



WYMONDHAM

magazine

ISSUE 12 | APRIL 2018

The monthly digital
magazine for Norfolk's
finest market town

FEATURES



Click on the page number to take you directly to the page!

Cover image - the Cemetery Chapel

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EDITOR'S NOTE

April's issue marks a full year of Wymondham Magazines, which has gone unbelievably quickly! Thank you to everyone who has contributed and supported the magazine in its first year. Looking ahead, it's exciting to report that we're going to trial a printed edition of next month's issue (alongside the digital version) with help from Keith Whitmore of the website Wymondham Stuff – so keep your eyes peeled for copies around the town and do pass them on to anyone you think may be interested. Please note that we have two new email addresses – news@wymondham-mag.co.uk for any editorial and adverts@wymondham-mag.co.uk for anyone wishing to advertise (though you can still reach us on the old address too). And Happy Easter!

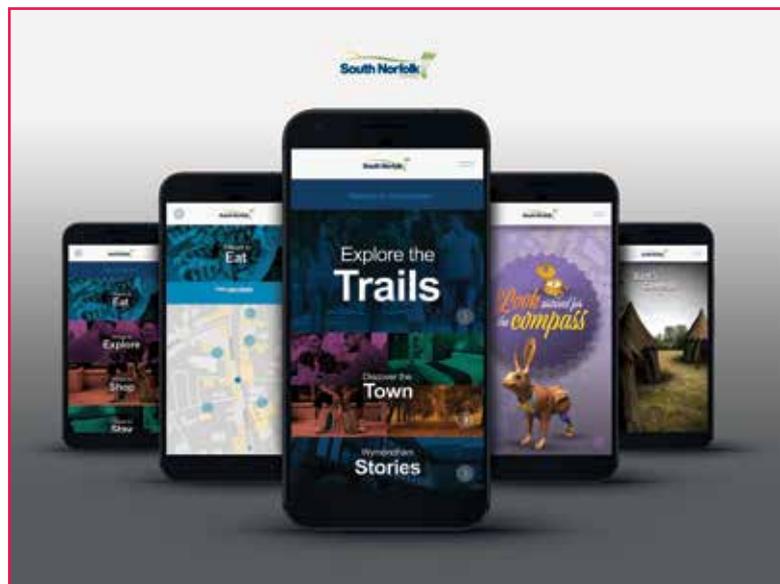
Kate, Editor

HERITAGE TRAIL AND A GOGOHARE COME TO WYMONDHAM

South Norfolk Council will bring Wymondham's history to life this summer through a state-of-the-art heritage trail. A new, completely unique trail app is being launched on 24th June, so visitors to our historic market town can literally 'walk through time'.

The totally free app has two pre-set walking tours of the town, and allows users to interact with events from the past, through virtual reality and augmented reality experiences. You are guided by the geo-mapping function of the app, and by merging real and virtual worlds and landscapes, visitors will be able to see Wymondham as it was at different points in history.

Immersive yourself in the past and watch the Abbey ruins construct and deconstruct, the bustling medieval market place and original market cross, watch Wymondham on fire, Kett's Rebellion and the



horrors of the local Stanfield Hall murders. In addition, two virtual reality headsets in the Heritage Museum will transport you back to 1549 to experience key events in the Kett Rebellion as the story unfolds to its dramatic conclusion.

There is also a trail for younger children that starts at our very own GoGoHare sculpture! You will find him in near the market cross, wearing his long coat, sitting on his plinth and gazing at the sky. >



PANTONE 5115 U
C:70 M:100 Y:70 K:15
RGB: 92, 41, 70

PANTONE 389 U
C:20 M:10 Y:82 K:0
RGB: 215, 224, 77

C:7 M:9 Y:24 K:0
RGB: 230, 224, 196



JUSTIN'S DRY JANUARY BOOSTS MUSEUM FUND

We all know we shouldn't swear in public. But if you did slip up when you were having a drink in the Green Dragon over the past few weeks and had to put money in the pub's swear box, you'll be pleased to know it was for a good cause.

During 'Dry January' the pub's landlord, Justin Harvey, placed a couple of collecting boxes on the bar to raise money for Wymondham Heritage Museum.

"Our customers are quite generous," said Justin. "We added money from the weekly quiz and from the swear box. There was also a donation of £200 from two American friends of mine, Anna and Moira, who visited the museum when they were over here. And a cheque for £100 from the Rotary Club."

Justin presented a total of £641 to Mike Foyle, chairman of the museum's volunteer management team.

"We are so grateful," said Mike. "I'm overwhelmed. The money will go to our redevelopment fund."

In supporting the museum, Justin explained: "It's an important local charity – and it keeps it in Wymondham."

As a token of the museum's gratitude, Mr Foyle presented Justin Harvey with a framed copy of a parish map of Wymondham which Justin plans to hang in the pub. It shows the old parish boundaries and some of the town's historical buildings including The Green Dragon and The Bridewell, home of the museum.

Photo left to right: Monica Foyle, Mike Foyle, museum chairman, Mark Ahier, project secretary Wymondham Heritage Society, Justin Harvey, landlord Green Dragon, Christine Watts, Museum Stewards and Trevor Woods, museum IT manager.



> When a smart device is pointed at him, he comes to life as an animated character who runs off down the street, dropping items from his satchel. He will then lead children on a virtual treasure hunt around the town to collect the items in their virtual baskets. This trail and the heritage stories trail both run in parallel and can be used separately or together.

The hare, whose name is Henry, is part of a County Hares Trail that Break Charity are introducing for the first time this year to coincide with their 50th anniversary. The hares in the county trail are different to the city hares as they are 'moongazers'.

The app also has a 'Discover the Town' section that will show visitors all the businesses under category headings such as Places To Eat, Where to Shop, Things to Explore, Places to Stay and What's Nearby. This is free service to businesses and they can also promote any special offers they may have to entice customers to pay them a visit. Mapping will also show where the car parks and toilets are.

The trail is being funded by a £116,000 grant from the European Agricultural Fund for Rural Development. Download the free app from any app stores on or after 24th June where you have good access to WiFi.

GoGoHares 2018 is presented by Norfolk children's charity Break in partnership with Wild in Art.

On Saturday 14th July the Town Team will be hosting a community event to welcome Henry Hare and the new App.

SOUTH NORFOLK COUNCIL AWARDED FUNDING FOR KETT'S PARK

South Norfolk Council has been awarded a grant of £394,292 from the Premier League and The FA Facilities Fund towards a £1.2 million improvement project for Kett's Park. The project includes the installation of a full size 3G floodlit pitch.

The grant will enable local football clubs, organisations and community groups from the town and the surrounding area to enjoy all year round, state of the art facilities at a fully accessible venue in the heart of Wymondham. The new facility will comprise a full size, floodlit, fenced all weather 3G facility with spectator viewing attached to an existing sports community pavilion and changing rooms.

South Norfolk Council Cabinet member, Yvonne Bendle said: "This is really exciting news for the residents of Wymondham and surrounding villages. The Council is working with Wymondham Town Council and the Premier League and The FA Facilities Fund to improve the local sports facilities and support grassroots sport in the area."

The grant will also be used to improve Kett's Park grass pitch complex that along with other grass pitches in the town and surrounding area are prone to waterlogging resulting in lost games and frustrated footballers. By providing high-quality facilities, coupled with coaching at the appropriate age group, the Premier League and The FA Facilities Fund aims to improve the experience for regular players as well as attracting new players to the game. The new facility will serve to strengthen the connection between professional football clubs and their local communities, particularly in the most deprived areas of the country, through the professional clubs' community trusts' outreach work.

The Premier League and The FA Facilities Fund is funded by the Premier League, The FA, and the Government, via Sport England. It is delivered by the Football Foundation, the country's largest sports

charity. Since it was launched in 2000, the Foundation has awarded over 17,000 grants worth more than £615 million towards improving grassroots sport, which it has used to attract additional partnership funding of £817 million – over £1.4 billion of investment into the grassroots game.

