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WYMONDHAM Magazine

ISSUE 75 | AUGUST 2023

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South Norfolk
COMMUNITY
AWARDS
2023

Winner of
Young Hero Award

Chloe Francis





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ADVERTISERS SOUGHT FOR SEPTEMBER'S PRINT EDITION

We will be printing September's issue of Wymondham Magazine to help support Vintage Day, which takes place on Sunday 17th September. So we're looking for community-minded businesses, who want to advertise to the 8500+ homes in Wymondham that will receive a print copy.

The issue will be out for delivery from 1st September. To advertise, please book by 10th August by emailing adverts@wymondhammagazine.co.uk or calling 07941 514766. Rates and details can be found at wymondhammagazine.co.uk/advertise.

Local advertising works: "I placed an advert in Wymondham Magazine back in December and our phone was ringing off the hook!", says Charlotte Mayers from The Mayers Veterinary Clinic in Barnham Broom.

If you're a reader who's ever wondered how you can support the magazine, please do have a word with anyone you know that might want to advertise. It's really as simple as: the more adverts we sell, the more pages we can afford to print, to give people in our community the chance to get their news out there.

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Adult's sausage race with Mr Sam the Magic Man



Retro burger and donut stands run by Suzanne Pyefinch

ABBEY DAYS FREE EVENT TO GO ON INTO NIGHT FOR FIRST TIME

By Julie Briggs

The popular Wymondham Abbey Summer fair, with free entry for everyone, is returning bigger and better than ever on Saturday 12 August, including comedy, live entertainment, craft activities, stalls, Zumba, self-defence sessions, and wellbeing tasters for visitors to enjoy into the summer evening.

Musicians, wellbeing professionals and entertainers have teamed up with ClearCompany CIC, giving their time and talents to create a vibrant community summer event, accessible to all, with something for everyone. Previous Abbey fairs have attracted crowds of families and people looking to browse the stalls of Norfolk bespoke products, or relax and enjoy music and delicious food and drink. This year's event is packed with even more.

The Wymondham-based social enterprise, organisers of the Abbey events, will also be revealing plans for their new Norfolk shop and studio space for community groups in the town.

Julie Briggs, Director of ClearCompany CIC, said "We absolutely love collaborating with the Wymondham Abbey team and all the artists and artisans we work with who have been with us through the turmoil of the pandemic to deliver events that bring communities and groups together.

"The Abbey Days Summer Fair has been our most fruitful partnership, not only with the Wymondham Abbey team, but with a wide network of artists, musicians, caterers, and craftspeople. It's been a shining

example of community pulling together for the wider community. Thanks to all the hard work and support from so many along the way, we are finally establishing the base we have been searching for which will provide space for groups and community events and allow us to continue collaboration with the Abbey team."

The programme for this year's summer fair, running from 11am to 9pm, will blend live music with Zumba, competitions, fun for all ages, and a range of unique produce from around the region. The music line-up includes: London/Irish, Punk/Folk mashups from Anto Morra; soulful summer sounds from The Rhythm Travellers; recording artist Matt Watson and his energetic indie rock; Foxpalmer, currently touring from Edinburgh to Southampton; Flat White's blistering observations of today's times; and Kevan Taplin's husky rock tones. The day will be compered by Mark Ahier, bringing his hilarious midlife comedy observations.

Also on the menu is a range of street food and drink to suit all tastes: wood-fired pizza by Elsie's Pizza; juicy burgers from Superburger's vintage giant burger; plant-based delights from Rambling Roots; tantalizing flavours of African cuisine from Society Alive; divine pancakes from Natural Rise; luscious cool shakes from The Shake Shack; and refreshing beers, wine and prosecco from Craftily Bar.

Following on from the popular Easter fair in April, the summer fair is one of two large scale "Abbey Days" events to be held this year. The August event

Laura T
who will be
performing
at this year's
summer fair ▶



will be followed by a Christmas fair on Saturday 2nd December with festive stalls, activities, food, and workshops.

Leader of Wymondham Abbey, Canon Christopher Davies, said: "Community events are extremely important to us, bringing all ages together in a celebration of our town to connect with each other. In these difficult times, such free events allow everyone to attend and enjoy some time together – an essential contributing factor towards wellbeing for all of us. We are pleased to host occasions for our wider community and enjoy welcoming everyone to the Abbey."

ClearCompany is a non-profit community interest company established in 2017 to support and nurture local enterprise. To date it has secured funding from the Postcode Lottery, National Lottery, Bright Ideas Fund, Virgin Money, and the Geoffrey Watling Trust which has helped to fund the organisation's events and the development of their online shop for Norfolk traders to register and sell their produce.



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Achieving Together

50 PLAYS IN 500 MINUTES:

Local Playwright Seeks Business Support for Sponsored Play Reading By Tony Vale

Wymondham-based amateur playwright, Tony Vale, has written more than 50 plays and he is celebrating with a sponsored reading of them on Saturday 9 September 2023.

Under the title of "50 Plays in 500 minutes" the session will take place at North Wymondham Community Centre in Lime Tree Avenue and will run as a free drop in event from 9:00am to 5:20pm. It will be open to the public and refreshments will be served throughout the day.

Tony is a founder member of local play writing group Four by Four, which was set up in 2009 as a collaboration between playwrights and still exists, providing a platform for the participating writers to

present their original work to an audience.

Members of local drama groups are being invited to do the reading and local businesses are being offered the chance to sponsor individual plays, with all funds raised from the day going to the maintenance of the charity-owned venue.

Maze Moves in Wymondham has agreed to sponsor a play called "Moving On", a drama focussing on a furniture removal company and Rosedale Funeral Home is supporting a comedy called "A Change of Tune", which centres around the disposal of a family member's ashes.

Other businesses wishing to provide support can contact Tony on 01953 605434 or email tony@valemail.uk



UPDATE ON CAITLIN'S HERO ARM

By Maria Hutson

In March, an article in Wymondham Magazine was published about fundraising for Caitlin's Hero Arm from Open Bionics. Thanks to the very generous donations received, we are delighted to say we have surpassed our fundraising target. As a result we are excited to tell you that we now have appointments booked at Open Bionics in Bristol next Tuesday and Wednesday for Caitlin to have casts taken and a test socket made. These will then be developed into a bionic arm and all being well she will collect this from Open Bionics on 21st August. Caitlin will become the youngest person in the UK with an Open Bionics Hero Arm!

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VOLUNTEERS THANKED AT SOUTH NORFOLK COMMUNITY AWARDS

By Kim Carsok

The winners of the South Norfolk Community Awards 2023 have been announced, and several Wymondham heroes have been recognised for their contribution to the community.

Chloe Francis has won Young Person of the Year - a young person who has made remarkable and inspiring achievements in support of their community. Chloe, aged 16, is a valued member of the Wymondham Community Outreach Team, a group of volunteers who support vulnerable residents in the town. They run a food and clothes bank and deliver food parcels to those who cannot collect. Since joining the group three years ago, Chloe has become an integral and hard-working member of the team. The kindness and compassion she shows residents is appreciated by all.

Arnie McConnell from Wymondham Community Outreach Project explained: "Chloe came to us when her parents requested that she could join us to try and overcome some shyness. Chloe started off as a very quiet but important part of the team. I have watched her blossom into an amazingly efficient, effective and caring young lady. That's a great thing to see. What we try to do when working with young people is to offer them, within a safe environment, an insight into an area of society and community that perhaps their own lives don't usually encounter."

The Volunteer of the Year Award was given to Inekke Waloejo-Loke. The category highlights an individual who has volunteered their time to make an outstanding contribution to their community, and Inekke plays a lead role in the Wymondham Community Outreach Project. She has volunteered 10-15 hours each week, for the last three years. Her role is to manage and collate food parcels that are delivered to over 100 residents in the local area. Inekke orders and tailors the food parcels individually after getting to know each family's needs. She is described as a woman of integrity who serves her community with care and humanity.

Inekke said: "I was so surprised, I wasn't expecting it. I didn't know anything about it until the lady from South Norfolk Council called. It was

completely unexpected as I don't do anything different from any other volunteer. I live very nearby so I just pop in whenever things need doing."

Arnie was full of praise for the volunteers: "Inekke and Chloe are fantastic members of the team. Both of them demonstrate great kindness and compassion to people who are struggling. I have the good fortune of working with a group of volunteers who are second to none. I congratulate Inekke and Chloe on their achievements, but also commend all the wonderful volunteers in the group for coming together and offering a very special service to the marginalised people in and around Wymondham."

