



# WYMONDHAM

## magazine

ISSUE 2 | JUNE 2017

The new monthly  
magazine for Norfolk's  
finest market town

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# EDITOR'S NOTE

Welcome to issue two of WYMONDHAM magazine. Thanks to everyone who contacted me after the publication of the first issue with kind comments and useful feedback, and to those who subsequently signed up or got in touch with feature ideas. Articles this month include a look at the Great Fire of Wymondham, which occurred in June 402 years ago; a view on Wymondham Abbey from the air; and a comment piece by Robert Ashton on social innovation and how us locals could take it upon themselves to improve our community. If you have any news, views or pictures to share - or event dates that you'd like to add to 'What's on' - please get in touch with me at [wymondhammagazine@gmail.com](mailto:wymondhammagazine@gmail.com).

**Kate, Editor**

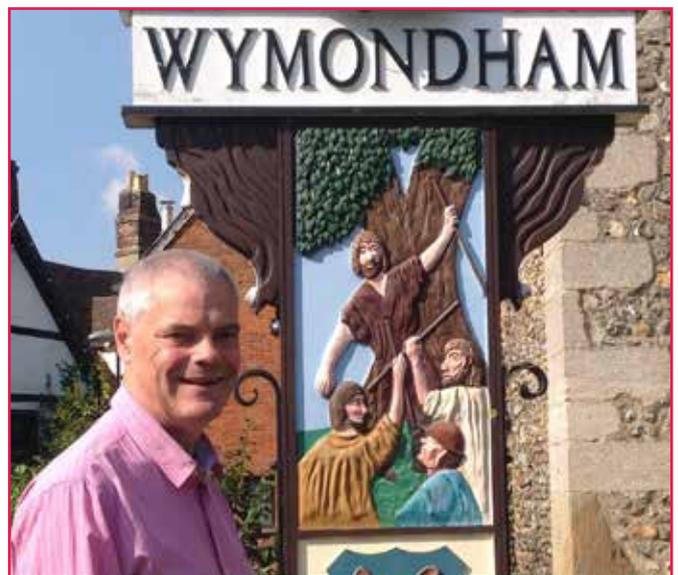
## MOONEY RE-ELECTED

Following elections on 4th May, Conservative Joe Mooney was re-elected as Wymondham's representative on Norfolk County Council. According to results returned on South Norfolk Council's election website, the number of voters for Wymondham was 3,997 (representing a turnout of 40.26%, slightly higher than the 39.12% achieved in 2013 but down on the 44.33% achieved in 2009).

Wymondham's total electorate is currently listed as 9,929. Mooney won with 2,222 votes compared to Julian Halls (Liberal Democrats) on 921 and Doug Underwood (Labour) on 832. 16 votes were counted as void and/or unmarked, with six further votes rejected due to voting for more candidates than the voter was entitled to.

In Forehoe, Colin Foulger (Conservative) was also re-elected, with 1,785 votes. Robert McClenning of the Liberal Democrats was second with 709 votes, and the Labour candidate Steven Sewell was third, with 575. Eight votes were counted as void and/or unmarked. Turnout was recorded as 36.55%.

In our May issue, Mooney - who was first elected to Norfolk County Council in 2009 and also serves on Wymondham Town Council - promised to "work hard to achieve better integration between adult social care and the health service." He added: "I will also support, as part of developer contribution, the



building of a new primary school for Wymondham. In addition, I will support the policy to protect front line services such as the Norfolk Fire and Rescue Service, our libraries and our museums."

## GENERAL ELECTION APPROACHES

The Conservatives are favourite to win victory in the General Election, set for **Thursday 8th June**, but it's not a one-horse race. Wymondham currently falls into the Mid Norfolk constituency, with its present MP the Conservative George Freeman. He stands as a candidate once again, against an all-women contingent of opponents - Tracy Knowles (UKIP); Hannah Lester (Green); Sarah Simpson (Labour) and Fiona Tod (Liberal Democrats). >

Mid Norfolk is considered to be an ultra safe seat - the Conservatives won the 2015 General Election with 33.09% share of the vote (gaining a majority of 17,276 votes over the UK Independence Party, who came second). 52,212 votes were cast overall, meaning that Mid Norfolk had a turnout of 67.7% - slightly above the UK average of 66%.

