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ISSUE 70 | MARCH 2023

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CONTENTS

News 4

Duck Race Returns on 10th April	4
Community Seed Swap	4
New Wellbeing & Spiritual Fair	4
Little Boutique For Sale As Ongoing Business	5
Dance for Turkey on 2nd April	6
Abbey Hall Back Open	7
Barclay's Closure Latest	7
Moneyproperties Celebrate 20 Years in Business	9
Morley Festival To Return for 2023	10
Rothbury Park Design Plans Unveiled	12
Browick Rec Consultation Begins	12
Town Council Watch: Civility & Respect Special	13

Features 15

For Those On The Fence: Ewemove	15
A Rubbish Walk: Neville Walks Again	16
Keeping Your Property Transaction on Track	17
Cover Story: A Hero Arm for Caitlin	19
The Howes Family History	20
Ted Talks: Wartime Reporter	20
Q&A: Mary from Marola's Hair Salon	21
What's In a Photo? On Strike!	23
C S Daniels & Son, Northfield Nurseries: A History	24

Community Groups 26

Heritage Museum Opening 20th March	26
Star Throwers Update: March	26
Photographic Society: Shard from London Bridge	27
Introducing: Wymondham Rotary Club	30
Symphony Orchestra 'Out to Sea' at the Abbey	31
Wild Tribe Little Visitors	31
Nature Group: Wild Geese and Winter Wildlife	32
Greening: Restoration, Rothbury and River	32

Opinion 33

Green Dragon Memories - The Lowe Down	33
From My Perspective: Children's Social Care	34
Book Review: The Song of Achilles	34

Sport 35

Walking Netball Comes to Wymondham	35
Izabella Newby awarded the Duncan Kirk Cup	35
Kevin's Seven (Months): The Town Trainer	36

What's On? 37



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From the editors...

We're constantly impressed at the standard and variety of your contributions to Wymondham Magazine. And this 38-page March E-Edition is no exception:

There's a special one-off piece telling the story of C S Daniels & Son Nurseries, which used to be at the north end of Melton Road. A *potted* history if you will.

Peter Steward of Hethersett Herald fame has done some investigations into some gravestones that caught his attention at Wymondham Abbey.

Gill Harle has interviewed Mary Ford from Marola's Hair Salon, who is hanging up her scissors for good this at the age of 79, for our Q&A this month.

Next month is a print edition again, so if you've got a story or advertisement you want to share with over 8500 households in Wymondham, be sure to submit it to us by 16th March via news@wymondhammagazine.co.uk.

Our cover star this month is six-year-old Caitlin, who's not let being born with a limb difference hold her back in life. Her parents are now raising money to get "A New Hero Arm for Our Heroine Caitlin".

We hope you enjoy the edition.

Kim and Jimmy

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DUCK RACE RETURNS ON 10TH APRIL

By Robert Culyer



After an absence of a few years the folks at Wymondham Abbey are pleased to be holding the annual Abbey Duck Race on the Tiffey meadow again this year.

It is a great day out for all of the family.

There will be the duck races as well as tombolas, book stalls, cake stalls and refreshments (bacon butties etc).

There will also be an Easter Bonnet parade for the children and prizes for best hats as well as a treasure hunt.

Several local businesses have been so pleased to see the Abbey being part of the community again that they have very kindly sponsored the races.

The fun starts at 11:30am, continuing on until late afternoon.

For more information email admin@wymondhamabbey.org.uk.



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COMMUNITY SEED SWAP

By Nicki Waterworth on behalf of the Eco Church Team at Wymondham Baptist Church

Are you planning your summer garden? Have you got a surplus of seeds? Would you like to try growing something new this season? Or are you new to gardening and need some seeds to get started?

Yes? Then come along to the Community Seed Swap at the Wymondham Baptist Church on Queen Street on Saturday 4th March, 10:30am - 1pm, with (or without!) any spare seeds you have and swap them for something different.

We are excited to be hosting this event and are sure that it will be a great time to enjoy sharing and swapping gardening tips and suggestions with other growers over a cup of tea or coffee and cake.

Everyone is welcome. All the seeds are free to take home and for your refreshments we ask for a small donation with all proceeds going towards Eco Church projects at WBC.

WELLBEING & SPIRITUAL FAIR

By Karen Savage

A new event for the town is being organised by Karen Savage and Jennifer Wythe, friends with a passion for happier, healthier living. They invite you to join them at the Wellbeing & Spiritual Fair at Wymondham Central Hall on 1st April from 10am to 4pm for a fabulous day of relaxation and inspiration on how to lighten up your life.

A variety of treatments will be available to try on the day, including Reiki, card readings and more. Stalls galore will offer hand crafted art, jewellery, fairy gardens, incense, essential oils, books and more.

In the Tiffey Room you'll be able to watch demonstrations throughout the day such as mediumship, meditation, gong bath sound healing and more.

Two new Wymondham businesses, Caley's Apothecary and Elegant Beauty will also take part.

Meet with friends in the foyer for coffee, tea and cake catered by a local cafe.

The entrance fee for adults will be £2 and children can enter free of charge.



LITTLE BOUTIQUE FOR SALE AS ONGOING BUSINESS

By [Kate Thompson](#)

At the top of Fairland Street is the busy and ever-changing Little Boutique, run by the cheerful Kate Thompson alongside her team of helpful staff.

This award-winning business (including Retailer of the Year) is now looking for its new owner due to a

change in life circumstances. It will stay open for the time being whilst a new owner is sought.

The accessories boutique and gift shop is very well regarded in the community it supports. The business is prime for a new owner who can expand on the fantastic foundations that have been put in place.

They've built up an impressive client base both locally and online. It sees a high annual turnover, providing an extremely promising opportunity for the right entrepreneur.

The current team would love to find a local person who wants to have their own business and be part of the community. In the past, Little Boutique has proudly participated in events like Wymondham in Bloom, Halloween Trick or Treating, Wynterfest and many more. They often donate prizes for charity fundraisers and feature on fun trails for children in the town centre.

The business opened in October 2017 with a huge mix of stockists and has gone from strength to strength despite what the last 5 years has thrown at us. The reputation and word of mouth recommendations from many lovely customers continues to bring new supporters along with a year-round tourist trade. Little Boutique has won awards including Retailer of The Year



2022 for South Norfolk and has been a finalist in every award nominated!

The shop has a very successful Facebook page, Instagram account & e-commerce website with outstanding reviews on Google. To discuss the freehold or leasehold opportunities available contact Kate: contact@uklittleboutique.com.



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DANCE FOR TURKEY ON 2ND APRIL

By Rachel Evans



I'm a local Zumba instructor teaching at Wymondham Central Hall for nearly a decade. Together with fellow instructor and Wymondham resident Lucy Brooks, we are holding a Dance for Turkey event on Sunday 2nd April from 2-4pm at Central Hall. The event is open to anyone and we are asking a minimum of £5 donation to dance with us at the event. At the event there will also be tea/coffee and donated homemade cakes for £2 so that others who don't want to dance can still be a part of this community charity event.

We are very lucky to have a wonderful team of instructors including a very talented Zumba star, Natalia Bull who is coming from Cambridge to lend her energy and style to our heartfelt and humble community event.

We have a Zumba instructor friend who stayed with me and presented a Masterclass here several Years ago Ömür Abay. He has lost his

father and brother in the earthquake. This sad news has spurred us on to create this event.

We love Wymondham and are always grateful to everyone who comes to support our efforts. A few months ago we coordinated a huge collection of clothing and supplies for Ukraine at Central Hall, so we know the power of the amazing residents of Wymondham and the surrounding area.





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ABBEY HALL BACK OPEN

By Christine Buckton

The Abbey Hall in Church Street Wymondham was built in 1971, replacing the Vicarage Rooms which had become too small and decrepit for modern 1970's use. The Hall was built with money raised in the community by public subscription (crowd funding in today's parlance). It has been run by a volunteer management committee and was well used by many and varied groups - Tiny Talk, Weight Watchers, Scouts and Cubs, Community Choirs, Bridge Clubs, Tai Chi, ShuffleBoard players and many others over the years as well as hosting a monthly Abbey Lunch, Children's Society Quizzes and private parties. All this came to an end with Covid and subsequent administrative

difficulties meant that the Hall has not been in use since 2019.

We are keen to re-establish the Abbey Hall as a pleasant and convenient community asset for the benefit of all Wymondham (and beyond) residents. The hall has a large open area with tables and chairs as required, (bouncy castles can be fitted in!) a clean and convenient kitchen with cooker and dishwasher and fridge; the heating system is old but adequate and keeps the Hall warm when in use. There are disabled facilities and a Car Park. Anyone who is interested in viewing the Hall or would like to hire it at £12/hour should contact Christine Buckton on 01953 602108.

BARCLAY'S CLOSURE

By Kathryn Cross

Bosses at Barclays Bank have insisted they still wish to be "part of the community" when the branch in Market Street closes in April.

The deputy customer care director Chris Channel met with town councillors Kathryn Cross and Kim Carsok soon after their announcement and said that while Wymondham's cashier service was one of those affected by the bank's latest round of closures it would not be the end of their relationship with the town. He explained that they were looking at ways for customers to speak to a staff member face-to-face about their account by opening a 'Local Touchpoint'. Negotiations were ongoing on its location but they were looking at a town centre solution.

He said: "This will be open approximately three days a week, where people can speak to a staff member about their account, for mortgage advice, fraud advice, move money between accounts, report a bereavement etc. These have proved very popular in other locations where branches have closed."

The closure of the branch was blamed on dramatic changes in the way customers are using banking services and an influx of digital only banking options, for example Monzo and Starling etc. Mr Channel said: "Barclays has a 330 year history but in the past 10 years there have been dramatic changes. We have had to look at how Barclays will remain relevant for the next 330 years and compete with the digital

banks that have much lower overheads. 90 percent of transactions that used to be done over the counter are now done digitally and it is this massive shift that the business is coming to terms with."

He said while the older population still want to pay in cash or write a cheque for cash it is not cost effective to offer that service. The move to more online banking had accelerated due to Covid. The bank did try closing one day a week to see if there were more customers on other days but it didn't make enough difference.

As banks are governed by the Financial Conduct Authority, if they close a branch for a commercial decision they have to look at the impact on the community when they leave.

The Cash Action Group, operated by Link, is given the responsibility of looking at the town to see when a branch goes that there will still be access to cash to withdraw or pay in.

It found that other bank branches have ATMs and the Post Office is contracted by Barclays for personal and business customers to pay in and withdraw cash and pay in cheques.

As a result of the findings, Barclays will encourage all customers to have online access and want to engage with the community in holding workshops to show how easy it is to download and use the banking app.

While councillors Cross and Carsok both raised concerns about an influx of banking customers in the Jarrold based Post Office Kiosk, Mr Channel said the counter staff were aware of the closure of both Barclays and HSBC and the staff were keen for

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Images show artists impressions of William's Park house types. CGIs are indicative only and elevations are subject to change, external finishes and features may vary. Information correct at time of going to print, Friday 17th February 2022.

MONEYPROPERTIES CELEBRATE 20 YEARS IN BUSINESS

By Mick Money

Moneyproperties & Moneylettings are excited to celebrate 20 years in business on Friday 10th March 2023!

We are very appreciative of the support we get from the local community and as a thank you we will be holding a prize draw every month this year to celebrate our success. The first prize draw will take place on our 20-year anniversary, 10th March. We will be entering the names of all those who have supported our family business by selling, buying, renting or letting a house with us throughout those 20 years.

The prize for the first draw in March will be a delicious dinner for four at the Queens Head in Wymondham, kindly sponsored by the landlady Victoria Anderson!

Our town centres have had their struggles over the years and Moneyproperties would like to conduct these draws in association with other businesses in the Wymondham & Attleborough areas. We encourage anyone who would like to be involved in our celebrations to get in touch as we would welcome the chance to use our success to help generate more support and exposure for other local businesses.

Owner Mick Money said, "I have seen a significant amount of change in our town centres over the past twenty years, many businesses have gone because of retirement, some because of recession and others because, sadly, they just couldn't make it pay.

Internet shopping has evolved over the past twenty years and the trend of

consumers buying online has forced many businesses to adapt. The recent pandemic was a further catalyst that has drawn more people to shop online and subsequently reduced footfall on the high street.

Personally, I still feel the need for a thriving town centre and I wrote an article in a local magazine, some years ago, describing how the town should become a place of social activity with more cafés, bars, restaurants and curio shops, giving people a reason to shop



locally and socialise at the same time.

Moneyproperties are proud to have sold in excess of 3,000 houses and let more than 2,000 properties for landlords in the past twenty years. In 2003 we registered the rock band 'The Darkness' as searching for properties in the area and because of that Moneyproperties appeared on Radio Norfolk. The Darkness eventually bought in the area. We have promoted our schools as some of the best in the country, been through the credit crunch of 2007-2008 and the pandemic of 2020 when houses were not able to sell for a short time. During the pandemic we again appeared on the local news for offering a free printing service to school children unable to print at home. We have also seen the average house price in the area rise from £180,000 to £360,000 and so doubling in the past 20 years, due to the A11 corridor, which has seen the population of South Norfolk rise from 113,665 to 144,525! That's a 22% increase!