Paul Thorogood, Chief Executive of the Football Foundation, said: "It is fantastic news. This project, in Wymondham will have a great impact on the local community by opening up access to our national game and improving the quality of sporting experience they enjoy at the enhanced facilities. It has been made possible by investment from the Premier League, The FA and Government, via Sport England."

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THE BIG WYMONDHAM LITTER PICK

Would you like to save over 70,000 animals from being killed or injured per year? How about adding between 3% to 12% to the value of your home? Employ 33,200 extra nurses?

Well that's the cost of litter on our streets per year in the UK, £1 billion spent by local authorities - and we now have the dubious title of being one of the dirtiest countries in the developed world.

Greening Wymondham is encouraging residents to do their bit to make our town an even better place to live. Educating our children, challenging attitudes, reporting, it is against the law after all, and picking. How about organising your own picks, it is a year-round problem!

Just picking up a few bits of litter on a regular basis will make a difference - so what are you doing on the morning of **Saturday 21st April**? How about giving up only a couple of hours of your time and joining Greening Wymondham on an organised pick, part of the South Norfolk Big Litter Pick.

So here it is for your diaries - The Big Wymondham Litter Pick 2018, all are welcome, on Saturday 21st April between 10am to 1pm starting at Wymondham Football Club, Kings Head Meadow.

For further information contact Peter Knights (Greening Wymondham) at starrystarryknights@hotmail.com



FLYING THE FLAG FOR WYMONDHAM FLEXIBUS

The town centre Co-op is supporting an initiative to raise public awareness of the Wymondham Flexibus, which reaches almost 30 village communities, as well as the outskirts of the town, with its Monday to Friday, pre-bookable, door-to-door and accessible community transport service. The Chairman of U3A Wymondham John Hooper and Parish Councillor Bob McClenning, both residents

of Tacolneston, joined the regular passengers on the Flexibus, for a trip from the village into Wymondham town centre, where they attended a Fairtrade coffee morning in the library.



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INK ON THE ROAD VISITS WYMONDHAM

For the first time, INK Festival, which features new short plays for stage and radio, is on tour visiting nine locations across East Anglia, including Wymondham's Central Hall on **Saturday 14th April** at 7.30pm.

The 2018 tour line-up includes the world premiere of *The Famous 5*, a unique collaboration by a stellar cast of East Anglia's most prolific writers, Richard Curtis, Esther Freud, Blake Morrison, Libby Purves and Steve Waters. These celebrity fans and friends of INK weave five magical tales from the same mysterious suitcase. This unusual piece is directed by a young East Anglian director Huw Brentnall, who makes his INK directorial debut under the watchful eye of INK's artistic director, Julia Sowerbutts (pictured).

Three other pieces of theatre, chosen for their originality and brio, will complete this entertaining showcase of talent from the East of England. *The Kiss*, by Millie Martin, reveals a brief encounter between an MP and a model in a 1960's hotel room which turns decidedly surreal when his wife makes an unexpected appearance.

White Girls, by Madeleine Accalia is breath-taking stomp through the refugee crisis in Calais as witnessed by two brassy young girls, fresh out of university and brimful of middle-class cheek.

Cold Call, by Ross Dunsmore, sees a call-centre romance turns unexpectedly sour as Rob can't explain to his irritated colleague-cum-partner exactly where he was last night.

INK Festival showcases the best new, short scripts by East Anglia's brightest talent from established writers to brand new voices. With performances of 27 short plays, for stage and radio, a musical, film screenings, performance poetry, workshops, talks, as well as a Saturday children's programme - it's an immersive way to see and take part in new, innovative work. The full INK Festival 2018 is on 7th and 8th April, Cut Arts Centre, Halesworth www.inkfestival.org



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NEWCOMERS TO GET A TASTE OF WYMONDHAM'S HISTORY

Newcomers to Wymondham are being offered an opportunity to sample some of the history and heritage of the town, at a special Newcomers event on **Saturday 21st April**.

There will be a short presentation by local history and heritage enthusiast, Georgette Vale, as an introduction to a series of monthly Walks and Talks she will be leading in the town during the spring and summer. The event will take place in The White Hart, Market Street at 3pm.

Mrs Vale says: "We hope that it will be an icebreaker for those who want to find out more about our historic market town and that it will encourage local residents to explore



Wymondham's iconic visitor attractions."

Admission is free and whilst booking is not essential, confirmation that you propose to attend would be appreciated, via emailing Georgette@ValeMail.eu or calling 07867 681839 or 01953 605434.

For more information about Wymondham Walks and Talks see www.wymondhamwalksandtalks.co.uk

COMMUNITY FUNDING OPPORTUNITY

Local charities and community groups have until **Sunday 8th April** to apply to be a potential beneficiary of the next round of the Co-op Local Community Support Fund.

The Fund accumulates by adding 1% of the sales of Co-op branded goods from the town centre

store, to revenue raised from the sale of re-useable carrier bags and Co-op funeral services. The current beneficiaries are Wymondham Dementia Support Group, Wymondham Youth Bus and All Aboard, a new project being launched at The Hub (Hope Church) to support older people.

To register your interest in the Community Support Fund use this website link - www.coop.co.uk/membership/lcf-who-can-apply



EASTER FUN AT THE MUSEUM

I'm bored! What can I do? Yes it's the school holidays and children will be under your feet looking for things to do. Take them to Wymondham Heritage Museum, there's loads to keep youngsters entertained – and parents too.

The fun kicks off with the Easter Egg Hunt. Pop in anytime over Easter, **Thursday 29th March to Monday 2nd April**, 10am to 4pm, Easter Sunday 1pm to 4pm. Search for clues around the museum to win a prize. Children free, if accompanied by an adult.

And there's lots more to see and do. High School pupils Tom and Emily take us on a tour...

Then, Tom went off to one of the interactive computers to find out about the history of the town. The other computer reveals the history of The Bridewell and tells what life was like for a policeman when it was the town's police station. Emily "clocked" in to the brush room while Tom took on the role of foreman.



First they check out the switchboard that once stood in the town's Abbey Hotel. Emily shows Tom how a telephone operator put calls through to the hotel's guests.



Then they made their way down the stone steps to the dungeon to see what it was like for children in prison. They don't seem worried by that rat!

Finally it was time to visit the well to make a wish. What could they possibly have wished for? Longer school holidays perhaps!



PICTURES FROM CHOCOLATE FEST

Photos by Heather Lindsay



LOCAL CHEF TO DEMO AT REGIONAL FAIR

Mark Elvin, Head Chef at The Boars in Spooner Row, is one of just 10 chefs in the Eastern region to have been asked to do a Cooking Demo at this month's East Anglian Game & Country Fair on Saturday 29th April.



Norfolk born and bred, Mark studied at Norwich City College for three years in catering and hospitality. He now lives in Wymondham with wife Rouve and daughter Isla, and he also has an older son Kai who lives away, but is a great help when he visits.

Mark decided to return to his Norfolk roots after spending much of his culinary career across the UK, working in award-winning hotels and restaurants. Mark is now leading his team of six at The Boars, but was previously Head Chef at The Wildebeest, where his wife is still General Manager.

He has plenty of experience in creating menus based on Norfolk's rich bounty, with asparagus, game, and fresh fish from the North Norfolk coastline being his favourite ingredients.

This will be Mark's first cooking demo on a big stage. He says: "Being asked to do this is a massive honour and I'm so proud. Hard work does certainly pay off."

You can watch Mark's Cooking Demo at 3.30pm in the Cookery Theatre, Euston Estate, near Thetford.