## COUNCIL ELECTS NEW MAYOR

On 2nd May, Robert Savage - the

only councillor put forward for the role - was elected by Wymondham Town Council as the town's new mayor, replacing Joe Mooney. Mr Savage has been on the Town Council since 2011 and previously served as mayor from 2012 to 2013.



## PLAYSCAPE UPDATE

King's Head Meadow Playscape Group Secretary, Sharon Hastings, has given us the following update on the site, which is still under threat from removal or relocation: "Playscape supporters spent an anxious winter hoping that the Working Group set up by Norfolk County Council would have provided a compromise, but when the Working Group was disbanded there were still no decisions.

"The option desired by Councillor Hornby and Councillor Flat (who resides behind the park) - re-siting the Playscape at the Central Hall end - was strongly refused by all members. The Playscape Group welcomed the Council's decision to call in Play England experts to assess all locations, current and proposed. Protesters were angry that previously submitted plans for remodelling by Councillor Kevin Hurn had not

been submitted to the Working Group and the Council, and there was an agreement at the last March Council meeting that these should be presented to the Play England inspectors.

"The Play England report has been completed, and they have requested to see the Councillors first to relay their findings before making them open to public scrutiny. This is frustrating for protestors, who feel that many of WTC decisions are done behind closed doors.. The Play England representatives allegedly will be presenting their findings to the public at the **6th June** Council meeting at Central Hall. We urge everyone who does not want to see taxpayer's money wasted on an unnecessary move of the Playscape to attend. The best compromise is to remodel where it is already situated."

## GALA OPEN DAY FOR BOMB GROUP MUSEUM

On **11th June**, the 389th Bomb Group Memorial Museum at Hethel will be hosting its Gala Open Day from 10am to 4pm. On display will be an ever-increasing variety of memorabilia relating to World War One and World War Two, including the 389th and the 466th Bomb Groups. There will also be military vehicles, classic cars and various stalls, while the latest Nissen hut, full of new artefacts, will also be open. Refreshments will be available.

## SOUTH NORFOLK KIDS CAMP BACK FOR HOLIDAYS

South Norfolk Council's Ofsted-registered Kids Camp at Wymondham Leisure Centre will open its doors for the school holidays, with a range of activities such as roller skating, swimming, arts and crafts, trampolining and football. Children aged 5-15 can attend between 8.15am and 5.45pm for a full programme of activities including exclusive use of the swimming pools. Costs are £25.00 for a full day and £12.50 for a half day (Leisure Passport prices are £12.50 for a full day and £6.25 for a half day). Visit [www.south-norfolk.gov.uk/kids-camp](http://www.south-norfolk.gov.uk/kids-camp) to book online.

# THE THREE OF US

The Three of Us, an exhibition of paintings by artists, David Jones, Jane Mackintosh and Barry Watkins, is at Wymondham Arts Centre from Tuesday 13th June to Sunday 25th June; open 10am to 5pm, Monday to Friday and 12noon to 5pm on Sundays.

