "borderline abusive."

Andrea admitted that she would shed a few tears over the coming days at giving up the childminding but explained her decision:

"I've had a lovely career that has now naturally come to an end with my volunteering for the Daisy Project and Cruse Bereavement as a counsellor/psychotherapist. I'm now in the process of setting up private practice after training and studying for five years following Melanie's," she said. And she promised that she would continue to keep in touch with people she now classed as friends.

She has three children of her own—Nathan who was born in 1991, Lucas who was born in 1996 and Gabrielle who is 20. She admits that she is also very close to Melanie's two children—her nieces:

"In many ways I see myself as the keeper of their secrets. Sometimes I feel I have five children," she joked.

After studying family and community care at Norwich City College, Andrea moved to London to become a children's nanny for a number of years before returning to Norfolk and taking up a position with the Ducklings Playgroup which at the time met in Hethersett Methodist Church Hall and later in the grounds of Woodside School in Firs Road.

"I went along to a meeting with childminders and realised it was



something I would like to do."

She eventually branched out to run her own group from her home in Drake Close, Hethersett and this went from strength to strength, along with featuring as a massive part of her life since the 1990s.

Andrea praised the support she has received in her various ventures: "I have amazing friends and wonderful family. They are hugely supportive and really look after me."

Andrea is keen to hear from any bereaved twin and she can be contacted on 07803 711 941.

A version of this story appeared in the Norwich Evening News Newspaper and you can view a cutting of this later in this edition of Hethersett Herald.

Dementia Support Group to Re-Start

HETHERSETT Dementia Support Group is preparing to re-open now that COVID restrictions are being relaxed.

The group is just one of many in the village which are looking to re-launch in the near future.

The group is planning to officially re-start in September. It meets twice monthly on the first and third Tuesdays.

The first Tuesday is an informal meeting for coffee and chat and the third Tuesday is more structured with talks, presentations, games and film shows.

"Anyone is welcome to join us and not just those living with dementia. We welcome people who are lonely or who just want to chat over a cup of coffee. Everyone is welcome," said group chairman David Bills. If you would like more information about the group please contact David Bills on 01603 813041.

September meetings of the group will take place on the 7th and 21st. The session on the 7th will run from 10 am until 11.30 and be coffee and chat. On the 21st there will be a film from the East Anglian Film Archive along with a fun quiz and the session will run from 10 am until midday.

About Your Hethersett Herald

HETHERSETT Herald began life as Hethersett Online in November, 2015, and has been produced monthly ever since.

The first edition ran to just 12 pages and had as its main story the theft of lead from the roof of Hethersett Parish Church.

Originally the publication was just called Hethersett Online but later changed its title to Hethersett Herald in May, 2016, with edition seven and we have been going from strength to strength ever since.

You can read back copies of Hethersett Herald by going to www.hethersettherald.weebly.com

Church Appeals For Donations

HE Rector of
Hethersett, the
Rev Derek
McClean and
churchwardens
have once again spoken about "a difficult
year" in a letter to parishioners and church
supporters.

The letter is in support of the church's coming gift day and underlines in stark language the problems facing the church financially..



"Whilst there have been savings in some 'fixed costs' the maintenance of the fabric of the church still remains onerous and our plans for its future development must still be considered if we are to retain our presence in the village and for future generations," the letter states.

The letter which is going out to those on the church's electoral roll and to members of the congregation is signed by the Rector, churchwarden Michael White and treasurer Neil Sturgeon. You can read a copy on the next page.

The church states that it costs £75,000 a year to just keep the church open and the last quinquennial inspection identified £150,000 of repairs which have been completed.

Anyone wishing to donate should make cheques payable to Hethersett PCC and sent to Hethersett Rectory.

As reported in previous editions of Hethersett Herald, the church is looking to boost its income by selling the Church Hall in Henstead Road with a planning application to turn it into a private dwelling currently being considered.



ST REMIGIUS CHURCH
MAINTAINING OUR PRES-ENCE IN THE VILLAGE
GIFT DAY:
SUNDAY 12th SEPT 2021

Dear Parishoner

GIFT DAY: BALANCING THE BOOKS

It has been another difficult year for our church having experienced a second year in lock-down. Whilst there have been savings in some 'fixed costs' the maintenance of the fabric of the church still remains onerous and our plans for its future development must still be considered if we are to retain our presence in the village and for future generations.

As in the previous year, the financial pressures both nationally and locally and the effect that these have on our personal and church incomes are fully recognised and accepted. We are no different to any other parish church in that we are still struggling to 'make ends meet' and fulfilling our responsibilities, not only in respect of pastoral care and outreach, but also in our financial obligations to the Diocese.

Throughout this pandemic you have continued to support our church, financially and through prayer for which the Rector, Churchwardens and the PCC extend their heartfelt thanks.

With all these pressures on our daily lives we do hope you will still be able to support Gift Day on Sunday 12th September in any way that you can, however small. This will be very much appreciated by the team whose ongoing task it is to 'balance the books'.

We will continue to work positively and tirelessly to maintain our presence in the village.

Rev. Derek McClean (Rector)

Michael White (Churchwarden)

Neil Sturgeon (Treasurer)

(Please make any cheque donation payable to 'Hethersett PCC')

Herald Talking Points

Featuring some of the issues affecting our village.

Residents have taken to social media to complain about the amount of litter on the park off Admirals Way.

The photograph here was taken by resident and Herald reader Bob Crawley and shows the extent of the problem.

Bob has written to the parish council with he following comments:



"This is the shelter on the park off Admirals Way today, like this most mornings. I have given up clearing it up. The shelter needs removing. If youngsters want somewhere to go they need to respect it. I have confronted one group and despite being met with abuse made them clear their mess up."

There also seems to be a debate in the village about who is to blame for areas of littering. It has been particularly noticeable close to the bus shelter on the Tesco's side of the road but also on the B1172.

But it appears that not all the littering may be by humans. There is a theory that crows may be responsible at least for the littering on the B1172, although youths have been seen pulling stuff out of bins. One person reported:

"The litter louts have been at it again, Just drove past the bus shelter on Tesco's side of the road and it's strewn with rubbish under the seat "

One good thing to come from this is the praise for a number of local people out picking litter up and of course we have the regular monthly litter picks.