THE BEAUTIFUL GALATEA COMES TO WYMONDHAM

Imperial Vienna Orchestra
Dario Salvi, conductor
Eleanor Parsons, director
Comic Opera in 1 Act
THE BEAUTIFUL GALATEA
Music by Franz von Suppé
WYMONDHAM CENTRAL HALL
SAT 21 APRIL - 7.30pm
SUN 22 APRIL - 2.30pm
Tickets on sale from
George R. Reeve, 2 Market Street, Wymondham
£15 (£13 concessions)
More info: 01953 600563
Helicopter Group
East Anglian

April will see the Wymondham Helicopter Group putting on a performance of 'The Beautiful Galatea' together with Dario Salvi and The Imperial Vienna Orchestra.

This is the plot of one of the most famous Viennese Operettas of all times. With music composed by Franz von Suppé, the father of this genre, this comic opera is presented for the first time in the UK in its original English translation. The Imperial Vienna Orchestra, lead by maestro Dario Salvi, is a semi-professional orchestra based in East Anglia and the only orchestra in the UK specialised in Viennese music.

The two performances in Wymondham will be fully staged and in costume and dialogue and lyrics will be in English. This is a very rare opportunity for all to witness one of the greatest masterpieces of Operetta in the UK.

The cast includes: Sarah Rebecca Gallop as Galatea, Ziazan Horrocks-Hopayan as Ganymede, James Bowers as Pygmalion and David Phillips as Mydas. Mellissa Sampson, Emma Nuule and Wymondham own's Lily Whear will be the chorus. Directed by Eleanor Parsons and conducted by Dario Salvi.

The performances will be held at Central Hall on **Saturday 21st April** (7:30pm start) and **Sunday 22nd April** (2.30pm start). Tickets will be for sale on the door and from George R. Reeve. You can also buy tickets online at www.ticketsource.co.uk/imperial-vienna-orchestra. For more details contact 01953 600563 or imperialviennaorchestra@gmx.co.uk

CAN YOU HELP THE ACCESS GROUP?

The AGM of Wymondham Access Group will take place on **Thursday 20th April** at Wymondham Baptist Church with refreshments courtesy of Roots Community Cafe. Pursuant to their constitution, the current committee will all be resigning and new officers will be appointed for the year ahead - Chair, Vice-Chair, Treasurer and Secretary.

The group is also looking for additional officers who can help with various projects, including social media and blogging. If you are interested in one of the four officer posts or the additional roles email contact@accesswymondham.org no later than **Wednesday 12th April** with the role you are interested in and what you feel you can bring.

RAISING THE ROOF AT NORTH WYMONDHAM COMMUNITY CENTRE

There were 'beaming' smiles from the small group of dedicated trustees and supporting volunteers of North Wymondham Community Centre when the news came in that team member, Peter Davis, had secured a £10,000 National Lottery grant towards the cost of essential roof repairs.

The charity-owned and maintained building in Lime Tree Avenue has annual running costs of £6,000 and the volunteer management team was rocked to discover that roof repairs totalling up to £20,000 were required.

A combination of themed Lemon and Chocolate fundraising events, a quiz and individual donations from local residents and a business, has brought the target within reach now that the substantial Lottery grant has been confirmed. It is hoped that the shortfall can be made up with further grant funding and from other sources, in time for the repairs to be completed over the summer period.

A spokesperson for the Community Centre said: "We were absolutely delighted to get the news of the National Lottery grant, which gave our fundraising efforts a major boost and we hope the local community will help us to secure the remaining funds."

If you would like to offer any assistance, contact the NWCC Chairman Andy Beer on 01953 606709 or visit the North Wymondham Community Association Facebook page.



TALKING NEWSPAPER MARKS 20TH ANNIVERSARY

Wymondham and Attleborough Talking Newspaper (W A T N) is marking its 20th anniversary with a reunion of past volunteers.

It was on Good Friday, 10th April 1998, that the first edition of the weekly audio news and information service for visually impaired people was recorded at the Abbey School Room in Wymondham. A monthly audio magazine was subsequently added to the output. Initially recordings were copied onto cassette tapes and distributed by post, by means of the Royal Mail 'Articles for the Blind' freepost concession. Now a USB stick is used and listeners to the free service are supplied with a machine on which to play them. The 1000th edition was recorded on 3rd November 2017.



To mark this important milestone in W A T N's history, previous Talking Newspaper volunteers are being invited to a reunion at the Group's annual general meeting in Fairland Hall, Wymondham, on Monday 14th May 2018 (7pm for 7.30pm). For more information about the service, visit the website www.watn.org.uk. W A T N is particularly keen to recruit more news compilers and sound technicians.

YOUNG AND OLDER COLLABORATE ON EASTER PROJECT

A plan to decorate Wymondham town centre Co-op with Easter bunting has resulted in a unique collaboration that has spanned both ends of the age spectrum. The store invited Browick Road Primary and Nursery School to provide some original artwork for a window display over the Easter period and their Drawing Club duly obliged. The store then recruited adult colourers to complete the Easter-themed creations.



The Open Door group at Wymondham Methodist Church has adult colouring on their activity list and the senior members completed the task, along with adult colourers using Wymondham library. The result of their joint efforts can be seen in the window of the store.

The children's visit to the store coincided with a street collection by Marie Curie. A spokesperson for Browick Road Primary and Nursery School said: "We enjoyed the opportunity to be involved in a project developing links with our local community. We particularly liked the inter-generational nature of the project."

PEOPLE PROFILE

I'm Paul Andrew Goldsmith, a professional performer based in Wymondham. I've been performing for over 10 years, and in that time I've toured nationally in theatre work, had various film, tv and commercial work and worked extensively in children's and sensory theatre.



As a parent and performer I've become increasingly frustrated with technology and how it can overtake a child's natural ability to imagine and play. I have a great passion for the art of mime and physical theatre and the benefits it can have on people, allowing them to truly express themselves and feel free. This has led me to develop a Pyjama Drama group in Wymondham, aimed at children from six months to seven years.

The sessions follow a set structure but with different content each week, and are run on a six-week term system, or ad-hoc in schools and nurseries. Numbers are limited to ensure we maximise the child's potential. In the sessions we play musical instruments, sing, dance, perform, imagine, tell stories and let our imaginations take us to new places.

Alongside regular sessions, we also run hour-long Interactive Performances, where the session leader takes an audience of up to 30 children, aged between three to seven, on a magical journey creating new worlds, characters and stories, all without props and costumes. On the 31st March, my official launch party, there is a free Interactive show, with two pay-for performances in the Easter holidays on the 5th and 12th April, followed by regular weekly classes for the three groups starting on 19th April. All sessions and performances are currently at Fairland Hall, and, other than the 31st, each one, including the regular sessions, is on a Thursday. For more information, visit <https://www.pyjamadrama.com/uk/43-687-1519312880>

Paul is also awaiting the world premiere of 'Just One Blood', a Nollywood movie in which he plays the lead antagonist. The film was shot partly in Norfolk and Suffolk, the first time a Nollywood production has been shot outside of London or Nigeria.

HOLIDAY AT HOME WITH THE HUB

There has been much media coverage recently about the impact of loneliness in our communities.

Hub Community Project, a Wymondham-based charity, is launching a new project for those who feel lonely or isolated to meet up with others for companionship, food and fun. This will be in the format of a 'holiday at home', with three days of themed activities

and entertainment including a coach outing. Refreshments and lunch will be provided. The project is supported by two local retailers, One Stop and the Co-op, each by making a grant towards the costs from their 5p charge for carrier bags. The Manager of Wymondham Co-op (Wymondham Market Place), Alan Tilley, said: "I am really proud that we can support such a worthwhile cause in our community."

Loneliness can affect people of all ages but for the elderly it can be an issue which leads to emotional and mental health problems. Many older people live alone and are not often visited by their children or other relatives. They can also often lose touch with their other contacts, as they or their friends become increasingly ill and less able to leave their homes, or they suffer bereavements which leave them feeling less able to make connections with new people. This

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

The new project, called All Aboard, will take place **Tuesday 10th April to Thursday 12th April** at the Hub, Ayton Road. The project aims to gather older people and connect them with those with similar interests so that lasting friendships can be formed. At the close of the project people will be signposted to local activities; with a companion it is hoped that they will be able to play a fuller part in the community.

