

WYMONDHAM Magazine

ISSUE 61 | MAY 2022

Volunteering and
Mental Wellbeing

Jubilee Preparations

Ready, Steady, Grow!

Sunflower Competition

Open Gardens

Planting for Bees

Vegepod Launch





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From the Editors...

Wow. What a busy month we've had since taking over Wymondham Magazine from Kate on April 1st (more fool us!).

Putting together our first edition has really brought home just how much effort Kate put into compiling the magazine each month and building it up into the well-loved publication it is today. So congratulations to you Kate and thanks on behalf of everyone in Wymondham for the last few years.

Not only have we been busy putting together our first issue, in a refreshed new look we hope you'll love, we've also launched a brand-new website at www.wymondhammagazine.co.uk, containing all the articles from each new edition. And we'll be putting some classic pieces from over the years on there too.

Wymondham Magazine is only possible thanks to the local and sometimes national companies that advertise on our pages. So we'd like to thank them too from the offset. We hope our readers enjoy hearing about their products and services!

For a while now, the quarterly print edition has been delivered to 8500 homes in the Wymondham area thanks to financial support from Wymondham Town Council, who will be debating future funding for the June edition and beyond at the next full council meeting on 3rd May.

The Wymondham Magazine team know demand for the print edition is high. And we will do everything we can to make it happen.

But back to May 2022! The news@wymondham-mag.co.uk inbox was full to the brim with stories when we arrived. So we've got an absolutely bursting issue here with contributions from community groups, sports teams, opinion pieces and special features.

Another thanks then to everyone that's contributed. And if you'd like to write something for our June edition, please do drop us a line at that address.

Phew! That's probably enough thank yous for one page. On with the magazine! We really hope you enjoy it.

Kim and Jimmy

Cover photo credit: Alice Whittingham

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GREAT SUNFLOWER GROWING COMPETITION IS BACK

By **Annette James**, Wymondham in Bloom

Last year Wymondham In Bloom ran a sunflower growing competition for the first time. It proved very popular so it's back again and this year the team hope to make it bigger and better.

As before, there are categories for the tallest and shortest sunflowers, biggest seedhead, heaviest seedhead, best team growing effort and the most interesting sunflower (be as creative as you want). There will be one prize for each category. You can enter more than one category but win once only to give more entrants a chance of winning.

At Jubilee Fest on 5th June at Kett's Park the team will provide a free activity where you can pot up a sunflower seedling or seed to take home and grow on to enter the competition. We'd love to see your sunflowers on their growing journey too so email us with photos: wymbloom@gmail.com.

This year the competition is being run in memory of keen gardener Owen James, organiser Annette James' dad, who passed away aged 96 in February this year. "Dad loved being part of Wymondham in Bloom and growing sunflowers. I grew some of his plants in my garden last year and have been able to pass on lots of seeds from them to his friends and family this year. The seedlings we will be potting up at Jubilee Fest come from those plants' seeds too. Seeing sunflowers made us both smile and it makes me very happy to think his gardening legacy continues via this year's competition."

You can find all the competition rules and entry information on the Town Team website: www.wymondhamtownteam.org/wym-in-bloom-2022 - or email wymbloom@gmail.com with any questions.



WYMONDHAM JAZZ PICNIC SET TO RETURN Saturday 2nd July

By **Philip Richardson**

The hugely popular Wymondham Jazz Picnic will return on Saturday 2nd July 2022.

Originally the centrepiece of the Wymondham Music Festival, the event will be organised by the Wymondham Rotary Club, assisted by members of the Satellite Rotary Club for the second time. Wymondham Town Team members will also be involved.

As in the past, this outdoor event will be staged on Becketswell meadow between 6pm and 9pm. The Dixiemix jazz band will again be on stage. We hope as many families as possible will come along to enjoy the music, bring picnics, chairs and rugs and enjoy a fine summer evening.

A shuttle bus service between Central Hall car park and Becketswell will,



hopefully, operate throughout the evening. More details will be published nearer the time.

There will be no charge for entry but the organisers hope the audience will be generous in donating in collection buckets at the end of the evening. Proceeds from the collection will be donated by Rotary to local charities, many of which have seen much reduced income during the recent lockdowns. In 2021, well over £2,000 was given to a variety of causes.

This year, in addition to coffee and ice cream stalls, there will also be a hot dog stall run by Wymondham Lions Club to support their own charities.

We hope to cover the costs of the event by seeking commercial sponsorship. Sponsors' names will be clearly identified on site and on publicity material before the event.

The contact telephone number for anyone interested in being a sponsor is 07715 699 211.

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JUBILEE TIME CAPSULE

Town Team to Encapsulate Memories

By **Clr Penny Hubble**



To help celebrate the Platinum Jubilee of Elizabeth II, as part of Jubilee Fest being held on Kett's Park on Sunday 5th June the Town Team are preparing a time capsule.

The time capsule itself will be a UN approved industrial storage container made of stainless steel, donated by Ayton Products.

If you would like to contribute towards the contents of the time capsule please view the form on Wymondham Town Team's Facebook page to understand the guidelines. You can then send your details via email to register your intent to contribute.

Schools have been contacted with invitations for pupils to create drawings, poems, or letters to their 50 year old self. Suggestions for non-profit organisations include photos with a description or a club newsletter/flyer perhaps.

For other organisations the allocation of one sheet of A4 would be ideal for a price list or menu or other publicity material. The aim of the time capsule is to record a snapshot of our society and what it is like for the enjoyment of future historical interest.

TALKING NEWSPAPER MARKS 24TH ANNIVERSARY

By **Tony Vale**

Wymondham and Attleborough Talking Newspaper (W A T N) is marking their 24th anniversary this month.

It was on Good Friday, 10 April 1998 that the first edition of the weekly audio news and information service for visually impaired people was recorded and 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" free post concession.

Now a USB stick is used and listeners to the free service are supplied with a machine on which to play them.

All recordings can be accessed via the website www.watn.org.uk

If you know of someone who would like to receive the service or you are interested in helping with the recordings, please contact the W A T N Secretary on 01953 605434.



150TH ANNIVERSARY OF WYMONDHAM METHODIST CHURCH

By Marianne Purdy



This building was opened in May 1871 so last year (2021) was 150 years old. Unfortunately, we were unable to celebrate this anniversary because of Covid and the building was closed so this May we shall celebrate our 150th plus one anniversary.

We begin with Coffee Time Jazz on Thursday, 19th May with Matt Hodges. Coffee will be served from 10.30am with the music beginning at 11.30am. There will be a retiring collection to defray expenses.

Why not come and see our lovely church and listen to Matt playing music from The American Song Book on our baby grand. If you are hungry there is The Town Green Garden cafe opposite the church where you can get lunch after the concert.

On Saturday, 21st May from 10.30am - 3.00pm and on Sunday, 22nd May from 2.00-4.00 there will be a celebration of crosses in the church with pictures, models and decorated crosses. There will be a crayoning competition for children - come and find out who has been awarded a prize!

There will be a celebratory service with craft activities on Sunday, 22nd May at 10.30am led by Rev Steve Cullis. The specially commissioned quilt by Jackie Smith will be dedicated and it will be on display in church and then through the Town Green Centre during the following days.

We would love to see you sometime over the weekend.

OPEN GARDENS TO RETURN FOR 2022

By Diana Grant

After an interval of four years we are happy to announce the biennial Wymondham Open Gardens charity event is set for Saturday 18th and Sunday 19th June from 1pm to 5pm.

Twenty gardens in a variety of styles and sizes will be on view for visitors both experienced and new to gardening to enjoy and exchange ideas.

Funds raised will be shared between Wymondham Heritage Museum, Greening Wymondham and Wymondham Nature Group.

Programmes cost £5 per adult (children free) for access to all gardens for the weekend and are on sale from mid May onwards at Wymondham Tourist Information Centre, The Heritage Museum, George Reeves, The Marmalade Tree and also Wymondham Garden Centre, who have kindly sponsored printing and advertising.

You can also buy your programme on the Open Gardens Weekend at the Wymondham Friday and Saturday Markets and on the Sunday at the Market Cross.

The gardeners themselves will have programmes on sale - look out for the yellow balloons. Do buy early to avoid disappointment but note that programme sales do not start until mid May. We look forward to seeing you and say a big thank you in advance to all the participating gardeners!



SUNDAY 26TH JUNE 2022. 10AM - 4PM MARKET CROSS

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JOE'S PETITION TO HAVE TOWN COUNCIL MEETINGS LIVE-STREAMED

By Joe Barrett

On Friday 22nd of April, I took to the streets of Wymondham to gather signatures for my new petition to get Town Council sessions live-streamed in Wymondham.

The basis for this change is rooted in a need for accessibility and transparency in local democracy. If the meetings are made available, it allows us all to know what is going on within local politics and provides us with an opportunity to proactively engage with local issues.

We can't care about that which we do not know, so making it easier to see how your money is being spent, how Wymondham is being shaped and what it means for you is only ever going to be a good thing that puts the power back into the hands of the public.

If you would like to show your support for this change, to empower us all to take ownership of our gorgeous town, then please sign my petition on Change.org: www.change.org/p/live-stream-wymondham-town-council-meetings

CENTRE PAWS EGG HUNT



Photo credit: Eat Weep Mum Repeat

By Kathryn Cross

Hundreds of youngsters explored the Wymondham countryside on special Easter trails at dog-friendly hub Centre Paws Norfolk during the school holidays.