Arnie continued: "We are blessed by so many capable, caring members of the community who give generously of their time. Not just the odd hour here and there but over years, to help the less well off. We have such high regard for each other, it's a pleasure to work here. The world we live in is the world we've made, the community we live in is the community we have made. If we are not happy about the community we live in, then relatively small acts of kindness can change and mitigate against the cruel and heartless policies and practices that are all too commonplace."

Community Group of the Year was awarded to Star Throwers Cancer Support Charity. They offer a crucial service for people affected by cancer, helping more than 250 people each year. They offer information and support completely free of charge to anyone that has been diagnosed with cancer, as well as their friends and family. The personalised services include therapeutic support, massage treatments, dietary and nutritional advice and much more. More from them in our community section!

Nicky O'Grady from the Enchanted Willow was also present at the awards, having been shortlisted for the Business in the Community Award for fundraising on behalf of Star Throwers. She has organised various events and raffles and made considerable donations which in total raised £3,625, enough to provide 100 cancer support sessions.

Chloe Francis, who was presented with Young Person Of The Year award ▶



▲ Inekke Waloejo-Loke is presented with her Volunteer Of The Year award by Cllr Kevin Hurn

Arnie McConnell of Wymondham Community Outreach Project collects award on behalf of Inekke Waloejo-Loke ▶



Nicky O'Grady of Enchanted Willow had been shortlisted for Business In The Community ▼



RESIDENTS REACT TO GLAMPING PODS PROPOSAL

By Chapel Lane residents

A planning application has been submitted to South Norfolk Council to change the use of agricultural land and establish a rewilding nature reserve on Chapel Lane. The proposal also asks for permission to install five glamping pods for all year round use. Residents along Chapel Lane have expressed concern that the camping site will adversely affect the nature of the high heritage value views along the Tiffey Valley. The Wymondham Neighbourhood Plan, which received an 85% majority in support when voted on in June, has as objective 3: 'seek to maintain the setting of Wymondham as a discrete town surrounded by high quality countryside.'

Whilst the proposed site will endeavour to be screened from traffic travelling along Chapel Lane, walkers on the riverside footpath and passengers on the Mid Norfolk Railway would have clear views of the pods, field kitchen and communal straw roundhouse. Some residents' views will also be impacted by the pods and many feel they are not in keeping with Wymondham Town values.

One resident we spoke with said: "I am opposed to the glamping units. A large agricultural building was constructed a few years ago which seemed excessively large for the existing land management undertaken, yet it was approved. Now it is suggested the facilities within this building are to be used by the occupants of the camping units. You do wonder if this was planned from the very beginning. What is to come next, a building for the landowner to live permanently on site perhaps?"

He continued: "The application states it is for 5 glamping pods. Each building is nearly 7 metres long and similar in size to lodges, so not small eco pods. Their original proposal was for 12 units. Does this indicate there would have been more units if they felt it would have got approval? Yet again it appears the Wymondham residents have a battle on their hands to prevent the Tiffey Valley landscape being irreparably damaged."

Further concerns noted include increased traffic flow, noise pollution



(particularly late night noise) and the potential impact upon wildlife. The Environmental Quality Team has objected to the application in its current form, due to a lack of information on any proposed lighting, how noise will be managed nor if there is any risk from contamination.

Whilst the applicant is seeking to minimise the impact upon the area, residents fear that if the proposal is granted it will lead to requests to increase the number of pods and possibly establish caravan and camping pitches in the future.

The closing date for submissions regarding the application is the 11th August and anyone who has any comments should contact South Norfolk Council Planning Department by emailing planning@southnorfolkandbroadland.gov.uk quoting reference 2023/2007.

POPULAR COMMUNITY CAFE CLOSES FOR KITCHEN REFURBISHMENT

By Paul Smith

A very popular community cafe is closing over the summer months in order to be able to re-fit its kitchen in line with its vision. Roots Community cafe, run by Wymondham Baptist Church has taken the difficult decision to close in order to bring its facilities up to modern standards for the future.

The cafe will close on Monday 24th July and looks to reopen with new days in September. It has a planned refurbishment of its kitchen with all new modern appliances and cabinetry enabling it to keep up with the ever increasing demand on its popular services. Roots, as it is affectionately known, is a cafe ministry run by Wymondham Baptist Church and was started in 2017 in response to a Norfolk-wide survey that highlighted that many local people suffer from loneliness. It was opened to offer space for all members of the community to be able to gather with friends and to have an opportunity to meet new ones! Emma Smith who is the project director says "Though we are sad that we are not going to be open during the summer to see all our amazing friends, we wanted

to upgrade our facilities so that we can offer the best services we can".

The planned works are only a small snapshot of a much larger vision which includes a brand new central meeting hub and cafe style reception room in the entrance of the Baptist church on Queen Street, Wymondham. Again Emma says "We have been amazed to see the way this ministry has grown since we began. We see people meeting up here time and time again from all walks of life and demographics. We want to be able to extend what we offer and are looking to the future." Roots offers a safe place for all members of the community and is also a place where people can be signposted to additional help when needed. As part of Wymondham Baptist Church there is a food bank on site each Friday from 11am to 12 noon and the cafe itself operates a 'Pay It Forward' scheme to help those who cannot afford to eat, the chance of free meals and drinks. The cafe is run entirely by volunteers who give up their free time to help. As well as serving there is always someone whose sole role is to

be a listening ear.

Roots will return in September with new opening days of Wednesdays and Fridays 10am - 1pm and the volunteers look forward to welcoming friends old and new from the 20th September. If you feel able to support this work within the community, there is an opportunity to do so through our Just Giving page or through our website www.wymondhambaptist.org.



RAINBOWS, BROWNIES, CUBS & SCOUTS CLEAN UP

By **Mike Heard**

In June, Greening Wymondham supported youth organisations with litter picking activities lending out equipment to Rainbows, Brownies, Cubs & Scouts as well as organising their own litter pick trying to cover the North Wymondham estates.

Equipment was loaned out to the cubs one Friday evening as they went tidying around the town centre, followed by the rainbows & brownies of North Wymondham as they cleaned up (in differing areas) around the North Wymondham Community Centre. Finally, the Friday scouts tidied up in the town centre once again the following Friday.

After all this activity, Greening Wymondham then organised volunteers to go around all the estates along the Norwich Road towards Hethersett and the estates south of Tuttle Lane from the Norwich Road to Hubbards Close.

Following the successful litter pick events, South Norfolk Council ran a prize draw for groups to win a share of £4,000. The names pulled out of the hat included Greening Wymondham, Wymondham High Academy and Wymondham Scouts; with each group receiving £200.



youtu.be/cmygcQgM3AQ



The wind of change continued to blow at gale force on Tuesday July 4th, as the new Wymondham Town Council met to discuss an agenda containing just one new bit of business: to revisit an idea from the old council that had vanished under a cloud of mystery at the new council's AGM a few weeks prior.

Never mind. As the Germans say, there's no such thing as bad weather, just bad equipment. So heave on your galoshes and put up an enormous golf umbrella, we're determined to have fun whether it rains or it pours. It's a Town Council Watch: Great British Summer Weather special.

SINGING IN THE REIGN

The first noteworthy update was that works at Chandler's Hill to create a Platinum Jubilee Queen Elizabeth II Memorial Garden are now expected to begin in September. The project has seen multiple delays over funding, quotes and contractor availability, spanning way over a year.

Let's hope this latest forecast is accurate then...

SPLASHING THE CASH

Speaking of projects that could prove slipperier than a National Rail platform in inclement weather, Cllr Tony Holden (Con) had spotted an £8600 council payment marked 'New Cemetery Development - Building Design'.

"As far as I know, we haven't had anything before the council regarding the new cemetery yet", he puzzled.

The Clerk responded that the payment covered a consultancy to prepare a planning application for the entire new cemetery site: "Once the application pack is prepared, then it will come to the council".

"So do we actually have a designed building?" Mr Holden followed up about the payment marked 'Building Design'.

"We have got an outline plan of the site which they're currently working on", answered the Clerk "they're now working on things such as the various watercourse surveys and drainage surveys and that sort of stuff which is involved in these types of applications."

Not sure if that's a yes or no as to whether a building's been designed.