◀ Christian Money who has qualified as a surveyor



We have also witnessed significant price increases in 20 years with the cost of everything going up an average of 53.5%. In 2003 the price of petrol was approx. 77p per litre, today the price is approx. £1.59 per litre. A loaf of bread has gone from around 9p to £1.15. A pint of milk from 36p to 69p. Alcohol has gone up a staggering 93%! Where a pint of beer in 2003 was £2.10, today it is £4.07 and a bottle of wine has gone from £3.22 to £6.09!

We have always been thankful and amazed by the loyalty of our staff and their help in making the business so successful over the years. Special thanks go to Kim Local and Tina Swann who have been with us for 20 years, Gwen Rennie who was with us for 14 years and Amy Johnson who has been with us for 5 years. We are also thankful to our son, Christian, who joined us in 2018 after qualifying as a surveyor in London, for getting our Attleborough branch off the ground with the exceptional support of Susie Ley and Sam Giles. With Christian on board I am confident that the family business will be in safe hands for the next 20 years!

▼ *Shirt sponsor for Swardeston Cricket Club's Women and Girls section*





MORLEY FESTIVAL TO RETURN FOR 2023

By [Corinna Pharaoh](#)

Morley Festival, South Norfolk's favourite beer, music and family event is back for 2023. The festival voted top ten in the East Anglian Festival Network Awards, celebrates Norfolk beer, music and arts and is taking place once again in Morley, Wymondham over the Friday 23rd and Saturday 24th June. This is the ninth year the festival has been held with all profits going to Norfolk charities. This year we're supporting: Norfolk and Waveney Mind the mental health charity that believes no one should have to face a mental health problem alone, Cup-O-T: Wellness and Therapy Services a social enterprise making mental health services accessible at an early stage for young people, families and communities, providing a range of therapies, groups and workshops from their therapy van, in community locations and their Wymondham therapy woodland space and Morley Village & Sports Hall South Norfolk community venue run by volunteer Trustees providing an affordable facility for weddings, functions, meetings, sports - hire spaces, indoor climbing wall, badminton, short tennis, pickleball, table tennis, volleyball and a wide range of classes and clubs for all ages and the home of Morley Youth Football Club and Wymondham Judo Club www.morleyvillageandsportshall.co.uk will benefit.



FRIDAY EVENING 5PM - 11PM

Friday night is a family-friendly night with live music from Dirty Havana an exciting, energetic rock band and Norfolk's favourite The Lee Vasey Band guaranteed to get you up and dancing, Real Ale & Cider Bar, Gin & Cocktail Bar and delicious Street Food!

SATURDAY MIDDAY - 11PM

Saturday kicks off with a huge array of activities for all the family including workshops in Circus Skills, Willow, Art, Science, Bushcraft, Bubbles, Storyteller plus Makers Market, Archery, Fun Field Inflatables and Games, Paint Pixies Fun Colour Paint Fight, Foolhardy's Circus Show, Real Ale & Cider Bar, Gin & Cocktail Bar, Street Food and live music from local festival legends and the musical riot that is The Foreign Locals - reggae, ska, gipsy punk, get ready to be entertained!

"Visitors can sample over 30 Norfolk Real Ales, lots of Ciders, Gins and Cocktails as well as grazing their way around street food stalls, taking part in workshops, shopping, activities, games and the fun colour fight! More than 2,500 people come along to the festival every year and we have raised more than £27,000 for Norfolk charities" says Corinna Pharaoh, one of the Morley Festival organisers.

As the sun goes down the Morley Festival Party comes alive where the Live Music, Real Ale & Cider Bar, Gin & Cocktail Bar and Street Food are the main attractions. The 2023 music lineup is bigger and better than ever before with The Lovin' Handful one of the best Skiffle, Bluegrass, Americiana, Indie bands bringing the party, DJ

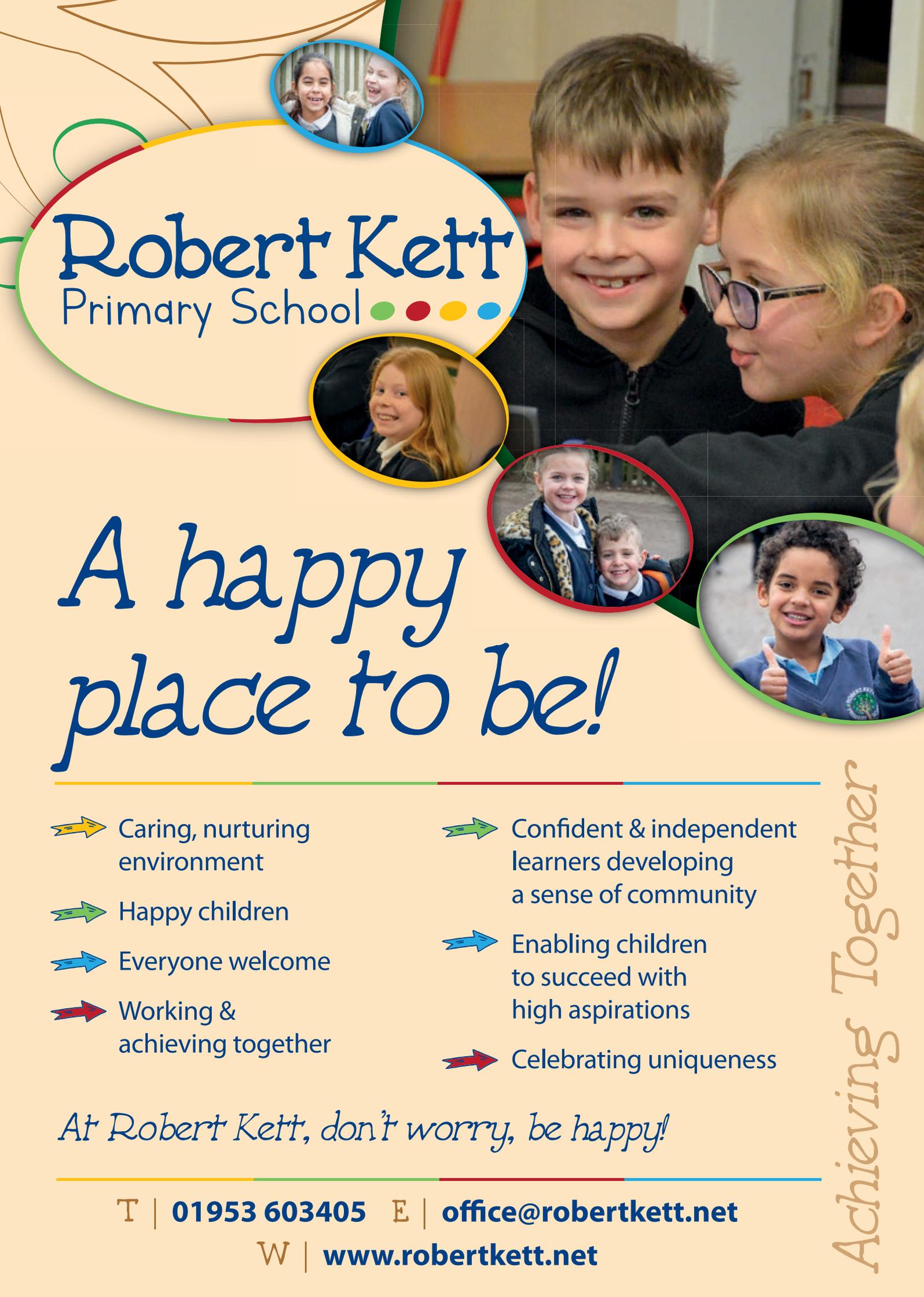


Steve Clarke funky disco house mix from 1990's Ministry of Sound club DJ then the brilliant The Counterfeit Brits, Indie pop, 90's UK britpop taking you right back to the start of 1990 and all the way through to 1999 and awesome Fire Show - Burning Man, eat your heart out!

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"We are hugely excited to be bringing Morley Festival back for 2023, it's shaping up to become a hugely memorable weekend with a fantastic music line-up, real ales and ciders from around Norfolk, delicious street food, a huge array of activities for all the family and free kids 14 and under. The Morley team cannot wait to see you in June" said Corinna Pharaoh, one of the Morley Festival organisers.

Tickets are only for sale in advance - we expect to sell out well before June, we sold out last year and are already selling out quicker this year - Kids 14 and under are FREE as always.



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Achieving Together



By Jimmy Young

Good day one and all. You're looking radiant. I hope you're well. And welcome to this, a Town Council Watch: Civility and Respect special. Your continued readership is much valued and your kind feedback always gratefully received. Are you ready for the column to commence? You are? Delightful. Then let us begin.

There was no full council meeting in February to report on this month. The councillors had seemingly been so cordial to each other, in allowing their colleagues to go first at suggesting agenda items, that no one actually ended up submitting any ideas.

Exemplary behaviour.

And so it is that we resort pivot again to covering one of the Town Council's committees instead. These smaller groups tackle more-detailed topics that don't warrant the time and attention of all our honourable representatives at full council. So let's respectively look back at the Leisure, Enterprise, Environment and Tourism committee from mid-January.

Unless you have a better idea? I'm open to suggestions.

NO NAME CALLING PLEASE

First up was a discussion item to gauge opinion on a suggestion to rename the Tourist Information Centre housed in the Market Cross as the "Town Information Centre". This was an idea that had emerged at the "Bright Future" meetings between councillors, residents and businesses.

The committee quickly questioned the wisdom and expense of changing a universally accepted name, though Cllrs Penny Huble (Con) and Kim Carsok (Con) acknowledged the spirit of the suggestion. The underused Market Cross contained information that was useful to residents and not just tourists. Councillors discussed how that fact could be communicated to people living here.

Then Cllr Robert Savage (Con) had some diplomatic input for the group to consider: **"I don't think I've ever heard of a more bizarre suggestion coming from this council to be honest"**, he respectfully chipped in.

It's heartening for an impertinent young cynic like Town Council Watch to see such good faith contributions from

experienced councillors.

The committee's stance on changing the name was clear enough not to require a vote. The current name stays.

SHOW SOME KING RESPECT

We then came to a discussion on what the Town Council should do as regards celebrations in the town for the coronation of King Charles III in May.

With reports that the sovereign is likely to favour a pared-back coronation, it's looking like His Majesty can look to Wymondham Town Council as something of a centre of excellence.

There would apparently be no budget for festivities flowing down from South Norfolk District Council. And Cllr Penny Hubble (Con) informed members that the usual fallback of Town Team volunteers were unable to organise any special event marking the occasion. She did however suggest the Town Council make small pots of money available to help residents plan small street parties themselves, like it had for last summer's jubilee.

Cllr Robert Savage, sitting under a portrait of the Queen, quickly moved to stamp that idea out though. But not before quashing any suspicions he may be a closet Roundhead:

"I'd like to start off and just state straight away that I'm a royalist. I'm a supporter of the monarchy."

Why do you detect a "but" coming?

"But I'd just like to draw a distinction between Her Majesty the late Queen Elizabeth and King Charles", he added, before talking about the longevity of the former's reign and positive presence she'd been in people's lives.

Yet of the record-breaking, longest-serving-ever former Prince of Wales of the last 64 years, Mr Savage had words of caution: "King Charles is a lesser known quantity at the moment."

Fair point. I'd never even heard of this 'Charles' until last autumn.

"He's started very well and I think he's going to make a great king.", continued Nicholas Witchell Cllr Savage.

Palace aides jumped up and punched the ceiling at the endorsement

"I'm afraid - though I would obviously support King Charles III's coronation - I don't think this Town Council should get involved in any way shape or form in organising anything formally when it comes to the cost."

God Save The King.

Cllr Kathryn Cross (Con) suggested at least putting up some bunting in the market place and potentially holding a special Saturday market after the coronation ceremony was finished. Maybe there could be some tables and chairs, and cakes.

Ah, that sounds nice...

"I'm intrigued to know where all these chairs and tables are coming from"

scoffed the Clerk respectfully.

...Sorry, not nice. IMPOSSIBLE.

"It's just an idea" Cllr Cross murmured.

"Well an idea is fine but there needs to be some substance behind the idea, because the Town Council doesn't have chairs and tables they can suddenly put out in the market place!", the Clerk scolded North Wymondham's elected representative, civilly.

Cllr Cross must have forgotten to thank the paid full time staff member for fulfilling his role to provide impartial assistance in creating ideas and working constructively to implement them.

Dear oh dear. Where's her respect eh?

More from this series at:
[wymondhammagazine.co.uk/
 town-council-watch](http://wymondhammagazine.co.uk/town-council-watch)

"Perhaps we invite [traders] each to supply a couple of tables for the market place, on the basis that they can sell takeaway items to be consumed on the market place", Cllr Kim Carsok (Con) piped up.

A suggestion far too dangerous to be allowed to go unchallenged:

"Health and safety will not allow that!" interjected the Clerk.