The centre utilised its farm walk and fields for the trails over the Easter week and were blessed with wall-to-wall sunshine for the event.

Wooden painted Easter eggs were hidden around the 3km trail with letters on, which spelt out a word at the end and children enjoyed working out the anagram and claiming their chocolate prize.

For younger children there was an Easter bunny hunt around the field next to the cafe and both trails were enjoyed just as much by their four legged friends too.

Centre owner and founder Kathryn Cross said after two years of enforced closure at Easter due to the pandemic restrictions, it was great to see so many people enjoying their facilities. "It was really tough having to close in 2020 for the first lockdown and missing our busy Easter period," she said. "Then when we were closed again in 2021 for the same reason it was vital that we had a good 2022".

Even the weather decided to play ball, the trail was lovely and dry and firm underfoot and people could also sit outside afterwards and enjoy food and drinks from The Farm Cafe or take part in the children's crafts with Debbie Lansdell from Jabbawocky.

"We couldn't have asked for more."

They were joined by charity and trade stalls on Easter Saturday with both Rottweiler Welfare Association and Settusfree charities raising over £100 each with their tombolas. The Small Animal Clinic also ran a raffle to win a hydrotherapy or massage treatment with all proceeds going to the Ukraine Appeal.

Date for the diary: Saturday June 18 for the annual fun dog show in conjunction with the RSPCA One Fun Day. More details in next month's magazine.



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BIG LITTER PICK SPRING CLEANS TOWN

By Susanne Knights, Greening Wymondham

28 bags of rubbish collected by nearly 40 volunteers on Saturday 23rd April, cleaning up the town's streets and local beauty spots.

Wymondham's Big Spring Litter Pick was part of the South Norfolk Big Litter Pick 2022 and it was great to see children accompanying their parents and grandparents, helping the environment and playing a vital part in the community.

Although numbers were down compared to pre-Covid litter picks, a real difference was made to the appearance of the town.

All the usual suspects were present, plastic bottles, cigarette ends and tin cans and there was a bit of a run on car parts, wheels and assorted trims.

The simple action of picking up litter really does make a positive difference to our community, so a very big 'thank you' to all the volunteers to Morrisons who supplied tea, coffee and biscuits and the Baptist Church for hosting us.

Another litter pick will be held in the Autumn, date to be announced, so keep an eye on our website www.greeningwymondham.org for further details.



AWARD WINNING HAIR STYLIST

By Victoria Walker

Rural Hair salon, the town-based hairdressers renowned for providing customers with first-class service – is proud to announce that it has made it in the top 50 in the UK Hair and Beauty Awards in the BEST FOR BLONDE category, coming in at 25th!

Owner, Victoria Walker, had never entered competitions in her career before. After opening up the salon in the first lockdown, she hit the ground running and has been fully booked since. "It soon became apparent I had made the best decision EVER. I have

invested so much into my knowledge and skills over the last 2 years and have so much more under my belt for this year, getting into the final 50 in this competition was the icing on the cake.

Education has always been very important to me, making sure I always deliver to the best of my ability for my clients and most importantly making them feel gorgeous. I got to the finals because of the support and loyalty of my guests."



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£150,000 FOR SOUTH NORFOLK COMMUNITIES

By South Norfolk Council Communications Team

This Jubilee year, South Norfolk Council are tripling the amount of funding they are giving to community groups to support local initiatives.

Grants of £1,000 to £15,000 are available through their Community Action Fund for projects that will enhance residents' quality of life.

Cabinet Member Cllr Alison Thomas, Chair of the Community Action Panel, said:

"Over the years we have helped countless projects come to fruition through these grants, funding everything from skate parks to befriending schemes and as seed funding to support larger scale projects like the Pennoyer Centre.

"This year to mark the Jubilee and to help give our communities a boost, we have tripled the money in the pot." The money can be used for a wide range of projects that directly support the community. Last year, the Council provided funding for Barford Village Hall to replace a leaky roof, allowing community activities to resume.

Gissing Children's Centre was awarded funding in 2019 to improve to their outdoor play area, so that the children could be active outside in all weathers.

In 2018, the fund supported Poringland Fishing Lakes to obtain a permanent electricity supply, to improve the water quality and help ensure the lakes were fit for purpose.

Recently, the Council gave £15,000 to the Brooke Park



Children enjoying the new play facilities at Brooke Play Park

Committee who used the money to help replace dangerous and rotten equipment at the local park.

Local Mum, Beth Tilman, said: "The transformation has been amazing. It's now a lovely safe place for families to meet and children to play."

The play park opened in Spring last year and features a combine harvester with a slide and climbing wall, a pump track, a camel slide and a wooden teepee.

All the equipment was chosen by primary school children in the area, as well as adults through a Facebook survey.

Applications to the Community Action Fund close on 24 June. Proposals will be assessed for suitability before being considered by a panel in July.

To apply, please contact your local Councillor, or for more information contact the Communities Team on 01508 533914, or visit South Norfolk Council's website.

BLOOMERS COLLECT AWARD

Two members of the Wymondham in Bloom Committee, Diana Grant and Kim Carsok, travelled to RHS Hyde Hall in Essex at the end of March for the Anglia in Bloom launch event. They were presented with awards from the 2021 competition, including Category Winner for Hanging Baskets and a Silver Gilt Standard for the photographic campaign.



The event also included interesting presentations from the RHS regarding fundraising and Gardening for Wellbeing programmes. Grow Well is a new RHS Communities initiative designed to highlight and share the wellbeing benefits and positive power of plants. More information on Grow Well can be found at www.rhs.org.uk/get-involved/community-gardening/news/articles/grow-well

Wymondham in Bloom 2022 has begun with a bang, with over a dozen businesses signing up right off the bat. Volunteers will soon be dropping in to high street shops in person to drum up

Residents can also get in on the action by joining in the public competitions - one for growing sunflowers and the other being a home frontage competition.

The Anglia in Bloom judging will return to in-person tours this year, and judges are expected to visit Wymondham in mid-July. The team are aiming for gold!

If you'd like to get involved email wymbloom@gmail.com.



more support. The registration form is available on the Town Team website under www.wymondhamtownteam.org/wym-in-bloom-2022.

The Bloomers have supported Greening Wymondham with the Growing Together Project and are also collaborating with local schools to grow red, white and blue flowers for the Jubilee.

JUBILEE FEST & COMMUNITY PICNIC

Sunday 5th June, Kett's Park

By Kayleigh Rogers

Over the bank holiday weekend on Sunday, June 5, Jubilee Fest and community picnic will take place at Kett's Park in Wymondham from 2pm to 6pm organised by the volunteer-led Wymondham Town Team.

There will be free entry and entertainment from the likes of five-piece band The Walks and Mark the Busker.



There will also be a range of food and drink stalls, a funfair and traditional games, such as tug of war and egg and spoon races.

The event will have a VIP tent with free afternoon teas for those of a queen-like age, provided by Roots Community Café.

There will also be free picnics for those in crisis and the vulnerable provided by Waitrose and coordinated by the

Wymondham Community Outreach Project (in advance of the event).

So bring a picnic blanket with your family and wear red, white and blue to celebrate!

Community groups can showcase at the event by emailing: franyoung@talktalk.net



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ACHIEVING TOGETHER



WYMONDHAM ARTS CENTRE REOPENING



Jubilee-themed exhibition in June

Wymondham Arts Centre opens its doors again to the public in May with a full season of exhibitions. It starts with the Spring Artistry Expo '22 - an exhibition showcasing 17 different artists - on 17th through to 29th May.

This is followed by Topstitch, a textile art exhibition from 31st May to 5th June.

With the Queen's Jubilee being celebrated during the beginning of June; there will be a Jubilee themed exhibition of 'Famous Photos' by photographer Malcolm Clarke from

7th-12th June. As well as several Royal photos, the exhibition features pictures of many high-profile people from the last 50 years, and more recent landscapes.

June exhibitions continue with Norfolk Creations - artisan arts and crafts - from 14th-19th June. And from 21st-26th June the First Monday photographers' exhibition.

The Arts Centre is open Tuesday - Sunday from 11am - 4pm for the exhibitions, until the end of August.

WYMONDHAM ARTIST SUPPORTS MID NORFOLK RAILWAY SIGNAL BOX APPEAL

By Peter Singlehurst

Wymondham based artist Amelia Bowman has teamed up with the Mid Norfolk Railway to support the Railway's Signal Box Appeal.

Amelia is an artist who creates what are known as intaglio collagraph prints and hand-drawn, digitally coloured pattern designs which she incorporates into her collagraphs using an additional technique called chine-collé.

She then creates reproductions in the style of old rail posters for some of the locations she represents in her work. The railway is therefore benefiting from a specially created, limited edition poster print, with the proceeds of the sale then being donating to the railway's ongoing appeal.

The money from the appeal is paying for the restoration, to working order, of the recently arrived Victorian Signal Box that is now at Wymondham Abbey Station on the Mid Norfolk Railway.