Hethersett Miss Out

A RELATIVELY poor end to the season has scuppered Hethersett and Tas Valley's chances of finishing in the top two of Division One of the Norfolk Cricket Alliance.

With just a handful of matches to go, Valley were in with a good chance, but defeats at the hands of Lowestoft by four wickets and Sprowston by 121 runs scuppered their chances.



Hethersett moved into second place when the league changed their rules to allow for matches called off through COVID to be discounted and the league to be calculated on a points average basis. They then reversed this decision to return to a simple total number of points formula as normal.

Final leading positions in Division One were as follows:

Pos	Team	Played	Points
1	Bradfield	18	325
2	Thetford	18	305
3	Hethersett and Tas Valley	18	274
4	Sprowston	18	271

The second team finished fifth out of 10 in Division Four of the Norfolk Alliance.

The club's third team finished fourth in Division Three South East of the Norfolk League and the fourth team ended eighth in Division Four South East—their highest ever finish.

In Memory of Lee



FOOTBALLERS from all over Norfolk and further afield came together for a special match on August 15th to remember Lee Thompson who was tragically killed in a road accident in 1999 at the age of 17.

With many of the players now in their last thirties, the action wasn't quite as fast as it once might have been, but the game showed what a special bond the players have.

Lee played for Hethersett Athletic and other Hethersett-based youth teams and died after being hit by a car while walking to his home in Mulbarton after a night out in Norwich.

Over the past two decades, friends and teammates of Lee have come together to play a match in his memory on the home pitch of Mulbarton Wanderers Football Club. Lockdown, however, has meant it has been a number of years since the previous game.

A healthy crowd turned out to see the team managed by Lee's father Ray

narrowly beat the team managed by former Hethersett coach lan Harrison 2-1 after a very close game. A collection was taken at the end of the game for the SOS bus which provides a safe haven for pub and club goers and which was launched two years after Lee's death.

Ray Thompson said it was an emotional day for the Thompson family, but also a day of football and fun:

"It's wonderful to see al the old players coming back, although some of them have put on some weight. It's been a day for people to catch up with each other which has made it both sad but also memorable" Ray said.

Lee's brother Ben who is joint first team manager of Mulbarton Wanderers and who also played a number of games for Hethersett Athletic spoke of the loss of his brother which he still feels deeply.

"It has been rather overwhelming to



The two teams line-up for the camera before the match. Ray Thompson's team (below) ran out narrow 2-1 winners against Ian Harrison's team (pictured above).



see so many people coming back for the match and bringing their families and helping to remember and celebrate Lee's life.

As we get older families continue to

grow and it has been good to be able to share memories of old times. I still think about Lee every day," he said.

Lee's name also lives on in the shape of an annual memorial award



organised by Hethersett Athletic and awarded to a person or persons who have made an outstanding contribution to the club over the previous year.

Following Lee's death, Hethersett Athletic launched an annual memorial award for outstanding contribution to the club and a number of recipients of that award were present at the match

which featured former Hethersett and Mulbarton players.

Lee was walking home when he was struck by a car on the B1113 Mulbarton road, on the outskirts of Norwich.

The former
Hethersett High
School pupil, who
played for
Hethersett Athletic,
died following the
crash which



"I still think about Lee every day " - Ben Thompson (left) speaking about his brother Lee (pictured above right.

happened in January 1999.

The pioneering bus, which is a safe haven for pub- and club-goers, was introduced in 2001 - two years after Lee's death

The event was organise by Danny Gaskin who is also involved with the Mulbarton football club.





Old friends and rivals—Ray Thompson (left) and Ian Harrison (right)

He thanked everyone for their support:

"I would like to thank everyone for attending today and helping us to remember our friend Lee," he said.

Photographs from the match on this and other pages were taken by Herald editor Peter Steward, apart from the photograph of Ben Thompson which is courtesy of the Mulbarton Wanderers website and the picture of Lee Thompson which is courtesy of Archant.





Action
photographs
of the Lee
Thompson
memorial
match by
Hethersett
Herald editor
Peter Steward

Hethersett Herald











A Bewitching Discovery

AFTER 17 years of living in an historic cottage in Hethersett, regular Herald contributor Tina Andrews has made an interesting discovery involving witches and superstitions.

It was when Tina called in a chimney sweep that the truth about some strange marks over the fireplace came out.



"I have lived in Astor Cottage down Hubbard's Loke for about 17 years, and didn't think anything of these marks over the fire-place.

"A chimney sweep recently told me that the beam was Elm and these were witches marks, a daisy wheel."

It turns out that the marks were there to stop witches coming down the chimney. In addition, the burn mark is a blessing with a poker.

St Remigius Church Baby and Toddler Group



By Ros Head

A fun time for everyone with babies or toddlers.
We are delighted to be reopening after lockdown and to celebrate we are holding a Teddy
Bears Picnic on **Tuesday 14**th **September at 10.30 a.m. onwards** in the new
part of the churchyard (but will meet in church if it's wet).

We look forward to seeing how much the babies and toddlers have grown since we last met and welcome any newcomers.

Please bring a blanket, picnic and of course a Teddy Bear to join in the fun.

Our Baby and Toddler Group will return to the usual first Tuesday of the month on **5**th **October at 10.00 – 12.00** in St Remigius Church.

Shop Lane/Back Lane Concern

Residents have been expressing their concern about the unkempt nature of the Shop Lane/Back Lane area of the village with some complaining that overgrown foliage is making things difficult for mobility scooters and those pushing prams.

The complaints brought the following assurances from parish clerk Annette Palmer:

"Norfolk County Council is responsible for the maintenance of Shop Lane/Back Lane. Photographs of both lanes were sent to Norfolk County Council in June. A response was received from them advising that it was missed on the last scheduled cut and their contractors would return shortly to undertake the cut.

"On 15th July, further photographs were sent to Norfolk County Council and also the County Councillor for Hethersett. A response was received on the 20th July advising that it would again be cut shortly. I will again chase Norfolk County Council. In the meantime if anyone else would like to chase the County Council this can be done by calling 0344 800 8020. The reference number allocated by the County Council for this job is ENQ-486709 D2J7HS.