Cllr Todd Baker (Lab) voiced his concerns about how much was being spent on the project without anything coming before the council to approve: "When can Council expect a report to be able to decide on?"

"Some time this year." came the Clerk's response.

That will be good then. A report for the elected councillors to look at, once everything's already been decided behind closed doors. Don't worry, this sort of stuff never goes wrong at Wymondham.

UMBRELLA GROUP

Up next, Cllr Holden presented his proposal to re-establish a working group of councillors to look at how the council communicates what it's doing, with its residents.

Stand down chaps. Your good friend TCW's got that covered. And I do it for free.

The council did previously have a communications working group but it somewhat suddenly went missing after the elections.

Like Mr Holden's Conservative colleagues.

Still presenting his paper, the North Wymondham representative was just regaling his fellow councillors about the merits of that other titan of publishing, The Forncett Flyer, when Mayor Nuri-Nixon (Lib Dem) cut him off: "Erm I think you've made your point...there's lots of people around the table that would like to give their viewpoint."

Brevity is an essential skill in communication after all.

**Checks article wordcount* Hmm.*

In the resulting discussion, Cllr Joe Barrett (Green) voiced concerns about the breadth of the proposal, lack of costings to create the group and how much of councillors' voluntary time it would take to work on each of the example ideas contained in there.

Cllr Alex Perry (Lab) had vulnerable groups in town in mind: "Very often it can be more easy for the more powerful to be more savvy about how the council works"

Gosh. I'm blushing.

"We do have a strong feeling here that the vulnerable people who need the council to support them in their

struggles get that support and know that we can help them and have ways of communicating with us," he finished.

Cllr Lowell Doheny (Lab) was reasonably receptive to the idea of looking at communications but could see one potential risk ahead: "the composition of the group I think would need to be considered quite carefully in terms of political parties that are represented".

Fair point. You wouldn't want anyone getting hold of the council's news page and making almost all the stories be about themselves, for instance.

Mayor Nuri-Nixon then put forward the risk that the proposal could overlap with a report the council's 'Town Coordinator' had filed moments before the meeting, on how tourism and retail in the town are promoted.

The South Wymondham councillor also took exception to one suggestion in the proposal about welcome packs for new residents "there's 17,000 people in this town, so you know, if you have any other new residents you have the cost implications there."

Let's hope all 17,000 residents don't move at once then. Imagine the costs!

The discussion ended with Cllr Holden withdrawing the proposal, as a technical way of deferring it to a future month. This was to give councillors a chance to read the Town Coordinator's

report.

But not before the Clerk had time to register his disgruntlement at the report being shared with all the elected councillors immediately: "It's really for me as the Clerk to decide how this report is to be shared," he opined. "I would have preferred if the report would come to me first rather than being sent to individual councillors."

Yeah. Sounds like some internal communication issues there. They should start a working group about it or something.

"YOU COULD BE TALKING ABOUT THOUSANDS OF LITRES OF WATER"

With not much else on the agenda, we speedily came to councillors' updates from outside bodies they sit on. Cllr Baker came with details of a humble request from Wymondham In Bloom for a hose tap outside the public toilets in the town centre.

The Clerk offered a free flowing response: "No tap has been agreed. It's not proposed at the present time to install the tap. Water isn't free! If a tap is installed outside, you'd have to be extremely careful the amount of water to be used." Of a separate tap mooted at Browick Road orchard, he warned: "You could be talking about thousands of litres of water!"

Not exactly gushing with praise for the idea then. Councillors might want to remember the old adage 'Clerks advise, councillors decide' though. TCW: come for the jokes, stay for the advice.

Cllr Baker then brought up some general observations about the relationship between the council and volunteers, who organise all manner of things in the town. "One of the challenges at the moment is the slight disharmony between the amount we rely on volunteers to do so much for our town and what we actually provide for them as a council."

Build the tap! Build the tap!

The conversation then came to Wynterfest and to what extent the Town Council can/should feed into the event:

"We have informally amongst ourselves talked about a Christmas event of some kind", said Mayor Nuri-Nixon. "Maybe not to the scale of Wynterfest, because in a way it became a victim of its own success and there were people that said actually it was a bit too busy and couldn't get around to see everything"

Too busy? The stallholders and businesses in town must have been devastated.

"That's a horse that bolts without us", noted Mr Baker. "because actually if Wynterfest is organised by volunteers, brought forward by volunteers and they can apply for the various things which are required to put an event like that, we can sit around and talk about whether we think the event should be of such scale or whether it should do X and Y. But ultimately we don't have control over those events and I'm not trying to wrench that out of the hands of volunteers."

After a quick soaking from the Mayor for Labour members for daring to have had separate chats among Labour members (*tsk, imagine!*), we were done.

In summary... A few sunny spells. Some thunder. And a healthy smattering of drizzle. *It's nothing we're not used to.*



My inside mole at Wymondham Abbey has informed me that the medieval landmark has been battling an infestation of ladybirds. The source, who wished to remain anonymous for fear of reprisals from the red-and-black-winged beasts, reported thousands of the greenfly predators had taken up occupancy in the iconic building. The issue has now apparently been 'dealt with' and no lasting damage has been caused.



Your scoops to:
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RELATIONSHIP VS CONTRACT

Advertorial

By [Rebecca Mills](#), EweMove Wymondham

When it comes to nearing the time of completing on your sale, the all-important "exchange of contract" is a key focus. But, when it comes to selling your property, just how important is a contract with your chosen estate agent?

Yes, contracts are important! They set clear expectations, boundaries and offer peace of mind – or at least that is the theory. The real fact of the matter is that the contract is only worth anything when results towards your goals are achieved and there is a level of trust between You and the individuals involved.

And so, surely the contract should function as a safeguard, and not be the sole reason why your sale is in the hands of a nominal agent? More

importantly, the flipside of that coin is that surely the agent is proactively selling your property, rather than relying on a contract entitling them to do so.

If you are currently on the market or about to launch, do you know what your contract states, or have you signed in confidence and under the belief that the contract is in place for YOUR benefit? If you do not, then "your mission if you choose to accept it" is... to prepare a beverage, take a seat and read your contract in full – take your time, it will not self-destruct, although sometimes your confidence in your agent might! Here are some key questions to find the answers to:

What services does the contract provide you?

What is the contract term?

What length is the notice period?

What are the total fees including VAT? Who benefits the most from each clause: you and the sale of your property, or the estate agent?

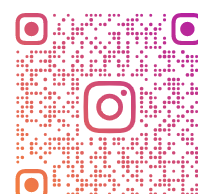
The answers to these set out a foundation, while your relationship with your agent will set out the path in front of you. I have had many a conversation with sellers recently who were simply not aware of the terms they were agreeing to and now find themselves locked in for weeks if not months. It's worth remembering that the lovely people at the Property Ombudsman have set a maximum contract length of 26 weeks. This is neither a happy, nor constructive position to be in. Ultimately, a healthy relationship with your agent is key and should exist outside of any paperwork or contractual obligation.

As ever, if you have questions about this subject and want to know how my services are provided, get in touch today.

Rebecca Mills, Branch Director
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WHAT'S IN A PHOTO?

Twelfth Night

By Philip Yaxley

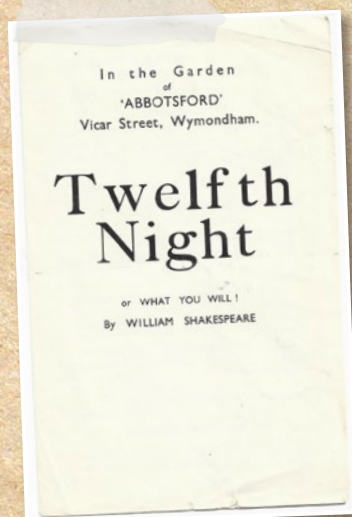
The garden of Abbotsford in Vicar Street provided a beautiful setting when a group of Abbey supporters, especially banded together by Doctor P.R. Buckton, presented open-air performances of William Shakespeare's romantic comedy *Twelfth Night* on four evenings in early July 1954. Many of the local cast had not trod the boards before, but the ambitious project went down a treat with Wymondham audiences. Organised and directed by Doctor Buckton, the play was described in the local press as "very well done" with "a high level of performances by everybody taking part." The authentic Tudor costumes were specially hired from a firm in Covent Garden.