"How is that different from the current state of people buying fish and chips and eating out in the market place every day?" enquired a bemused Cllr Carsok.

"What you've just intimated is that traders are taking coffee and cake into the market place, by setting up tables and allowing people to sit down and service them."

In the spirit of civility and respect, Town Council Watch would like to compliment the Clerk on his formidable imaginative powers as to what councillors were intimating.

"That is completely different to going to a fish and chip shop and taking it away", he continued.

Why yes it is. But then it was you that completely made up the bit about table service yourself wasn't it, erm, your grace?

A plan eventually came together to ask potential stallholders if they would be interested in a Saturday market to take place after the coronation service.



SLIDE REMARKS

The next item concerned a list that Cllr Carsok had requested, detailing all the council's playgrounds and the installation dates of the play equipment in them. The item triggered a broader conversation on the upkeep of Town Council play spaces and how it's paid for.



▲ One horse town: equipment beyond repair is taken out when no money available.

Possibly sensing the list could lead to a future request to improve the listed playgrounds, Mayor Kevin Hurn (Con) had turned up to give his views during the meeting's public participation section.

Leaning into the microphone at the Town Council's new £2 million office building, which was paid for via a £60,000 a year 15-year loan and by raiding £711,000 of the council's cash reserves, including budgets for play equipment, Mr Hurn said:

"In my opinion there isn't any money in the 2023-24 budget for such improvements."

An unavoidable situation really.

Then, referencing the council's Community Infrastructure Levy (CIL) housebuilder revenue, which has since been used to plug the cemetery fund that was raided for £213,000 to build the new offices, he said:

"At the moment all the expected CIL receipts have been allocated to other projects for the next few years, so that may be something that would have to wait a little bit longer".

Never mind. It's good for Wymondham's toddlers to have something to look forward to messing around on during their A-Level study leave.



▲ The Town Council's new £2 million office under construction

We did hear the council's crack plan for dealing with old and faulty play equipment though:

"If it is beyond repair and we haven't got sufficient funds to replace a bit of equipment, it is simply decommissioned and taken out." the Clerk informed the room.

Job's a good 'un.

A line of enquiry from Cllr Carsok asked how playground upgrades had been funded in the past. The Clerk explained how the section 106 pre-cursor to CIL had previously been used for this, but pointed to future CIL already being allocated to town centre improvement. In a fit of respectfulness, he concluded:

"You can't have your cake and eat it twice."

Hear! Hear! We'd just heard how lethally dangerous takeaway cake is, after all. No one should be eating the stuff. Once, twice or otherwise.

"I'd just like to make a complaint." said Cllr Penny Hubble: "I'm unhappy with the Clerk when he said that you can't have your cake and eat it twice. That's unnecessary."

Yeah but it spiced up this column. So, you know, swings and roundabouts.

CIVIL SERVICE

Last up was a discussion paper written by Ann Rostron of local environment group Greening Wymondham, which looked to find ways for volunteers and town council ground staff to work together constructively on maintaining green spaces around Wymondham.

How civilised.

Cllr Cross praised the work volunteers do to keep the town looking amazing, and the horticultural knowledge they bring, which the council's own ground staff might not have.

Cllr Savage suggested those horticulturally-knowledgeable volunteers could help shape the maintenance plan for council staff to work to.

Cllr Hubble liked one element of the report in particular: "I think it's an awesome idea that we should look at other towns

and other councils to see how they approach looking after their green spaces."

But she did wonder if the council could do an audit of all green spaces in the town, not just the ones it's responsible for maintaining.

Enter self-starter, Cllr Peter Broome (Con) with his own solution. He told Ms Hubble that he'd previously just done similar such surveys himself in the past, rather than relying on paid staff to do it. A receptive Ms Hubble followed up on the suggestion and asked for tips on how to approach scouting out green spaces herself.

"I can't explain how to do it. You'll have to do it yourself. I mean you just have to go and find them."

Mr Broome courteously aided his colleague.

There you are then. If you see Cllr Hubble out and about with a sextant and a safari helmet on, you'll know what she's up to.

The committee decided a regular informal meeting of councillors and volunteers should take place to plan what to do next.

No word on any council staff members attending...

And with that, the evening's civilised proceedings respectfully drew to a civil conclusion and the members carefully looked left and right as they crossed the road home eating their post-meeting takeaway cake.

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FOR THOSE ON THE FENCE



Advertorial

By [Rebecca Mills](#), EweMove Wymondham

Fast-paced markets often derive from an imbalance of supply and demand. With the number of available properties up by 48% on last year's lowest records, it is clear this imbalance has evened out substantially. In turn, enabling buyers, many of whom are themselves sellers, to take their time viewing a wider range of properties and deciding what their best next move is.

As for property value, the average UK house price is currently at £362,452, whilst the average price within NR18 is £390,514. Quite a difference! However, the change of value from January to February is on average a positive percentage. At only around £14 higher per house, last month's increase is the lowest since records began.

Enquiry rates have increased by 11% over the past two weeks, a figure which is likely to continue increasing the closer we get to spring. With mortgage rates gradually adjusting and rental values increasing, first time buyers are returning to market too – a fundamental cog in the workings of a healthy market.

To conclude, the property market has yet again shown resilience. Enticed by increased opportunity, buyers and sellers alike are responding well to this adjusted market. If you have thoughts on moving, there is no time like the present to start your journey.

For friendly guidance, online valuations and property appraisals, contact me via the details provided.

Call (24/7): **01953 665 785**
 Mobile: **07923 236 076**
 Visit: www.ewemove.com/wymondham



EWEMOVEWYMONDHAM



A RUBBISH WALK

By Neville Cameron



It's mainly men I see when I visit Wymondham's very useful recycling centre. They throw away all sorts of things that are of no use to them until some time later they wish they still had said item. That's it really. I (and others) go to the recycling centre, empty our cars of what we call rubbish in an inadequate, might I say rubbish site, we use that rubbish narrow road, playing dodgemes with oncoming traffic and try to forget the rubbish experience.

Is it not surprising then that it's mainly males that use the place as women in general aren't daft enough to do it! Now that's strange as when I walked that route I met mainly women enjoying the road's magnificent beauty and not the men who use it so much in cars.

Well the answer is simple, men just want to get on with emptying their boots as quick as they can getting back home to continue doing manly things.

Well I'm going to blow the roof off what we're missing. It's absolutely gorgeous around there with all sorts of ways to extend or change your country walk.



I parked in Cemetery lane where there's no awful yellow lines, walked back onto London road and left all the way down as far as you want to explore right into the countryside (which I didn't explore as my painful foot stopped a full on exploration). When I'd had enough, I turned around, eventually going back over the very well restored level crossing. Then instead of following the road to the left I carried straight on past the white house. I was amazed to find another level crossing which stupidly I'd actually seen from the other side but looked boring. Yes it led me straight back to Cemetery Lane.

Firstly, Cemetery Lane, the footpath is narrow but if you can get over the fact it's by a cemetery it's a very nice walk and there's a bonus. It runs alongside Tolls Meadow with its ever changing landscapes and colours. It's very popular with dog walkers that don't leave dog bombs all over so it's very clean.

Now, the road to the mens dumping ground, Strayground Lane. As soon as you turn down by the

fire station the slightly overgrown greenery starts gradually opening out to trees sculptured by road traffic in such a peaceful way.

At this point I must say, don't take this walk on days when the Centre is open otherwise you may end up as sushi on the road or forever escaping with your life as vehicles pass you.

When there's no traffic you'll get an odd vehicle but it's safe or at least that's what I found.



The roadway isn't brilliant to walk on but with a little care it's easy going. If you like trains there's real pleasure in waiting for them on the greatly maintained railway crossing. On these crossings are some very interesting buildings, the second one being the best. After that crossing you enter the great unknown as I didn't venture too far out. There's one thing for sure though it's damn pretty, I mean really nice, and a complete change of scenery from the town.

Safety Wise as I've said it's walked mainly by ladies (or it was when I walked it) but it's surprising as it's very popular even into the countryside. I expected boredom when I did the walk but I finished up wishing I'd done it before.

There is a sting in the tail though. The Recycling Centre is moving, there has been talk of it becoming a designated traveller site. I don't know but what I do know is it's going to change. Whether it gets overgrown, extra busy or a no go area I don't know, what I do know though is if you want to do this oddball walk do it soon as I fear it may be lost and I for one think that will be a real shame. Please enjoy my photographs and the walk!



Advertorial

SPIRE
SOLICITORS LLP

By Natalie Briggs, Deputy Head of Residential Conveyancing at Spire Solicitors

KEEPING YOUR PROPERTY TRANSACTION ON TRACK

A failed house purchase isn't just disappointing, but it can have huge repercussions both financially and practically. There are many reasons a property transaction may fall through, and research suggests 1 in 3 house sales do. However, there are also things you can do to make the process smoother.

1. UNDERSTAND THE PROCESS

If you understand the process of purchasing a house, you will be in a much better position to make decisions, provide the right documentation at the right time and respond to any queries. We have created [a step-by-step guide to buying a home](#), and [a step-by-step guide to selling a home](#).

2. PAPERWORK

There are many essential documents you will need to provide when selling or purchasing a house and it is a good idea to get these ready so you can provide them quickly when they are needed.

The first documents you will need to provide when selling or buying is ID and proof of address. This will usually be in the form of a photo ID (passport or driver's licence) and proof of address with a utility bill or bank statement dated within the last three months.

There are more documents required when selling a property, such as

evidence of planning permission if you have had an extension or other building work, Building Regulations completion certificates if certain alterations have been made, relevant guarantee/warranty certificates, up-to-date boiler checks, FENSA certificates for new windows. You must also have an Energy Performance Certificate in place for the property

It can take time to gather these documents, so begin collecting these early on.

3. FINANCES

If you are buying a property and require a mortgage, we recommend getting in touch with a mortgage advisor before making an offer on a property. This will help you to know exactly what you can afford. It is also important to set aside a sum of money to cover the additional costs such as solicitors' fees, search fees and stamp duty.

4. CONSIDERING SELLING BEFORE YOU BUY

It can be tricky to time a house sale and purchase so that you don't need to find interim accommodation or are left paying for two properties. However, there are more benefits of selling before you buy. Although you may need to find temporary accommodation if your buyer isn't willing to wait for you to find



a property, you will be only paying for one set of bills. You will also be in a better position when it comes to making an offer on a property with no chain involved, making you a more attractive buyer.

If you are buying a new build, you may be able to arrange with the developer to part exchange your current property for the new property.

5. SOLICITORS

Conveyancing can be a long and complex process. It is vital that you choose an expert accredited conveyancing solicitors firm to ensure everything is done in a timely and efficient manner. Spire Solicitors LLP's efficient and friendly conveyancing team will guide you through all stages of your property transaction from start to finish. We will always be on hand to answer any queries you may have relating to the process and pride ourselves on keeping you informed every step of the way. The service we offer is personal and professional and backed up by the latest technology.

If you would like any more information on the sale or purchase of a property, or need a quote, please contact Spire Solicitors LLP on **01362 692424**.



“ SHE IS VERY INDEPENDENT AND WILL ALWAYS FIGURE OUT HER OWN WAY OF DOING MOST THINGS HERSELF





A HERO ARM FOR CAITLIN

By Maria Hutson

We are a local family and we are hoping to raise enough money to help our daughter Caitlin get an amazing Open Bionics Hero Arm.

Caitlin is now 6 years old and she was born with a "little hand". As a baby it didn't initially seem to cause any obvious issues and it never stopped her crawling around and grabbing things she shouldn't. Rather than suck her thumb, she loved to put her whole "little hand" in her mouth which would freak people out! In fact she still does it from time to time. As she grew up and started doing more things for herself it became more apparent that certain things were going to be hard for her. Even now we find the odd new thing that she struggles with, but she is just like every other typical young lady who loves to draw, dance, sing, play, dress up, create with arts and crafts and cycling.

As Caitlin's limb difference is congenital, there is

an element of "she doesn't know any different". There is a significant truth to this; she is very independent, and she will always figure out her own way of doing most things herself and thrives doing it too. That said, there are many daily mundane tasks we all take for granted that she simply struggles with: holding a knife and fork at the same time, holding a drink and carrying a bag, holding a piece of paper and cutting it, carrying a tray "safely", unwrapping and eating an ice-cream, doing zips on coats and hoodies, holding a mirror while doing her make-up and skipping. These are just a few of the things that she struggles with and can take her longer to do which then gets her down and frustrated.

As her parents it breaks our hearts when we see her struggle and we do our best to not just jump in and help her out which is so difficult sometimes, but we know it will only make her more frustrated, but at the same time we are so proud of her perseverance in never giving up trying to do something. We are not exaggerating when we say a Hero Arm will change her life in such a significant way as it will help her achieve these daily tasks with ease and as quickly as her friends do so she is not left behind. The ability to be fully self-sufficient will allow her confidence to grow as she gets older and simply puts her back on a more level playing field with others now and in the future.