News From Hethersett Hall

Stories by Charlotte Govier and Emily Parden Infectious Smiles



Thursday afternoon residents enjoyed a drama session with local teacher Juli. Throughout the session, residents were given the chance to share stories and things that make them smile.

One lady said: "Everyone being together and being kind to one another".

Juli baked some fresh cookies as a tool to reminisce about favourite

scents from childhood and gave residents individual packets of biscuits as a special treat.

The session ended with Juli reading a special poem by Spike Milligan about the importance of smiling.

It was so lovely to see residents reminiscing but above all - smiling.

News From Hethersett Hall

Olympic Gold For Residents

During the last week of the Olympics we thought our residents might like to add to the UK's medal tally by hosting our own summer games.

Our lovely residents got gold across the board in darts, French bowls and volleyball.



A Doggie Welcome

Please say a big hello to our new PAT dog Amy.

Breed: Standard Poodle

Personality: Super calm and

friendly.

Colour: Black

Hobbies: Fuss, (in particular behind the ears) cuddles and hugs

Favourite Food: Everything especially digestive biscuits.

Party Trick: Putting her paw on your lap and staring at you with puppy eyes until you make a fuss

of her.



News From Hethersett Hall

Anyone for tea?

A lovely afternoon trip to Park Farm Hotel for scones and tea in the wonderful sunshine was on the menu recently, and it was just what the doctor ordered!

Our residents enjoyed the change of scenery, especially the huge scones.





News From The Parish Council

Meeting Dates

Full council meeting dates for the remainder of 2021 are as follows:

September 20th, October 18th, November 15th and December 20th' Council meetings begin at 7.30 pm. There is no full council meeting in August. Planning Committee meetings start at 7 pm on the following dates: August 2nd and 16th, September 6th and 20th, October 4th and 18th, November 1st and 15th, December 6th and 20th.

For other committee dates refer to the council's website which can be accessed at:

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

Committee and full council meetings are open to the public.

Meetings have re-started in Hethersett Village Hall. Planning Committee meetings begin at 7 pm and full council meetings at 7.30 pm.

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. A full list of councillors appears on the next page in this edition of Hethersett Herald along with contact details.

News From The Parish Council



HETHERSETT PARISH COUNCIL COUNCILLORS CONTACT DETAILS

Chairman

Mrs A Quinlan, 8 Childs Road, Hethersett NR9 3HN Tel: 814379

Vice-Chairman

Mr S Slack, 70 Priory Road, Hethersett NR9 3EY Tel: 811824

Councillors:

Miss K Adams c/o the Parish Council Office, Village Hall, Hethersett Via the Clerk

Mr L Dale, 46 New Road, Hethersett NR9 3HH Tel: 810952
Dr A Edwards, 6 Queens Road, Hethersett NR9 3DB Tel: 812309

Mrs S England, c/o the Parish Council Office, Village Hall, Hethersett Tel: 07582 225895

Mrs S Lawrence, c/o the Parish Council Office, Village Hall, Hethersett Via the Clerk
Mr J Loome, 6 Miller Close, Hethersett NR9 3GD Tel: 07799 608978

Mr C Morriss, 19 Haconsfield, Hethersett NR9 3AW Tel: 810060

Ms E Mulvaney, c/o the Parish Council Office, Village Hall, Hethersett Via the Clerk Mr J Nightingale, 2 Buckingham Drive, Hethersett NR9 3HT Tel: 811513

Mr M Stark, 61 Lynch Green, Hethersett NR9 3JT Via the Clerk

Mrs J Walpole, 16 Canns Lane, Hethersett NR9 3JE Tel: 811932
Mrs B Williamson, B Churchfields, Hethersett NR9 3AF Tel: 810259

Above are details of the 14 parish councillors with their contact details.



HAVE YOU HEARD ABOUT

Hethersett & District Aid in Sickness Fund?

(Formerly known as the Hethersett Nursing Association)



DO YOU LIVE IN

Hethersett Ketteringham or Little Melton?

ARE YOU

or is someone you know, in need of financial help because of illness or disability?



Examples of help available

Grants are available towards:

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

For further information or to apply for a grant please telephone one of the trustees listed below. If you have a need for something which is not mentioned above please apply and we will try to help.



Alex	07805 242326
Rachel	01603 812596
Mary	01603 811330
Barbara	01603 810502
Christopher	01603 811010
Debby	01603 812221
	Mary Barbara Christopher

All applications are treated in the strictest confidence.

Registered Charity Number 211284

Sarah Lawrence continues her monthly column giving us her take on Hethersett life

AUGUST 2nd marked the 15th anniversary of Tesco Express being a permanent fixture in Hethersett, and I'm proud to have been there since the beginning.

Yes, 15 years ago Tesco Express opened their doors for the first time in the village, with a team led by the one and only John Harper. John has since retired from the company, but very occasionally we bump into him in Norwich and it's always a pleasure.



He is a lovely, friendly man who I have a lot of time for. Also in that initial management team was Richard, my now brother-in-law. So, I've actually known Richard longer than I've known my husband! I've included some photos of me and my colleagues at work over the years.

Life has changed a lot since we opened back in 2006! We've had more Store Managers than I can remember – Managers tend to move around the business – a handful of which have





some of which have been wonderful. We are very fortunate to have Keyleigh at the helm currently, probably one of my favourite managers I've worked with. She is a firm but fair leader, who will listen to your problems with a level head and talk through resolutions with you. She always has time for you. She also is a firm believer in using Tesco's scale for good, something that we have

in common! Then there's all of the people who I've worked with there over the years, a fair few have become friends for life whether they're still with the business, or have moved onto their next chapter.

I have a lot to thank Tesco for from a personal perspective too, I met my now-Husband there, he started working at Tesco in Hethersett in 2007, and the rest, as they say, is history. If I hadn't have met Mr. L, I wouldn't have the beautiful family I have now, nor have met half the people I call friends and family. My time at Tesco has also fostered and encouraged a greater love of helping in the community, something that I take immense pride in, and am lucky enough to use Tesco to help me to do. I look forward to celebrating many more milestones with my store, and seeing what the future brings!