With the drunken Sir Toby Belch, played by Doctor Buckton himself, Sir Andrew Aguecheek (E.H.Dodds), a foolish dandy, and Feste the clown (S.Allin) suddenly appearing from behind hedges there were laughs aplenty. And Feste's singing of "O mistress mine" and "Come away, come away, death" were a delight to the ear. However, there were many praiseworthy performances, not least J.F.Woodhouse as the bumptious Malvolio, Clare Becher as Olivia, a wealthy countess, and Winifred Scott as Maria, Olivia's gentlewoman. Proceeds from the run were for the Wymondham Abbey Organ Restoration Fund and following the success of *Twelfth Night*, the Abbey Players were formed and for the rest of the Fifties staged several plays to raise funds for various church projects. As with *Twelfth Night* these productions were staged in the Vicarage Room, which was replaced by the Abbey Hall on the same site in 1970.

Olivia, the countess, (played by Clare Becher) being entertained by her fool Feste (S.Allin). On the right are Olivia's gentlewoman Maria (Winifred Scott) and Malvolio, her steward, (J.F.Woodhouse). On the left are Olivia's attendants (Philip Yaxley and Ronnie Lane). ▼



▲ Seated is Orsino, Duke of Illyria, (played by David Lincoln) being entertained by his musicians (Miss Florence Allen, Mrs Meadows and C.D. Harris). On the right are the Duke's attendants (George Gosling as Curio and Alan Downes).



◀ Programme cover

TED TALKS



The Wife

"I'm going to see her at half one today," said Ted. Baryl has dementia and has lived in a nursing home for the last five years. Ted visits his wife every other day, and all he wants to do is put a smile on her face.

"I'm going to see her at half one today," said Ted. Baryl has dementia and has lived in a nursing home for the last five years. Ted visits his wife every other day, and all he wants to do is put a smile on her face.

"I want to show her ducks, sheep, and cows." Baryl loves nature, she always did. When Baryl moved in with Ted into their council house in the late 1960s, the first thing she did was get five geese for their garden. Four of these were dames, and there was one gander who went by the name of "Buffy."

Baryl did not want to have children. However, both Ted and Baryl liked to see life go on with their animals in the garden, especially the rabbits. Baryl was a keen artist and her coloured-pencil drawings of both flora and fauna were successful in agricultural competitions. Ted has never won anything, but in his dreams, he would like to win a prize pig to mow his lawn!

Baryl was born when her parents were in late middle age. She grew up fast, doing both domestic chores and advanced DIY in her childhood home. She continued to help her parents plant potatoes, put up wallpaper and mend fences well after her wedding day.

Sadly, her father passed away just after their second wedding anniversary. Ted has fond memories of taking Baryl and his widowed mother-in-law on outings to wildlife parks. Baryl was an enthusiastic photographer who liked to take snaps of 'straw figures' on these family adventures. Tragically these days came to an end when Baryl's mother died in the mid-1970s.

However, Baryl retained her zest for life. Music, both popular and classical, was her passion; Ted recalls how much she enjoyed the organ recitals which took place at Thursford. She used to go to see brass bands at Eden Park and listen to cassettes while she worked with white wash and creosote around the house.

Dementia changed everything, including Baryl's personality, which is the aspect of his wife's illness that has hit Ted the hardest. Yet, he hasn't given up hope that a treatment or cure can be found – good on him!

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

ONE STARRY NIGHT

By Anne Bealing



The stars were shining brightly. Orion was clearly visible above the church roof. The moon, full and round with its familiar face, was continuing to rise on its nightly journey. The six members of St Augustine's Academy's Astronomy Club were enthralled, if beginning to feel a bit cold. Besides, half of them had other plans for the night and were nervously waiting for their teacher Mr Roberts to say the session was over. Mr Roberts however was known for his enthusiasm and the boys knew there would be at least another half an hour of passing his telescope round and listening to more facts about the sky above their heads. Frost was beginning to form on the village roofs and the grass around their feet had already turned a bright white in the moonlight.

At 8.30 Mr Roberts closed his telescope for the last time.

'It's getting too cold lads. Time to go home. I've shown you enough of the night sky for now. We can talk about it in more depth in school tomorrow. I hope you've enjoyed yourselves and seen something new.'

The boys waved as their teacher drove away. Half of them headed home as Mr Roberts had instructed but half walked as far as the bus shelter on the village green and huddled inside it, passing round the last of Colby's cigarettes.

'Are we really going to do it?' asked Dicko.

'It's too bright. Someone'll see us,' said Colby. 'We ought to wait till a darker night. It's too bright now.'

'We can't wait,' said Dicko. 'My Dad says the people making the TV programme about fracking are coming tomorrow to interview old Garder to report on why he's offering his land for sale to the fracking company.'

The oldest of the teenagers, Banksy, stubbed out the shared cigarette and said in his newly deepening voice, 'We've got to show everyone what a silly old fool he is. Doesn't he realise what it will do to this village? All that light pollution. No more dark skies. You know what Mr Roberts was talking about last week. And what about the wildlife? There's foxes up in the woods by old Garder's farm, and badgers. There's bats too. None of them will be there any more. We've got to show everyone what a stupid idea this is. So we've got to do this tonight.' His voice squeaked to a crescendo as he pulled his hoodie round his face. 'Come on. Let's do it.'

'Did you get the paint?' asked Colby. He was the practical one. Banksy was the dreamer and Dicko - was just Dicko - not the sharpest knife in the box, but a good mate.

'Yeah. I got lots. Dad won't miss it. He's got loads of left over bits and pieces from his decorating job. The boss never asks for it back. I just took plenty. The walls of the barn are a fair size. Everyone will be able to see what we think of old Garder and his fracking plans.'

'Have you got enough paint brushes?' asked Colby.

'Don't need 'em. I've got spray cans. It'll be quick and easy.'

'Cool,' said Dicko.

'Let's get over to the farm. No one'll see us if we go round the back way. The barn's by the main drive away from the farm house. It won't take long. Come on.' Impatience and fear of being caught reflected in Colby's voice.

They pulled their hoods around their faces and stopped by the dry ditch where the paint cans were hidden. The village was quiet. They walked in silence and stopped when they reached the end of the farm drive.

'Come on,' said Colby. 'Time to do our bit for the environment. Time to show old Garder what we think of him.'

Keeping in the shadow of a line of conifers they edged their way towards the barn. Close up, the black walls of the barn looked enormous.

Banksy opened the bag containing the paint. 'You go that end and start writing. Write in big letters. I'll go this end. I've got an idea for a picture.'

'We haven't got time for you to do that...' replied Colby.

'I'll be quick.'

'Well I suppose you are the best at art. But we need to get out of here before anyone sees us.'

Colby and Dicko looked up at the wall and undid their paint cannisters. Colby sprayed some yellow on the ground.

'It's bright. It'll show up for miles. Here goes. NO FRA...How d'you spell fracking?'

'F R A K I N G' instructed Dicko.

'Are you sure? I think there's a C in it somewhere.'

'Oh yeah. F R A K C I N G.'

Colby sprayed the message in large letters and stood back to admire his work.

'Great. There's room to write it some more. You have a go Dicko'

Soon their end of the wall was resplendent with their words and they moved along to see the other end of the wall. They stood open mouthed. There were forest animals carrying banners as they fled in terror down a road pursued by an enormous yellow digger. The bucket of the digger was a huge open jaw ready to devour whatever was in its path. Foxes, badgers, deer, squirrels, rabbits were running for their lives. Their banners said SAVE GREEN VALLEY. NO FRACKING.

'Banksy, it's great,' said Dicko. 'You're a genius. I think you'll go far - but you've spelled fracking wrong.'



By Jo Tinson,
Partner at Spire Solicitors

As growing numbers of re-marriages are increasing the number of blended families, these are leading to a rise in inheritance disputes.

In a recent case to reach the High Court, three siblings found themselves cut out of their inheritance when their stepmother changed her will in favour of their stepbrother, after their father died.

The McLean couple had made 'mirror wills' in 2017, where each Will reflects the other, so no matter who dies first the outcome should be the same. Those wills shared the couple's estate equally between four children, three from Mr McLean's first marriage and the younger son born during their marriage. When the older siblings found themselves cut out of the later will, they went to court, claiming that their father had trusted his second wife "implicitly" over the terms of the inheritance.