Amelia said: "Wymondham is my home town and the Wymondham Abbey Station is part of its inherent intrigue and beauty. I believe this signal box will be a wonderful addition and wholeheartedly support the pre-loved aspect. I can't wait to see it up and running and to be able to say that I helped in some small way!

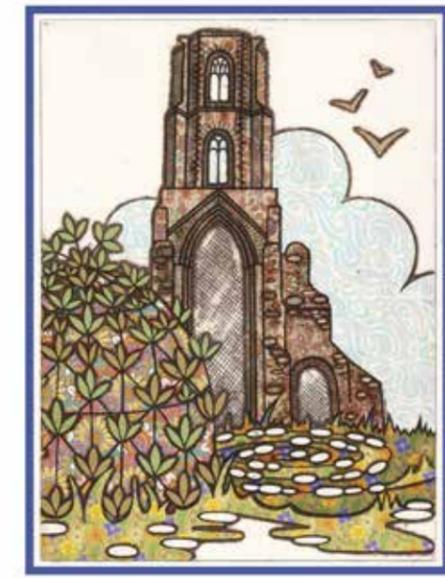
The limited edition poster print created by Amelia for the appeal is available to buy online at

<https://www.jarrold.co.uk/departments/house-and-home/home-accessories/art-prints-and-ornaments/amelia-bowman-special-edition-signed-wymondham-abbey-poster>

Leading the restoration project for the Mid Norfolk Railway is Peter Singlehurst and he said: "The railway is extremely grateful to Amelia for her generous support to the project and we hope that the new view at Wymondham will inspire her to create more art in due course".

The Wymondham Abbey Signal Box appeal is still open and donations can be made via the railways website at

www.midnorfolkrailway.co.uk/donations



WYMONDHAM STATIONED ON THE RIVER TIFFEY

Poster: Amelia Bowman Photos: Mid-Norfolk Railway



News in BRIEF:

NWCC

You can vote for North Wymondham Community Centre at Hethersett Tesco plus others. Please remember to ask for your blue token. We have a chance of securing up to £1500 towards the community centre gardens. We want to install 'chatty benches', raised beds and a living wall for the community. You have until 30th June.

MORE PLAYS FROM FOUR BY FOUR

Wymondham-based play writing group, Four by Four, will be presenting another script in hand play reading on Saturday 7 May 2022. The venue is North Wymondham Community Centre, Lime Tree Avenue, Wymondham and the performance starts at 7.30pm. Tickets are £6 and can be booked in advance by text on 07851 370666 or email tony@valemail.uk. Pay by cash at the door.

MORLEY BEER FESTIVAL & FAMILY FUN DAY

The annual event in Morley has already sold two thirds of the tickets. Numbers are capped to keep the unique feel and kids under 16 go free. Live music will include Tallulah Goodtimes, Agent Orange Live Band The Foreign Locals Coronation Kings Serena Grant - Singer, Guitarist & DJ circus, free family activities, science shows, workshops, mega paint fight, Makers Market, street food, real ale & cider bar, gin & cocktail bar and more. Head to <https://linktr.ee/MorleyFestival> for more info and to book tickets.

GREEN DRAGON CRIME LAB

On the 15th and 22nd of June 2022, the upstairs bar of the Green Dragon will be transformed into an arena for learning about the Psychology of Serial Killers. Visit www.thecrimelab.co.uk for more information.



SCHOOL STREETS ROAD SAFETY AND HEALTHY TRAVEL TRIAL MOVES TO NEXT STAGE

Trials of the School Streets initiative at a number of Norfolk schools are set to move to the next stage over coming weeks. The scheme which was announced earlier this year is designed to make hundreds of pupils' daily journeys safer and healthier.

For the first time road closures at the start and end of the school day are due to be put in place at 3 schools in Norfolk. The aim is to cut congestion, boost cycling and walking, improve air quality and make the area safer and more pleasant for everyone.

Schools taking part in the trial have been selected as they face known congestion and safety issues, have tried a range of methods to ease problems in the past, and this scheme offers a chance to try something new.

The School Streets scheme is being run with partners Sustrans who have extensive experience of delivering this initiative in other areas of the UK.

Since March the Sustrans team have been talking to and getting feedback from schools, parents and carers, and local residents, and this feedback is helping to shape the plans to suit each location.

Travel options have been explored with parents to ensure any concerns are addressed, and there will be people that the closure will not apply to – these will include people who live within the closure, and pupils, parents and carers with limited mobility.

Road closures are set to start on the following dates:

Robert Kett Primary School, Wymondham – Tuesday 3 May
Browick Road Primary and Nursery School, Wymondham – Monday 16 May

Initial feedback from the consultations at the three schools above showed that three quarters of parents and carers, residents and staff think cars park unsafely near the school, two thirds of parents and carers and residents support the School Streets trials and three quarters of children want to walk, cycle or wheel to school.

Further monitoring will take place once the road closures are up and running. This will provide the school and local community with another opportunity to comment on how the scheme is progressing and will allow any changes to be made if needed.



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Having lived in Wymondham all my life I have seen many changes in our beautiful town over the years, some for the better, some not so good.

One of my favourite areas is Wymondham Abbey and the Becketswell meadow, watching my dog swimming in the river Tiffey, I remember swimming in the Tiffey myself as children and having to vacate on a regular basis due to the Briton Brush factory emptying dye into the river.

The 18th century factory which was the hub of the town employing as many as 600 people in the good times sadly closed its doors in 1985 and was demolished in 1992 to make way for the houses we see today on Briton Way.

I still consider Briton Way as a good place to live in Wymondham with the bonus of the impressive Wymondham Abbey as its backdrop, from there you can walk into town, you are minutes from the towns Railway station with regular services to Norwich and Cambridge and have easy access to the main A11 for commuting to work by road.

Three bedroom semi detached houses on the Briton Way development range from £280,000 - £300,000, with four bedroom detached houses making as much as £400,000 - £425,000. If you have a property in this area, please call me on 01953 423006 for a free valuation.



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NATIONAL PAGEANT TITLE WIN FOR LAUREN

By [Melanie Freeman-Pannett](#)

Lauren Newton (18) from Wymondham entered the Dreams UK national pageant on 18th-21st March held in Liverpool.

She had to compete in several rounds over the weekend including a formal interview with independent judges.

Lauren won best portfolio, best runway and overall highest scorer taking the title of National Teen UK.

Her success comes with an invitation to go and compete in Florida at international level. The Citrus International Competition will be held in February 2023.

As part of her reign she would love to help out with any local events.



JUBILEE TRAIL PREPARATIONS

By [Clare Suter](#)

Preparations are underway for a Jubilee trail throughout Wymondham.

The trail, which will be held during the Jubilee half term week (Saturday 28 May – Sunday 5 June), will feature artwork displayed in the shops and businesses in Wymondham town centre. A range of unique royal-themed artwork will be provided by the start Studio.

Trail sheets will be sold at various points throughout the town, for a suggested donation of £2, and all money raised will be split between the PTAs of the four primary schools – Browick, Ashleigh, Robert Kett and Wymondham College Prep. There will also be a chance to enter a prize draw!

More information will be announced soon. If you would like to ask any questions or donate a prize please contact Clare (Ashleigh PTA) on clare_suter@hotmail.co.uk.

WHAT'S IN A PHOTO?

Silver Jubilee of King George the Fifth

By [Philip Yaxley](#)



Patriotic Wymondham folk turned out in force on Monday 6th May 1935 to celebrate the Silver Jubilee of King George the Fifth and Queen Mary.

In the picture people are seen dispersing from a United Service for all denominations, which had been held on the Fairland at 10 a.m. just after Edwin Gooch, Chairman of the Urban District Council and a famous son of the town, had laid a wreath at the War Memorial with British Legion members in attendance.



Among a full day of activities on the King's Head Meadow were children's sports with maypole and country dancing going on at the same time, watched by Russell Colman, the Lord Lieutenant of the County. Afterwards the children were assembled in the middle of the meadow to sing the National Anthem, following which they were served tea in the Fairland Hall or the old Women's Institute Hall on Norwich Road.

In the early evening there were fancy dress competitions, as well as those for decorated cycles, prams and bath chairs! Later in the evening on the meadow there was community singing accompanied by the British Legion Band, the day concluding with signal rockets and the lighting of a bonfire and beacons.

Children were presented with commemorative mugs, while old people, out-relief workers and the unemployed were given cash hand-outs. The funding for these largely came from house-to-house collections.

At the time Wymondham had not only the Jubilee to celebrate, but also its elevation to an Urban District the month before, a status it sadly lost in the reorganisation of local government in 1974 – but that's another story!



ECO@WBC

Eco Event At Wymondham Baptist Church, 11th June

By [Nicki Waterworth](#)

Wymondham Baptist Church are hosting a community event called ECO@WBC to celebrate all the work of local groups in looking after our environment. It will take place on Saturday 11th June from 10:00am to 1:00pm.

There will be a variety of displays from local groups, including Greening Wymondham, Wymondham Nature Group, Toad Watch and Wymondham in Bloom together with opportunities to learn more about how to live more sustainably.

There will also be stalls selling plants, crafts, cards and cakes, refreshments and a 'Make Your Own Bug Hotel' craft session.

The proceeds will all go towards funding eco church projects at WBC. All are welcome.