The project costs £30 per person inclusive of refreshments, lunch, coach and entry fees. Booking is essential - for a booking form call 01953 798505 or for more information contact Linda, email linda.bradbeer@lineone.net or call 01603 812619

Hub Community Project runs a number of support activities for families in the community, see www.hubproject.org.uk for full details.



CAN YOU HELP CONTACT THE ELDERLY?

Contact the Elderly - recently featured in the the first episode of 'Do the Right Thing' with Eamonn Holmes and Ruth Langford - provides afternoon tea once a month for elderly people who live alone to enable them to socialise and get out of the house. A Wymondham branch of the charity is in development but needs to attract more volunteers so that it can get going as soon as possible. The roles needed are: 1. Volunteer drivers (one Sunday afternoon a month) and 2. Tea party hosts (once or possibly twice a year - with certain requirements e.g. easy flat access to your home, a downstairs toilet, parking). For more information, see www.contact-the-elderly.org.uk or contact Jonny Wood, Development Officer- East of England, at 01263 805013 or email jonny.wood@contact-the-elderly.org.uk

IN BRIEF...

WYMONDHAM MAKES SUNDAY TIMES LIST

Wymondham has been included on the Sunday Times 'Best Places to Live' list for 2018, one of only two locations in Norfolk to make the list (Norwich being the other) and only 12 locations in the East of England.

COMMEMORATING 100 YEARS OF THE R.A.F. AT THE REGAL

The next film at the Regal Cinema will be shown on **Sunday 8th April** at 2.30pm. 633 Squadron (1964) starring Cliff Robertson, George Chakiris and Harry Andrews, will be supported by an R.A.F recruitment film and a fascinating display of memorabilia relating to movies featuring the R.A.F. The show is to commemorate 100 years of the Royal Air Force and is in aid of the R.A.F. Wings Appeal.

HOMEMADE CAKES AT THE MUSEUM TEAROOM



Wymondham Heritage Museum has only been open for a few weeks but already the delicious homemade cakes and scones have got mouths watering and tongues wagging. Entrance to the tearoom is free - so if you're just out for a walk or doing a bit of shopping you can pop in and enjoy a tea, coffee and a snack. It is open from 10.30am to 3.30pm, Monday to Friday.

NEW DATE FOR LIONS QUIZ'N'CHILLI

Unfortunately, the Wymondham Lions Quiz'n'Chilli night had to be postponed because of 'The Beast From The East'. The new date will be **Friday 26th October** at Central Hall, 7pm for 7.30pm start. Tickets will be £8, with teams of up to six. Vegetarian, gluten free and non chilli options available.

VIVAVOICES CHARITY CONCERT

Also re-arranged due to snow, the VivaVoices Charity Concert will now be held at 8pm on **Wednesday 4th April** at the Fairland United Reformed Church. Join them for a great selection of pop, easy listening and showtunes, followed by refreshments. Free admission with retiring collection for West Suffolk Hospital.

WYMONDHAM'S WHALES RELEASES NEW EP

A ska/funk originals band from Norfolk is releasing its second EP this month, including the single 'When I'm Dead', which was released on 5th March and was instantly picked up by BBC Introducing.



Mammal Not Fish formed in late 2015, consisting of Wymondham resident Davey Whales plus James 'Peach' Maas, Benji Parker and Joe Greenacre. Their sound has been described as a mix between 'RHCP', 'Sublime' and 'Less than Jake'.

The band released their debut EP 'Wake up' to a sell-out audience in the summer of 2016. The success of this EP saw them play a number of high profile festivals in 2016 and 2017 with an ever-growing fan base.

Their second EP 'Room Six' is being released on 20th April. You can listen to 'When I'm Dead' - which has now been played all over the UK and also in USA and Australia - here - <https://soundcloud.com/mammal-not-fish/when-im-dead-1>

WHAT'S ON?

Thursday 29th to Monday 2nd April

Easter Egg Trail

10am to 4pm (1pm to 4pm Easter Sunday),

Wymondham Heritage Museum

www.wymondhamheritagemuseum.co.uk

Saturday 31st March

DJ UXB Disco (celebrating 100 years of the Royal Air Force)

7.30pm to 11.30pm, Ex Services Social Club. Tickets £5, theme dress optional

www.wymondham-exservices-social-club.co.uk

Easter Eggspress Train

Mid Norfolk Railway

www.mnr.org.uk

Easter Egg Hunt

10.30am to 12.30pm, Spooner Row Village Hall. £3 for a map to search the village, profits to Spooner Row Acorns Preschool

Indoor Easter Egg Hunt and Easter Crafts

2pm to 4pm, The Hub

www.hubproject.org.uk

Spring Craft Fair (featuring an Easter Egg Hunt in aid of Star Throwers)

10.30am to 2.30pm, Central Hall

joyful.creations1@yahoo.com

The Minute Steaks Rock & Roll Band

9pm, The Robert Kett

www.facebook.com/PubRobertKett



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email: info@mattwilsonlandscaping.co.uk

facebook.com/mattwilsonlandscaping

80 Norwich Rd, Wymondham NR18 0SZ

Sunday 1st April

Audio Jack, live acoustic cover set

3pm, The Robert Kett

www.facebook.com/PubRobertKett

Easter Day services

8am, 9.15am and 10.30am, with a Choral Evensong at 6.30pm

www.wymondhamabbey.org.uk

Monday 2nd April

Cash Bingo

7.30pm, The Robert Kett

www.facebook.com/PubRobertKett

Easter Trails around the Churchyard

Wymondham Abbey

www.wymondhamabbey.org.uk

Tuesday 3rd April

Quiz Night

8.30pm, The Railway Tavern

www.therailwaypub.com

Tip-top Tuesdays: Water colouring

9.30am, Wymondham Library

www.facebook.com/wymondhamlibrary

Wymondham Business Network - including Question Time from an Expert Panel

7.30am to 9.30am, Ayton House. Tickets £12 (£10 members)

www.facebook.com/wymondhambusinessnetwork

Wymondham Ukulele Group

7pm to 9pm, The Green Dragon

www.wymondhamukulelegroup.com

Wednesday 4th April

Rachel Thomas - movement and pattern in nature, the changing seasons and light, using oil/mixed media

7.15pm, RC Church Hall. Members free, guests £4

wymondham.art.soc@gmail.com

Viva Voices Spring Charity Concert

8pm, Fairland United Reformed Church

www.vivavoices.com

Thursday 5th April

Dying Matters talk - Making Sure Your Last Wishes are Known and How to Record Them

7.30pm, Tiffey Room, Central Hall

01953 856127 or Rachelle.Wolfe@gmail.com

Micky Dee's Quiz Night

8pm, Wymondham Snooker Club. £1 per person (5 people per team)

www.facebook.com/Wymondham-Snooker-Club-265354590610374/?rc=p

Quiz Night

7pm, The Green Dragon (booking advised)

www.greendragonnorfolk.co.uk

Friday 6th April

Gin Club

7pm, The Green Dragon

www.greendragonnorfolk.co.uk



WYMONDHAM MARKETS

Every Friday

Charter Market

8am to 5pm, Market Place

01953 603302

Country Market

8.30am to 11.30am, Ex-Services' Club

01953 603708

Third Saturday (21st April)

Farmers' Market

9am to 1pm, Market Place

01953 603302

Saturday 7th April

Back-to-Wymondham Day Pre-Match Lunch (a special - and last - at Tuttle Lane clubhouse)
12noon to 2.30pm, Wymondham Rugby Club
www.tickettailor.com/events/wymondhamrugby

Big Quiz (presented by Doric Lodge)
7pm for 7.30pm, The Regal Lounge, Ex-Services
Social Club. £2 per person, max 6 per team (proceeds
to Teenage Cancer Trust)
07860 135325