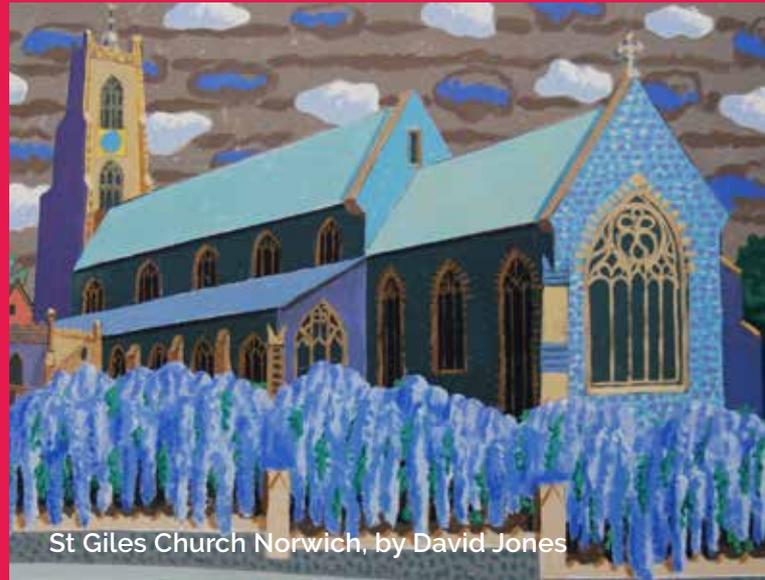
David, Jane and Barry are all longstanding members of Norwich 20 Group, one of the premier artists' groups in the region and all have served as N20G's Chairman. It is the second time that the artists have collaborated over an exhibition at Wymondham Arts Centre, following their successful 2015 show.

David Jones says: "We are figurative painters, but we have different personal approaches. In this exhibition visitors will see paintings in what might be called widely differing keys and ways of handling paint. What unites us is that we all

see drawing as the foundation on which our work is built. Subjects are drawn from travel, history and things closer to home; sometimes no further away than the artist's studio."

Wymondham Arts Centre (at Becket's Chapel): [www.wymondhamarts.org](http://www.wymondhamarts.org)

Norwich 20 Group: [www.norwich20group.co.uk](http://www.norwich20group.co.uk)



St Giles Church Norwich, by David Jones

# CREATIVE WRITING LIAISON

Wymondham and Attleborough Talking Newspaper is teaming up with Hethersett Writers and Norfolk Library Service for a Reading of Creative Writing session at Hethersett library on **Saturday 10th June**.

Members of Hethersett Writers and other local creative writing enthusiasts will present their work to visitors to the library between 11.00am and 12.30pm.

It's the latest in a series of events to highlight the recording of the 1000th edition of the W A T N's weekly audio news and information service for people with sight loss, later in the year. It is Hethersett library's contribution to Make a Noise in Libraries Fortnight, a national initiative promoted by the Royal National Institute of Blind People, to showcase the audio services that libraries provide for their visually impaired customers. Entry is free and there is no need to book.

# FOUR BY FOUR AT MULBARTON WORDS WEEK

Wymondham-based play writing group Four By Four will be reprising a selection of their popular radio plays at Mulbarton Village Hall on **Tuesday 6th June** (7.30pm), as part of Mulbarton Words Week (4th to 10th June). See more at [www.mulbartonwords.org](http://www.mulbartonwords.org)



# DYING MATTERS GROUP RAISES AWARENESS

"What Can You Do?" was the theme for this year's Dying Matters Week, which ran from 8th to 14th May. Some 600 events were held across the country, and in Wymondham our Dying Matters group had something planned every day of the week.



It started with Tony Vale's play reading group, joined by two Solicitors from Hatch Brenner for Monday evening. Called "Are You Ready For It?", the evening combined the importance of wills and lasting powers of attorney, a Q&A session and two light-hearted but relevant short plays.

During the rest of the week, the Dying Matters group was in Morrisons, the Postmill Medical Centre, the Market Place and the Library. They talked to around 200 people, and BBC Radio Norfolk gave them a 10-minute slot on the Monday at 5.45pm.

There are a series of talks and discussions planned, the first

is being on **Friday 9th June** in the Tiffey Room at Central Hall and focuses on palliative care - including what it is, when it kicks in, who it's for and what the process is. Specialist Elizabeth Stallwood will be speaking and leading the discussion. The second talk, "A short history of dying", is on **Thursday 13th July**, where much respected retired GP Christine Buckton will give a presentation on how we have historically perceived death and dying.

Other talks are planned for later in the year. For more information call Rachelle Wolfe on 01953 856127 or email [Rachelle.Wolfe@gmail.com](mailto:Rachelle.Wolfe@gmail.com)

## ENCORE SET TO BRING MAGICAL MELODIES TO WYMONDHAM ABBEY

Following a much enjoyed Christmas concert Encore return to entertain you at Wymondham Abbey on **Saturday 10th June at 7.30pm**. The concert is entitled 'Magical Melodies', and, together with 'Young Voices' the choir aims to deliver a most varied mix of popular songs.