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THE LITTLE STATION WITH BIG IDEAS

RADIO

SOUTH NORFOLK RADIO
ONLINE | DAB | SMART

You could be forgiven if you've not heard of South Norfolk Radio.

Broadcasting from a small studio in Griffin's Court, just off Wymondham High Street, SN Radio has been running since 2018, initially as Radio Wymondham, and has gathered a roster of presenters from all over Norfolk with wide individual music tastes and interests, and the station now has big plans to go DAB too.

"It's a community radio station in every sense" says Radio Station Manager Anthony Woods, known to all by his DJ initials simply as 'AJ'. "Not only do we go out to the South Norfolk community at different

events such as Wynterfest and The Mulbarton Festival, but there's also a fantastic community spirit amongst the DJs and presenters, who listen in and support one another, both on-air and off." says AJ. "For this year's Red Nose Day for example, the team staged a 24-hour live and fully presented broadcast - a first for the station - which raised over £250 for Comic Relief."

The station's DJs and presenters are all volunteer 'members' contributing

a monthly membership fee of £25 to the funds of the Community Interest Company. All non-professionals when it comes to broadcasting and programme-making, South Norfolk Radio gives each of them the opportunity to present 'their' show with their own favourite types of music, and so there's a huge mix of music to be heard at various times on the station, ranging from classical, country, Drum and Bass, to choice tracks across the decades from the 60's, 70's, 80's, 90's and onwards plus some of the latest sounds from today's pop charts. "And if the thought of appearing behind a microphone to

chat on the radio seems a bit too daunting, then we've a million and one other tasks that need to be done too, including looking after our various social media accounts" says Anthony. "Whatever your skills, we can use them on South Norfolk Radio", he says.

"It's great and I'm really enjoying it." says Hannah, who presents 'Lust for Life' at midday on Wednesdays. "I have the freedom to present the show I want and I never really thought I would ever have my own radio show" she says. "But, after some important but fairly rapid training, SN Radio has given me the chance, and there is always room for more people to join us too!"

In fact Hannah has already expanded her own horizons with a new occasional series called 'Backstage' where she chats to music acts, often those with local connections, about their current projects, their upcoming tours and of course Hannah plays their music too. "Having guests in the studio with us was something we missed a lot during lockdown times" says Anthony Woods.

The station has just been successful in obtaining its DAB Broadcasting licence from the regulator OFCOM, who oversee all broadcasters

in the UK. "Once we can expand our horizons from purely on-line and begin actually broadcasting on the DAB network through our local 'platform provider', this will hugely increase our ability to reach out to over 40,000 potential listeners across the area" says Anthony Woods. "But expansion comes with significant costs and there's no doubt that funding a small station with big ambitions is a real challenge", he says.

"But we have to look at the benefits", he continues. "Local businesses will have a fantastic platform to advertise, all targeted within the region. We have some very competitive advertising packages of different sorts on offer and we'd be delighted to work with companies to get their promotions out and 'on-air'. There are opportunities for show sponsorship and website links with a customer's own sites and social media accounts too" says Anthony.

To listen in, and to find out more about how you can join the team and turn your

radio presenting dreams into reality or to become a valued advertising partner visit <https://snradio.uk/a-little-help-from-our-friends>, text only on WhatsApp to 01603 863097, send a DM on the station's social media or use the contact form on the website at www.snradio.uk. And watch out for news of when the station expands from being a purely on-line service to broadcasting over the DAB airwaves as well!

ATTENDANCE

At Robert Kett Primary School



FOCUS ON ATTENDANCE AT ROBERT KETT PRIMARY SCHOOL

It's time to focus on supporting pupils' regular and on time attendance in school. Miss Fahy, Headteacher with the support of Hannah Woolley, Attendance Officer are working to achieve a whole school attendance target of 97%.

There have been many challenges to this over the school year but the school is putting in positive measures to help make this target possible.

At the end of last term, the school launched their Child Friendly Attendance Policy via a whole school assembly. Ensuring every pupil knows the importance of attending school every day. How good attendance helps children learn new things and make friends, provides opportunities to take part in school activities and clubs which are fun.



Attendance Teddy!

Being in school every day improves a child's chance of getting a job and going on school trips helps teach about the local community and the wider world.

With Attendance Teddy cheering on the classes with the highest attendance each week. The pupils are encouraged to attend school every day.

Regular monitoring of attendance helps identify those children struggling with attending school and Robert Kett has many ways to support these children. The Nurture team and Parent Support Advisor work closely with the Attendance Officer to help assist these children into class. Early Intervention to Attendance plans gather the child's view on the barriers to attendance and provide a tool to support both parents and pupils by working through actions to achieve targets which improve attendance.



Hannah Wooley, Attendance Officer



HELP FOR BEES

Native Bees Are in Serious Decline

By **Andy Speller**, Wyomondham Garden Club

Our government continue to allow the use of Neonicotinoid chemicals on sugar beet crops, over-turning a UK ban - despite the conclusive evidence that even tiny trace amounts of these chemicals (which don't degrade, remain in the soil and are absorbed by plants) damage a Bees ability to forage and navigate.

To be blunt, Neonicotinoids kill bees - yet bees and other pollinating insects are vital for our crops of most Fruits and some vegetables.

Wyomondham Garden Club want the good folks of Wyomondham to help our native bees, it's a lot easier to help than you might think.

Easy ways to help bees:

Grow plants which provide nectar and/or pollen and flower in different seasons. Here are some examples:

Winter/Early Spring: *Hellebores, Snowdrops, Aconites*

Spring: *Lilac, Rosemary, Raspberries*

Early Summer: *Geranium (Johnsons Blue), Geum, Sage*

Summer : *Vipers Bugloss, Autumn Raspberries, Honeysuckle, Thyme*

Autumn: *Fuschia, Ivy, Viburnum.*

There's a multitude of plants which have nectar and/or pollen - make sure you buy the correct variety, there's lots of choice, some are much better than others.

Go to Myhills or Wyomondham Garden Centre, take a look and see which plants attract the Bees and other insects.

Native plants are good for wildlife gardens - visit "Natural Surroundings" café & nursery near Holt.

Don't use Pesticides

Many pesticides for gardeners contain the harmful Neonicotinoids! Do your homework before buying them, labels on some commercial products can be deceptive. Best practise: Don't use any pesticides at all. If you have a healthy garden, chances are if you get an insect pest, there will also be a predator there to eat it!

Did you know?

Raspberries are one of the top ten plants for bees? They will grow in even the smallest garden, need very little maintenance, plus you get to eat the fruits! An easy one for encouraging kids to garden.

Bumblebees and solitary bees don't sting, they are docile and unless you go shaking or disturbing their nests, will not be bothered by you nor should you by them. Honey bees do sting but you are unlikely to attract many to your garden. Our advice: if you leave them alone, they leave you alone.

The Royal Horticultural Society have revamped their Britain in Bloom Competition. Criteria and judging now includes sustainability. Helping bees is one aspect of this which Wyomondham in Bloom Team judges will be looking for in the competition this summer.

Bee nests: Carder bees live in holes in the ground, Mason bees in holes in brick. Small Garden bumblebees will nest in disused bird nests and Leafcutter bees use insect boxes.

So, Wyomondham Garden Club ask: Please grow plants which help our native bees!

Without the pollinators, we won't have apples, raspberries, plums or pumpkins. Spring is the time to help bees and ourselves by planting conscientiously.

Advertorial

NEW YEAR, NEW HOME?

Written by Natalie Briggs

Deputy Head of Residential Conveyancing, Spire Solicitors



Many people take the start of a new year as an opportunity for positive changes to their lives and for new beginnings. If you are looking to sell your current home, there are a few steps you can take to prepare for the property valuation and maximise the value of your biggest asset.

WHAT IS A PROPERTY VALUATION?

A property valuation is an estimate of the value of your home if you were to sell it. Usually, this is the first step in the process of selling a house. As a seller, you will want to do everything you can to maximise the value of your home as this will allow for extra spending power for your next home purchase. There are many easy ways that this can be done.

HOW CAN I GET READY FOR A PROPERTY VALUATION?

There are a few simple things you can do yourself to get your home ready for your property valuation and maximise its value.

CLEAN

This may be an obvious one, but it can be surprising how much added value a deep clean can add to your home. Ensure you clean places such as interior cupboards, skirting boards, corners of ceilings and any other places you may usually overlook. After cleaning, make sure your property is tidy and well presented.

PAINT

A fresh coat of a neutral colour paint, such as white or cream, can really clean up the look of your home. Ensure the painting is done to a high standard and the appropriate type of paint is used, for example, it is important to use bathroom paint in a bathroom to avoid mould.

MAINTENANCE

Many of us usually have some small home improvements that we have just never got round to doing. That dripping tap, the faulty cabinet, or the lightbulb that never got changed. Well now is the time to fix these and ensure that the overall home experience is a positive one.

BENEFITS

It is also important to let your property valuer know of all the benefits and features of your home that they may not be aware of. For example, if you have just refurbished the kitchen or upgraded an appliance that will stay with the sale, make sure you mention these. Other benefits can include natural light, double-glazing, and the surrounding area of the property.

INSTRUCTING A SOLICITOR FOR THE SALE OF MY HOME

After ensuring your home value is maximised and you are ready to sell your house our highly regarded, friendly residential conveyancing team can assist you. The team will be on hand to guide you throughout your property sale as well as your property purchase. Get in touch with us today on 01953 606351.