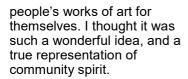
Just before school broke up in late July, my eldest daughter Amelia, age 9, was

approached by her friend Ella, also age 9, after school while walking home. She handed a sketchpad to us entitled 'Happy Hethersett Art Project' with a beautifully decorated cover. Ella and her Mum Verity explained to us that they had started this project during the first Lockdown, and the aim was to get as

many people as they can to use a page by drawing or painting a representation of what makes them happy. This book. I'm told, was one of three that has been circulating the village, with the aim to bring happiness throughout the pandemic. They hope to display the books somewhere once they are full, they were hoping for Hethersett Library, so that visitors can flick through and see







August has definitely been the month where we've gone a bit



dino-crazy! We saw Dippy at Norwich Cathedral, and visited all of the dinosaurs on the T-rex trail in Norwich City centre. If you've not been yet, you must! Dippy is the most famous Diplodocus in the world, usually housed in the Natural History Museum but currently on tour around the UK. We're so lucky to have the opportunity to see him close up in the unique setting of our beautiful Cathedral. Dippy is in Norwich until October, so catch him while you can! To coincide, the T-Rex trail in Norwich in superb too, and just the right thing to tie into your visit to see Dippy. Much like the previous Go-Go Gorillas, Dragons and Hares, the aim is to spot as many of the differently decorated dinosaurs situated around Norwich as you can!

Kin Cafe in Hethersett spotted a way to make some money for charity during the wave of Dino Mania hitting Norfolk. They came up with a trail around businesses in Hethersett, where each business on the map had a different letter in their window. The letters on map then spelled out a dinosaur name and once completed you could return the map to Kin Cafe and collect your prize for

completing the trail! The trail maps were £5 each with all money going to Break, and it provided a days worth of entertainment for us in the holidays, so thank you Kin Cafe! A lot of time and organisation had obviously gone into planning it all, so fingers crossed they earned lots of money for this wonderful charity.

By the time you read this, the summer holidays will almost be over, and it will be back to school time already.. Gosh that went quick. I hope the summer has been kind, and it's been a better one than the one last year. Good luck to all of the children and teens starting, or starting back at school, college or university in September.

News From The Media













news

Classic cars event in memory of photographer

Classic cars went on show in memory of a man who had a passion for them.

More than CNS was raised for Atobetoner's Society and Carver Research UK during the event at Hears grill in Lenwode, which and tribute to Mike Key of techerant, who died in Petruary.

Mr Key was a well known photographer who had articles and photographs published in meny memoring magazines, and he wrose several books about Planton curs.

The event started with a six cruise along Broadland Northway led by Mr Key's wife, June, to one of his bloc bod timp

June said; "Mike was my lowing transpored, lowing fasture of Rachel and Marchew He was my mack and my been friend.

"Our title segesther was full of loon and laughner I will remember all of the good times, and sharing Mike's love of photography cors and pardining.

The event was bossed by the Northilk Street Crubsers out club.



one care event was held to Lemmale for Herbersett photographer Mike Key

The Eastern Daily Press newspaper had a tribute story to Mike Key of Hethersett who died at the age of 74. Classic cars were on show at Bears Grill in Lenwade as a tribute to Mike who was a keen photographer and car enthusiast. The event raised £860 for the Alzheimer's Society and Cancer Research UK. The event was organised by the Norfolk Street Cruisers Car Club.



The story opposite of the Memorial football match for Lee Thompson appeared in the Eastern Daily Press, Norwich **Evening News and** Wymondham Mercury newspapers.

The story with more photos also appears in this edition of Hethersett Herald.

A woman from Bunwell has been named Woman of the Year 2021 by Slimming World's Hethersett group after losing nearly six stone.

Michelle Everitt-Pickett feels "like a different woman" after slimming from 17st 5lbs to 11st 12lbs.

Michelle has now been chosen to represent Hethersett in the nationwide Slimming World Woman of the Year 2021 competition, which aims to find the most inspiring female slimmer in the UK and Ireland.

Michelle said "Winning Woman

of the Year is a real honour."

"When I first joined, I never dreamt I'd be in the position I am now. Losing weight has made such a big

difference to my life."
Michelle still
enjoys all her
favourite meals, but
through preparing
them differently
and being more
active, she managed
to shift unwanted
pounds.

"The support I've received throughout my journey has been amazing."
"I realised that when people believe in you – and you believe in yourself – you can do anything

Bunwell woman Michelle Everitt-Pickett has been named Woman of the Year 2021 by Slimming World's Hethersett group after slimming down from 17st 5lb to 11st 12lb. She will now represent Hethersett in the National Slimming World's Woman of the Year 2021 competition.

Opposite is a cutting from the Norwich Evening News on a new charity to support twins who have lost their sibling. You can find the full story of this elsewhere in this edition of Hethersett Herald.









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Guiding community pays tribute to an internationally-renowned former leader

We were saddened to hear of the death of Anne Carter of Little Melton. There was a full page tribute to her work as a Guide leader and local author in the Eastern Daily Press, the Norwich Evening News and the Wymondham Mercury newspapers.



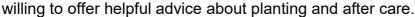
Hethersett Plant Fair

By Roger Morgan

On Sunday, 29th August, Norfolk Plant Heritage held one of its twiceyearly plant fairs at the Village Hall.

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

There was a wide selection of plant nurseries selling their wares and all the stall holders were more than



There was also a selection of metal garden structures made by a Norfolk blacksmith available to purchase.







Inside the hall there were further stalls selling gardening books and other specialised garden plants as well as an exhibition of the society's work. There was a selection of refreshments available at the outdoor seating area. The plant doctor was on hand to offer advice when needed. The fair will return to the Village Hall in 2022.