The court has to decide whether the doctrine of mutual wills applied to their step-mother's original 2017 will, which would mean there was an agreement between the couple to make wills with substantially the same terms and conferring reciprocal benefits, and to not revoke them without the consent of the other.

Explained Wills, Tax & Probate law expert Jo Tinson: "For the doctrine of mutual wills to apply there needs to be a contract between the two testators that both wills will be irrevocable and

remain unaltered, and this agreement should be incorporated into the will, or through some other form of evidence.

"Without an explicit agreement not to revoke the will, any surviving partner may make a new will, with very different outcomes, and that's why it's important to be clear from the outset."

While the McLeans must wait to hear the outcome of their case, another inheritance challenge in similar circumstances has been upheld. After divorce, the Colicci's signed a deed where they covenanted that any shares they still held in their jointly-owned company would pass to their two children when they died, and both promised to make wills to support that. But the husband remarried and later made a new will leaving his shares to his second wife, not telling his ex-wife or children what he had done. When he died unexpectedly shortly after, his later will was challenged successfully, as the court ruled that the original deed was a binding obligation which prevented either of the parents from making other arrangements to dispose of their shares on death.

According to latest figures from the Office for National Statistics, almost 30% of marriage are now second or subsequent marriages, leading to a growing complexity in family structure.

Jo added: "Proper planning can help leave everyone satisfied, and decisions will depend on individual circumstances. This could be through

Advertorial by



mutual wills containing a clear declaration that neither side can revoke or change the agreed terms without the consent of the other.

"Another option is to create a trust within a will. This can be a simple and effective way to make sure that the surviving partner has all they need while alive, but also make sure that children from an earlier relationship don't miss out. It does require specialist help to get things right, but it means you can be sure things will play out as you intend."

A trust can allow for each partner to leave their estate in trust for the survivor, and then to their children following the survivor's death. This allows for use of the assets – such as a house – to support the survivor for the rest of their life, but with the assets held in trust - whether for children from an earlier marriage or a charity or anyone else - when the survivor dies. If you would like to discuss any points in this article or are looking at writing or amending a Will, contact us today on [01603 677077](tel:01603677077) or email info@spiresolicitors.co.uk.



ART SOCIETY ANNUAL EXHIBITION: CAPTURING THE MOMENT

By Judith Munks

From Tuesday, August 8th to Sunday, August 13th, the Wymondham Art Society will be exhibiting their work under the theme 'Capturing the Moment'. They invite you to come take a look at Wymondham Arts Centre inside the newly renovated Becket's Chapel (Church Street, Wymondham, Norfolk

NR18 0PH).

The opening hours are 11am to 4pm daily and entry is free of charge. The exhibition displays members' paintings from the last year in all mediums, styles and subject matter. Paintings, greetings cards and affordable unframed paintings are all for sale.



STAR THROWERS UPDATE

By Victoria Pigg

We are incredibly proud to announce that Star Throwers won 'Community Group of the Year' at the South Norfolk Community Awards – this was presented to our volunteers who donate thousands of hours of their time to supporting Star Throwers. We also want to celebrate Airlie Pigg who came Runner Up in the 'Young Hero' category for her volunteering and fundraising for Star Throwers and Nicky from The Enchanted Willow who was Runner Up in the Business in the Community category for their amazing ongoing support of our charity.

In October you can join us for a Charity Golf Day to support two local cancer support charities – Star Throwers and Finnbar's Force. It's a Stableford Team Event – Best 2 from 4, Teams of 4 – £220 per Team: Coffee & Bacon Roll on Arrival 9.00am, Two Course Meal & Coffee, Followed by Charity Silent Auction & Raffle. To enter contact: victoria@starthrowers.org.uk.

Entries are now open for the Blickling Autumn Half Marathon and there are free places available once again for Star Throwers: <https://totalracetiming.co.uk/race/416>. This will take place on Sunday 22nd October. Entry is FREE! Sign up to this challenge on behalf of Star Throwers and commit to raising a minimum of £100 for the charity.

Star Throwers Ball – 50% of tickets already sold! Our next Charity Ball will take place at Glen Lodge at Bawburgh Golf Club on Saturday 18th November 2023. The evening will include: 3 Course Meal, Live Band & DJ, Live Auction, Raffle and Fun Casino. Tickets are £60pp. Please contact us to book your tickets today: victoria@starthrowers.org.uk.

Star Throwers Cancer Support Charity support centre is open Monday – Friday from 9am – 5pm, please drop in and find out all about our free cancer support services



U3A LIFE LONG LEARNING EVENTS

By Alan Browne

The following u3a events for the Autumn and Spring are now confirmed as follows:

Stand and Deliver - Highwaymen vs the Georgian judicial system. 10-3:30 on 15th September. Stephen Poulter looks in detail at the careers of a number of notorious highway robbers. Cost £12 per u3a member, £14 for non-members. Venue: North Wymondham Community Centre.

Norfolk's Industrial Past: A short course. Friday mornings 10-12 from 22nd September to 13th October. Mary Fewster will explore the surprising variety and scale of Norfolk's industries between the 18th and 20th centuries. Cost £20 per u3a member, £25 for non-members. Venue: North Wymondham Community Centre.

An improvisation workshop. A day course on 24th November. Gilly Spencer will lead a variety of situations and draw out participants' creativity and inventiveness. Cost £10 per member, £12 for non-members. Venue: Central Hall, Tiffey Room

Ignorance is bliss, or is it? – a morning seminar on 15th January. Alan Browne takes as his starting point Donald Rumsfeld's "unknown unknowns" and looks at the role ignorance has played in our history. Cost £5 per member, £6 for non-members. Venue: Central Hall, Tiffey Room.

Giant Molecules - the stuff of life. A short course - 6 mornings, Tuesdays 23rd January to 27th February. Randal Richards explores the early beginnings of polymers and the problems such natural materials posed. Without giant molecules, or polymers, modern life would be very different and much less comfortable. Cost still to be confirmed. Venue: expected to be Wymondham Library.

The Development of the English Language short course: Monday mornings 10-12 from 19th February to 18th March. Dr Graham Platts takes us on a journey from the Anglo Saxons to the modern era. Cost still to be confirmed Venue: North Wymondham Community Centre. To express an interest or to request further details please email courses@wymondhamu3a.org.uk

PLENTY TO CELEBRATE FOR GREENING WYMONDHAM...

By Jay Andrews

...which means of course, there's also plenty to celebrate for the lovely town and all the people residing here.

First up, Greening Wymondham has just won the Groups Award in the Norfolk Biodiversity Awards 2023, which was judged on achievements for the groups as well as biodiversity and the environment.

This came after a successful Great Big Wymondham Green Week – working alongside other groups and events like the Wild Tribe Toy Swap, the vegan café and children's play at the Baptist Church, balsam bashing and water testing with the Norfolk Rivers Trust, and a day full of events at the Abbey Hall.

It all culminated in a Saturday Finale at the Abbey Hall, which included a Wymondham treasure trail, junk modelling, badge-making, a plant stall and the chance to talk to Wymondham Nature Group, Norfolk Organic Group, Toadwatch, the Hedgehog Haven and more. MyHills also offered children the chance to plant seeds and pot on under expert tutelage.

Finally to celebrate – Greening Wymondham have just acquired a Hach river testing kit from Anglian Water. It tests for pH, nitrate, ammonia, phosphate, chlorine and dissolved oxygen. We're doing preliminary tests before launching monthly sampling at five spots along the River Tiffey.

As you can see from the photos, it can be done at the kitchen table – so very Citizen Science. But it needs to be done rigorously and regularly to work so we are trying to develop a team of testers. At least we now have some tools to try to ensure the Tiffey's health.

And lastly we are thrilled to have received £200 from South Norfolk Council after our name was drawn out of a hat following our participation in the Big South Norfolk Litter Pick. We were one of more than 50 groups who participated in the spring, which in total brought in over 700 bags of rubbish and recycling across the district.

Get in touch with Greening Wymondham on Facebook, Instagram or Twitter (@GreeningWyndham) or via our website: greeningwymondham.org



▲ Jay Andrews and Gabriella Sciannimanico testing samples

Gabriella collecting samples from the River Tiffey ▼



URBAN SKETCHERS

By Elizabeth Cuttriss

We are a newish group for sketchers of all abilities who like drawing for an hour or so with others, in the open air, at different venues around Wymondham. We meet on the first Sunday of the month at 10am, and suggestions for venues are always welcome. We are a relaxed and friendly group, so just come along with your favourite materials and say hello! There's no charge, and no instruction, just a quiet time away from the stresses of our busy lives. See you there! Email elizacutt@outlook.com for more information.