EXPLORING WYMONDHAM HERITAGE MUSEUM

By Neil Haverson

Right: steps that John Howard descended to the dungeon.
Bottom left: Thomas Beevor
Bottom centre: Cell door used from 1810 by prisoners
Bottom right: The Courtyard Garden, formerly the exercise yard

When you visit Wymondham Heritage Museum at The Bridewell, look further than the exhibits. See if you can spot the clues to the building's history as a prison, police station and courthouse.

As you enter reception, the stewards greet you from behind the original magistrate's bench. In the main gallery look at the floor and you'll see brickwork indicating where the cells once were.

The new exhibition looking at the history of town's police force is housed in what was the remand cell when the long arm of the law was based there.

The Tearoom where you can enjoy a cuppa and a slice of homemade cake was once the exercise yard. And if you venture into the garden, that's where the prisoners hung the laundry.

As you enter the garden glance down to your left. Those steps are where prisoner reformer John Howard walked down to inspect the cells when he visited in 1779. His comment that The Bridewell was: "One of the vilest prisons in England" prompted local man Sir Thomas Beevor to take action.

Beevor, well-known as a local

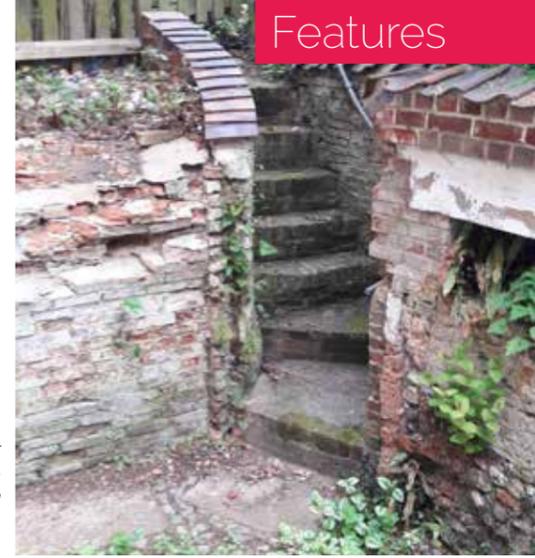
magistrate and for his agricultural interests, wrote to the Secretary saying:

"The Idea that as many prisoners died early in England by the gaol distemper as by all the exclusions put together, and the accounts of dissoluteness and profligacy which by the intermixture were leant and practised in these places of confinement, determined me to attempt, at least, a reformation of those crying evils in this country."

True to his word, in 1784 Beevor designed and had The Bridewell rebuilt. It became the model for prisons across the UK and America. His achievements included segregation of the sexes, single occupancy cells, a "wholesome" diet and improved health care.

He wrote in January 1785: "All prisoners when sick are attended by a surgeon or apothecary. Except such as those who were diseased when they entered the house I have not known one prisoner who has been sick in it for these twelve months past."

Sir Thomas Beevor's letters form part of a new display which takes a fascinating look at The Bridewell's history. Also on view are details of some of the prisoners, for example, Anna Gibson



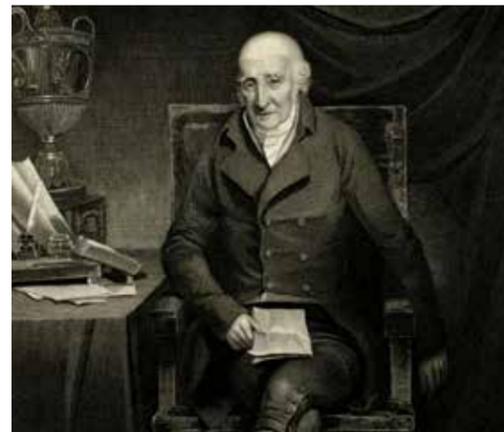
from East Harling, described as a lewd woman. She had her five-month-old baby Rhoda in jail with her.

The exhibition also includes Sir Thomas Beevor's regulations such as: "Prisoners should be given Hard Labour, up to 12 hours a day, with rests for Breakfast, Dinner and Supper" Breakfast on Saturdays was a penny loaf with a dinner of boiled "pease".

The prison inspector's report for 1841 details the prisoners detained at the time and their state of health. It concludes: "The interior of the House of Correction was clean and orderly." Fittingly, the Bridewell exhibition can be found in one of the cells. To access it go through the heavy wooden door which dates to 1810.

At the museum, you can discover Wymondham's history, its industries and how the townsfolk lived their lives. You can also soak up the atmosphere of the historic Bridewell.

*The museum is open daily 1pm to 4pm, The Bridewell Tearoom Monday to Friday. More information at www.thewhm.org.uk





GROWING TOGETHER LAUNCH

Greening Wymondham Update *By Mary Howard*

On Sunday April 24th we launched Wymondham Growing Together, just behind the White Hart Pub. There are many volunteer groups in Wymondham wanting to spend time in, with, and for their community. Greening Wymondham and Wymondham in Bloom have come together to Create Wymondham Growing Together. Did you know the RHS guidelines for getting Gold require that everything we do is environmentally robust?

Climate Change is upon us, and food miles are costing the Earth. What we would really like to see is food growing on every corner in Wymondham, fruit, veg, herbs. We would like to be aware of our neighbours as fuel costs rise. Growing, sharing, and even eating together, to share ideas, recipes, concerns, projects, for doing our bit to keep people warm, healthy, and excited about a greener future.

So, behind the White Hart Pub, and accessible to all passers by, we have erected a Vegepod, and planted it out with chives, parsley, oregano, thyme, chillies, mangé tout, white and rainbow chard, spinach, kale, Pak Choi, lettuce, kale, rocket, and salad nasturtium. When it has been established, and the plants are growing strongly, we will put out a sign inviting people to Help Yourself.



WYMONDHAM NATURE GROUP'S MAY 2022 INDOOR MEETING

Norfolk's Wildlife in the Anthropocene

By *Nicola Cooke*

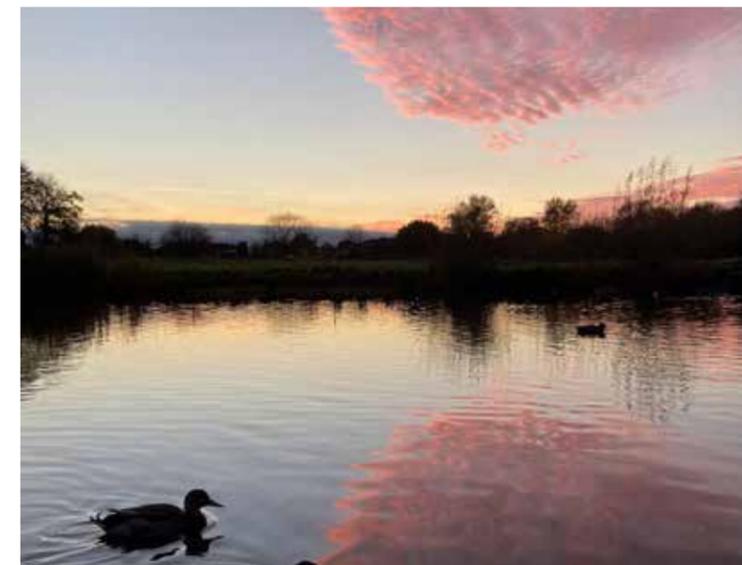


The next in Wymondham Nature Group's programme of illustrated talks will be held at Town Green Community Centre, Wymondham, NR18 0PW (next to Wymondham Methodist Church) on Thursday 12th May 2022 at 7:30 pm.

The talk will be by Nick Acheson on Norfolk's Wildlife in the Anthropocene. Nick will consider what the climate and biodiversity crises of the Anthropocene mean for nature in Norfolk and for us as Norfolk naturalists. What can and should we do?

Everyone welcome - admission £2 - further details available from Ann Carpenter on 01508 488337. The meeting room will be well ventilated and hand sanitiser will be available. Wearing of face coverings/masks is up to the individual.

WyNG is the local members' group of Norfolk Wildlife Trust. <https://www.facebook.com/WymondhamNatureGroup/>



Photograph supplied by Nick Acheson

WALK, TALK, MAKE FRIENDS

Wymondham Walkers Meet Weekly

By *Suzanne Nuri-Nixon*



Wymondham Walkers is an informal group of people who like to have a walk around town on Monday evenings. Lasting for an hour and generally covering about three miles, the group is a chance for walkers to meet others, chat along the way and get some exercise while they are at it.

The group is also a good way to tackle loneliness by providing people who live alone the chance to get out and chat with other people. Walkers have also included people who are new to the area and due to the various stages of Covid pandemic lockdown, hadn't had the opportunity to mix in the community and meet local people.

Lucy Nixon, along with Annette James, is one of the admins of the group with a Facebook page posting up details before each walk of the route to be taken.

Lucy says "The walking group wasn't my idea initially but I was there at the start and helped get it off the ground. Unfortunately the person who came up with the concept said she had family issues and couldn't come. But I thought it was

such a good idea I wanted to keep it going.

"There's so many health benefits both physically and mentally from walking and although Wymondham has running groups there weren't any walking groups. It's great for people who, like me, need an extra level of commitment to make them exercise.