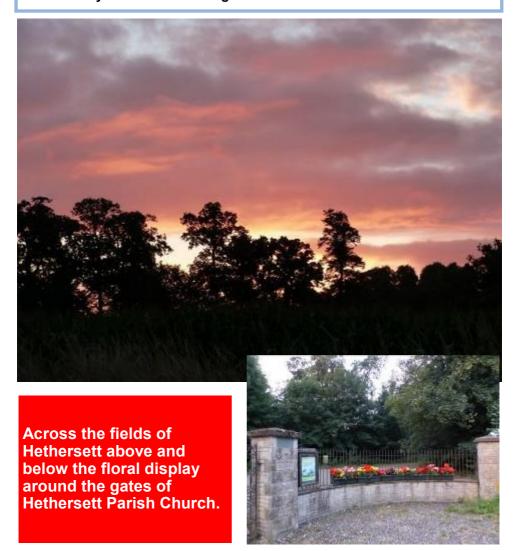
For further information about the society go to:

norfolkplantheritage.org.uk



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 and around Hethersett. You will also find other photos taken by John dotted throughout this edition of Hethersett Herald.



My Photographic Diary by John Head





Hethersett Herald

From The Archives with Gary Wyatt





THIS is a rare photograph of the Kinkajou Café which was situated off the current B1172 on the way from Hethersett to Wymondham.

The café was frequented by American GIs during the Second World War.

The young girl on the horse is named as Ivy Harris.

HETHERSETT HERITAGE



The caption to the photograph above is Curson's Shop and Chapel of Rest.

The photograph on the right is of the National School's sports team and was taken in the early 1950s.



Above is Hethersett Playing Field Bowls
Club taken in 2001.



Hethersett Herald

September 2021

HETHERSETT HERITAGE



Hethersett Cricket Team photographed in the late 1920s



Hethersett Football Club taken in the 1930s

Hethersett Herald



Say thank you to local volunteers and nominate them for a South Norfolk Community Award today.

Winners will receive £250 to spend on a charity or community group of their choice.

Nominate by 5 September at southnorfolkandbroadland.gov.uk/ CommunityAwards or call 01508 533816.

Sponsored by





A Pack of Hethersett Hellhounds

"There was never such a pack of Hellhounds as the Generality of People I have had to deal with in Hethersett. No, not in all Christendom."

- John Morrant, Rector of Hethersett 1724-1736

Lewis Buckingham continues his stroll through Hethersett history with the story of a man who was less than happy with our village.

SO.. That was probably a bit awkward.

We all have out bad days, but by Morrant 's own account, this was so much more than that. Over the space of the last few years of his tenure he

repeatedly scrawled less than guarded warnings and protestations to the future rectors of Hethersett

Wherever there was free space in the Parish Register, he laid out his woes in English, Latin and Greek, all in a fairly ragged and inscrutable hand.

Life started fairly well for John. He was born in 1690, the son of a surgeon - also named John - in Great Yarmouth. He was the second son, and the second John to his parents John and Esther. An older brother also named John, and two sisters had died before his birth. The result was that he was raised with all that being the first-born son entailed in that day and age.

After what must have been a successful and bright course through Yarmouth Grammar School, he was admitted to Cambridge



Gonville and Caius College Cambridge

I enjoyed last month's Herald, and noticed that Gary Wyatt put in a picture of a Mr Beeby on page 62. That is Edward Beeby. who was the Schoolmaster at the British School from at least 1871 to 1911 (at least he's there on the censuses for that period). The New Zealand Buckinghams received at least a couple of letters from him, which were later published in "Our Company Before", the family history published in the late 80s.

University in 1707 as a scholar in Gonville and Caius College.

He was destined for the clergy, and no doubt had high hopes of future preferments. It took him four years to complete his Bachelor of Arts, at the end of which he was ordained as a Deacon.

Around the time that John first came to Cambridge in 1707, he likely first learnt a little about that future abode of "Hellhounds" called Hethersett.

One of the boys in John's year, Benjamin Amyas, was the son of John Amyas, who was then Rector of both Hethersett and Great Melton. Benjamin's uncle Matthew Amyas was a surgeon in Norwich, and it's possible that John's father knew Matthew, at least in a professional capacity, if not personally.

Benjamin was a native of Great Melton. His father had begin his rectorial career with Great Melton in 1681. In 1702 he added nearby Hethersett to his portfolio upon the death of William Lock, the previous rector. This was managed by a dispensation given him by the bishop for what was known as a "Personal Union."

Technically, no single priest should have the right to two parishes for their life, but of course there were always exceptions, and this was an indulgence that could be granted if one had the right connections.

In 1705, Gonville and Caius College, which both Benjamin Amyas and John Morrant would soon join, had been endowed with the Advowson of Hethersett. That is to say, the College was given the right to decide the next rector when the living should next

become vacant.

This is interesting, because Benjamin Amyas had an older brother named John. John had become a deacon in 1706 after education at Cambridge in Emmanuel College. He had already completed his B.A. and his M.A., and had been a Fellow of Emmanuel College for four years when his brother and Morrant began at Gonville and Caius.

But in the same year that his brother Benjamin came to Cambridge, John Amyas Jnr had a sudden change of heart and switched colleges. He became a Fellow at Gonville and Caius, and began studying his Bachelor of Divinity there instead.

I have an inkling, that this was all part of a bit of jockeying to line up the parish of Hethersett for John Jnr.

You see, although John Snr had his "Personal Union" of the parishes of Great Melton and Hethersett, it wasn't necessary for him to die to give up his living. He could simply vacate it, upon which date Gonville and Caius College would choose his successor.

I can see John Snr preparing a reasonable argument for when he got on in years. Perhaps he needed a hand with Hethersett. Perhaps John Jnr could act as his vicar there for a time to lessen his father's load. John Jnr could live off the small Tithes, and when John Snr either decided to retire or passed away, who better than John Jnr to replace him there? He would be already embedded in the parish, and was a Fellow of Gonville and Caius College into the bargain.

Whatever plans were made - if any - they came to nothing in January 1713,

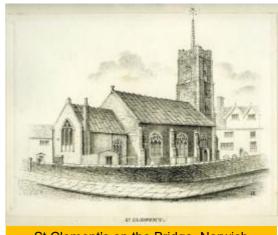
when John Amyas Junior passed away. His brother Benjamin might have been momentarily considered as a replacement, but he too died in 1714.