Tickets (priced £7, with under 16s free) are available at the door, and refreshments will be available. The event is supporting East Anglia's Children's Hospices with a Bucket Collection at the performance.

Encore looks forward to seeing you there!



# "BE OUR GUEST" AT TOWN TEAM COMMUNITY PICNIC

Wymondham Town Team are again inviting families to join them for their second Community Picnic event to be held on **Saturday 3rd June** at Wymondham Rugby Club in Tuttlles Lane.

The event, which follows on from last year's successful Queen's Community Picnic, has the theme of 'Be Our Guest' and organisers are hoping people will again flock to the family fun day.

Among some of the activities will be a bouncy castle, giant slide, face painting, BBQ and bar. Of course, people are welcome to bring along their own picnic too. Story Time Parties will also attend the event with their own interactive version of Beauty and the Beast.

Ramona Chenery, who has been instrumental in getting the second picnic event together, says: "This is a lovely community event and we are hoping lots of families come down and share the day with us. We have put in a request for sunny weather!"

She added that Waitrose in Wymondham has again sponsored afternoon tea to be served by Wymondham Guides as a thank you to volunteers from the local Dementia Support Group.

Activities on the day are free of charge, though donations for Wymondham Town Team will be very welcome as donations from last year helped provide funding for this year's event.

The day kicks off at 11.30am and ends at 3pm. All are welcome.

## SAMPLE SPORTY FUN AT PRE-SCHOOLS PICNIC

Wymondham Pre-Schools are hosting a Sporty Family Picnic on **Saturday 24th June** from 12pm to 3pm at Robert Kett School on Hewitts Lane.

Organisers are encouraging

everyone to bring along a picnic and "have a go" at some of the sporty fun on offer! They are promoting sports activities for the under fives in particular, with over 16 organisations involved.

## TENNIS CLUB OPENS FOR SEASON



Wymondham Tennis Club started its 2016/17 summer season with a smash, having welcomed more than 30 players to its annual Serve Off Event on Sunday 30th April. The club welcomed new and existing players to start the new season in style with a fun day of tennis and laughs at the club's all weather courts.

Chairman Charles Armstrong signaled the start of this season as a new era for the Tennis Club: "Our membership numbers are increasing every year and as the popularity of tennis continues to grow in the UK, Wymondham Tennis Club is delighted to have three excellent courts for local people to enjoy. It's Wymondham's hidden gem inside Ketts Park."

For more information, visit [www.wymondhamtennisclub.com](http://www.wymondhamtennisclub.com)

# ABBHEY SEEKS NEW VOLUNTEERS

**D**o you enjoy meeting people? Are you interested in history? Would you like to enhance your CV? Are you looking for work experience? Would you like to be a member of a happy team?

If this is you – and you don't need to be a churchgoer, many of our stewards are not – please contact Esther on 01953 607062, email [learningandevents@wymondhamabbey.org.uk](mailto:learningandevents@wymondhamabbey.org.uk) or pop in and see how we work.

The Abbey welcomes over 34,000 visitors last year from all over the world, and we are the no.1 attraction in Wymondham on Trip Advisor. Our volunteer stewards and shop assistants provide a warm welcome to anyone visiting the church.

Induction and ongoing training and support is provided, including social events. Flexible and informal rota system with two hour shifts, regular slots available.