"We go in all weathers, even in winter, which is another benefit of the group as it provides a safe space for women to get out and walk on a dark, winter evening when they might otherwise not feel comfortable doing so. Sometimes we even stop after our walk for a drink somewhere and it's nice to socialise and chat to different people."

Wymondham Walkers currently meet on Monday evenings at 7pm at the Market Cross. All abilities are welcome from slow coaches to gazelles. Walks are for about an hour and usually cover 2.5-3 miles. Look for details of weekly walks on the Facebook page @WymondhamWalkers.

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All photo credits: Mid Norfolk Railway | 142061 ready for service following its winter exam

MID NORFOLK RAILWAY CARRIAGE AND WAGON TEAM BUSY

By Peter Singlehurst

As the Mid Norfolk Railway works towards reopening on 30th April, the railway's Carriage and Wagon team have been busy preparing coaches and have also carried out the first stages of a Pacer refurbishment.

The Class 142 Pacer unit 142061 has undergone a deep clean to the interior with particular attention to the seats and floor. The seat frames were stripped, treated for rust and then repainted. The floors have been deep cleaned removing literally decades of dirt.

The door lights in the footwells have been stripped, rust treatment applied, painted and then refitted with new lights installed. Externally, the underframe has been cleaned and then repainted making the unit ready for this season's running.

The work on the Pacer has been carried out by some of the working members of the railway under the supervision of one of the railway's Joint Rolling Stock and Traction Managers, Colin Makcrow.

In the future, the railway still plans to paint at least one Pacer in a different livery, but that will not be for some time as there are other coaches to be finished. The railway's Class 101 unit is also currently out of service, with various jobs needing doing before a repaint that will be the final step before a return to service. Which means that there is significant work to do before any of the Pacer units at the Mid Norfolk Railway receive a new livery.



The interior post deep clean

In addition to the work on the Pacer, Colin Makcrow and Tony Dunford, the railway's other Joint Rolling Stock and Traction Manager have carried out the annual C inspection for all of the seven Mark 1 and 2 coaches that make up the railway's operational vacuum braked coaches. In addition, all the coaches have also received a deep clean and minor interior repairs have been carried out.

Working members under the leadership of Tony Dunford have also continued the refurbishment of the railway's MK1 FK M13225 in preparation for its launch later in the season into service following what will be the most extensive restoration ever attempted at the MNR.

The Mid Norfolk Railway will reopen to the public with a steam service running over the May Bank holiday Weekend. Trains will be running on Saturday 30th April, Sunday 1st and Monday 2nd May. Tickets are available on the day and can also be booked via the railway's website. The popular kids go free promotion is also in operation for these running days. For more on the MNR see www.mnr.org.uk.

Right: The team painting the underframe of 142061
Below: Colin Makcrow left and Tony Dunford right during the inspections



ROYAL BRITISH LEGION JUBILEE CELEBRATIONS

By **Ann Rogerson**, Branch Secretary

Her majesty the Queen will become the first British Monarch to celebrate a Platinum Jubilee after 70 years of service. The country will celebrate with her with various events taking place nationwide.

Wymondham Royal British Legion will be taking part in festivities that will run from June 2nd to June 5th in Wymondham.

On June 2nd in conjunction with the City of Norwich Pipe Band and the Wymondham Ex-Services Social Club the RBL will march with standards from the club to the Market Cross where a celebration will take place.

The Pipe Band will play a selection of tunes with a performance of a piece especially composed for the Queens Platinum Jubilee by champion piper Stuart Liddell, entitled



Diu Regnare (Long to Reign). This piece will be performed nationwide by all pipe bands at the same time - 14:30hrs.

Following this performance there will be a display by some of the County Standard Bearers being put through their paces as required for competition. We will then return to the Ex-Services Club for their 'street party'.

On Sunday 5th June we will be joining in the 'Jubilee Fest' at Kett's Park with some activities as well as information about the Royal British Legion.



WYMONDHAM DIABETES UK GROUP RELAUNCHES

By **Tony Finon**

Wymondham Diabetes UK Group revives and relaunches on Tuesday, 14 June 2022. The group, like many others, has been impacted by the pandemic over the last two years.

The informal and friendly support group is here to help and is for all people living with diabetes. Whether you are newly diagnosed or have been living with the condition for a number of years, there will be something for you. The group exchanges ideas and provides peer support.

The meetings, which include speakers, will be held at Fairland Church, Fairland Hill, Wymondham, NR18 0AW from 2pm to 4pm on the second Tuesday of alternate months.

Everyone is welcome to join, for more details on the group or information about the meetings email wymdiabetes@gmail.com or phone 01953 606054.

There are an estimated 4.9 million people living in the UK with diabetes - a condition where there is too much glucose in the blood because the body cannot use it properly. If not managed carefully, both type 1 and type 2 diabetes can lead to devastating complications, including sight loss, amputation, kidney failure and stroke. There is currently no known cure for any type of diabetes.

Diabetes UK's aim is creating a world where diabetes can do no harm.

"Creating a world where diabetes can do no harm"

Diabetes is the most devastating and fastest growing health crisis of our time, affecting more people than any other serious health condition in the UK - more than dementia and cancer combined. There is currently no known cure for any type of diabetes.

With the right treatment, knowledge and support people living with diabetes can lead a long, full, and healthy life. For more information about diabetes and the charity's work, visit www.diabetes.org.uk



Photo credit: Gavin Bickerton-Jones

WYMONDHAM PHOTOGRAPHIC SOCIETY TO HOST OPEN DAY

18th June at the Dell Bowls Club

By **Gavin Bickerton-Jones**

Wymondham Photographic Society is holding an open day on June 18th at the Dell Bowls club, Norwich Road Wymondham, where we hold our club nights every Tuesday.

The open day will run from 10AM to 4PM on the Saturday, and will have lots of prints and digital images on show from

members' competition entries, as well as a studio set-up that you can try out if you bring a camera along.

There will be plenty of club members there to chat about photography, and also how to get involved with the club and become a member.



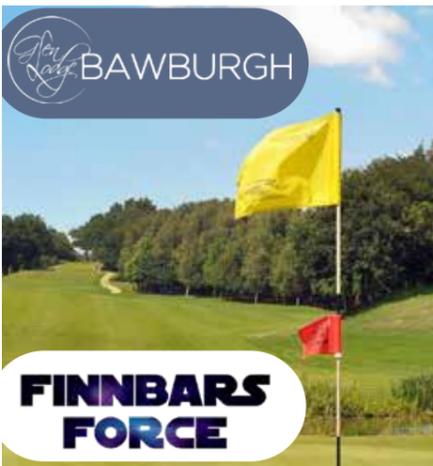
26th June 2022

Jump for Star Throwers Skydive
Have fun and help support people with cancer. Contact us for more information.



16th October 2022

Autumn Blickling Half Marathon 2022
To book your place visit:
<http://totalracetiming.co.uk/race/310>



19th October 2022

Charity Golf Day in aid of Star Throwers and Finnbar's Force at Bawburgh Golf Club. Contact us to book your place.

AN UPDATE FROM
STAR THROWERS



By Sara White
www.starthrowers.org.uk

Welcome to our latest news update from Star Throwers Cancer Support Charity. We have had many new and exciting announcements since the last edition. The centre is now back to being a busy hub, where we are seeing an increase in demand of our services both in person, and remotely.

Services

We are pleased to now be able to offer in person sessions for the following therapeutic services once again: **Massage - Indian Head Massage - Hypnotherapy - Reflexology - Lymphatic Drainage Reflexology - Reiki - Facials.**

We will also be offering 'Emotional Wellbeing Therapy' within the next few weeks - please contact us to find out more about this support.

For all bookings and enquiries, please contact by email: info@starthrowers.org.uk or call 01953 423304

Fundraising

We continue to be overwhelmed by the generosity of our supporters. Thank you to Kevin Hurn, Mayor of Wymondham and his Town Council team for their fundraising efforts at the Mayor's Bingo event. Star Throwers is delighted to receive £600 which will support many of our patients and their carers

2022 Challenges

We have many exciting challenge events taking place this year. Join us at our annual Skydive Day on Sunday 26th June in Beccles, and take on this amazing challenge whilst raising funds for your local cancer charity.

On **16th October** the popular **Autumn Blickling Half Marathon Challenge** will take you through the breath-taking and most scenic parts of the North Norfolk countryside of Blickling and surrounding areas. Entry is Free!

On **19th October** we have teamed up with Bawburgh Golf Club and charity - Finnbar's Force to host a **Charity Golf Day**, in aid of both charities. This promises to be another very enjoyable event with the chance to take part in fun competitions along the way. There will be coffee and bacon rolls (*vegetarian option available*) on arrival, the halfway point will provide refreshments and nibbles, plus a two course meal in the evening. This will be followed by a charity silent auction and raffle.

Contact Sara White: sara@starthrowers.org.uk for all challenge and event enquiries.

In 2020 and 2021 Star Throwers supported 296 people affected by cancer, and delivered a total of 1,426 individual and group support sessions.

All Day Charity event in aid of Star Throwers and Guide Dogs - Ska, Reggae and Soul 11/06/22 12pm-1.30pm. Wymondham Ex Services Club. £5 entry at the door.