Meanwhile John Morrant continued his studies. He must have known something of all of this from his classmates. In fact, he probably knew the family fairly well. Many years later he actually married Elizabeth, Benjamin and John's sister.

This failed quest for an Amyas legacy may have been the first time Morrant was exposed to the idea that perhaps one day he could have his own portfolio of parishes. In fact, the advowson of another Parish - that of St Clements on the Bridge in Norwich - was given to the college in 1705, the same year they gained Hethersett. So his college definitely had a few parishes they might send his way if he played his cards right. Eventually John would have his own personal union of St Clement's and Hethersett, but that would not be for a few years yet.

John completed his MA in 1716 and became a Fellow of Gonville and Caius College the following year. In March 1720 he was ordained a priest at Westminster Cathedral, and by Easter he was working as a Curate at St Clements in Norwich.

St Clements still exists, but now holds only one service a year - for Mathew Parker, once Archbishop of Canterbury, and apparently the inspiration for the term "nosey parker" due to his habit of prying into other people's affairs. Incidentally, he was the guy that ineffectively harangued the rebels of Kett's Rebellion just before they went



St Clement's on the Bridge, Norwich

ahead and started burning Norwich.

John wouldn't officially be appointed as Curate of St Clement's for another three years, but from April of 1720 his distinctive signature and handwriting pop up in the registers there, signing himself as 'Minister.' Although he wasn't yet 'on the books', he was paying the rates at the Rectory there from this date also.

As a Curate he was paid a stipend, and received none of the tithes there, which were reckoned to be about £40 a year. Nevertheless, he was clearly on the inside track to eventually becoming Rector of St Clements, which occurred in due course in 1724.

It is this subtle fait accompli that makes me wonder what the Amyas family had planned for Hethersett. That and what Morrant both did and had done to him next.

A few months after his official appointment as curate at St Clements, Morrant was made Rector at Witton, on the Eastern outskirts of Norwich. John Russell, the previous Rector, had just

resigned.

Oh happy day! Yet five days later Morrant promptly resigned his position.

Fortunately the parish of Witton's souls were not left unguarded. John Russell Jnr, son of the previous rector was able to step in and take over. By happy chance he had resigned his position in neighbouring Brundall that very day. His father had held Brundall before him, as well as the

other neighbouring parishes of Great and Little Plumstead and Postwick.

And wouldn't you just know it, but John Russell Snr was happy to pick up the slack and step back into the parish of Brundall after his son's departure. In fact he was able to do so that very same day!

I must make it clear, however, that when I say "stepped into" the position of rector, I don't mean that either Russell necessarily set foot in Brundall. A man by the name of George Monk had been the resident vicar there for the past decade, and would still be there 25 years later.

What was being passed around was not the care of souls, but the Great Tithes that were due to the rector.

It seems that Morrant's role was to make this transition a little more seemly for the Russell family. So what was in it for him? Why go to such much effort?

I think John Morrant was paying his dues. You'll remember that I envisioned a similar scenario happening in Hethersett and Great



The Russell Family Portfolio

Melton with John Amyas Senior and Junior. I don't think these were isolated occurrences, and Morrant was ambitious. He wanted to go places.

And sure enough, barely six months later, Morrant landed the plum job of Rector at Hethersett. Six days later, he was confirmed as the Rector of St Clement's in Norwich. Both Advowson's were owned by Gonville and Caius College, and the Bishop created a special "Personal Union" of the two livings so that Morrant could hold both for life.

Morrant was on an upward path. He was looking at £40 a year from the tithes at St Clements, and he'd heard that a previous Rector of Hethersett - Dr Church, about 70 years previously - had taken in £150 a year from Tithes and Rents for the Glebe lands in Hethersett.

With a glad heart, Morrant left the Rectory at St Clements and looked over the Rectory building at Hethersett. It turned out to be a bit of a fixer upper. John Amyas had presided over Hethersett from his residence in Great



Melton for the last 20 years. No doubt the absence of a live-in rector had led to some neglect. Morrant set out to make things a little more pleasant for himself, and borrowed some money to add to his own savings in order to fix the place up.

All up he put £150 into repairs, most of which was borrowed, but he expected to make the same again from Hethersett alone within a year.

In today's money, this was about £17,400, and was equivalent to about four and half years wages (with no weekends or days off) for a skilled tradesman of the time.

You can see a picture of Morrant's Rectory above It's the smaller building to the left of the much larger residence that Morrant's successor John Berney built. Both buildings were demolished in the 1970's.

This great expenditure was a leap of Faith, and an investment in his advancement. He would marry Elizabeth Amyas, the daughter of the

Hethersett Rectory

previous Rector, the following year, and he may have already set his sights on her.

Within a month, his Faith proved unwarranted.

I leave it to John Morrant to describe what happened next:

"I never did & never shall recover that horrid Shock I received Feb 10 day 1724 when St Clements Living was taken from me & given to the greatest Atheist in the world Jonathan Thornton"

Next month: The Greatest Atheist in the world, and the Troubled Tithes of Hethersett.

Lewis Buckingham writes every month on aspects of Hethersett History.

Herald Health with Rowan House, Hethersett



By Brett Rennolds

Brett wrote this piece during the Tokyo Olympics, hence the fact that he was still musing on some of the results not known at the time of writing.

Have you been able to enjoy the Olympics? Well if not let me share the fact that Team GB has secured 48 medals (as of August 4th). We have the potential for a new most decorated Olympian in Jason Kenny (currently he has eight equalling Sir Bradley Wiggins with two chances to add to that total to come) and our youngest ever medal winner in Sky Brown (just 13 years old). I'm loving it!

What has also been in the headlines is the subject of mental health, as so publicly experienced by Simone Biles (USA gymnast), her legitimate struggles with the 'twistees' and the impact this has had on her own mental health.

In the US, Mental Health America said Biles putting her emotional health first "is just one more thing that makes her the #GOAT". Incidentally that stands for The Greatest of All Time.

The charity added: "On the world stage, she's bravely showing us all that maintaining one's mental health is as important as physical health. Full stop. We wish her the best."

MIND wrote on Twitter: "Working in elite sports like gymnastics comes with unimaginably high levels of pressure, perfectionism, scrutiny, and comparison. Simone Biles is incredibly brave for speaking out and highlighting the importance of looking after your mental health."