Early Morning Bird Walk led by Mike Harvey
7pm, Wymondham Abbey
www.wymondhamabbey.org.uk

Sunday 8th April

633 Squadron (1964) starring Cliff Robertson, George
Chakiris and Harry Andrews, supported by an R.A.F
recruitment film and a display of memorabilia
relating to movies featuring the R.A.F.
2.30pm, Wymondham Ex-Services' Club (Regal
Cinema). Tickets £5 (£4 concessions), from Michael
Armstrong (01953 603246) or at Simply Cards

Hooma Comedy Club
7pm, The Green Dragon
www.greendragonnorfolk.co.uk

Wyngworkers
1.30pm to 3.30pm, Toll's Meadow (meet Cemetery Lane)
01953 602876 (John Beckett)

Monday 9th April

Cash Bingo
7.30pm, The Robert Kett
www.facebook.com/PubRobertKett

Digital Buddies session
4.30pm to 6pm, Odgen Close and Standley Court
tom@popupenterprises.org.uk

Nexus Fostering - drop-in event
9am to 10am, The Old Dairy, Elm Farm Business Park
www.nexusfostering.co.uk

Tuesday 10th to Thursday 12th April

All Aboard - three days of activities and adventure
10am to 3.30pm, The Hub
www.hubproject.org.uk

Tuesday 10th April

Book Group
6pm, Kett's Books
www.kettsbooks.co.uk

Games Night
The Green Dragon
www.greendragonnorfolk.co.uk

Quiz Night
8.30pm, The Railway Tavern
www.therailwaypub.com

Tip-top Tuesdays: Colouring for Wellbeing
9.30am, Wymondham Library
www.facebook.com/wymondhamlibrary

Wednesday 11th April

Kett's Books AGM including award-winning poet
George Szirtes
5.30pm, Kett's Books
www.kettsbooks.co.uk

Radio Wymondham Reformation Meeting
7pm, The Green Dragon
www.facebook.com/radiowymondham

Wymondham Singers
7.30pm, Town Green Centre. £5 per session
sandrab686@aol.com

Thursday 12th April

Micky Dee's Quiz Night
8pm, Wymondham Snooker Club. £1 per person (5
people per team)
[www.facebook.com/Wymondham-Snooker-Club-
265354590610374/?rc=p](http://www.facebook.com/Wymondham-Snooker-Club-265354590610374/?rc=p)

Quiz Night
7pm, The Green Dragon (booking advised)
www.greendragonnorfolk.co.uk

WyNG talk - wild stories and pictures of wildlife in and
around Wymondham by local members, plus AGM
7.30pm, Town Green Centre
www.facebook.com/WymondhamNatureGroup

Friday 13th April

Pirate Jack's Rum Night
8pm, The Green Dragon
www.greendragonnorfolk.co.uk

Saturday 14th April

Grand National on the big screen

The Robert Kett

www.facebook.com/PubRobertKett

INK On The Road

7.30pm, Central Hall. Tickets £8 to £10

www.ticketsource.co.uk/boxoffice/select/DnPlaCQTbjJE

Wypeout (50s & 60s Rock'n'Roll)

8pm, The Regal Lounge, Ex-Services Social Club.

Tickets £3 members, £5 non-members

www.wymondham-exservices-social-club.co.uk

Sunday 15th April

Charity Treasure Hunt

2pm, Central Hall car park

Clare@cmiller.org.uk

Open Mic Night

6.30pm at The Green Dragon

www.greendragonnorfolk.co.uk

Monday 16th April

Cash Bingo

7.30pm, The Robert Kett

www.facebook.com/PubRobertKett

Digital Buddies session

4.30pm to 6pm, Odgen Close and Standley Court

tom@popupenterprises.org.uk

Royal British Legion Social Meeting - New Age Kurling

7.30pm, Regal Lounge, Ex-Services Social Club

<http://branches.britishlegion.org.uk/branches/wymondham/news-events>

Tuesday 17th April

Coffee & Chat Drop-In Session with Keeping Abreast

2pm to 4pm, Star Throwers

www.keepingabreast.org.uk

Quiz Night

8.30pm, The Railway Tavern

www.therailwaypub.com

Tip-top Tuesdays: Writing for Wellbeing

9.30am, Wymondham Library

www.facebook.com/wymondhamlibrary

Wymondham Ukulele Group

7pm to 9pm, The Green Dragon

www.wymondhamukulelegroup.com

Thursday 19th April

Book Group

12noon, Kett's Books

www.kettsbooks.co.uk

Micky Dee's Quiz Night

8pm, Wymondham Snooker Club. £1 per person (5 people per team)

www.facebook.com/Wymondham-Snooker-Club-265354590610374/?rc=p

Quiz Night

7pm, The Green Dragon (booking advised)

www.greendragonnorfolk.co.uk

Friday 20th April

AGM - Wymondham Access Group

10am for 10.30am, Roots Community Cafe,

Wymondham Baptist Church

www.accesswymondham.org

Royal British Legion Bingo Session

7pm for 8pm, Regal Lounge, Ex-Services Social Club

<http://branches.britishlegion.org.uk/branches/wymondham/news-events>

Saturday 21st to Sunday 22nd April

The Beautiful Galatea (comic opera)

7.30pm (Saturday) & 2.30pm (Sunday), Central Hall.

Tickets £15 (£13 concessions) from George R Reeve
01953 600563

Diesel Loco Running Days

Mid Norfolk Railway

www.mnr.org.uk

Saturday 21st April

Big Wymondham Litterpick

10am to 1pm, from Wymondham Football Club,

Kings Head Meadow

starrystarryknights@hotmail.com

Mumma Market

10am, Central Hall

www.facebook.com/MummanMore

WHAT'S ON, continued...

Newcomers Event

3pm, The White Hart

Georgette@ValeMail.eu

Open Day

2pm to 4pm, Priory Garden Bowls Club

<https://priorygardenbowlsclub.wordpress.com>

Monday 23rd April

Cash Bingo

7.30pm, The Robert Kett

www.facebook.com/PubRobertKett

Digital Buddies session

4.30pm to 6pm, Odgen Close and Standley Court

tom@popupenterprises.org.uk

Tuesday 24th April

Games Night

The Green Dragon

www.greendragonnorfolk.co.uk

Quiz Night

8.30pm, The Railway Tavern

www.therailwaypub.com

Tip-top Tuesdays: Mahjong

9.30am, Wymondham Library

www.facebook.com/wymondhamlibrary

Tom Way exhibition – Exciting Wildlife From Around

The World (Wymondham Photographic Society)

7.30pm for 8pm, The Dell Bowls Club. Guests

welcome £3

www.wymondham-ps.org.uk

Wednesday 25th April

Wymondham Singers

7.30pm, Town Green Centre. £5 per session

sandrab686@aol.com

Thursday 26th April

Micky Dee's Quiz Night

8pm, Wymondham Snooker Club. £1 per person (5 people per team)

www.facebook.com/Wymondham-Snooker-Club-265354590610374/?rc=p

Quiz Night

7pm, The Green Dragon (booking advised)

www.greendragonnorfolk.co.uk

Wymondham Heritage Society Talk - Ethel Gooch,

Wymondham First Lady by Georgette Vale

7.30pm, Fairland Hall. Non-members (£2) welcome

www.wymondhamheritagemuseum.co.uk

Friday 27th April

Back to the 80s Party, featuring Vocalyze Disco

8pm, Wymondham Football Club

www.wymondhamtownfc.co.uk

Monday 30th April

Cash Bingo

7.30pm, The Robert Kett

www.facebook.com/PubRobertKett

Digital Buddies session

4.30pm to 6pm, Odgen Close and Standley Court

tom@popupenterprises.org.uk



WYMONDHAM LIBRARY

Every Monday

DVD Happy Hour: Rent one DVD, get another free (some exclusions apply). 3pm and 5pm

Alternate Mondays

Lego Club, 3.30pm

Every Tuesday

Tip Top Tuesdays: A range of activities to promote health and wellbeing.
9.30am to 10.30am

Every Thursday evening

Knit and Knatter

An update from **STAR THROWERS**



This month we are celebrating some of our fantastic fundraisers who support Star Throwers and help us to continue to provide support services to those affected by cancer.