GARDENING QUESTION TIME & AUGUST BLOOMS EVENT WITH GUY BARKER

By Andy Speller

The Wymondham Garden Club are thrilled to have secured Guy Barker for a double header evening on Monday, 21st August. Guy never disappoints – as well as answering Gardeners questions and offering practical tips, he will bring along examples of August blooms from the gardens which he professionally manages.

Show Table – A Jam jar of Flowers, 7 Cherry Tomatoes, 3 Tomatoes (not cherry) Pot/Container of Regal, Ornamental or Zonal Geranium. Fuschia (stem or Pot) Photography Competition – Norfolk in Summer.

Club Table – A favourite from my Garden – Plant or Flower, Fruit or Vegetable.

The talk begins at 7:30pm in the Town Green Centre. Members gain free entry and guests are £4. For further information about the club contact wymondhamgardenclub@gmail.com

Photo: hps-norfolkandsuffolk.org.uk ▼



QUIRKY ARTEFACTS DELIGHT MUSEUM VISITORS

By Neil Haverson

What do you expect to see when you go to a local museum? The history of the town and the surrounding area. The industries that made the town prosperous, the jobs the citizens did and how they spent their leisure time. Wymondham Heritage Museum has all of this. The Brushroom celebrates the town's once major industry, "Our Agricultural Heritage" exhibition focuses on local farming. The display reveals that there was a pub on almost every corner and highlights the history of the Regal Cinema.

Of course, something that sets Wymondham apart is that the museum



◀ Air fryers are all the rage now, but in the 1930s, you might have been cooking the evening meal in this sturdy pressure cooker. You'll find it in the basement when you go down to the dungeon.



▲ Could these be grills for an extractor fan? In fact, if you were driving in the blackout during the Second World War, you would have had these shields over your headlights to fox the enemy. Look for them in the war display cabinet.

is housed in the historic Bridewell. Visitors can see how prisoners were treated over the centuries and why the building became the blueprint for prisons across the UK and the world. But as you make your way around the ancient building, look carefully in the cabinets and at the objects on display. There are some quirky items, some that, at first glance, may have you puzzled as to what they are. Here are just a few. Look out for them and many more when you visit the museum.



◀ This is called a fiddle, but it's nothing you would want to play! It was also known as an iron collar and was used as a restraint on prisoners. It weighed seven and a half pounds. It went round the neck with the curvatures holding up the hands as if in prayer. Last used at The Bridewell on prisoner John Cooper in 1803. It's in the cell which also documents the history of The Bridewell.



▲ What's a bit of wood doing hanging from the ceiling? Well, this particular piece of timber dates back to 1617/18. It is the remains of the original carving for the Market Cross when it was replaced following the Great Fire of Wymondham in 1615. See if you can spot it in the main gallery.



▲ Could this be a large pair of compasses? If you keep sheep, you might recognise them as sheep shearers. It would have taken a fair while to remove the fleece snipping away with these. They too can be found among a wide selection of farming tools of yesteryear on the agricultural display.

What on earth is this for? It's a leather shoe for a horse. You'd put it on the hoof to stop the animal cutting up the lawn. It features in the museum's new "agricultural display in the main gallery ▶



These are just a few of the fascinating artefacts on view in Wymondham Heritage Museum. Tearoom and Museum open daily Saturday to Wednesday 1pm-4pm, Thursday and Friday 10am-4pm. More information at thewhm.org.uk.

Community Noticeboard

Wymondham Helicopter Group presents 'An Evening of The Four Seasons' A Tribute to The Four Seasons



The Wymondham Central Hall
Saturday 16th Sept 2023
Doors 7pm Show 7:30pm - Tickets £18
Norman & Helen - 01953 600563
George Reeve Book Shop
Market Street Wymondham
www.ticketsource.co.uk/wymondham-helicopter-group



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50 Plays (by Tony Vale) in 500 Minutes

Saturday 9 September 2023

9.00am – 5.20pm

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

Drop in at any time.
Free Refreshments (donations welcome)

In aid of Hall funds.
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SUMMER FUNDRAISER

SATURDAY

5TH AUGUST 2023

12PM

WYMONDHAM SPORTS BAR

TOWN GREEN GARDEN CAFE

WYMONDHAM ANTIQUES CENTRE

Invidia Voices Rock & Soul Choir
Children Games **Rachel Evans Zumba**
Tombola **Pimms & Prosecco**
DJ **BBQ**
Outside Bar **Face Painting**
Giant Last Man Standing

Star Throwers Charity Ball 2023

Star Throwers
Cancer Support Charity

Join us on Saturday 18th November 2023 at Glen Lodge, Bawburgh for a fantastic night out to support Star Throwers - Cancer Support Charity.

Arrival from 7pm

Three Course Meal

Auction and Raffle

Live Music

Charity Casino

Carriages at 1am

Tickets £60pp

Tables - max of 12 people

Glen Lodge
Marlingford Rd
Bawburgh
Norwich
NR9 3LU



Supported by:



To book call 01953 423304 or
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THE
LOWE
DOWN

With Freddy Lowe



'BREAKING AWAY' FOR SUMMER: TEXT MESSAGES AND READING LISTS

I recently received the following text message from a 'friend' who works with me at another publication:

"Hey, so I was double checking outbound emails...and saw that in the body text of the email to X that you were "the" section editor when we have two, what's up with that?"

It's one of those messages that seem reasonable at first glance but contain an undercurrent of passive criticism. Your brain goes into overdrive wondering if you're overanalysing when detecting backhanded aggression. There's the tiniest implication that you've done something wrong, but not stated so explicitly as to confirm anything. It purposefully provokes unease.

As it happened, I thought my fellow section editor had stepped down. She hadn't. The relative triviality of this misunderstanding did not, however, stop this unpleasant message from pinging on my mobile at 10:03 pm while I was lounging with my parents playing number games, no less.

I mention this for two reasons: one, to point out that I have never received such a message from Wymondham Magazine staff (yet another reason why they are the best local publication, of course), and two, to express solidarity with all the Wymondham folk who receive messages like this far more frequently (and worse). Schoolmate 'group chats' are hotbeds of messages that provoke insecurity and antagonism, and I do not doubt that such emails are not uncommon in workplaces either. Of

course, well-meaning people can grate on us through no fault of their own, but when intentional, just those split seconds of dismay upon reading the message can be a downer.

This is why I'm thrilled that, at the time of publication, our Wymondham GCSE and A-Level students have finished their exams and are enjoying their summer of freedom! I hope they manage to break away from the tense emotional baggage of school and have some fun.

Of course, a key summer component is one's chosen reading list, and my choices often reflected the 'break away' theme. As an English Literature student, summer was time I often spent indulging in the books that you would never feel brave enough to mention in elite echelons of seminar rooms. Agatha Christie, Dorothy L Sayers, Robert Galbraith and Margery Allingham remain some of my guilty pleasure authors – all the big names in classic crime fiction. For other people, it's romance rather than crime: all the authors promoted on TikTok, like Colleen Hoover or Sally Rooney. To quote Ricky Gervais, "I'm too old for that app, but I appreciate the love. Keep up the good work." Oddly, his feelings mirror my own on TikTok raising people's love for books, and I have a 1 in front of my age.

A summer author I'd recommend to all is T.M. Logan. His work is a common denominator between me and others who don't usually share my tastes; I would even venture that he would

capture people who don't initially think they like reading. He is a bestselling thriller writer, the author of books such as 29 Seconds, Lies, and The Holiday (which later became a Netflix drama), and the ultimate guilty-pleasure writer. His books contain Hitchcockian levels of suspense, and his storytelling is very economical: not a word is wasted. For English students like me who love the classics but fancy some instant gratification, this will satisfy you. For others who gave up on the Kiera Knightley adaptation of Pride and Prejudice because "not much was happening" (I affectionately quote someone I know), this will certainly satisfy you.