Herald Health with Rowan House, Hethersett

The quest for perfectionism, the scrutiny and comparison all combine to mount the pressure on 'ones mental health' whether you are an Olympian or a 'regular joe' who provides for their family, puts others first and works hard to overcome those obstacles life puts in our path.

So as much as Olympians across all disciplines can be viewed in awe, that the Olympics provides multiple moments to rejoice in their accomplishments and be proud that GB sits fourth on the medal table, we can also apply some of the self-compassion as so inspirationally demonstrated by the likes of Simone Biles who is quoted as saying 'We're not just athletes. We're people at the end of the day and sometimes you just have to step back.'

I was especially interested by the insight afforded by Alannah Yip, Olympic Climber, who shared her approach to managing anxiety. I really encourage you to view this really informative and relatable video which is available at: https://fivethirtyeight.com/videos/how-an-olympic-climber-manages-her-anxiety-to-get-in-the-zone/

The example shared of 'colour breathing' is a real-world example of how grounding can help all to reduce anxiety, regain focus and commit to action.

There is so much we can all take away from the Olympic Spirit embodied by our Olympic heroes, indeed it was the founder of the modern day Olympics, Baron Pierre de Coubertin, who said 'the most important thing in the Olympic Games is not the winning, but the taking part'. I choose to take great solace in this quote as it epitomises the only measure that really counts, our own.

It's how you measure your contribution, how you 'take part' in the day-to-day that I encourage you to notice, savour and value. It is not always easy as often we can feel legitimate anger, fear or sadness. It's ok to feel these emotions, it's not ok for those emotions to define our behaviours.

Sometimes we all need to be as kind to ourselves as we are so often to others. By 'taking a step back', re-evaluating, reflecting on our actions we have the potential to make a proper assessment, identify the right solution and implement the necessary small steps towards a better outcome for ourselves and the people we care about.

Anger or Anxiety is a product of becoming overwhelmed as we are all 'hardwired' to 'Fight or Flight', hit it or run away from it. It is not that any one person is intrinsically angry or anxious rather it's that these emotions are the prominent survival protocols that we are chemically compelled to deploy at those times when we are overwhelmed and or stressed.

The key is to not obsess over the cause of the anger or anxiety, simply fixating on the problem will not provide the solution you seek. For when we obsess, we

Herald Health with Rowan House, Hethersett

become target focused on the stressor, we fuel our emotional mind with more stress chemicals, the more stress chemical produced by the hypothalamus the more compelled you are to deploy 'hard wired' behaviours in response to the feelings of anger or anxiety, left unchecked we enter a cycle of negative behaviour.

To break this cycle of behaviour, know first that our mind's 'pattern match' making split second decisions to intervene to ensure our survival. Your mind is doing what it is supposed to do at times of perceived threat.

By being kinder to yourself, stepping back and employing grounding techniques you can begin to foster alternative behavioural responses to the negative emotions you are experiencing.

By practicing these new positive behavioural responses and crucially noticing, savouring and valuing that it is you who is implementing these changes, you are training your mind to learn how to make new, more positive pattern matches and break the cycle of negative behaviours that are so detrimental to your well-being.

In time, these new behaviours will overwrite some of those primitive and inappropriate negative behavioural response and sustainably transform your behaviours, positively moving forward.

It is my wish that these monthly blogs provide a legitimate moment in time where the reader can reflect on the content and decide whether to apply some, or all of, the tools discussed however, for those who identify with the need for some additional help I encourage you to get in touch with Rowan House.

As a member of the Rowan House team, I am but one member of a wellbeing community who are resolutely committed to helping you be that best version of yourself. Whether it is a talking therapy, physical therapy, or time with friends at the Kin Café you will be taking a small step to be that bit kinder to yourself.

This focus on self, is not a selfish act, it accepts that at this moment in time you need to do something differently. It was Simone's courage to do something differently that enabled her to return to compete in the beam, securing a gutsy bronze for her efforts. What will you do differently this month for you?

You can read more from Rowan House by visiting the following website:

https://www.rowanhousecentre.co.uk

News From The Garden with Roger Morgan

HE weather throughout August has been disappointing, with many cloudy and somewhat cool days. September is here, and there's plenty to be done while you're outside hopefully enjoying the last of the year's warmth. Harvesting crops will keep you busy this month and there's plenty of work to do tidying and maintaining plants and equipment. At this time of year there is always so much to do. Here we make



some more suggestions for jobs which we can be getting on with during September. Here are four important things to be doing:

- Divide your herbaceous perennials. This will keep your plants healthy and vigorous year after year and multiply your stock.
- Net ponds now before autumn leaf fall gets underway to reduce the amount of debris entering the water.
- Clean out cold frames and greenhouses ahead of autumn sowing and growing.
- Plant spring-flowering bulbs now, such as daffodils, crocus and hyacinths, for glorious colour next year.

In the Flower Garden

- Continue to feed and deadhead hanging-basket and container annuals 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. Plant 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.
- Pinch out the tips of outdoor cordon tomato plants to concentrate the plant's energy into ripening fruits, and not producing further growth.
- 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!
- Help pumpkins ripen in time for Halloween by removing any leaves shading the fruits.
- 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 keep them producing. 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, as this 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. Check the leaves for caterpillars and eggs regularly and remove if seen.

Other jobs

- Improve clay soil before it becomes too wet or frozen by incorporating organic matter and/or horticultural grit.
- Create compost bins in preparation for all the fallen leaves and dead
 plant material which you'll be collecting over the coming months. Autumn
 leaves make a great addition to compost bins and are ideal for making
 leaf mould

- Burn diseased plant material or dispose of it in your household or green waste. Don't compost it as the spores may remain in the compost and reinfect your plants.
- Clear pond weeds and net your pond in anticipation of autumn leaf fall.
- Blitz perennial weeds they are more vulnerable to weed killers in the autumn. Use a selective glyphosate free formula to kill both the leaves and the roots.
- Install water butts to collect rain this autumn and winter. Rain water is great for watering ericaceous plants such as blueberries, rhododendrons and camellias.
- Give hedges a final trim before they stop growing.
- Use water butts as much as possible and water your containers and baskets well.
- Cut back the fruited canes of your summer raspberries, leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing.
- Harvest your <u>fruit</u> trees cherries, plums, peaches, nectarines, and apricots should all be ripe now! Early varieties of apple trees will be ready towards the end of the month.
- Plant out any rooted runners of strawberries for a good crop next year.