## Here's what our volunteers say:

"It has been a pleasure working here at the Abbey. I have met some amazing people and loved every minute," Claire, leaving to start an archaeology course at Exeter University



"I will be back again to volunteer in the shop with our new baby when it's a little older," Zoe, 8 ½ months pregnant

## Recent awards:

- Trip Advisor 'Certificate of Excellence' for consistently high ratings from visitors
- Diocese of Norwich 'Most Welcoming Large Church' – winner
- Norfolk Biodiversity Partnership Award in the Churchyard and Cemeteries category 'for managing the churchyard with wildlife in mind and involving the local community in the process'
- Eco church 'bronze' award for our efforts to run the church in a sustainable way e.g. recycling, composting, use of eco friendly cleaning products, Fairtrade tea and coffee
- Norfolk Association of Architects Awards Craftsmanship and Overall Project winner

## JOIN US AT THE ABBEY IN 1348 – AS THE BLACK DEATH LOOMS...

On **14th June** from 5pm, the Abbey will be holding a medieval evening. Swap modern money for medieval pennies and meet jesters, archers, villagers and more. Seek advice from a herbalist, partake of a tasty hog roast and sup an ale whilst listening to right merry medieval music.

An evening of fun for all - the sights sounds and smells of medieval Wymondham! £5 for adults, for which you shall receive medieval money which you can spend around the event. Children get in free!

Visiting groups very welcome. Contact Esther for further info.

# IT'S SHOW TIME



The King's Troop Royal Horse Artillery is one of the highlights at this year's Royal Norfolk Show, 28th and 29th June 2017.

**M**ore than 80,000 people are expected to attend the 2017 Royal Norfolk Show, which will celebrate Food, Farming and the Countryside, Innovation and Enterprise and the Arts. The event, held on Wednesday 28th and Thursday 29th of June, will promote the best of Norfolk, with several new themes and highlights introduced for 2017.

The King's Troop Royal Horse Artillery will perform in The Grand Ring on both days of the show, in their only appearance this year in the UK, outside of London. In a jaw-dropping display, showgoers will be able to witness the power and skill of 'The Troops' soldiers who drive a team of six horses to pull six First World War 'thirteen pounder' state saluting guns.

Visitors will also be able to enjoy equine and livestock championship classes as well as the much loved Adnams Food and Drink Experience and a programme of events on the Grow it, Cook it, Eat it stage. New for 2017 is the Forestry and Wood Village, which will showcase a variety of skills and trades associated with the industry, while The Broads Village is back promoting the Broads National Park. >



## ROYAL NORFOLK SHOW, *continued*

Showcasing the exciting research and development underway in Norfolk, the Innovation Hub will tie together the latest advances in agricultural science, technology and engineering.

The Show is also welcoming many organisations involved in the arts, music and performing arts, with the Showstoppers project a 'Choir of a Thousand' coming together from all parts of Norfolk to perform a specially commissioned piece of music under the baton of Mark De-Lisser of BBC Voice. The presence of the Sainsbury Centre for Visual Arts as well as the Show Art Gallery will offer a spectacle of colour and artistic talent.

A new performance space within the newly created Royal Square will also widen the musical offering at the show. The new bandstand will be located within the retail area and will accommodate performing groups of up to four people.

Mark Nicholas, Show Director, says that this year's Show will at its heart support food, farming and the countryside in Norfolk. "There's so much on offer at this year's Royal Norfolk Show. We encourage

everyone to plan ahead to make the most of their Show and buy their tickets in advance online to get the best value for money."

Advance tickets can only be bought from the Royal Norfolk Show website. 2017 sees the introduction of a new two-day ticket for £30 (only available online), a saving of £20 if you were to buy two single adult tickets for each day.

Advance purchase adult tickets cost £20, children (aged 5-16) £7 (under 5's are free) and family (2 adults and 3 children aged 5-16) £45. A range of concessions are also available. Advance car parking costs £6 per vehicle.