WYMONDHAM SYMPHONY ORCHESTRA SPRING CONCERT A SUCCESS

By [Adrienne Cleary](#)

It was with great excitement when on Saturday April 2nd the orchestra gave its first ticketed concert for over two years.

Our Spring Concert given in the Central Hall, Wymondham was a resounding success. It was wonderful to perform to such a large and appreciative audience once again.

We received many complimentary remarks afterwards commenting on the programme content of Berlioz's Roman Carnival Overture, ballet music from Delibes' Sylvia and the great D minor Symphony by Cesar Franck.

"The programme was really lovely. I particularly liked the nymph pieces which are very familiar from the ballet. And the second half was very rousing and strong. Excellent."



Also comments were made about the tiered staging which enhanced both the visual and audible look and sound impact of the orchestra. We would like to thank the local firm ETS for erecting and taking down the staging before and after the concert with such speed and efficiency.

We are forging ahead now with rehearsals for our summer concert to be given in the beautiful church of St.Peter Mancroft, in the centre of Norwich, on Saturday July 9th at the earlier time of 7 pm.

This will be a programme entitled 'A Festival of Brahms' consisting of The Tragic Overture, the rarely performed Double Concerto for violin and cello, with soloists Juan Gonzalez, violin and Ben Rogerson, cello and finally the majestic 2nd Symphony. These are wonderful works full of rich romantic themes and it was hardly surprising that Brahms was hailed as Beethoven's true heir.

We are looking forward to seeing you all. at our next concert in July. Tickets are available on the door or through our website, www.wymondhamsymphonyorchestra.org.uk at a cost of £15, £13 Friends of the WSO and children are free.

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From my perspective

By Councilor
Suzanne Nuri-Nixon

Until fairly recently, the term nutrient neutrality wasn't something I had heard about. I first became aware of this term after a South Norfolk resident emailed me about their planning application which could be refused due to this planning condition flagged up by Natural England, the Government's advisor on the natural environment in England.

Simply put, nutrient neutrality is about maintaining our rivers, lakes and waterways so that they do not get overloaded with the kind of undesirable nutrients which come via sewage treatment, septic water tanks, livestock, arable farming and industrial processes.

A source tells me that South Norfolk would have had a Habitats Regulations Assessment done as the 'Competent Authority' and Natural England have

pointed out South Norfolk's obligation to not grant planning permissions. It turns out a lot of planning applications have now been put on hold as South Norfolk (along with other counties around England) gets to grips with what this means for their waterways.

So when South Norfolk looks to grant planning applications, they must also assess how new builds will affect the delicate state of our waterways. It means applications must be scrutinised to ensure extra wastewater from new housing, for example, does not impact on the natural environment.

South Norfolk has to take steps to mitigate water management so that the environment is affected as little as possible. Natural England say, in their own words, "Natural England's advice comes with tools and guidance to

help developments demonstrate that they do no harm, so that they can go ahead. We call this approach 'nutrient neutrality'."

Of course this has now had a big knock on effect on any new developments and there is currently no time line as to when this issue will be resolved.

While it may come as an inconvenience to developers big or small, it is right and essential that any development is subjected to careful scrutiny and judged on how waste water will be dealt with. We know that many people are fearful of the damage we have already done to our planet; this seems a small ask to ensure South Norfolk is doing what it must to protect our natural environment too.

LIVE THEATRE RETURNS TO WYMONDHAM

More from FOUR BY FOUR

A new selection of plays presented script in hand

Saturday 7th May 2022 at 7:30pm

North Wymondham Community Centre, Lime Tree Ave, Wymondham NR18 0HH

Ticket Price: £6.00 to include refreshments

Advance booking only by text:
Tel: 01953 605434 or email: tony@valemil.eu

WELLBEING IN WYMONDHAM: IS VOLUNTEERING THE ANSWER?

By Samuel Dutton

As the sun comes out and the clouds dissipate, many of us find ourselves out and about after a long and dark winter. Many of us feel our spirits lifted by the light of the sun and the warm breeze on our skin, and we begin to forget our troubles even if merely for a moment.

But there are many also who find no respite for their worries, many who find themselves indoors without any reason to go out and enjoy the sun. It's no secret that more and more people have become concerned with their mental wellbeing and so if you're looking for a way to get your body moving and your spirits high, volunteer work might be the answer for you.

I endeavoured to find out what sort of volunteer work is available around Wymondham and to see what sort of impact it can have both on the individuals performing it as well as its effect on the community as a whole.

My first experience of volunteering around Wymondham was having a chat with the cheery folks at the Roots Community Café. The whole place is run by volunteers out of the Wymondham Baptist Church and is the perfect place to spend a Monday or Friday afternoon if you're looking for a bit of communal of chit-chat or just popping over for a coffee. The volunteers there were more than welcoming to me and were happy to discuss how they believed volunteering could have a positive impact on people's wellbeing.



Sam (right) volunteering at the Old Sale Yard

about what can be done to help those with mental health issues, he very humbly claimed that while we can't fix someone else's issues, we can listen to them. And for many in the community, simply having someone to talk to can be a great help. All of the volunteers at the café are willing to chat, but are even more willing to listen.

As for how volunteering affects the wellbeing of the volunteers, everyone I spoke to there claimed that it had given them a great sense of purpose and happiness to be able to brighten up someone else's day. It only makes sense that giving back to the community can give someone a greater perspective on their own life and that became a trend as I asked other volunteering groups in Wymondham what they believe their effect on mental wellbeing is.

Having spoken to people from Cup-O-T, Greening Wymondham and other volunteer groups I found very much the same thing. Everyone I spoke to claimed that volunteering was a massive or even essential part in keeping on top of their mental wellbeing. Reasons for this ranged from feeling part of a community of like-minded people, to spending more time outside, to feeling like they've made a positive impact on the community or on other people.

In my own experience, the volunteer work I've partaken in has given me a sense of comradery and togetherness that is often hard to come by these days. A few hours out of my day that left

me feeling energised and reinvigorated. I can't speak for everyone, but volunteer work proves to be an essential part of making Wymondham thrive.

But if this is the case, then how can we get more people into volunteering? That's a question that has any number of answers. Most people simply don't have the time after all, or do they? Are we thinking about this the right way? I created a survey asking people how often they think about their mental health and whether or not they volunteer.

Of those polled, over 70% of people responded that they don't do any volunteer work. Of those who responded that they do regularly perform volunteer work, 40% claimed that it was essential to their mental wellbeing, a further 20% claimed it had a large positive impact on their mental wellbeing, while the final 40% claimed it had somewhat of a positive effect on their mental wellbeing.

Is it much of a stretch to say that for the over 50% of those polled who claimed their mental health was a daily concern, that it might be worth taking a couple of hours on the weekend to do something that could have a positive impact not only on their own wellbeing but on the community as a whole?

There is no single answer that will apply to everyone. But if you've never done volunteering work before and you have a couple spare hours here or there, it might just be worth your while to get out and give back to the community.



One volunteer, Vic, went into great detail about some of the people the café has helped over time. While talking

BOOK REVIEW:

How To Win Friends and Influence People by Dale Carnegie

By **Freddie Lowe**,
volunteer at:



In a memorable chapter of Helen Fielding's novel *Bridget Jones's Diary*, Bridget is at a rubbish party and wonders how all the stuck-up guests are so self-confident. She quips in an hilarious line: "probably because they've never read a self-help book in their life."

Jokes aside, 'self-help' is not a genre in which I've had much experience over the years, and it's usually not one into which I delve. There is however definitely something about *How To Win Friends and Influence People* that makes it stand out from the crowd. Perhaps it's the fact that over 30 million copies have been sold worldwide, making it one of the bestselling books of all time (which few self-help books can boast), or that it's often cited in lists of 'Best Books About Leadership', or (perhaps most notably) that it was one of the first to ambitiously entitle itself, "How To + [blank]". It's clear to see the widespread appeal, especially as many successful figures swear by it (including *It's A Wonderful Life*-actress Donna Reed).

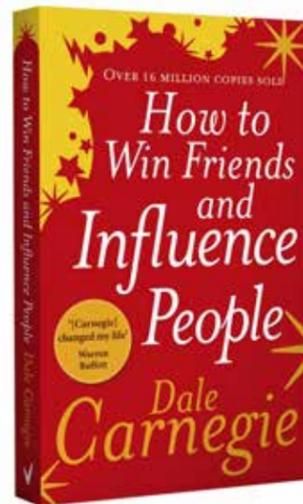
86 years post-publication, I decided to see what the fuss was about. I was pleasantly surprised. We may have just found an exception to Bridget's rule. The book is not only extremely easy reading, but also contains some very astute tips. To be clear, Carnegie is not nearly as childish or manipulative

as the title seems ('winning friends') but rather strives to make his reader a genuinely better person. His overall argument is that we change others' behaviour by changing our own. We should listen to others, allow them to see their perspective. He also, very interestingly, advises against any form of overt criticism as it wounds the recipient's pride. Rather, he suggests 'a little tact and diplomacy', being 'hearty with our approbation and lavish in our praise' on the elements that genuinely deserve it and using that as anaesthetic for suggestions to improve. And most importantly, always using 'and', not 'but'. (For example, saying to your child, "your grades have been brilliant this year, and if you improve on Maths you'll be cruising!", rather than 'your grades have been good but that will all go to pot unless you do something about Maths').