In February Star Throwers received a cheque from The Garrod family who raised a huge £3,492.38 from the Boxing Day Tractor Road Run. The Garrod family has organised the road run for the past four years and has raised thousands of pounds every year for worthy local charities.

On 6th March Star Throwers welcomed a host of supporters to their centre and were very grateful to receive fundraising money from Airlie Pigg, age six, who raised £555 through a sponsored haircut. Airlie donated the 22cm of hair she had cut off to the Little Princess Trust to be made into wigs for children who have lost their hair through illness. Brian Bandy and John Barnard, Treasurer and Secretary of the Wymondham Golf Society, presented

their cheque of £400 to Star Throwers, money that they have raised through various events throughout the past year.

We are so grateful to all our supporters and fundraisers for the amazing events and challenges they take on for Star Throwers. Star Throwers receives no government funding and this is one of the many reasons why we appreciate this support from the local community, individuals and businesses.

If you are interested in supporting Star Throwers through a fundraising event or challenge, please contact us with your ideas. If you are an existing supporter of Star Throwers or are interested in supporting the charity, please call to book on our next Supporter Open Morning and receive a tour of the centre and information from our staff and volunteers.

Upcoming events:

June: Saturday 2nd & Sunday 3rd June, 12noon to 6pm, Open Gardens at the Star Throwers Support Centre, 30 Melton Road

June: Saturday 30th, Star Throwers Skydive Day – call us to register and take part in this exciting challenge!

July: Saturday 14th, Sponsored Walk at Old Buckenham Country Park

August: Saturday 11th, Star Throwers Summer Garden Party at the Star Throwers Support Centre, 30 Melton Road



No easy questions

Years ago as a journalist, I was given a bit of advice from my then editor: ask the question your reader would want asking. They're not there to ask it, but you are.

I draw parallels with my work now as a Town Councillor. I knew there would be difficult issues to tackle and no matter which decision I would take, there would invariably be those who felt it was the wrong one. That thorny King's Head Meadow issue is a case in point.

But something similar appeared at our Town Council meeting recently. An issue which could divide the community. Looking at data presented, reading through reports and listening to arguments for and against, I found myself rather conflicted.

As Town Councillors we are responsible for spending tax payers' money, well, responsibly. Looking at how much King's Head Meadow has cost us in terms of consultations, aborted actions as well as time, energy and bad press, I wasn't keen on replicating this experience. However, the deal on the table seemed distinctly unfair. Short term gain sure, but major long term cost. Even someone just starting out in business would realise this looked like a poor deal in terms of returns.

As a newbie councillor I am still finding my feet and asking the right questions in council session is still a bit hit and miss. But ask I must because I'm representing all those people in my ward who cannot ask the question. I am not there as Suzanne but as Councillor Nuri and feel a responsibility for speaking out.

Of course this isn't appreciated by opponents to my point of view. But as long as I am a councillor (which very well could only be until the next local elections next May) I will continue to speak out, safe in the knowledge that those prickly questions are asked, those awkward points are raised.

It's called democracy.



OAKVILLA JOINS THE GIN BUSINESS

Gin has become the on-trend drink of choice in recent years, with UK gin sales having doubled in value over the past six years. As a result, the number of craft distilleries has risen rapidly as gin connoisseurs seek locally-produced alternatives to the more mass-market brands. This trend has come to Wymondham, with the arrival of a new craft brand, Vryheid, produced by OakVilla on Norwich Common.

Lindi Hancke, together with husband Shaun – both originally from South Africa – moved into the distillery business following redundancy in 2016. Lindi says: "Vryheid means Freedom. This has firstly a link to the area and the property OakVilla but also to our South African roots. OakVilla is located a stone's throw from Kett's Oak – and as history had it Kett was a fan of freedom in regards to land ownership! Vryheid also has oak in the botanical profile."

14 botanicals including poppy and elderflower from the Norfolk area, combined with sweet lemon rind, pink-pepper, black-pepper, oak and orange blossom honey, shape Vryheid's flavour.

The first successful batch was distilled in 2017 and it is now available at four locations, including HarperWells in nearby Eaton as well as online. For more information, see <http://oakvilla.co.uk/>

DIGITAL BUDDIES



Jen Dawe from Pop Up Enterprises CIC talks about what makes intergenerational projects like 'Digital Buddies' so rewarding, and what the young people and residents of Ogden Court have been learning together.

We're currently working in partnership with MTM Youth Services CIC and Saffron Housing Trust to run our latest Digital Buddies programme in Wymondham, and it is going brilliantly! This exciting project puts the residents together with a group of young volunteers to boost the residents' digital skills.

It has been wonderful to see relationships develop between our younger and older participants. We've been very impressed with our young volunteers' tech knowledge, watching as they have helped residents learn about diverse subjects. From looking up their childhood homes on Google Earth and doing the weekly shop to adding silly features to their photos to

help respond to their grandchildren's funny messages, there's nothing they haven't been able to help with!

What has been really exciting to see is how both the residents and young people are gaining skills, knowledge, and experiencing social gains from the sessions. The residents are so impressed by the young people's dedication, patience and teaching abilities. Some of the residents tell us they live alone and their relatives are too busy to show them how to use their devices, so the sessions are fulfilling both an educative and a social need for them.

The young volunteers tell us they love meeting with the residents and helping them to learn new skills, and also enjoy learning about the residents' lives and how the world has changed since they were the volunteers' age. One resident recently taught some young volunteers about Commonwealth Day, and the young people were very proud of their new-found knowledge!

As well as the obvious and immediate effects to the volunteers and residents, these sessions give the young people invaluable skills they can take into their careers, such as teaching skills.

It has also been fascinating to note how quickly the residents' and young volunteers' confidence has grown, and exciting how sharing stories, experiences, and skills in a supportive environment has facilitated this. It really has been possible to see all of these positive changes in just a few weeks, and we believe that the sessions will have a lasting effect that will carry on beyond the end of the project.

If you would like to find out more please see <https://popupenterprises.org.uk/>





The double murders at Stanfield Hall near Wymondham took place on 28th November 1848, and through the years have been commemorated in many ways - including a fine collection of pottery (pictured).

MURDER AT STANFIELD HALL

Isaac Jermy and his son Isaac Jermy Jermy were shot dead in the hallway of the hall. James Bloomfield Rush - their tenant farmer, who came up with a scheme to defraud the Jermy family of their property and their lives - was executed at Norwich Castle on 21st April 1849. His unwitting accomplice was Emily Sandford, whom he had employed as a governess but who was also his mistress.

The Stanfield Hall estate was a large moated hall with grounds along with a home farm and many other farms and cottages that were placed over 20 parishes. Rush during his time as tenant of the home farm also served as a bailiff, and he was also seeking to purchase the next-door Potash Farm. For this he borrowed money from Isaac, with the amount - plus interest - now due for re-payment after 10 years.

After being a tenant for nearly a decade, he had mortgaged and re-mortgaged his farm, and the deadline to pay off the mortgages was approaching - which would mean problems for his family along with his children's governess (his pregnant mistress Emily Sandford).

Rush's plan was to kill father and son, their servant, and the younger Jermy's pregnant wife, and to blame the killings on other rivals who had a claim on the estate. Rush used Emily Sandford to provide an alibi by stating that he was at the farm when the crime was committed. Mrs Jermy and servant, Elizabeth Chestney, both survived the attack and went on to identify him. Emily Sandford also refused to support his alibi.