*The Royal Norfolk Show is the country's largest two-day agricultural show, and one of only six Royal shows held in the UK. It's Norfolk's largest annual business and social event. The first Norfolk Show was held in 1847 and in 1908 the Association was granted the Royal prefix by King Edward VII. In 1952.*

*Since 1954 the Royal Norfolk Show has been held at a permanent Showground site at Costessey.*



# WHAT'S ON?

## Friday 26th to Monday 29th May

### Real Ale, Cider and Music Festival

From 5pm on Friday to Monday evening,  
The Green Dragon  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Friday 26th May

### GrooveJam, an evening of live music

At the Robert Kett pub  
01953 606566

### Live music - Groovapolitan

The Heart of Wymondham pub  
[www.facebook.com/White-Hart-Wymondham-The-Heart-of-Wymondham-1411510335560720/](http://www.facebook.com/White-Hart-Wymondham-The-Heart-of-Wymondham-1411510335560720/)

## Saturday 27th May

### Town Busking Day

11am to 2pm, Market Place  
Individual musicians and groups welcome  
[www.wymfest.org.uk](http://www.wymfest.org.uk)

## Sunday 28th May

### 'Live and Let Die' with personal appearance by Madeline Smith

2.30pm, Wymondham Ex-Services' Club (Regal Cinema). £5 (£4 concessions). Tickets from Michael Armstrong (01953 603246) or Maureen Dodman (01953 605593) and at Simply Cards

### Live music - Cadillac 45

The Heart of Wymondham pub  
[www.facebook.com/White-Hart-Wymondham-The-Heart-of-Wymondham-1411510335560720/](http://www.facebook.com/White-Hart-Wymondham-The-Heart-of-Wymondham-1411510335560720/)

### The Lizard Pastures - history and ecology of the Lizard

2pm to 4pm at the gazebo next to number 57a

## Tuesday 30th May

### Family Activity Day

10am to 4pm, Wymondham Heritage Museum

## Thursday 1st June

### Pub Quiz

7pm at The Green Dragon, booking advised  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Friday 2nd June

### History & Heritage Walk

11am from Market Cross, £5 per person  
[bookings@wymondhamwalksandtalks.co.uk](mailto:bookings@wymondhamwalksandtalks.co.uk)

## Saturday 3rd June

### MummaMarket

10am to 1pm, Central Hall  
<https://www.facebook.com/MummanMore/>

### Wymondham Town Team Community Picnic

11.30am to 3pm, Wymondham Rugby Club

## WYMONDHAM MARKETS

### Every Friday

#### Charter Market

8am to 5pm, Market Place  
01953 603302

#### Country Market

8.30am to 11.30am, Ex-Services' Club  
01953 603708

### First Saturday (3rd June)

#### Indoor Market

10am to 1pm, North Wymondham Community Centre  
01953 600563

### Third Saturday (17th June)

#### Farmers' Market

9am to 1pm, Market Place  
01953 603302

## Tuesday 6th June

### Four By Four (Mulbarton Words Week)

7.30pm, Mulbarton Village Hall  
[www.mulbartonwords.org](http://www.mulbartonwords.org)

### Wymondham Ukulele Group

7pm to 9pm, The Green Dragon  
[www.wymondhamukulelegroup.com](http://www.wymondhamukulelegroup.com)

## Wednesday 7th June

### Andrew Pitt Watercolour Demonstration (Wymondham Art Society)

7.15pm at the RC Church Hall, 1 Norwich. Free to members, £4 guests.  
[wymondham.art.soc@gmail.com](mailto:wymondham.art.soc@gmail.com)

### RoadHistory & Heritage Walk

11.15am from Abbey Halt, Mid Norfolk Railway,  
£5 per person  
[bookings@wymondhamwalksandtalks.co.uk](mailto:bookings@wymondhamwalksandtalks.co.uk)

## Thursday 8th June

### Pub Quiz

7pm at The Green Dragon, booking advised  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Friday 9th to Saturday 10th June

### Morley Beer Festival & Fun Day

Morley Village Hall  
[info@morley-village.co.uk](mailto:info@morley-village.co.uk)

## Friday 9th June

### Palliative Care - talking about end of life issues, Dying Matters

7.30pm, Tiffey Room, Central Hall  
[www.dyingmatters.org](http://www.dyingmatters.org)

## Saturday 10th June

### Magical Melodies, with Encore and Young Voices

7.30pm, Wymondham Abbey. Tickets £7 (under 16s free), supporting East Anglia's Children's Hospices

### Reading of Creative Writing session (Wymondham and Attleborough Talking Newspaper, Hethersett Writers and Norfolk Library Service)