The Open Bionics Hero Arm™ is an advanced, lightweight, 3D printed bionic arm, with multi-grip functionality and empowering aesthetics. Engineered and manufactured in the UK, it is now available in over 800 locations around the world.

We are kindly requesting your support in helping us reach our target to purchase a Hero Arm for Caitlin. All donations made to the Go Fund Me page ([gf.me/u/37iilz](https://www.gofundme.com/u/37iilz)) will be put directly towards Caitlin's Hero Arm. Even if you are unable to contribute financially then it would still be amazing if you could help share our story with others who may be able to make a kind donation. Simply put - thank you!



Donate at:
[gf.me/u/37iilz](https://www.gofundme.com/u/37iilz)





THE HOWES FAMILY

By Peter Steward

The first time myself and my cousin Belinda walked across the Abbey grounds together, we were taken by the ornate nature of the two gravestones pictured. They were for members of the Howes Family. Howes, being quite a common Wymondham name, we decided to look a little deeper into some members of the family and here's what we found.

Walter Howes was born in Wymondham on 18th October, 1845, which was a Saturday (not that this is of any relevance). His parents were James Howes and Susannah (nee Todd). Walter was the fourth child of eight (four boys and four girls).

In the 1841 census the family (obviously without Walter who had yet to be born) was living in Damgate Street and James was a weaver.

Ten years later the family were still living in Damgate Street and Walter was listed as a scholar.

By 1861, the family had moved to Church Street and Walter was a 14-year-old shoemaker - and this is where it becomes interesting. Wymondham at the time was awash with ale houses and pubs. James was listed as a worsted weaver and publican. It looks as if he was licensee of the Goat Public House which was next door to another pub - The Rose and Crown and which today is the offices of Spire Solicitors.

Just across the road from The Goat and the Rose and Crown was the historic Green Dragon, making three major alehouses within a matter of a few yards and just around the corner from Wymondham Abbey.

James was licensee of the Goat

from 1856 to 1865. But things didn't go well and we are told that "Following an objection to the licence renewal on Friday, 8th September, 1865, Messrs Crawshay and Youngs informed the bench that it was their intention to remove Mr Howes on 6th January, 1866." As a consequence, a licence was granted for just six months.

The next licensee didn't fare much better - James Skipper was fined "for permitting drunkenness in his house at two o'clock in the morning of Tuesday, 22nd June 1869." Two months later the licence was renewed but with a caution. As for the Goat Public House: Well, it started its life in 1794 and closed in 1926.

But back to James Howes. Sadly, he didn't live long and prosper after leaving the pub. By 1871 both he and his wife were dead and Walter had moved away. He was living as a shoe and bootmaker with the Cook family in Old Market Plain, Lowestoft, Suffolk.

But Walter's time in Lowestoft was short. He died on 17th, January, 1872, in Duke's Head Street, Lowestoft. He was unmarried and just 26 years-of-age. Present at the death was F Howes who may well have been his older brother Frederick. The cause of death is given as apoplexy which could have been a stroke or fit of some kind.

Walter was buried in Wymondham Abbey on 21st January, 1872, which was a Sunday. A Frederick Howes is listed as licensee of the White Horse Pub from 1879 to 1886 - this could have been James' son and Walter's brother.

Wymondham today has a handful of pubs for a population of 17,000 plus. In 1622 there were 33 alehouses and, in 1747, 39 alehouses for a population of 3,213. That means one alehouse to every 82.38 people and if you've ever seen .38 of a person we would like to know!

Over the years many of the alehouses were closed as demand dropped and many became redundant and unable to pay their way.

Did you know?

Population growth statistics for Norfolk over the last ten years show an increase of **6.6%** and last 20 years **14.7%** increase. Whereas the parish of Wymondham has had population growth of **27.6%** in 10 years and **47.46%** over 20 years.

The 2001 census put Wymondham at **11,865** people and in 2021 at **17,496**. Norfolk has grown from **798,600** in 2001 to **916,120** in 2021. Of all districts in Norfolk, South Norfolk has seen the largest increase in the number of people.

(Source <https://citypopulation.de/en/uk/>)



TED Talks...

By Alex Perry

War Reporter

“I sat on the top deck of the bus, near Britannia Pier in Yarmouth, and watched them fire rockets into the sky.” This was not a recollection of a bonfire night or of some grand royal occasion. No, Ted was remembering the Second World War, when men with white helmets marked “ARP” needed to see through the thick fog off the Norfolk coast just in case the Germans were coming to invade!

Ted Barham had four brothers, and the two older ones, Reggie and Jim, served in the Royal Navy as cadets. Unfortunately, you did not have to join the Armed Forces to be on the front line, and you had the Morrison shelter under the table and the Anderson shelter in the garden to prove it.

Ted recalls that there were several evacuee children from Gravesend who took up lodging near the War Memorial in Wymondham, including two boys who stayed with his Aunt Edie. They were warmly welcomed by the community in which they both worked and studied hard.

The War coincided with Ted's school days, and he always had his gas mask on him when he went about his studies. His teacher, Mr. Clark, ensured that there was a vital supply of locally grown vegetables.

Mr. Clark taught Ted to recognise a plant called Fat Hen; a weed which is poisonous to cattle. Ted had to gather up the fat hen without staining his hands with the toxic berry juice and arrange for it to be burned. This way he protected cows and he did his bit to win the War.

It may be tempting to think of dividing our rubbish into black, green, and brown bins as just modern environmentalism. We can easily forget that, before the age of mass consumer goods, there was a time when second-hand rubber boots were treasured. Ted watched the people of Wymondham bring their 'rubbish' to the "Stray Ground" and saw volunteers carefully sort it into categories so that nothing was wasted.

Next time, Ted will tell you about his days as a teenage farm worker.



Q&A

Mary Ford, Marola's Hair Salon

By Gill Harle

In early March, the door of Marola's Hair Salon at 19 Fairland Street will close for the last time.

The owner of the business, Mary Ford, at the age of almost 79, has decided it is time to retire and take a well-earned rest. Mary, who is from Hethersett, took over the hair salon in 1979 from the previous owner. She began her hairdressing career after leaving school by doing an apprenticeship in Norwich and then working at a hairdressers in Wymondham, before moving to Betty Anne's hairdressing salon on Fairland Street, which was to become Marola's. We interviewed Mary to find out more:

First of all, why the name "Marola's"?

I was on holiday in Greece and got talking to some local people who told me that my name in Greek was Marola. That's where I came up with the idea to call the salon Marola's.

What have been the greatest rewards and challenges in running Marola's?

Well, I suppose any business is a challenge. But, I think, building up the trade and being friendly brings rewards - the customers who come in on a regular basis so you get to know them and become friends, particularly when you've been with them for a long while. The downside was probably when we closed for Covid. That was the downside... it was bad for everybody.

What about your clientele? What type of clients do you get?

We've had very good clients all the time we've been in the salon. Not only women, but men and children as well, all ages. We've been very lucky. A lot of the clients, when I took over, were in their 30s and 40s and they're still coming in. And the clients are not just local, they come from all around. We had a lady just the other day who came from Norwich. And sometimes when they come down this way on holiday and they're looking for a hairdresser they come in, and then come back again next time they're in the area, which is lovely.

Has it been challenging with the competition in town?

No, there's work for everybody.

What recommendations would you have for someone who is thinking of setting up a hair salon?

Learn as much as you can beforehand. Really know the skills and then try to get good staff. Staff are important.

Would you have done anything differently in hindsight?

No, I don't think I would actually. I'm quite happy with how things went. Yes... it was my baby and I think it takes over your life when you have a business. You've got to put everything into it, so you focus on that business.

Do you have any special memories from your time here?

Oh yes, I've had special moments. The girls' birthdays, weddings, christenings... we have a gallery of photos on the wall here. And when it came to 40 years, we had a special cake and all the customers could join in. We had lots of special occasions which were lovely.



How would you say hair fashions have changed over the years?

It's like everything, it goes round in a circle. A style goes out of fashion, something else comes in, and then the other comes back.

Can I ask you about Fairland Street and the premises?

Fairland Street has always been a busy little street, and a friendly street. It's been a nice street to work in. These cottages used to be weavers' cottages, I believe. They're very old and have got character, I think they date back as far as the 18th century.

What are you looking forward to in retirement?

Going out for walks; holidays, which I love; cruising especially. I do love travel and I like to learn about different religions and cultures.

And what will you miss?

The customers.

How would you deal with someone who doesn't like going to the hairdressers?

Well, you'd be very careful with them... take your time, explain what you are going to do and make them feel as comfortable as possible.

And what about the future of hairdressing?

Hairdressing is a good trade to be in. People will always need hairdressers and barbers.

And any final thoughts for someone who is thinking of going into hairdressing?

If you're going into hairdressing, enjoy it. Really enjoy it. And as for setting up a salon, if you've got the ambition, then

go for it. You can get a lot of satisfaction from what you do, but you have got to like it. And have the right attitude and people skills. Put people at their ease; know when to talk and when not to talk. It's important to be a good listener... and what's said in the shop, stays in the shop.

Finally, can you tell me about these two photos?

Yes, they are of Jackie and me. One is when we were beach babes for a fete in the town with a seaside theme and the other is St. George's Day. Jackie's been with me a very long time. She was halfway through her apprenticeship when I took over the shop and she's been with me ever since.

More from this series at:
wymondhammagazine.co.uk/q-and-a



WHAT'S IN A PHOTO?

On Strike!

By Philip Yaxley

Strikes are nothing new. These photos were taken one hundred years ago in the Spring of 1923 when farm workers walked out in protest against wage reductions. With less mechanisation than today and more farming there were many more workers on the land at that time. Then Wymondham was a much smaller town with a population of about 4800 and right in the middle of a rural area.

The strike began on 24 March and vast crowds of strikers attended a meeting at Kimberley Park, where they were addressed by the Earl of Kimberley, Labour's first peer. Wymondham legend Edwin Gooch, a journalist and sub-editor on the Norwich Mercury, became treasurer of the strikers' distress fund and was prominent in promoting the farm workers' cause. In mid-April agreement was reached when the National Union of Agricultural Workers settled for 25 shillings (£1.25) and a fifty hour week. There were no real winners in the dispute, but the strike had strengthened the union, of which Edwin became President from 1928 to 1964, the year he died.

Edwin and his first wife Ethel were prominent in the Labour Party with Edwin being a member of Wymondham Parish Council, South Norfolk District Council and Norfolk County Council, becoming the first Chairman of Wymondham Urban District Council in 1935 when it was elevated to that status. Meanwhile Ethel became Wymondham Council's first lady member in 1935 and in 1951 its first lady chairman. Although living in Wymondham at Rydal Mount on Norwich Road, just past Vimy Ridge, Edwin became MP for North Norfolk in 1945 until his death. In the town Edwin and Ethel are commemorated by Edwin Close and Ethel Gooch Road.



▲ Farm workers at Low Street, Wicklewood, pictured during the strike



▲ Striking agricultural workers marching to Wicklewood Workhouse on 16 April 1923 to demand relief and food. Edwin Gooch is in the right in front of the banner and sporting a bow-tie.

Edwin and Ethel Gooch's 1951 Christmas card. ▶



More from this series at: wymondhammagazine.co.uk/whats-in-a-photo

C.S.DANIELS
& SON LTD.
NORTHFIELD NURSERIES



Recollections By The
Great-Grandson of
Charles S Daniels

C S DANIELS & SON, NORTHFIELD NURSERIES

By Nick Napier

This is a short personal history of the now long-gone nursery business of C S Daniels & Son Ltd, which traded in Wymondham around the turn of the last century until late 1971. Happily, however, the sign from the entrance to the business has found its way to the Wymondham Heritage Museum for posterity.

I was born and grew up in Wymondham until 1970, when the family moved to Norwich. What I never imagined when I started doing some family history in the pre-internet days was that the town where I grew up was the same place as most of my mother's family had lived since records began in the 1660's. A George Daniel born in 1680 married Ann Clark, who was born in Wymondham, in 1702, and he was my (x7) grandfather. From this time on the family moved between Mulbarton, Norwich and back to Wymondham, where I was born. And many of these ancestors were involved in seed and nursery work, which with the advent of new scientific methods in the nineteenth century created a whole new business opportunity for rural communities.

I like to think these family roots and my early childhood give me an invisible bond to the town and as time moves on, I wanted to write this article to help conserve some memories of a part of Wymondham that has now vanished.

The place I want to remember here is one that fascinated, occupied and entertained me during my first 12 years of life: the thirteen acres of nurseries of C S Daniels & Son Ltd, Northfield, Wymondham. The nursery entrance

was on the northern end of Melton Road (see the map below).

This business was started by my great grandfather, Charles Samuel Daniels (1874-1956) around the early 1900s. His son, my grandfather, Charles Ernest Daniels was born in 1904 and after studying at RHS Wisley in the mid 1920's, spent his life running and developing the nursery business.