The Trial

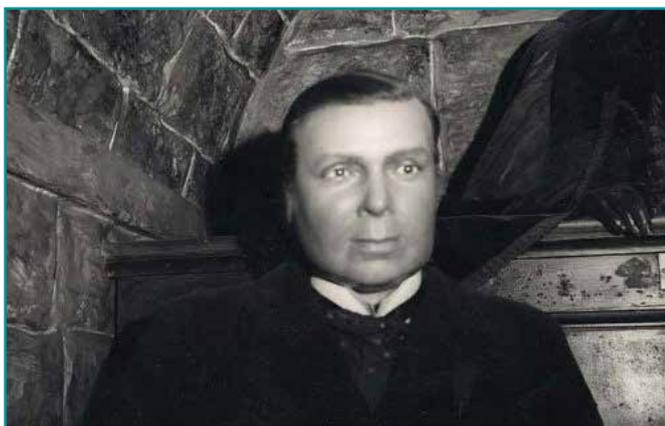
The trial took place on 29th March 1849 and lasted for six days. One of the first witnesses was Thomas Jermy, who at the time of the murders was a gardening labourer. It was his name that was found on a number of notes at the hall claiming possession. At the start of the trial Thomas was aged 67 and living in south London. Asked if he could write, he answered, "No Sir" - meaning, if this was the case, that he could not have signed the notes.

But the star prosecution witness was Emily Sanford, who had moved in with Rush the previous year after Rush's wife and parents had all died in suspicious >

MURDER AT STANFIELD HALL, *continued...*

> circumstances (Rush gaining some financial security with each death). Emily described Rush's movements on the night of the murders and confessed to the various documents he had forced her write and sign, which took place in London.

Rush decided to defend himself, rather poorly - and went on to give a long drawn-out speech, which was full of irrelevancies as he cross-examined every witness.



The jury were not fooled by his ramblings and it took just 10 minutes for them to unanimously find him guilty of 'wilful murder'. Rush was sentenced to be "hanged by the neck until dead" at Norwich Castle, and be buried within its precincts."

The judge went on to say to Rush: "It is a matter of perfect indifference to society at large what your conduct may be during the few days remaining to you," being "an object of unmitigated abhorrence to everyone."

James Bloomfield Rush was hanged two weeks later on 21st April 1849 and his death mask was displayed in the Chamber of Horrors at Madame Tussaud's in London from 1849 until 1971.

During the 19th Century pottery telling the stories of recent sensational murder cases was popular as a mantelpiece ornament. At Stoke Museum's Pugh Collection figures of both Rush and Sandford and others to do with the case - with buildings such as Potash Farm, Stanfield Hall and Norwich Castle - were included.

100 years on and there was still a fascination with the murders. The 1948 English film, 'Blanche Fury', starred Stewart Granger. All the names in the film

were changed, but Stewart Granger's Philip Thorn and Valerie Hobson's Blanche were based on Rush and Sandford, with Granger's character sentenced to hang in the end.

Who were the Jermy family?

The Jermy family arrived in England from Normandy soon after William the Conqueror and were settled by approximately 1100. They were soon knighted and they were given estates from various Earls and Barons by way of fees, mostly in the East Anglia area.

By the 16th Century the family had acquired freehold ownership of their own properties, with one part of the family deciding to settle in North Norfolk. John Jermy became a lawyer in London before coming back to the area for him to take up the position of chief counsellor to the Bishop of Norwich.

Financially he was soon able to purchase two estates in North Norfolk for his sons and over the centuries the family became financially secure and important in Norfolk life.





CARERS MATTER NORFOLK

"With carers at the heart of everything we do"

Are you looking after a friend or family member living in Norfolk, who, due to illness, disability, mental ill health or an addiction cannot cope without your support? If so, you are one of the 100,000 unpaid carers in Norfolk.

There are probably more, but that's the number Carers Matter Norfolk are aware of; meaning that there are an awful lot of people doing their level best in the community, in their homes, maybe feeling no one understands. Carers Matter Norfolk recognises that unpaid people need at least as much support and training as those who are paid.

It may be that you are new as a carer and need all the advice and guidance you can

get, in which case visit <https://carersmatternorfolk.org.uk>, where you will find access to a great deal of information on a wide variety of matters. Or call the Carers Matter Advice Line direct on Freephone 0800 083 1148 for listening, information, advice and guidance, from Monday to Friday 8am to 8pm, Saturdays 4pm to 8pm and Sundays 8am to 12noon.

If you have been a carer for some time then, this, taken from their website may speak to you.

The Carers' Voice, from Carers Matter Norfolk

"As a Carer, you are an 'expert' through your 'lived experience' of caring and should be able to have a say in services, policies and decisions that affect you and the people that you care for.

"We call this the 'Carers Voice'. Carers Matter Norfolk is a carer-led service; carers are involved in decisions at every level. From helping us to decide how we should use our time and resources to best meet your needs and those of other carers, to looking at how effective we are in what we do.

"There are a variety of ways that you can get involved in shaping the Carers Matter Norfolk service from taking part in workshops, service involvement groups and Carers Locality Networks; to joining our performance and development or partnership steering groups.

"We know that not everyone can attend meetings in person or those held during the day. We hope to stream all our meetings live on our website or social media, for example, Skype or Facebook. You could also join a meeting by telephone or text. We are looking at introducing evening opportunities, including live feedback sessions on Facebook or through Skype. Our Membership and Voice Team are keen to hear from you on how we can make it easier for you get involved and have your voice heard.

"Carers tell us it's important to them that services and organisations are open and transparent in their decision-making and the way in which they deliver their services. We will publish the notes of all our involvement meetings and workshops on the Carers Voice pages of our website, so you can see how we work and the way in which carers shape our services. The dates of all involvement >

> opportunities are listed on the Carers Voice and Events sections of our website.

"Carers' Voice is led within Carers Matter Norfolk by the Carers Council for Norfolk, a user-led organisation providing the independent voice of carers. Its vision is to ensure that unpaid carers throughout Norfolk are valued, recognised and supported with equal access to a good quality of life that is not prejudiced by their caring role. Together, we are working to improve the health and wellbeing of all carers in Norfolk through partnership working to ensure that the voice of

carers is heard and listened to. Enabling support and services to be designed and delivered that reflect carers' needs and interests.

"Members of Carers Council receive information and news on what's happening in your area - you can get involved."

We all need support from time to time, and there are people who are available with experience to provide just what we need. All it takes is to pick up the phone.

BOOK REVIEW

This month I would like to unashamedly introduce a book to you that was published in January and is already widely acclaimed. In the context of being committed to being healthy all through life, as far as possible avoiding ill health, right until the end, this is the manual!

"The Four Pillar Plan - How to RELAX, EAT, MOVE AND SLEEP. Your Way to a Longer, Healthier Life" - by Dr Rangan Chatterjee.

Dr Rangan Chatterjee's name may be familiar; if like me, you watch medical programmes on the TV, you may have seen BBC1's Doctor in the House. In this series, GP Dr Chatterjee spent around a week with a family, in their own home, sorting out the root cause of all the family's ills; a mother taking too many pain killers that could never have fixed the real problem, all family members living off a sugar-filled life,

a father also inadvertently addicted to opiate pain killers, another father with a serious sleep problem.

In The Four Pillar Plan, Dr Rangan Chatterjee uses all his experience as a GP and his interest in current scientific thinking to create a model of health that revolves around four pillars: relax, eat, move and sleep. I love that he speaks of relaxing first, and eating not dieting, moving not exercise, and emphasises the absolute importance of sleep.

Dr Chatterjee says it is not about excelling in any one pillar - what matters is the balance across all the things you do. What Dr Chatterjee recommends includes:

- * exposure to sunlight first thing each morning. Morning sunlight is most beneficial and it connects you every day with the natural world.
- * an electronic 'sabbath' once a week, a day without using any devices!