 Use boiling water as a weed killer on your paved areas. Weeds wilt and die within a few days.

Keep bird baths topped up in hot weather.



News from the Allotment

The relatively poor weather in August has not stopped the Runner

and French Beans producing a bumper crop. Picking and freezing has been a daily event for some time now. The last of the potatoes are ready to be lifted and stored and the beetroots and courgettes are still producing. Some of the cabbages have been attacked by slugs and

caterpillars unfortunately, but the edamame beans and chickpeas look promising. More leaks have been planted out where the potatoes have been harvested but regular weeding is still necessary.

Take care and enjoy your gardening.



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 six years, on the website www.hethersettherald.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.

Hethersett Matters



COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

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).

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 in the Back Room 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.hethersettherald.weebly.co



Groups and Societies

Many local groups are preparing to re-start after the enforced shut down caused by the pandemic.

Over the coming months we will be featuring news and features on a variety of village groups in both our report and coming events section.

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.

Where Are The Best Deals?

ONCE again this month we looked at petrol prices with our survey taken towards the end

Herald Petrol Watch

of August. Our aim is to compare garages within easy driving distances of Hethersett to let you know where the best value is.

Prices have continued to rise although slightly less alarmingly than last month. Our survey shows, however, that over the past year prices have leapt up by over 20p a litre. In most cases that is an increase of more than 16% - well above the rate of inflation.

It's annoying as always to have to report that the two garages at Wymondham (Waitrose and Abbeygate) and Thickthorn Services continue to be considerably more expensive than some of the other garages.

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.

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

	Unleaded	Change	Diesel	Change
Asda Hall Road, Norwich	131.7	nc	133.7	+1p
Tesco Express, Earlham Road, Norwich	133.9	+1p	135.9	+2p
Sainsbury's Queen's Road Norwich	131.9	nc	132.9	nc
Tesco Harford Bridges, Norwich	133.9	+2p	134.9	+2p
Sainsbury's Longwater, Norwich	131.9	nc	132.9	nc
Abbeygate Wymondham	140.9	+2p	141.9	+2p
Waitrose Wymondham	139.9	+1p	141.9	+2p
Thickthorn Services, Hethersett	141.9	nc	143.9	nc

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. Janey's is open from 9 am Wednesdays to Sundays inclusive.

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.

Café Kin is part of the Rowan House Health and Well Being complex on Queen's Road. Food and coffee served during certain days. From July 26th opening hours will be Wednesday to Friday 8 am to 2 pm, Saturday 9 am to 1.30 pm. The café will be closed Sunday, Monday and Tuesday. It will also be closed between August 30th and September 4th for staff holidays.

Hethersett King's Head

Norwich Road. The venue has re-opened with food served every day including Sunday lunch.

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 form the village centre. Outlets include Burger King, Subway and McDonalds and there is also a petrol station and Travelodge.

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. Clubs that we know have re-started have their details printed in red.

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.

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.

Hethersett Memorial Playing Field Bowls Club meets on Wednesdays and Saturdays from 2 pm.

ST Remigius Church has changed the time of its morning Sunday service. From the beginning of September services will start at 11 am rather than the previous time of 10.30 am.

Hethersett Parish Council's Environmental Action Team

LITTER PICK



Early September— Date to Follow

Meet at the Village Hall, equipment provided. Please wear sensible footwear. All welcome! (under 18's must be accompanied by an adult)

FRIENDS OF HETHERSETT V.C PRIMARY SCHOOL SUPER SUMMER RAFFLE

- 2 x £25 Cash prizes
- 12 large bags of Kettle Crisps
- £20 Notcutts voucher
- · £10 Myhill's voucher
- . £150 Quasar party voucher
- · Little priory cupcakes
- Free hair cut at Shed7
- · Feed the giraffes experience for four people at Banham Zoo

- · Afternoon tea at Janey's Cafe
- £20 Hodge Podge voucher
- £10 Farmer Barns butchers voucher 2 x Memories to treasure Portrait vouchers
 - £15 of Avon products from Avon with Terri
 - · £10 Hidden Beauty voucher
 - · 4 x Bottle's of wine
 - £10 The Hethersett Butchers voucher
 - . A voucher for a family of 4 to walk an alpaca With Wymondham Alpacas
 - £10 Wymondham garden centre voucher

RAFFLE TO BE DRAWN ON SATURDAY 18TH SEPTEMBER



TICKETS AVAILABLE TO PURCHASE AT: VCPRIMARYSCHOOLSUPERSUMMERRAFFLE

GOOD LUCK!

Hethersett Social Club Opening Hours

THE latest list of opening hours for Hethersett Social Club are as follows:

Monday—Closed

Tuesday, Wednesday and Thursday—7-11 pm

Friday-5-11.30 pm

Saturday—3 pm until midnight

Sunday midday to 6 pm.

The venue has returned to bar service and the wearing of face masks is optional



Summer holiday opening hours from 26th July

Wednesday to Friday 8am - 2pm Saturday 9am - 1:30pm

Sunday, Monday, Tuesday CLOSED

Kin Cafe will be CLOSED between the 30th of August and the 4th of September due to staff holidays

IF you have any stories, information or photographs you would like to see appearing in Hethersett Herald please send them to the editor Peter Steward at petersteward@lineone.net.

We are happy to publish articles about the village and also articles of a more general nature written by Hethersett residents.

Hethersett Herald

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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. Views expressed in Hethersett Herald are those of individual authors and not necessarily the views of the volunteers or the editor.

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.

Herald Team

Editor - Peter Steward—petersteward@lineone.net

Associate Editors - Roger Morgan and Hannah Baldry.

Regular Columnists - Sarah Lawrence and John Head.

Proof Editor - Gary Wyatt.

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.