11am, Hethersett Library  
[www.watn.org.uk](http://www.watn.org.uk)

## Sunday 11th June

### Gala Open Day

10am to 4pm, 389th Bomb Group Memorial Museum, Hethel. Enquiries to Fred Squires on 01953 798774 or email [alsue.palmer@btinternet.com](mailto:alsue.palmer@btinternet.com)

### Strand Players singing shows from musicals

2.30pm, North Wymondham Community Centre  
Tickets £5 in advance. 01953 600563

## Tuesday 13th June to Sunday 25th June

### 'The Three of Us' - an exhibition of paintings

10am to 5pm Monday to Friday and 12noon to 5pm on Sundays, Wymondham Arts Centre  
[www.wymondhamarts.org](http://www.wymondhamarts.org)

## Tuesday 13th June

### Patsy Martin demonstrating sitting exercises to music, Diabetes UK Wymondham

2pm, Fairland Hall

### Games Night

The Green Dragon  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Wednesday 14th June

### Medieval Evening

5pm to 8pm, Wymondham Abbey, £5 adults  
[learningandevents@wymondhamabbey.org.uk](mailto:learningandevents@wymondhamabbey.org.uk)

## Thursday 15th June

### Pub Quiz

7pm at The Green Dragon, booking advised  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Sunday 18th June

### 'Florence Foster Jenkins' with Meryl Streep and Hugh Grant, supported by Randle and All That with Frank Randle

2.30pm, Wymondham Ex-Services' Club (Regal Cinema). £5 (£4 concessions). Tickets from Michael Armstrong (01953 603246) and at Simply Cards

### North Wymondham Big Lunch

From 1.30pm, North Wymondham Community Centre. Advance booking essential  
Tickets from Norman and Helen on 01953 600563

WHAT'S ON, continued...

### Open Mic Night

6.30pm at The Green Dragon  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Tuesday 20th June

Wymondham Ukulele Group  
7pm to 9pm, The Green Dragon  
[www.wymondhamukulelegroup.com](http://www.wymondhamukulelegroup.com)

## Thursday 22nd June

'Broadlands - Its History' talk by Wymondham Heritage Museum  
7.30pm at Fairland Hall  
[www.wymondhamheritagemuseum.co.uk](http://www.wymondhamheritagemuseum.co.uk)

### Pub Quiz

7pm at The Green Dragon, booking advised  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Friday 23rd to Sunday 25th June

Grand Summer Steam Gala  
Mid Norfolk Railway  
[www.mnr.org.uk](http://www.mnr.org.uk)

## Saturday 24th June

FiveSka, an evening of live music  
From 9pm, the Robert Kett pub  
01953 606566

Wymondham Pre-Schools Sporty Family Picnic  
12noon to 3pm, Robert Kett School

## Tuesday 27th June

Games Night  
The Green Dragon  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Wednesday 28th and Thursday 29th June

Royal Norfolk Show  
Showground, Costessey  
[www.royalnorfolkshow.co.uk](http://www.royalnorfolkshow.co.uk)

## Thursday 29th June

Her Business Brew networking meeting  
10am to 12noon, Bird In The Hand, Wreningham  
[www.herbusinessbrew.co.uk](http://www.herbusinessbrew.co.uk)

### Pub Quiz

7pm at The Green Dragon, booking advised  
[www.greendragonnorfolk.co.uk](http://www.greendragonnorfolk.co.uk)

## Friday 30 June

Concert by Black Voices (singing a cappella)  
7.30pm, Central Hall . Tickets £14  
01953 605434

# WYMONDHAM LIBRARY

## First Monday (5th June)

Wymondham Time Travellers: Get together to reminisce over a cup of tea and contribute to the community archive of local stories  
10.30am to 12pm

## First & third Fridays (2nd & 16th June)

Baby Bounce and Rhyme Time: Songs and rhymes for little ones  
10.30am to 11am for babies 8 months and under. 11.15am to 11.45am for 8 to 18 months

## Every Monday

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

## Every Tuesday

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

## Every Thursday evening

### Knit and Knatter

Opening hours: Monday – 9am to 5pm.  
Tuesday 9am to 5pm. Wednesday 9am to 1pm.  
Thursday 9am to 7pm. Friday 9am to 5pm.  
Saturday 10am to 4pm. Sundays closed.