Such a summary cannot do the book ultimate justice but let it suffice that it is probably worth reading. That's not to say it is perfect. While the above philosophy works beautifully in some situations, his application of it to others can feel uncomfortable. In one anecdote he tells, the supposed 'exemplary' influencer awards his child with a dollar per completed chore, whilst threatening to take away a dollar per uncompleted chore. I had always believed that bargaining and petty threats were a poor and largely

ineffective parenting tactic. Carnegie, however, was a parent – and I am not – so maybe he's right. Who knows?

That said, it is extremely refreshing to hear of an advice book that promotes human connection and deeper understanding of our peers, as opposed to the typical 'self-empowerment' manifestos. Carnegie doesn't advocate being a pushover. He instead argues that confrontation is unnecessary because with these techniques, the other person will already be on your side. A little utopian? Difficult to practise 24/7? Absolutely. Worth reading still and implementing when you can? Definitely.



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Photo credits: Hitter Racing / Paul Jewiss Group



PREPARATION FOR THE FAST LANE

Top Female National Kart Racer Eyes Up F4 Championships

By **Paul Jewiss** and **Amanda Hitter**

One of the UK's top fitness trainers, based in Wymondham is helping a Norfolk girl prepare for the chance of racing in F4 and beyond. Multi-award winning trainer and PT of the Year 2021, Paul Jewiss, is working with 14-year-old Macie of Hitter Racing to help her reach the high levels of fitness and endurance necessary for top-flight racing drivers.

Macie Hitter made her debut in the Honda Cadet class in 2017 aged 8. In her first season of racing she became the 3rd Top Female Driver at HKRC Kimbolton as well as scoring multiple podiums throughout the year.

2019 was her final season in the Honda Cadet class. She made the step up to compete in the British Karting Championship where she went against 59 other competitors. Macie was again crowned Winner as Top Female Driver of the season at HKRC Kimbolton for the second successive season as well as Vice Champion in the Honda Cadet Championship.

In 2020 Macie took the leap up into her first season racing as a Junior. The Junior X30 Championship is undoubtedly the hardest form of junior karting in the UK. Her first season finished a respectable 4th place in the Championship at HKRC Kimbolton.

In October 2021, Macie was selected as a driver to represent the UK for the "Girls on Track" Rising Stars, at the Paul Ricard Circuit in France. Sadly testing positive for COVID during the competition put an early end to this amazing experience for

a chance to win an International drive. "Single seater is my ultimate dream, after testing a GB4 (F4) in January 2022, this felt amazing, I have to find a way to be on track. It is imperative for me to start this journey now to give me the best possible chance of making it to F1 in the future."

Single seaters are up to 165mph, with brake horsepower of 180 (bhp). Currently there are no females competing in this year's British F4 Championship. Last year Abby Pulling was competing in this Championship who is aged 19, this year Abby has been selected to race in the W series.

"Racing a single seater racing car demands high levels of physical fitness, strength and stamina especially in the lower back, abdomen, shoulder and neck muscles," said Jewiss, "A tailored and planned fitness regime will ensure Macie can give her best on track throughout the race weekend."

Jamie Hitter, Macies father added: "Winning in motorsport means getting the best from all aspects of the race package - including the driver. Fitness and stamina is essential, especially in F4 where the workload on race day is very high."

Paul will not only be working on fitness and recovery, but his team of experts will also be focusing on nutrition, mindset training and media coaching. Paul will also be on hand to help Macie prepare for race weekends and during

the day to ensure she can perform at the highest level.

If you would like to help support or sponsor Macie, please contact maciehitterracing@btinternet.com



WHAT'S ON?

Saturday 30th April

Beer and Gin Festival
11am to 11pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Medieval Day
12pm to 5pm, The Green Dragon
www.facebook.com/greendragonnorfolk.co.uk

Sunday 1st May

Beer and Gin Festival
11am to 11pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Monday 2nd May

Beer and Gin Festival
11am to 11pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Tuesday 3rd May

Classic Car Meet
6:30pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Town Council AGM
7pm, WTC Office, Kett's Park. Public welcome
www.wymondhamtowncouncil.org/documents/agendas

Wednesday 4th May

Arts Society AGM
7:15pm Catholic Church, including a demo by Will Harvey on 'Stretching inks and watercolour effects'.

Thursday 5th May

Wymondham u3a Coffee Morning
9am, Central Hall
<https://u3asites.org.uk/wymondham/home>

Friday 6th May

Rotary Quiz night
7:30pm, Central Hall, Teams of 4- 6, £24 per team (all profits to local charities). Full details and an entry from wymrsg@gmail.com

Bingo Night
7pm, Ex-Services Social Club, Cash prizes, raffle and membership draw
www.facebook.com/groups/130014680369369

Saturday 7th May 2022

Four by Four Plays
7:30pm, North Wymondham Community Centre. Tickets £6

Sunday 8th May

Car boot sale
10:00am, Wymondham Town FC Members' Open the Box Draw
3pm, followed by card bingo, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Tuesday 10th May

Classic Car Meet
6:30pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

AGM of Wymondham and Attleborough Talking Newspaper
7:30pm, North Wymondham Community Centre

Thursday 12th May

Wymondham u3a Coffee Morning
9am, Central Hall
<https://u3asites.org.uk/wymondham/home>

Nature Group Talk
7:30pm, Town Green Community Centre. "Norfolk's Wildlife in the Anthropocene", admission £2.
www.facebook.com/WymondhamNatureGroup/

Friday 13th May

Bingo Night
6:30pm, Wymondham Town FC

Saturday 14th May

8:30pm - Northern Soul Night in Regal Lounge
8:30pm, Members free, guests £2 Ex-Services Social Club
www.facebook.com/groups/130014680369369

Sunday 15th May

Members' Open the Box Draw
3pm, followed by card bingo, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Monday 16th May

Wymondham Garden Club - Talk
7:30pm, Town Green Centre. "May Blooms" by Guy Barker, highly regarded local horticulturalist. Members Free, guests £4.
wymondhamgardenclub@gmail.com

Tuesday 17th May

Classic Car Meet
6:30pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Town Council LEET Committee
7pm, WTC Office, Kett's Park. Public welcome
www.wymondhamtowncouncil.org/documents/agendas

AGM of NWCA
7:30pm, North Wymondham Community Centre

Thursday 19th May

Wymondham u3a Coffee Morning
9am, Central Hall
<https://u3asites.org.uk/wymondham/home>

Sunday 22nd May

Members' Open the Box Draw
3pm, followed by card bingo, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Quiz Night
7:15pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Tuesday 24th May

Classic Car Meet
6:30pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Thursday 26th May

Wymondham u3a Coffee Morning
9am, Central Hall
<https://u3asites.org.uk/wymondham/home>

Wymondham Heritage Society Talk
7:30pm, Fairland Hall. "Finding the Devil in the Dye" (local historical fact and folklore) by author Jeni Neill. New members welcome and can join at a meeting or email suewhs@btinternet.com

Friday 27th May

Bingo Night
6:30pm, Wymondham Town FC

Saturday 28th May

Psychic Night with Linda Rae
6:30pm, Wymondham Town FC. Tickets £10

Sunday 29th May

Members' Open the Box Draw
3pm, followed by card bingo, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Sunday 5th June

Jubilee Fest & Community Picnic
2pm to 6pm Kett's Park
www.wymondhamtownteam.org

Saturday 18th June

Wymondham Photographic Society Open Day
10am to 4pm Dell Bowls Club
www.wymondham-ps.org.uk

Saturday 18th and Sunday 19th June

Open Gardens 1-5pm

Friday 24th and Saturday 25th June

Morley Beer Festival and Family Fun Day
www.morleyfestivalnorfolk.co.uk

Sunday 26th June

Wymondham Food and Drink Festival
10am to 4pm, Wymondham Town Centre
www.facebook.com/events/3157551921194799

Saturday 2nd July

Jazz Picnic
6pm to 9pm, Becketswell Meadow



SUNDAY CHURCH SERVICES

Alive Church 10:30am, Central Hall
www.alivechurch.org.uk/wymondham

Baptist Church 10:30am and online
www.wymondhambaptist.org.uk

Hope Community Church 9:30am & 11:30am
www.hopecommunitychurch.co.uk

Methodist Church 10:30am
www.wymondhammethodistchurch.com

Wymondham Abbey 11am
www.wymondhamabbey.org.uk

Wymondham RC Church 8:30am & 10am
www.wymondhamrcchurch.org.uk



MARKETS

Every Friday
Charter Market
8am to 5pm, Market Place
01953 603302

Third Saturday, 21st May
Charter Market
8am to 5pm, Market Place
01953 603302

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W Y M O N D H A M

JUBILEE FESTA

& Community Picnic

Sunday 5th June 2pm to 6pm

Ketts Park

Bring a Picnic Blanket for your family

Wear Red, White, and Blue to Celebrate!

 Stage Headline:
The Walks



 Fun Fair

 Street Food

 Community Groups

 **Meet our Queen**
(Actress: Georgette Vale)

 Party Games

 and more...

 Donate a Packet
of Ambient Food for
Wymondham Community Outreach Project