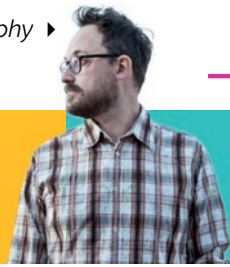
Ironically, his work relates to this article's earlier theme: passive-aggressive comments. Lies is an example. The novel follows a schoolteacher, married with a four-year-old son, who is slowly embroiled in a plot to frame him for a crime. His eyes are opened to society's passive backstabbing in the process. "Stay local, Joe. We'll be in touch," says the police officer after a 'friendly' interview. ("Stay local." What a slimy farewell.) "Stay off school property, there's a good chap," says the school's publicity manager, adding "there's a good chap" unnecessarily. T.M. Logan depicts these side comments so accurately.

Happy Summer, folks – I hope you can break away in any way possible!

More from this series at:
[wymondhammagazine.co.uk/
the-low-down](http://wymondhammagazine.co.uk/the-low-down)

Guest Column

FROM MY PERSPECTIVE



By Matt Watson

As a freelance, self-employed Tour Manager, Stage Manager, Sound Tech, tutor and mentor (amongst the many others hats we all now have to wear on any normal day in the arts industry), I found myself during the pandemic lockdown speaking up on behalf of that highly skilled community on BBC Radio Norfolk. It was in light of the public campaign at the time '#WeMakeEvents'.

I'd like to point out that the Arts and Culture industry contributed £2.8 billion in taxation to the treasury in 2019 alone. Dig a little deeper at those numbers and we will see an industry that in a single year contributes £10.8 billion pounds to the UK economy and has grown by £390 million in a year. Productivity in the arts and culture industry between 2009 and 2016 was greater than that of the economy as a whole.

It is an industry that employs one third of a million people. An industry that behind the scenes supports even more industry and workers from other sectors such as hospitality and so on.

The list is long. Trucking, Caterers, Riggers, Lighting Techs, Sound Techs, Box Office staff, Ushers, Promotional staff, Venue management, Caretakers, Rehearsal spaces, Recording Studios, Equipment repair, Equipment providers and Hire firms, Van hire, Drivers, Runners, Photographers, Filmographers, Editors, Science Communicators, Educational shows for schools.... the list goes on and on, this is just the tip of the iceberg.

These people allow culture, arts, museums and much more to exist. Culture and arts are like a mirror on society at any given time. The creators and audiences share a unique view into the light and dark of communities. Dickens reflected back a dark and harsh life in Victorian Britain for example. Bob Dylan and the protest singers of the 50s and 60s again told stories of hard times, politics, and the lives of everyday people. Every era of art, literature and culture bared the ugly and beautiful truth to us.

Of course sometimes culture is where we seek to escape the harsher realities of life. From Westerns to Science Fiction we seek escapism and adventure. The same with music. We dance and sing, join together and celebrate. It's certainly not all doom and gloom!

Now some may argue 'It's only the arts' Well, think for one moment about spending a day without art around you in some form or another during your daily life. Radio, literature, interior design,

artwork, music, film, television and so on.

Who makes the sound work on the radio? Who films those shows on TV? Who writes the scripts, the poetry, the books, the plays? Who animates computer games? And who subsequently has the skill set to create these beautiful and enriching things which entertain us?

Norwich is incredibly rich in venues for the arts from Norwich Arts Centre through to The Playhouse, The Madder Market, The Brickmakers, EPIC, The Waterfront. The many galleries and museums. And don't forget the wonderful local hospitality industry that will rely in part on theatre and gig goers. Many of whom are local, independent businesses.

Wymondham is a growing town. It has many great spaces where arts and culture could be rich and engaging for everyone.

We have Kett's Books, Becket's Chapel and the Ex-Service's Club and many pubs and spaces that cater to some really special events and activities.

But what are we doing for young people to have space, venues and programmes for cultivating their path to a hobby or career in arts and culture? Our young people in particular can really benefit from getting involved in artistic and creative pursuits from theatre to music and visual arts.

Social media platforms provide a voice, using creativity for video for example. Online skills for podcasting, YouTube vlogging and so on can be a good start for many careers. The benefits of the arts are plentiful and wide-ranging:

“Time for more arts and culture in the town?”

Self confidence, working as a team, self esteem, organisational skills, social skills. And particularly for young people, a way to express themselves.

The arts include science communication so often now also. We are in the tech corridor between Norwich and Cambridge. Another rich seam we can mine for the benefit of the town.

The list of positive outcomes which can come from supporting arts and culture is longer than I have space for in this article. But I think you get the idea.

It is my hope that in the coming months and years our local Town Council will see the benefits of fostering a wide and inclusive arts and culture programme.

Matt Watson is a local singer songwriter and musician, Tour and production manager, mentor and tutor. Matt grew up in Wymondham.

BOOK REVIEW

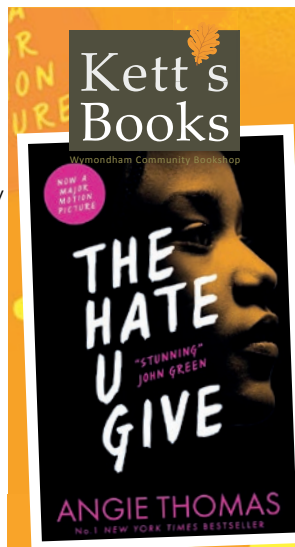
The Hate U Give
by Angie Thomas

By Laura Duffy, Volunteer at Kett's Books

The Hate U Give is a novel written by Angie Thomas which was published in 2016 and later released as a movie in 2018. It focuses on the way society uses stereotypes of black people to justify violence and racism against them. This novel was also inspired by the Black Lives Matter movement which has had more recognition after the death of George Floyd in May 2020.

Starr Carter is the protagonist of *The Hate U Give* and she leads two separate lives, one in her home neighbourhood, Garden Heights, and one in her school, Williamson Prep. The large contrast between both settings means Starr must make sure she doesn't cross the two personalities. Thomas depicts this struggle very clearly which creates a large sense of sympathy towards Starr. In addition, Starr's best friend, Khalil, gets shot by a police officer and Starr must learn to fight stereotypes and get justice for her friend.

Overall this book is extremely moving, educational and emotional. I would recommend it to mature readers 13+ as some scenes are slightly distressing and if you're thinking about watching the movie, I would recommend reading the book first as you always get more detail.





DELL INVITES NEW BOWLERS TO JOIN

By Geoff Batley

Are you looking to improve your health with a bit of gentle exercise, have fun and make new friends? Come and join the Bowls Club!

Wymondham Dell in Norwich Road is both an indoor and an outdoor bowls club. They have one of the best 6-rink outdoor greens in Norfolk. They also have a bar and seating area and a large room which is used for the various social events that take place throughout the year.

Bowlers at every level are welcome and can play in a variety of internal leagues throughout the day and evening. There are also plenty of 'Roll up' sessions. We also offer the opportunity to enter Club, County or National competitions.

The indoor bowling season runs from September to late April, when many bowlers move to the outdoor green. The summer outdoor season lasts from late April to September. However, we have a programme of Summer indoor leagues to cater for those bowlers who prefer to play inside all year round.

There are around 400 members across all categories (Bowling and Social only options available) but the Dell urgently needs more Bowlers from complete beginners to accomplished. Taster sessions are always available and we are very welcoming to new members. Contact the Club Secretary Geoff on 01953 602099 or 07594 997526 to arrange a time to have a look around.

In the upcoming social calendar we have Kevin Barry playing at the Club on Saturday Aug 5th and Bob Keeley on Friday Oct 13th. These events are open to Members and pre-booked non-members. Music featured will include numbers from the 50s, 60s, Country, Rock and Roll, with money raised going into Club Funds. The Club's next Monthly Bingo is Sat Aug 12th open to all.



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KEY FACTS

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- 5000+ monthly website views
- 4000+ Facebook followers

PRINTED 5X PER YEAR

- February
- April
- June
- September
- December

E-EDITION 11X PER YEAR

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WYM Magazine
ISSUE 68 | DECEMBER 2022



Like a large percentage of the population, at some point in your life you may 'put your back out'.

For most of us that may be some acute muscle discomfort or some slight mild sciatica, which given some rest, gentle mobility exercise and pain relief will probably disappear in a few days or weeks. However, like a small percentage of people, this may be a bit more sinister and involve a prolapse of one or more of your discs in your spine.

Two years ago I prolapsed 3 of my discs, L3, L4 and L5. After 3 months my sciatic discomfort didn't go away and the pain gradually increased. Turn the clock forward to a month ago and after two MRI scans, a failed nerve root block procedure, copious amounts of pain killers that didn't do much, poor quality sleep and little to no exercise, I finally went under the knife and had a triple discectomy and nerve decompression.