THE DANIELS FAMILY

The Daniels family had a well-established reputation in the seed growing and nursery business in Norwich in the mid to late nineteenth century, and Charles Samuel Daniels, the founder of the Northfield Nurseries, was the oldest son of Charles Daniels (1840-1927) who founded with his brother George, Daniels Brothers in the early 1870s. By 1892 they had several locations for their seed business, including the 'Town Close Nurseries, Newmarket Road'.

When Charles senior died in 1923 ownership of Daniels Brothers passed to the Fletcher family.

The return of a Daniels to the firm came in 1957 when Mr. Charles E Daniels, grandson of the original Charles, Mr. W. J. Martin and Mr. G. G. Youngs bought the company from the Rivers Fletcher family. In 1967 they opened the garden centre on Daniels Road, which is today Notcutt's Garden Centre.

(As an historical aside, Charles Samuel was one of 12 children, and his youngest brother, Cecil W Daniels who was killed in the first world war,

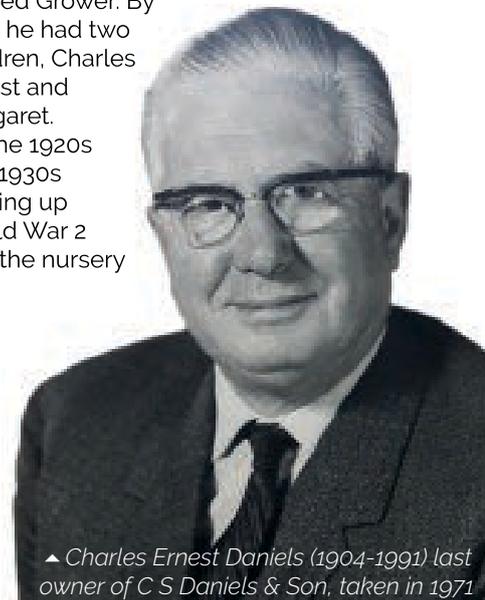
is commemorated both on the war memorial in the town centre, and in Wymondham Abbey. Cecil, in the tradition of a nurseryman family, studied at Wisley between 1911-13.)

THE BEGINNINGS OF C S DANIELS AND SON

Charles Samuel Daniels can first be found in business in 1900 as Fruit Grower in Northfields, Wymondham with a Mr Aldis. He is also on the electoral roll as an owner of 'Share of Freehold Land, Northfield', which I assume is the land on which the nursery was subsequently built.

By 1911 Charles Samuel was living at 'Friarscroft', Friars Croft Lane and was listed in the census as a Nurseryman & Seed Grower. By then he had two children, Charles Ernest and Margaret.

The 1920s and 1930s leading up to World War 2 saw the nursery



▲ Charles Ernest Daniels (1904-1991) last owner of C S Daniels & Son, taken in 1971



◀ Charles Samuel Daniels, founder of C S Daniels & Son, centre - 1923

Charles S Daniels, back left, with his son Charles E Daniels and Molly Cubitt at their wedding 18 Jul 1931 ▼



◀ 1976 - opening of Notcutt's Garden Centre. L-R, back row, the Directors: A.E. Malt, Managing; Gordon Youngs (Accountant); W. (Bill) Martin, and Charles Daniels (Chairman)



▲ Aerial view of Northfield Nurseries ca 1958



▲ Signage now in the Wymondham Heritage Museum

grow and develop its mail order business selling seeds, bulbs, roses and plants.

During the war Charles Ernest had a reserved occupation and he took over from his father the running of the business. He was also a captain in the Home Guard. By all family accounts Charles senior was not a natural businessman, whereas his son Charles Ernest was.

My earliest memories of the nursery were as a child in the mid and late 1960s. I recall the excitement of being allowed to sit on a tractor collecting bedding plants from the fields for the mail-orders that were then the core of the business; of playing with the typewriters and adding machines in the office, and stamping hundreds of printed catalogues with 'SOLD OUT' on the plants no longer available; and being allowed to have my own clocking in card that I could time stamp along with the real nursery workers. And then there were the happy hours spent in the packing-shed stapling together cardboard boxes, wrapping bedding plants in newspaper and ticking them off the order forms before packing them in the boxes ready for

collection by British Road Services and delivery across the UK and beyond. I recall one customer lived on Sark.

THE FINAL YEARS

By 1971 Charles was 67 and wanting to retire. While the business was profitable, Charles needed a pension, and he and his daughter decided to sell the business.

In November 1971 the land, buildings, stock and boilers were all sold at auction.

Once what was agricultural land on the edge of Wymondham instead became prime land for the expansion of housing for the growing population.

LEGACY

There is little left today of the nursery other than the sign in the Heritage Museum, although if you drive along Melton Road, you can still see the house of the nursery manager located adjacent to what was the entrance to the nursery.



▲ Melton Road - the house where the Nursery Manager lived. The entrance to the Nursery was to the right out of the picture, now a lane.





HERITAGE MUSEUM OPENING 20TH MARCH

By Neil Haverson

It seems no time at all since Wymondham Heritage Museum closed its doors last October at the end of the 2022 season. The clocks went back, the nights pulled in and we hunkered down for winter. But here we are, lighter evenings, snowdrops are out and daffodils poking through. Soon the 18th century longcase clock in the museum's reception will be put forward an hour to herald spring.

The museum opens for the new season on Monday March 20th. Finishing touches are being put to the new displays and we've spruced up the existing exhibitions ready to welcome visitors.

We're stocking up in the Tearoom and our bakers will be getting out their mixing bowls and priming their ovens to produce those scrumptious homemade cakes and scones.

So, there's plenty to tempt you into visiting The Bridewell. But don't just take our word for it. A look at last year's visitors' book reveals just how much people enjoyed the experience.

Those with an interest in the town and its history came from near and far. As well as several visitors from Wymondham and surrounding

area, the museum welcomed people from all around the UK and places further afield including Florida, Kansas, California, Ontario and Melbourne.

They left some lovely comments about the museum saying how "informative" and "well put together" the displays are. One visitor from Norwich went as far as to say: "Absolutely brilliant! Fascinating museum, well presented." Several mentioned the warm welcome they received. "Totally overwhelmed by the attention of the lovely stewards," commented one visitor.

What is really encouraging is the comments in the children's visitor book. Freddie said: "it was super fun." Arthur

added: "The prison cells were creepy."

Josie from Australia thought it was: "Very spooky and interesting." She added: "I am Australian so liked learning about convicts sent here." Indeed, there's lots for youngsters to enjoy. Felicity said: "I liked the Brushroom because there was plenty to do."

So, if you haven't yet visited the museum, you can see from these comments what a treat is in store for you. And you could become one of those "lovely Stewards". The museum is always looking for volunteers to welcome visitors also to help in the Tearoom. Email: info@thewhm.co.uk

For more information and details of opening hours go to www.thewhm.org.uk



▲ The museum's prison cell

Freshly baked scones in the Bridewell Tearoom ▼



STAR THROWERS UPDATE: MARCH

By Victoria Pigg

Services: In 2022 we delivered 1,336 support sessions to 238 individuals affected by cancer. Come and find out all about Star Throwers at our Open Day on Tuesday 28th March from 10am – 2pm at 30 Melton Road, Wymondham, NR18 0DB.

Find out how we support people affected by cancer. Chat to our staff, volunteers and therapists and book in for a trial treatment of reiki or reflexology.

Come and find out about our volunteering opportunities – we are currently looking for volunteers to deliver our complementary therapies. **For more information, please contact by email: info@starthrowers.org.uk or call 01953 423304**

Supporting Star Throwers: This World Cancer Day helps us fund one of our key support areas – our free cancer-related Lymphoedema support to support our campaign visit: <https://www.justgiving.com/campaign/StarThrowersWorldCancerDay>.

We are aiming to raise £6000 which would pay for 100 free Lymphoedema support sessions at our centre in Wymondham with our qualified Lymphoedema Therapist. Star Throwers is the only cancer charity in Norfolk offering this free service to those affected by this chronic condition which is diagnosed in approximately 10-20% of cancer patients. We are seeking to fill the 'care gap' for this support due to long waiting lists for the NHS service and high costs of going private (£60+ per session). Lymphoedema is non-curable, but it can be made more manageable with the proper support in place – which is what we are seeking to continue to provide and also expand this service in the future.

Events: Join us at the centre on Saturday 25th March from 10am – 2pm for our 'Star Throwers Swishing' event - Swap up to 8 items of your good quality clothes, shoes and accessories for a whole new wardrobe! FREE Cardmaking event as part of our 'Warm Space' offering on Saturday 18th March – please let us know if you would like to attend so we can make sure we have enough resources: victoria@starthrowers.org.uk

Save The Date – we are delighted to be starting up our annual events again including our Spring Coffee Morning on Saturday 22nd April and the Garden Party on Saturday 1st July.

Shop: Don't forget to visit our 'Treasure Trove' next to the centre on Melton Road in Wymondham – follow our dedicated Facebook Page – search 'Star Throwers Shops' for daily updates on items we have available.



THE SHARD FROM LONDON BRIDGE

By Charles Phillips

This image was captured at 3am during a night in early May. I was intrigued by the way that the Shard was framed by the underside of London Bridge and the stairs and walkway leading down to the embankment.

I used my Canon 5D Mk 4 with EF 17 - 40 mm wide angle lens, ISO 100, F9. F9 is my preferred aperture for this sort of image, providing adequate depth of field whilst being the 'sweet spot' for optimal image definition for most of my lenses. ISO 100 was chosen for minimal graininess ('noise').

The lighting conditions were challenging with a very wide dynamic range, the white lights on the stairs and walkway in particular being exceptionally bright. With the camera firmly mounted on the tripod and composition determined and manually focussed it was time to begin the exposures. The lighting underneath

the bridge was changing colour at set intervals, so having decided that blue would work best, I needed to commence the long exposure sequences as soon as the lights turned blue. With the camera in Aperture Priority mode I captured the first image at the metered exposure, then changing to Bulb mode (necessary for exposures longer than 30 seconds) I took the second shot at double the metered exposure. I then changed to Manual Mode, with Highlight Alert enabled (in which any overexposed highlights blink in the camera's displayed image) and took a shot at half the metered exposure, and then four more, halving the previous exposure each time until, finally, I had a very dark image in which none of the highlights were blinking. I now knew that I had covered the entire dynamic range of the scene.

After downloading into Lightroom I decided that I would not need to use the overexposed image as there was enough shadow detail. The remaining five images were opened as a stack in Lightroom and combined as an HDR file before being transferred to Photoshop for final editing in Camera RAW, luminosity masking etc.

“ Judges' comments:

This is not just another image of the Shard at night, there is real mastery in evidence here. (I appreciated this remark - even if it is untrue!) There is so much to appreciate about this image, I particularly like the way the main subject has been imaginatively framed by the bridge, and the stairs and walkway - all coming together in a considered and successful composition. The challenging lighting conditions have been expertly handled.

**Wymondham
Photographic
Society:**

Photo of the month

Wymondham Photographic Society meets on Tuesdays at the Dell Bowls Club. For more information visit www.wymondham-ps.org.uk

The

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Sponsorship opportunity!

Talk to us for more details
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Community Noticeboard

WYMONDHAM CHORAL SOCIETY

**Fauré
Requiem**

**Puccini
Messa di Gloria**

Claire Dixon | Conductor
Rosemary Zhang | Soprano
William Falconer | Baritone
Rob Goodrich | Accompanist

raising collections in aid of Time for Kids

SATURDAY 18 MARCH 2023
7.30pm, St Mary's Church Attleborough

Tickets £10 (under 16s free) on the door or from Reeves, Market St, Wymondham or Nuts 'n Bolts, Church St, Attleborough. Cash or cheque only.



QUILT EXHIBITION

1ST & 2ND APRIL

Town Green Centre
Entrance via Back Lane only

Opening Times:
Saturday 10am-4pm
Sunday 12pm-4pm



exhibition of quilts
by Jackie Smith
inspired by the book of
'Revelations', the last
book in the Bible

Refreshments available

Any donations will be given to
the church's charities

**FREE
ENTRY**



Star Throwers
-Cancer Support Charity
Registered Charity, 1162237

**Star Throwers
Coffee Morning**
Saturday 22nd April
10am - 1pm
All welcome!
FREE ENTRY



30 Melton Road,
Wymondham, NR18 0DB

Refreshments
Tombola
Raffle
Treasure Trove Shop



To donate or a cake/raffle/tombola prize:
call 01953 423304 or email
victoria@starthrowers.org.uk
www.starthrowers.org.uk



**Come and find out all about
Star Throwers at our
Open Day**
on Tuesday 28th March
10am - 2pm
30 Melton Road, Wymondham, NR18 0DB

Find out how we support people affected
by cancer. Chat to our staff, volunteers and
therapists and book in for a trial treatment of
reiki or reflexology.

Come and find out about our volunteering
opportunities - we are currently looking for
volunteers to deliver our complementary
therapies.

We offer:

- Cancer Information Sessions
- Complementary Therapies
- Group Therapies
- Nutrition Advice
- Counselling
- Lymphoedema Service



Tel: 01953 423304 / info@starthrowers.org.uk
www.starthrowers.org.uk Registered Charity 1162237



Community Seed Swap

Wymondham Baptist Church

Saturday 4th March

10.30am -1.00pm

Are you planning your summer garden?
Have you got a surplus of seeds?
Would you like to try growing something different from seed?
Yes? Then.....