* drinking eight glasses of water every day

* a daily mini fast to allow the body to work more effectively, that is 12 hours every day without food, for example eat between eight and eight.

* having time for yourself each day

One reviewer commented: "A beautiful book, great tips and advice all very simply and effectively put; keeping it real and yet clear about what we can do as individuals and how just changing a few things here and there can benefit you so much. Lovely to read and has a nurturing and loving quality about it. Dr. Rangan Chatterjee clearly cares and his message throughout the book is of encouragement and understanding. Absolutely love it. If you care about your own health and wellbeing and accept that it is your responsibility, which of course it is then this a must-have book."

The book is available from Kett's Books.

WHERE TO WALK?

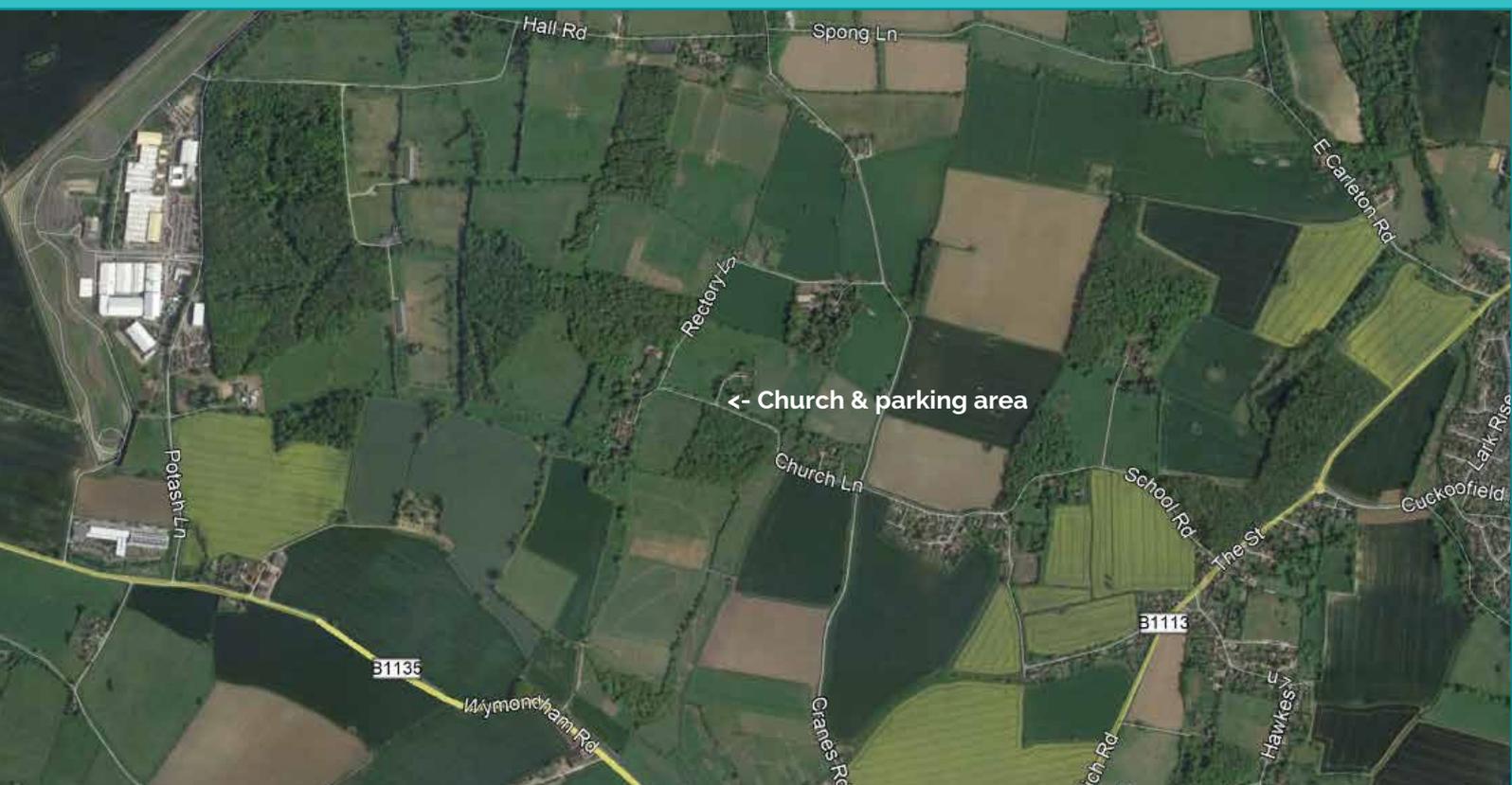
Hethel

This approximately three-mile route through fields and woodland is well-signed and takes you past several interesting local landmarks. Park at All Saints Church (runner-up in the Norfolk Welcoming Churches Awards 2016) at the end of Church Lane. Follow the yellow waymarker arrow continuing down the track towards some houses, turning to the left past tumble-down Church Farm. The track will become a field path, and will eventually emerge at Potash Lane. Follow the road right and head past the Lotus Group headquarters - you may even spot a few cars on the test-track!

Opposite a 'Lotus Group Plc' sign is a right turn into woodland. The path will emerge at the old airfield, which was constructed during WWII and used by the USAAF. Turn right and follow the path around the edge of the site. Runways, hangars, air raid shelters and bunkers all remain in the vicinity, and you can learn more about the 389th Bomb Group - stationed at Hethel during the war and known

as the 'Sky Scorpions' - in the memorial exhibition. The walk takes you right past this museum, which includes a small Roman Catholic chapel.

The path then continues through more woodland. At the end of the path (with the Church now in front of you), turn left and follow the track, taking a right turn by some houses, and another right turn at the footpath sign along the edge of a field. This part of the path leads you past Hethel Old Thorn, situated enclosed in Norfolk Wildlife Trust's smallest nature reserve (0.025 acre). The thorn is thought to be one of the oldest hawthorns in England, at around 700 years of age. An information board tells you its history, before you continue on the path which will lead you back to your car.





The Old Thorn



All Saints Church, Hethel



COMMUNITY CONNECTIONS ST GEORGE



The Welsh have **St David (1st March)**, the Irish **St Patrick (17th March)** and the Scots have **St Andrew (30th November)** as their patron saints.

Here in England it's left to St George (23rd April) to carry the mantel and as we approach the World Cup, the red cross of St George will be very much in evidence.

It was in 2001 that Wymondham first took St George under its community wing and gave England's patron saint the prominence he deserves. Linked to the third Saturday Farmers' Market (always within sight of St George's Day) Wymondham had its first Dragon Day. Our resident (Green) Dragon obviously came to the fore but it was the overarching theme of 'Englishness' that was celebrated.

This year the calendar looks favourably on St George as the Farmers' Market is on **Saturday 21st April** and it coincides with wide range of independently organised events in the town centre:

- Farmers' Market: 9am to 1pm
- Town Team Litter Pick: From 10am (Meet at King's Head Meadow)
- Mumma Market: 10am to 1pm (Central Hall)
- Open Afternoon at Priory Gardens Bowls Club: 1pm to 4pm (all welcome)
- Newcomers Event: 3.00pm at The White Hart.

Hosted by local historian Georgette Vale

- The Abbey and Heritage Museum will be open and the Mid-Norfolk Railway will be running
- In the evening, treat yourself to the One Act Comic Opera at Central Hall (7.30pm). There's also a 2.30pm matinee the following day.

Check the What's On listings for more opportunities to explore this fantastic town of ours and let's hear it for St George!

COMPETITION WINNER!

In March's issue we featured a competition to win six month's membership at NR Health & Fitness. The lucky winner drawn at random was Emma Godbold, who says it's good timing as she's currently training for the Thames Path 100k Ultra Marathon in September! She also owns Wymondham-based Norfolk Galloway Runners. Congratulations to Emma and thanks to all who took part, who will all receive a free day pass just for entering!



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