In simple terms, this is a procedure that involves the prolapsed discs being 'trimmed away' from the nerves they are resting on which hopefully relieve the pain. Now, apart from an unexpected side effect of the procedure (loss of feeling and sensation in my left leg, that will eventually return to normal), the surgery was a huge success. But what should you expect when it comes to recovery?

Being relatively active and fit, the biggest element that I wasn't prepared for was fatigue. For the first two weeks of post op recovery, I pretty much didn't do anything but rest flat in bed, not only to allow my back to rest but because I couldn't really stand up due to the fatigue in my legs. Because of this I also had to wear tight compression socks to prevent the risk of clots due to my procedure and my immobility. After the first week I did start to gently walk around the garden but this was limited to 5-10 minute efforts, 2-3 times per day. I also had to factor in walking up

and down the stairs to do this and to eat my meals, this in itself was a tough challenge some days.

In week two, I also started my physiotherapy plan. This plan was written specifically for me and is scheduled to last for 6-12 months and highlighted in detail what I should and shouldn't do each week/month for the foreseeable future. Simple exercises done 3-4 times a day to help a) re strengthen my core muscles and b) re adjust my posture which had become bad due to my pain. At this point I was only permitted to sit in a chair (sofas and comfortable chairs not included) for a maximum of 15 minutes, I was only permitted to stand up statically for a maximum of 1-2 minutes, otherwise I was to lay in bed, all to minimise excessive load on my spine and keep potential inflammation to a minimum.

Week 3-4 I went back to work, which as a Personal Trainer was tough! 3-4 hours of work per day was the limit as was lifting anything over the weight of a can of beans (for 12 weeks). At this point I couldn't drive due to the numbness in my leg, so relying on my wife and some of my incredible clients as my taxi was essential. For the first few days all was good, but by the end of the week my legs were very tired, so using a walking stick increased.

Looking ahead, I am not permitted to sit in a sofa or soft chair until the end of September and exercise is strict, limited to only a few things. My physio also broke the news that due to the extent of my surgery, there are some exercises that I won't be able to do again, so this affects my work to some degree, purely due to the risk of further prolapse. My compression socks come off at the end of week 4.

As well as the physical challenges and restrictions above what else have I had to come to terms with?

Well, I can't bend forward or reach up for 12 weeks, no big deal, but if you think about it, this affects a lot of things. For example, you can't dress yourself on your own, you can't shower yourself or lean over the sink to brush your teeth, you can't bend down to pick up your dog or cat. You have to adapt to the situation.

Add on to this slight weight gain as you are not moving much and getting out of breath doing the simplest of tasks, again because you are losing aerobic fitness. The situation puts a lot of pressure on your nearest to, in effect, become your part-time carer. This then tires them out both physically and emotionally.

So to summarise, having back surgery is a great thing, especially if like me you have been waiting months or years. But expect that potentially, the short and long term recovery will be a lot longer than you think. The 2 main bits of advice I would give would be to a) BE PATIENT and don't rush into getting back to normal too fast and b) FOCUS ON REHABILITATION BEFORE FITNESS

Having spent almost 30 years helping clients both with pre and post op injuries and rehabilitation, I would say these are the most important. Your mind may be ready to get going and the external scars may look good, but it's what is going on inside that you can't see that you have to consider!

It's worth noting that my personal situation could be classed as a little out of the norm, and those that have a single discectomy may well be on their feet and back to a normal life a lot quicker, but there's a good chance you will experience a lot of what I have but for a shorter period of time. Listen to your physio and follow the plan. Too much too soon and you could hurt yourself and go backwards - and no one wants that!

Saturday 29th July

A11 Derby Charity Day
11am, Football Club
WTFc is hosting a charity derby and family fun day on Kings Head Meadow. Come and enjoy 2 football games, live music, food, drinks, games, raffles and penalty shootout competitions.
wymondhamtownfc.co.uk/

Tuesday 1st August

Natural World Art Exhibition
11am-4pm, Becket's Chapel
The aims of the Natural World Art Society are to promote wildlife art, to encourage a better understanding of the threats to vulnerable and endangered species, and to support wildlife and environmental conservation through the sale of art. Free entry daily from 1st to 6th August.
www.wymondhamart.org

Wednesday 2nd August

Art Society Demo with Peter Partington
7:15pm, Catholic Church Hall
Peter Partington is widely known as The Wildlife Artist and has had a long career as an artist and illustrator of the world of nature. His inspiration is always found in the landscape with pencil, sketchbook and paints. He will paint wildlife in its habitat.
www.wymondhamart.org

Friday 4th August

Bingo Night
7pm, Ex-Services Social Club
Cash prizes, raffle, eyes down 8pm in the Regal Lounge.
www.facebook.com/groups/130014680369369

Saturday 5th August

Summer Charity Fun Day
12pm-5:30pm, Wymondham Sports Bar
The Sports Bar is teaming up with Town Green Garden Cafe and the Antiques Centre to offer a full day of music, children's games, face painting, food and drinks. The road outside will be closed for a proper street party.
www.facebook.com/events/652202073107328

Tuesday 8th August

Art Society Annual Exhibition
11am-4pm, Becket's Chapel
The exhibition displays Art Society members' paintings from the last year

in all mediums, styles and subject matter. Paintings, greetings cards and affordable unframed paintings are all for sale. Free entry from 8th to 13th August.
www.wymondhamart.org

Friday 11th August

Music Night
7pm, Ex-Services Social Club
The Mix Tape live band in the Regal
www.facebook.com/groups/130014680369369

Saturday 12th August

Abbey Days Summer Fair
11am-9pm, Wymondham Abbey
Music, entertainment, wellbeing professionals, food, drinks and artisan stalls will buzz into the night for the first time.
www.wymondhamabbey.org.uk

Floating Greyhounds live band in the Regal

7pm, Ex-Services Social Club
www.facebook.com/groups/130014680369369

Saturday 19th August

Audio Junkies Live Band
8pm, Ex-Services Club
Music night in the Member's Bar
www.facebook.com/groups/130014680369369

Monday 21st August

Gardening Question Time & August Blooms Event with Guy Barker
7:30pm-12am, Town Green Centre
Wymondham Garden Club are thrilled to have secured Guy Barker for a double header evening. Guy never disappoints – as well as answering Gardeners questions and offering practical tips, he will bring along examples of August blooms from the gardens which he professionally manages. Members Free, guests £4. For further information about the club contact
wymondhamgardenclub@gmail.com
www.facebook.com/profile.php?id=100077254060337

Friday 25th August

Danny Reno as Roy Orbison
7:30pm, Ex-Services Club
Live Singer in the Member's Bar
www.facebook.com/groups/130014680369369

Saturday 26th August

Karen Bell Live Singer
7:30pm, Ex-Services Club
Member's Bar
www.facebook.com/groups/130014680369369

Sunday 27th August

Butterfly and Dragon Survey
2pm-4pm, Toll's Meadow
Car Park on Cemetery Lane (free on Sundays). All welcome, no charge (donations to NWT welcome).
01953 602 876
www.facebook.com/WymondhamNatureGroup/

DanSTAR Live Singer
7:30pm, Ex-Services Club
Member's Bar
www.facebook.com/groups/130014680369369

Wednesday 6th September

Art Society Demo with Martin Sexton
7:15pm, Catholic Church Hall
Sheringham based artist, Martin Sexton, has explored every aspect of watercolour painting; along with precise drawing skills his landscape paintings have resulted in him becoming widely known as one of Norfolk's most popular watercolour artists. Martin will paint a marine scene for us.
www.wymondhamart.org

Thursday 7th September

Author Talk with Patrick Barkham
7pm-9pm, Baptist Church
Join us for an exciting evening with Patrick Barkham at the Wymondham Baptist Church presented by Kett's Books as the award-winning author shares his insights on and experiences with the beloved author of Waterlog and Wildwood, Roger Deakin.
www.eventbrite.co.uk/e/patrick-barkham-at-the-wymondham-baptist-church-ketts-books-tickets-681490896617

MARKETS**Charter Market**

Every Friday
8am to 2:30pm Market Place

Farmers' Market

Third Saturday
(19th August)
9am to 1pm, Market Place
www.wymondhamtowncouncil.org
01953 603 302

WYMONDHAM Magazine

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