Bring along all your excess seeds and swap them for something different. Enjoy sharing and swapping tips and suggestions with other growers over a cup of coffee and cake.

No charge for the seeds and refreshments by donation. All proceeds to Wymondham Baptist church Eco Church projects



Saturdays at Star Throwers
30 Melton Road, Wymondham.

WARM SPACE
Come for a hot drink and
cake/biscuit - all wel-
come, we will have the
heating on and the fire lit.



TREASURE TROVE SHOP
Our 'Treasure Trove' shop will be open
on these dates -everyone will get a
voucher to use at the shop on the day!

Open 10am - 2pm

Saturday 10th & 17th December
Saturday 14th & 21st January
Saturday 4th & 25th February
Saturday 11th & 18th March

Contact us to find out more:
info@starthrowers.org.uk or call 01953 423304.
Registered Charity No. 1162237



FOWCP 2nd Annual Easter Fete

Fundraising for Wymondham College Prep School outdoor classroom.

Wymondham College Prep School, Golf Links Road

Saturday 25th March 2023

2:00pm to 5:00pm

- Music
- Performances
- Stalls
- Games

FREE ENTRY



To find out more about the event or to offer
your support, please contact Vicky at:

events@fowcp.onmicrosoft.com

Walking Netball

Play Here

TIME 6.15pm-7.15pm (Indoors)
Cost £5.00

DAY Every Friday
Starting on 24th February

LOCATION Wymondham Leisure Centre
Norwich Road
Wymondham
NR18 0NT

CONTACT Gina Hopkinson 07769 748319
wymondhamwn@outlook.com

Stay Evergreen.

WHAT IS WYMONDHAM ROTARY CLUB AND WHAT DOES IT DO?

By Philip Richardson

Wymondham Rotary Club was founded in 1959 as part of the worldwide Rotary Service Club movement which allowed men, (in those days it was only men), from different professions to work together for the benefit of their communities. The idea was to create a mix of talents and a social atmosphere in which friendships could be forged whilst helping other people. Today, the original Wymondham Rotary Club has 24 members who work alongside the growing 'Satellite' Rotary club with its 12 members. The Satellite club, comprised mainly of members still in employment, meets fortnightly in the evening. The main club members continue to meet weekly for Monday lunch, with most of its members now retired from work.

During Covid restrictions it was not possible to meet in person for a long period, and most fundraising initiatives which involved people coming together had to be put on hold. By continuing to contribute the cost of weekly lunches, which were not taken, the main club was, nevertheless, able to contribute a substantial sum to charities, both local and international. From July 2018 to June 2022 more than £38,000 was given to charities as diverse as Chapel Green School, EACH, Greening Wymondham and the Ukrainian Disaster Appeal. The Norwich Food Bank received monthly contributions of £500 during 2021 and continues to be supported by the club with a January 2023 donation of £1,000. Having given the East Anglian Air Ambulance £1,000 in autumn 2022 a further £1,000 was given in January 2023 at a visit to the EAAA HQ at Norwich Airport. YANA (You Are Not Alone), a local charity providing mental health counselling services in rural areas, also received £1,000. In the next few weeks the Wymondham Men's Shed will receive a donation of £500 toward its work in the community.

Support has also been given to Ukrainian families now living locally near Wymondham, and a contribution to the wider Rotary fund for use in Ukraine itself. Each year the club contributes £1,000 toward the Rotary International aim of eradicating

Polio from the world. Every pound given is matched twice over by the Gates Foundation. The recent Burns night and Ceilidh at the Central Hall in Wymondham and shared with the Wymondham Lions funds our contribution to this worthwhile cause. When the Pakistan floods devastated much of that country before Christmas, the club contributed a ShelterBox for temporary housing of displaced people. It is also involved with a micro-loan scheme to assist poor people in developing countries to set up their own small businesses.

Between July 2018 and June 2021 the Satellite club contributed almost £25,000 to local charities, including Wymondham Dementia Group, Men's Shed, Wymondham, Star Throwers and BREAK.

The Satellite club in 2023 has chosen to support Home Start as its main charity, and has been able to provide a number of computers, through its fundraising efforts which include quiz nights, participation in Wynterfest and the Wymondham Food and Drink Festival. This successful event, started in 2022, attracted a great many people into the town. The club plans to run it again on Sunday 25th June 2023. Satellite members also support the RYLA course (Rotary Youth Leadership Award), designed to build confidence and leadership skills in young people through an 'outward bound' adventure based at Rutland water.

Just two weeks after the Food and Drinks Festival the main club is arranging the annual Jazz Picnic on Becketswell Meadow (Saturday July 8th). Commercial sponsors are now being sought for this event (please



Rotary
Club of Wymondham

apply to the secretary for details -see address below). Combining popular entertainment with an opportunity to add to our charitable funds this event was taken over by the club after the demise of the Wymondham Music Festival. In 2022 it raised over £2,000. Having purchased the heavy duty gazebos owned previously by Wymondham Town Council the club is now able to hire them to other selected groups for their own events with the proceeds of hire adding to our charitable funds.

When people work together for good causes it often happens that they become good friends. The social side of Rotary is a great bonus, valued by every member. And the national and international structure of the movement gives opportunities to make friendships across the world.

Prospective new members are always welcome, to both the main club or the Satellite group. Enquiries can be made in the first instance to the secretary, Philip Richardson, e-mail prichardson@downhammanor.co.uk. If there is sufficient interest the club will host a new members briefing evening in the spring of 2023 for prospective members and their partners.



ORCHESTRA 'OUT TO SEA' AT THE ABBEY

By Andrew Naylor

After a highly successful Christmas concert, the Wymondham Symphony Orchestra is now preparing an exciting programme for 2023.

The spring season features a nautical themed concert "Out to Sea", which takes place on Saturday 25th March at 7pm. The orchestra are delighted to be back in the fabulous surroundings of Wymondham Abbey - for the first time since 2019.

The concert will begin with Malcolm Arnold's "Padstow Lifeboat" originally written for a brass band to commemorate the opening of a new lifeboat station in Cornwall. Arnold was the orchestra's first patron and lived in Wymondham, so it is always a delight to perform his music - keep an ear out for the out of tune foghorn!

This is followed by the Adagio of Spartacus and Phrygia by Khachaturian, better known to a certain generation as the theme from The Onedin Line, hence its inclusion here.

The programme continues with the song cycle Sea Pictures by Elgar - premiered in 1899 at the Norfolk and Norwich Festival with Elgar as conductor. Our mezzo-soprano for the five songs will be Maria Willis, who is originally from Norfolk and is currently studying at the Royal College of Music in London. Maria

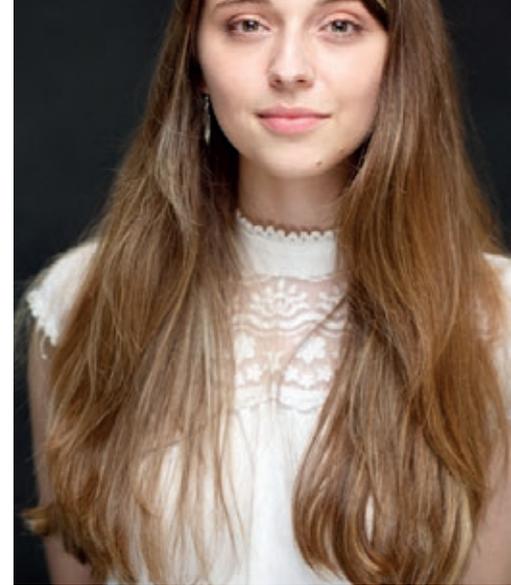


graduated with a first class music degree from Trinity Laban Conservatoire of Music and Dance, receiving an award for the vocal department. Passionate about opera, she has performed in a variety of roles throughout her studies, including Hänsel (Hänsel und Gretel) and Dido (Dido and Aeneas) for Waterperry Opera Festival in 2021.

In the second half of the programme we come back to East Anglia with Four Sea Interludes and the Passacaglia from Benjamin Britten's dramatic opera 'Peter Grimes'. Originally written as scene changes during the opera, the four interludes are commonly performed as an orchestral suite, evoking the various moods of the sea.

The triumphant finale will be the rousing Henry Wood's "Fantasia on British Sea Songs" well known to all Prom-goers, which describes the progress of the battle of Trafalgar as seen by a British sailor.

Tickets are available online via links on Facebook and our website, and directly at <https://www.trybooking.com/uk/eventlist/wso>. Prices are £15, Friends of the WSO £13 and Under 18s are



▲ Mezzo-soprano Maria Willis

free. There will also be some tickets available on the door, payable by cash, cheque, or contactless card.

More details about the orchestra can be found at www.wymondhamsymphonyorchestra.org.uk or on our Facebook page.



▲ The Wild Tribe in their usual natural environment

WILD TRIBE LITTLE VISITORS

By Clare Corry

Just before Christmas the Wymondham Wild Tribe began visits to a local care home and they would love to have more families with children of all ages come along too.

The group of parents, carers and children visit a local care home fortnightly on a Wednesday evening and monthly on a Tuesday morning. It has been wonderful to see how bridging the gap between the youngest and eldest in our community has brought

so much happiness and joy to everyone there as well as all the families! Crafts, Games, Toys, Singing, Parachute games and more bring everyone together beautifully.

Kindly visit the Facebook Page Wymondham Wild Tribe for more details as places need to be booked through our event page and then more details will be sent to booked participants such as the address of the care home.



RESTORATION, ROTHBURY AND RIVER

By Jay Andrews

◀ *Dealing with Himalayan Balsam on the Tiffey*

Reviving the path from Friarscroft to Windmill Surgery ▶



Anyone walking down the path from Friarscroft to the Windmill Surgery and London Road will currently see a morass of mud and brash.

Despair not. Prompted by Greening Wymondham, South Norfolk District Council is reviving the neglected site and incorporating it into an adjacent county wildlife area.

Jamie Henry, SNDC lead on the project, says it's been fascinating working on the project. "We're all helping to revitalise the site and it's very good to be collaborating with local and county volunteers."

Drainage under the path will allow water from springs on one side to flow into a large shallow pond on the other. The path should then stay dry and can be resurfaced.

Further back into the wooded area SNDC contractors are removing asbestos, rubbish and clearing some bramble.

It's still a work in progress – suggestions include fencing along part of the path along with dead hedging (using cut branches to make a wildlife friendly hedge and path marker) and planting native bulbs and plants. And possibly a bench and a link to other paths to connect the area to Toll's Meadow and Fairland.

Residents near Rothbury Park have also been working with Greening Wymondham on plans to improve the park with new paths and much better access for pushchairs and wheelchairs. It will be an attractive place for all ages to enjoy nature, to sit and chat in a green space, with sports zones, new adventure play areas for younger children and lots of planting for wildlife.

Ann Rostron of GW said "we commissioned an exciting design to show residents and park users what the park could become. We hope it will eventually transform the area into a lovely place to be proud of, with something for everyone."

Greening Wymondham also now has support from Norfolk Rivers Trust to continue to deal with the Himalayan Balsam on the Tiffey. Like most invasive species brought in by Victorian plant hunters for its attractive nature, it corrodes our river banks. So not only does it exacerbate flooding but threatens kingfisher nests and our burgeoning bank vole population.

For those brave souls who don't mind getting wet there will be "balsam bashing" and river litter picking. And as a longer-term prospect, river testing to make sure our Tiffey is safe for humans and wildlife.

So there it is – restoration, Rothbury and river! We would love to hear from you if you have suggestions, comments or might like to volunteer. Visit www.greeningwymondham.org or email us at greening.wymondham@gmail.com. And find us on Facebook!

WILD GEESE AND WINTER WILDLIFE

By Nicola Cooke



The next indoor evening meeting of Wymondham Nature Group takes place on Thursday 9th March 2023 at 7:30 pm and will feature an illustrated talk by Nick Acheson - "Wild Geese and Winter Wildlife – a thousand miles around North Norfolk on an elderly bicycle". In the winter lockdowns of 2020-21, Nick cycled more than a thousand miles around North Norfolk on his mother's 40-year-old cycle, following flocks of Brent geese and pink-footed geese and speaking to the many people whose lives are touched by them. His resulting book, *The Meaning of Geese*, tells the story of arctic geese faced by changing landscape and climate (published in February 2023).

The meeting will be held at the Town Green Community Centre, Wymondham, NR18 0PW (next to Wymondham Methodist Church).

Wymondham Nature Group (WyNG) is the local members' group of Norfolk Wildlife Trust. All welcome - admission £2 - further details from Ann Carpenter on 01508 488337.

Follow Wymondham Nature Group on Facebook: www.facebook.com/WymondhamNatureGroup/

◀ Photo credit: Nick Acheson





GREEN DRAGON MEMORIES



THE
LOWE
DOWN

With Freddy Lowe



On the 14th of February, the iconic Wymondham pub The Green Dragon announced on Facebook that “the sun was setting on [them] for the last time”, and that they would be closing after Valentine’s Day. They declared that they “tried desperately to keep battling through” amidst the hospitality crisis, and thanked all the supportive customers and friends. They (honourably) went out on a high note with their Valentine’s Night celebrations.

As a Wymondhammer (even one who now lives seven hours away), I was very saddened to hear of this news, and briefly double-checked the Facebook posts and news sources in a vague hope that the news was the product of an overexcited journalist jumping to unconfirmed conclusions. Sadly, it seems genuine. This article is dedicated to our phenomenal culinary haven and all its iconic memories.

Growing up in Wymondham, attending the Green Dragon was a rite of passage, and after your first time, it was always the top reserved spot for any event warranting a special occasion. Last June, the Wymondham High Class of 2022 booked out the entire garden in celebration of having finished

school. We paraded through the school grounds in our Leavers’ Day outfits (I dressed as Poirot), endowed our favourite teachers with the necessary thank-you cards, and then the next stop was the Green Dragon. We didn’t think otherwise; it was simply the most obvious, welcoming place to go.

I remember exactly where I was sitting; on the far end of the pub garden under the wooden terrace. Students all over our cohort were drinking, making merry, and getting ready for the night of partying ahead. My Poirot costume had lost the false moustache (it got very annoying) and was slowly morphing into a lazy 007 outfit without the bow tie, and I was

too exhausted to consider going clubbing. So instead, my best friend and I (who had come to Leavers’ Day dressed as the Joker!) sat proudly drinking our cups of tea. It was one of the last times we were all together.

It was also the first – and, touch wood, only! – site where my ID was rejected. I had tried to be macho and offered to someone that their drink could be “on me” (having turned 18 a few months prior). The young guy behind the bar importantly informed me that he couldn’t accept my driver’s licence because the plastic glue at the back – from the letter in which it was delivered – was still stuck on. (If you’re wondering why that justifies a refusal, I’m with you, but at the time, I mumbled an “okay” and shuffled away.)

Another iconic memory of this pub was in late 2015 when my aunt Jane, ill with cancer, was

visiting our new house. It was the last time my sister and I saw her (she was a strong presence in our early lives, as a hilarious, wacky no-nonsense Londoner with a big heart). She saw the house (much better than the “hovel” we were in before, in her words...) and then we took her to the Green Dragon afterwards. (Again, like on Leavers’ Day, the pub was the go-to finale for a celebration of any kind. Have family over, show them Wymondham, take them to the Green Dragon. It was an integral and loved part of the town.)

What we didn’t know is that the evening we took her there happened to be Trainee Chef Day!

The Green Dragon staff were admirable, as were the trainee chefs (the food was delicious!). It didn’t stop Jane from asking the waiters a series of questions that increasingly tested their patience, such as, “What did you use to cook the food? Do they know what tempura is?” She even turned to us and asked, “do you think we should offer to help?”

They responded with true professionalism, of course.

It is a tragedy that this phenomenal place has seen its last day. To everyone there, we salute you! You are all incredible. (And if any staff members are reading who were present on Trainee Chef Day, we’re very sorry!)

“MY POIROT COSTUME HAD LOST THE FALSE MOUSTACHE AND WAS SLOWLY MORPHING INTO A LAZY 007 OUTFIT WITHOUT THE BOW TIE.”

More from this series at:
wymondhammagazine.co.uk/
the-low-down

P.S. From the Editors: Congratulations to Freddy on being made Literature Co-Editor for The Student, the Edinburgh student newspaper!

Guest Column

FROM MY PERSPECTIVE



By Cllr Daniel Elmer, County Councillor for Forehoe
(Including South Wymondham)

When we imagine the issues Norfolk County Council spends our taxes on, the first thing most people imagine is typically roads. The second possibly is libraries. Perhaps the third is caring for the elderly. Some may even assume it's the bins (which are actually a District Council responsibility). What they probably don't think of is Children's Social Care. Last year, over £230m in Norfolk was spent on care for vulnerable young people; for context, that's over £250 for every resident in Norfolk, including the children!

As an issue, it's a topic that will feel distant to most readers. After all, everyone uses the roads, everyone anticipates growing old. No one anticipates having a child and not raising it. The very thought, and the reasons it could occur, are discomfiting for us to

think about. Perhaps because of this, as an issue that doesn't attract the attention of either politicians or the public in the way other local issues do. It should. The cost alone is a reason for everyone to pay attention, and the truth is no one is truly shielded from it, no one anticipates it affecting them, until it does.

We can all be guilty of a tendency to stereotype when contemplating issues such as this. After all, we all know poor parenting, drugs, and family breakdowns exist, but they are 'other', not something that prevails in happy market towns like Wymondham.

If there is one thing my experience as a councillor has taught me, it's that these issues occur in the most unexpected of areas, with little regard for class, religion, or geography. In fact, when we consider geography, we should consider one of

More from this series at:
[wymondhammagazine.co.uk/
from-my-perspective](http://wymondhammagazine.co.uk/from-my-perspective)

the assets that makes Wymondham such an attractive place to live, the train station, could also be an asset for the County Lines networks that steal the futures of vulnerable people across Britain. For anyone unaware, a county line is an organised criminal network that moves illegal drugs from a large city to a smaller settlement, they often exploit children and vulnerable adults to move and store drugs, money, and weapons.

There are so many other worthy issues related to my work as County Councillor to discuss, such as the rise in eating disorders as we exit lockdown, that I couldn't hope to fit in. I hope this little article will raise awareness and add another thought to your head next time you consider what your Council Tax is being spent on.

Kett's Books
Wymondham Community Bookshop

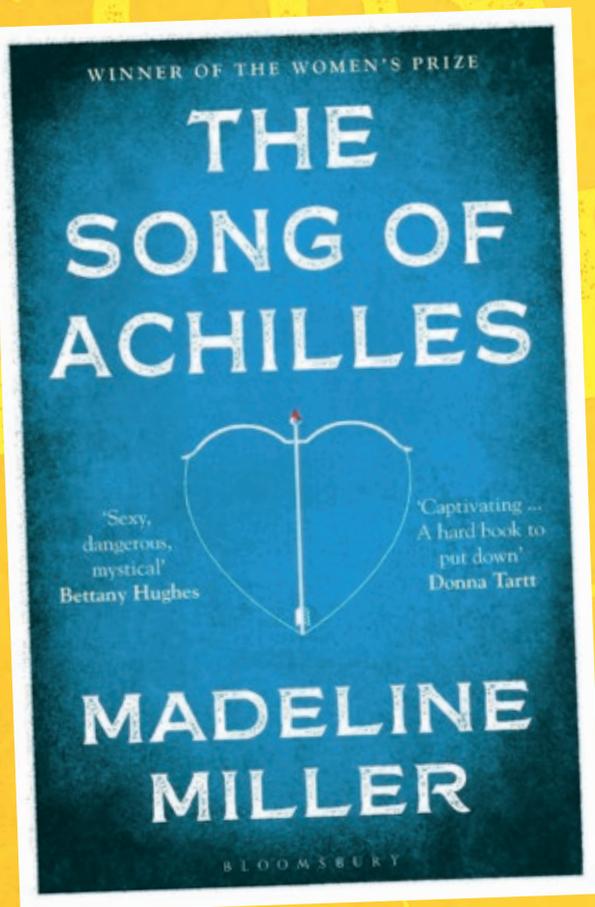
BOOK REVIEW

The Song of Achilles by
Madeleine Miller

By [Laura Duffy](#), Volunteer at Kett's Books Community Bookshop

The *Song of Achilles* by Madeleine Miller has to be one of my favourite reads by far. As someone who doesn't read many fantasy novels, this book made me want to read more. Miller spent 10 years writing *The Song of Achilles* making sure the book was perfect for publishing, and I can certainly say it is one of the most beautiful and complex books I have ever read, from the plot to the vocabulary used to describe each character.

The *Song of Achilles* is told from the perspective of an exiled prince, Patroclus, and shows how his relationship with his friend Achilles deepens. However a war breaks out and Achilles must fight and Patroclus decides to go with him. This novel took me a bit longer to read than other books, which made it more memorable because most books I begin, I can finish reading them within the same day. Overall, I would recommend *The Song of Achilles* to any older teen who wants to read an LGBTQIA+ fantasy book.



IZABELLA NEWBY AWARDED THE DUNCAN KIRK CUP

By Julie Buckenham



◀ Izabella is presented the award by Club Chair Paul Wootton

Under 18's Youth and Wasps player Izabella Newby was recently awarded the Duncan Kirk Spirit of Youth Rugby Cup at Wymondham Rugby Football Club.

Presented by Club Chair Paul Wootton on a sunny afternoon at the Club, Paul explained the history behind the award:

"Duncan was a much loved coach who died suddenly in 2021. His family, coaching group, employers and the Club wanted to recognise his contribution with an award. It is awarded annually to a youth player nominated by their team who has demonstrated the true spirit of rugby.

Jules, the Wasps Youth Administrator, explained that the coaching team had nominated Izzy,

the girls captain, "because of her true commitment to rugby at the Club. Last year she received an injury but returned to playing as soon as she could. She always welcomes new players and helps out where she can and is really positive and cheerful. We also wanted to recognise that we understand the adversity Izzy has overcome in her life but remains a great example to our younger players".

Her Dad Shaun added that Izzy has got a lot out of rugby at the Club and has recently progressed onto the women's team: "they have made her feel so very welcome. She loves her Rugby".

Anyone interested in girls rugby at the club, contact girlsrugbyadmin@wymondhamrfc.com

WALKING NETBALL COMES TO WYMONDHAM

By Gina Hopkinson

Wymondham resident Gina Hopkinson is proud to present Walking Netball, bringing it to Wymondham for the first time. It's an experience that is one of a kind and gives access to a whole world of fun, activity and lots of laughter. Gina is a specially trained Walking Netball Host, endorsed by England Netball.

Walking Netball has been designed so that anyone can play, regardless of age or fitness level. From those who have dropped out of the sport they love due to injury to those who believed they had hung up their netball trainers many years ago. Walking Netball really is for everyone. It can give those who feel isolated an outlet, provide an activity for those who do not deem themselves fit enough to run anymore and offer a stepping stone for those looking for a pathway back into netball. It's also for people who have never played before. Whoever you are, there is a place for you within Walking Netball.

The physical and mental benefits are endless; you'll be supported and welcomed every step of the way.

Gina discovered the sport last year, having played 'normal' netball for years. She said, "I had knee surgery a year ago and I really missed not being able to play netball. I discovered a Walking Netball group in Norwich and

found everyone there so welcoming! It was perfect for my rehabilitation, as I couldn't run or jump. I enjoyed it so much, I just had to train as a Host to be able to spread the word. Having announced the new group on social media, I've been overwhelmed at the interest. I think it's going to be a really popular session."

Sessions cost £6 and take place every Friday indoors at Wymondham Leisure Centre, 18:15-19:15, commencing on Fri 24 Feb. You can just turn up, wearing trainers or comfortable shoes and comfortable clothes. You don't need to commit to coming every week, you can just drop in and attend when it suits.

For more information email wymondhamwn@outlook.com.



KEVIN'S SEVEN



THE TOWN TRAINER



Now that we are 6 weeks into the new year, there is a chance, like 53% of the rest of the population, this includes either losing some weight or exercising more, but how many people are actually still sticking to those goals?

Statistics show that around 32% of people that start a new year's resolution with the aim of being healthier stop within 2 weeks. So if you are one of those individuals that are still going - well done! But, if you are one of the 32% that have stopped and are finding it increasingly difficult to keep going, what can you do?

1 Write down small weekly goals. Working towards weekly goals is easier than monthly ones.

2 Put your goals on your fridge door or somewhere that's easily seen throughout the day

3 Be realistic

4 Keep focused

5 Be positive

A good example of how applying all of the above is with one of my clients Kevin. He came to me in January 2022 wanting to lose some weight and just to feel better about himself. The challenge was that Kevin had a couple injuries that we had to work on first. So rather than going into a full blown change we worked on making his injuries manageable whilst introducing exercise and small goals to work towards. After a longer than expected 5 months, Kevin got to the stage when he felt comfortable with his injuries and we focused more on increasing his exercise, both frequency and intensity plus tracked habits.

Fast forward to January 2023 and Kevin was a different man. Now not only is he virtually injury free, he reduced his body fat percentage by 25%, of which included a 30% reduction in the nasty visceral fat that surrounds his internal organs. He lost 8.5kg and dropped down two belt holes but more importantly maintained his muscle mass, changed his body shape and feels amazing!

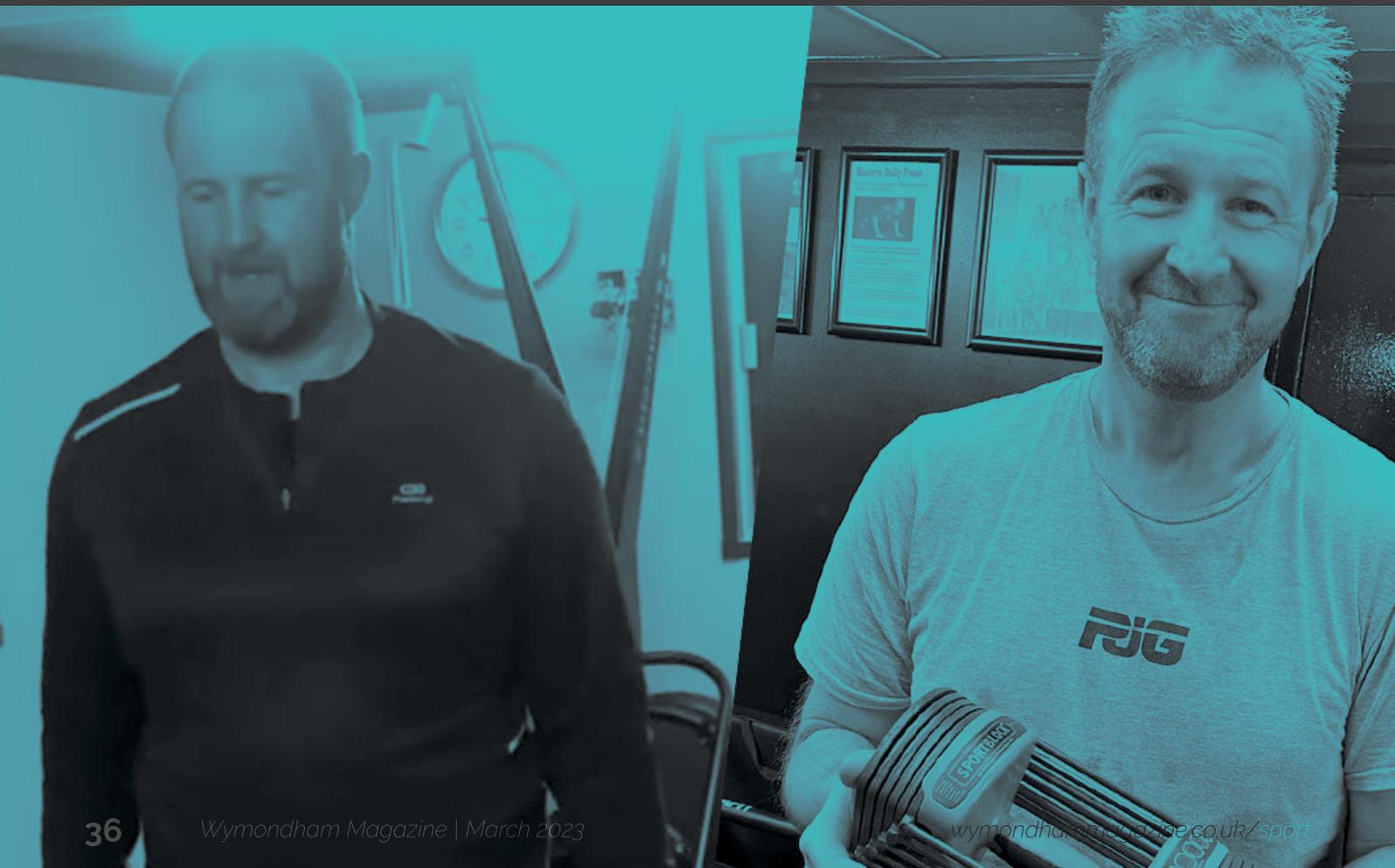
Now some may say, that's not that

impressive in 7 months but the goal was not to go all in on a fast track fad diet or miracle programme, but to make changes in a 'little and often' approach whilst being educated and learning about his own body, oh and whilst spending on average 10 days a month working overseas living in hotels it had to be realistic and sustainable.

Kevin is a great example on how if you apply the 5 simple rules above you can achieve your goals. Don't fall into the trap of wanting it yesterday.

To add to that, in January this year, I set Kevin the goal of running 10K under the hour (he was hovering around the 1hr 3 min mark) and he beat that early February. Check out Kevin's before and after picture - for reference the dumbbell Kevin is holding is the total amount he has lost.

So, if you feel like times are getting tough or you feel like you're about to fall off the proverbial wagon: take a minute, reset goals and refocus. The journey isn't easy, but it's the ones who overcome the tough times that reach the line.



Wednesday 1st March

Art Society Demo with Rachel Thomas
7:15pm, Catholic Church Hall
Rachel studied textile design at college, but now paints in oils, capturing movement and pattern in nature, the changing seasons and light in a contemporary style. She exhibits regularly, both locally and in London. She is a member of Eastern Contemporary Artists and the East Anglian Group of Marine Artists.
www.wymondhamart.org

Friday 3rd March

Bingo Night
7pm, Ex-Services Social Club
Cash prizes, raffle, eyes down 8pm in the Regal Lounge.
www.facebook.com/groups/130014680369366

Saturday 4th March

Community Orchard Volunteer Workday
10am-12pm, Browick Road Orchard
Refreshments and tools provided but bring your own gloves. Entrance opposite Gunton Road NR18 0QN or Ayton Road Car Park.
www.greeningwymondham.org/

Community Seed Swap
10:30am-1pm, Baptist Church
Bring along all your excess seeds and swap them for something different. Enjoy sharing and swapping tips and suggestions with other growers over a cup of coffee and cake. No charge for the seeds; refreshments by donation.

Tuesday 7th March

Full Town Council Meeting
7pm, WTC Kett's Park Office
Public welcome
www.wymondhamtowncouncil.org

Wymondham Photographic Society
8pm-10pm, Dells Bowls Club
CAPS Competition
www.wymondham-ps.org.uk

Thursday 9th March

Nature Group Talk
7:30pm, Town Green Centre
"Wild Geese and Winter Wildlife – a thousand miles around North Norfolk on an elderly bicycle" – by Nick Acheson. In the winter lockdowns of 2020-21, Nick cycled more than a thousand miles around North Norfolk on his mother's 40 year old cycle, following flocks of Brent geese and pink-footed geese and speaking to the many people whose lives are touched by them. His resulting book, The Meaning of Geese, tells the story of arctic geese faced by changing landscape and climate.
www.facebook.com/WymondhamNatureGroup/

Saturday 11th March

Table Top Sale
10am-2pm, Ex-Services Club
Book a table at the Club Bar
www.facebook.com/groups/130014680369366

Music Night 'Ska Souls'
8pm, Ex-Services Social Club
Regal Lounge
www.facebook.com/groups/130014680369366

Sunday 12th March

Quiz Night
7:15pm, Ex-services Club
Members Bar - All Welcome
www.facebook.com/groups/130014680369366

Tuesday 14th March

Volunteer Workday
9:30am-3pm, The Lizard
Join volunteers at the Lizard to help the natural area to thrive. Work undertaken under guidance of Norwich Fringe Project.
www.greeningwymondham.org/

Wymondham Photographic Society
8pm-10pm, Dells Bowls Club
Open Print competition- Round 3
www.wymondham-ps.org.uk

Wednesday 15th March

Book Making Workshop
10am-12pm, Big C Furniture and Craft Shop
Suggested donation £5 to attend, booking essential
01953 603320

Saturday 18th March

Community Orchard Volunteer Workday
10am-12pm, Browick Road Orchard
Refreshments and tools provided but bring your own gloves. Entrance opposite Gunton Road NR18 0QN or Ayton Road Car Park.
www.greeningwymondham.org/

The ELO Encounter Charity
Tribute Show
7pm, Wymondham Central Hall
Organised by Wymondham Helicopter Group in aid of East Anglian Air Ambulance Charity. Tickets £18 available at Reeve's and online: ticketsource.co.uk/wymondham-helicopter-group
01953 600563

Choral Society Performance
7:30pm, St Mary's Church Attleborough
Fauré Requiem, Puccini Messa di Gloria
Tickets £10 (under 16s free) on the door or from Reeves, Market St, Wymondham or Nuts 'n Bolts, Church St, Attleborough. Cash or cheque only.
www.wymondhamchoralsociety.org.uk

Monday 20th March

Browick Recreation Ground Public Consultation Drop-In
2:15pm-6pm, Library, Back Lane
What would you like to see at Browick Rec? Proper Paths? Improved Skate Park? Different sports facilities? Come along and share your thoughts.
www.surveymonkey.co.uk/r/BrowickRGSurvey

Garden Club Talk "All You Might Ever Need to Know about Slugs"
7:30pm, Town Green Centre
Popular speaker Dr Ian Bedford - formerly head entomologist (insect expert) at the John Innes Centre. Don't be put off by the subject, there are Garden friends & foes in the Slug world as Ian will divulge! Show Table – 3 Daffodils or Narcissi (Single/Double/Miniature, Multi-headed), 3 Tulips (any type). Club Table – A favourite from my Garden – Plant or Flower, Fruit or Vegetable. Members Free, guests £4. For further information about the club contact wymondhamgardenclub@gmail.com
www.facebook.com/profile.php?id=100077254060337

Tuesday 21st March

Beginners Tunisian Crochet
10am-12pm, Big C Furniture and Craft Shop
Suggested Donation £5 to attend, booking essential
01953 603320
www.facebook.com/bigcwymondham

Police Community Drop In
12pm-2pm, Wymondham Library
Discuss local issues with PC Vicky Bailey.

Town Council LEET Meeting
7pm, WTC Kett's Park Office
All welcome to observe the TC Committee on leisure, environment enterprise and tourism.
www.wymondhamtowncouncil.org

Wymondham Photographic Society
8pm-10pm, Dells Bowls Club
Guest speaker: Lee Chapman (via Zoom) Aviation photography, allied aircraft, WW2
www.wymondham-ps.org.uk

Thursday 23rd March

Wymondham Heritage Society
7:30pm, Fairland Hall
A talk by Julie Jakeway entitled "Manifestations of Madness – Women's Voices from the Asylum". New members can join at a meeting or contact Janet Benjafield on 01953 606257.
www.wymondhamheritagemuseum.co.uk/?p=programme

Saturday 25th March

Big Litter Pick
10am-12:30pm, Baptist Church
Greening Wymondham are once again organising the Big Litter Pick for Wymondham with cake and refreshments at the end in the Baptist Church on Queen Street.
www.greeningwymondham.org/

Easter Fete
2pm-5pm, Wymondham College Prep School
Music, stalls, games, competitions and refreshments. Raising funds for an outdoor classroom. Free entry.
www.facebook.com/groups/130014680369369

Disco with "Owen"
7pm, Ex-Services Club Members Bar
www.facebook.com/groups/130014680369369

Tuesday 28th March

Star Throwers Open Day
10am-2pm, 30 Melton Road
Find out how we support people affected by cancer. Chat to our staff, volunteers and therapists and book in for a trial treatment of reiki or reflexology.
www.starthrowers.org.uk

Wymondham Photographic Society
8pm-10pm, Dells Bowls Club
Scapes 2- Urban intimate and creative photography
www.wymondham-ps.org.uk

Saturday 1st April

Quilt Exhibition
10am-4pm, Town Green Centre
Quilts inspired by the book of Revelations. Entrance via Back Lane. Also open Sunday 2nd April 12-4.
wymondhammethodistchurch.com/

Wellbeing and Spiritual Fair
10am-4pm, Wymondham Central Hall
Crystals, Reiki and energy healing, card readings, hand-crafted wood art, jewellery, fairy houses, incense, essential oils, books and more. Talks and demonstrations throughout the day. Coffee and cake in the foyer. Entrance £2, children free.

Bric-a-Brac Sale
11am-4pm, The Schoolrooms, Church St
All proceeds to the Reverend William Papillon's Charity

Sunday 2nd April

Dance for Turkey
2pm-4pm, Central Hall
Zumba stars will lead this fun dance event raising funds for the Turkey earthquake relief fund. Suggested donation of £5 per dancer. Tea/coffee and homemade cake sales will also raise funds for the cause.

Wednesday 5th April

Art Society Demo
with Naomi Clements-Wright
7:15pm, Catholic Church Hall
Naomi believes that accurate drawing is the basis of good painting and has formal qualifications in both art and art history. She now exhibits widely and is a member of the Chelsea Art Club. She has been commissioned for many portraits, landscapes and interiors and will paint a still life in oils for us.
www.wymondhamart.org

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

RC Church 8.30am and 10am
www.wymondhamrcchurch.org.uk

Wymondham Abbey 10:30am
www.wymondhamabbey.org.uk

* check individual websites for Christmas service times



FOWCP 2nd Annual Easter Fete
Fundraising for Wymondham College Prep School outdoor classroom.

Wymondham College Prep School, Golf Links Road

Saturday 25th March 2023
2:00pm to 5:00pm

- Music
- Performances
- Stalls
- Games

FREE ENTRY

To find out more about the event or to offer your support, please contact Vicky at:
events@fowcp.onmicrosoft.com

MARKETS

Charter Market

Every Friday
8am to 2.30pm Market Place

Farmers' Market

Third Saturday (18th March)
9am to 1pm, Market Place
www.wymondhamtowncouncil.org
01953 603 302

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