[www.facebook.com/WymondhamLibrary](http://www.facebook.com/WymondhamLibrary)

# WYMONDHAM MUSIC FESTIVAL MARKET PLACE MUSIC

## Saturday 3rd June

### **Stromm A**

11am to 1pm

Stromm are Ross Mitson (vocals/guitar/keyboards), Claire Kidman (vocals), Kate Ross (bass) and Stuart Paterson (drums). They write and perform music with an emphasis on songwriting. Their sound is a satisfying brew of exquisite harmonies, catchy melodies and witty, sometimes dark lyrics.

## Saturday 10th June

### **Triple Bill Tour featuring Some Things, Arthur and The Brass Monkeys**

11am to 1pm

The Triple Bill Tour is a short Arts Council-funded UK tour featuring these three bands. Some Things is an 'arresting trumpet duo' from Norwich. They explore a wide range of original and other material as a basis for improvisation. Arthur is an energetic trio from Norwich: Simon Youngman (saxophone), Ben Higham (tuba), and Geoff Charlton (drums). They play pieces by jazz composers such as Thelonious Monk and Herbie Nichols, original pieces, and improvisations.

The Brass Monkeys is an improvising brass band from Norwich featuring Chris Dowding and Hugh Stanners (trumpet) Dave Amis and Pip Cartwright (trombone), Simon Youngman (saxophone), Ben Higham (tuba) and Geoff Charlton (drums).

## Saturday 24th June

### **Groovapolitan**

11am to 1pm

Groovapolitan are based in Norwich and play funk, soul and disco music: Dario Salvi (bass guitar and vocals), James Porter (guitar), Hannah Salvi (trombone and more), Clare Durrant (vocals) and Matt Furness (drums).

## Friday 30th June

### **Black Voices**

7:30pm, Central Hall

Formed in 1987, Black Voices has gained a reputation as Europe's finest female a cappella quintet. For over 25 years the ensemble has captivated global audiences with their singing and performances in the black oral tradition – an early music form that is based on the ancient folklores and story telling of Africa and the Diaspora and which has impacted on the development of classical and more recent music genres such as blues and jazz.

Tickets are £14 and available from [www.wymfest.org.uk](http://www.wymfest.org.uk) or Wymondham U3A at their coffee mornings every Thursday from 10am to 12noon at Central Hall Tiffey Room.

Concert promoted by U3A Wymondham and supported by Creative Arts East. [www.blackvoices.co.uk](http://www.blackvoices.co.uk)

Wymondham Music Festival events - [www.wymfest.org.uk](http://www.wymfest.org.uk)

**CONGRATULATIONS to Sue Knights, who won last month's competition to win four tickets for the Wymondham Music Festival concert of their choice.**



# THE GREAT FIRE OF WYMONDHAM

**The fire broke out on Sunday 11th June 1615, and it was started deliberately by three gypsies, William and John Hodder along with Ellen Pendleton.**

**A local person called Margaret Bix - who was also known as Elvyn - was also involved. Within three hours of the fire starting it had reached its peak, and many homeowners were forced to tear down the blazing thatch with a view of stopping the fire to spread. Three hundred houses were damaged.**

Margaret Bix in her confession made 4th August stated that John Flodder, a former soldier and a pretended husband to Ellen, was an expert fire-raiser, and she also stated that Ellen told her that there was a piece of match placed in a table.

At the register of St Andrew's Church, Norwich, dated 2nd December in the same year, John Hodder and others were executed for the crime watched by a baying crowd of over 10,000 people. At the time, Ellen Pendleton was pregnant and was given a last-minute reprieve until she gave birth. A ballad at the time stated: "And as for Flodders wife, the chiefe herein, And damned leader to this wilfull sinne, Being bigg with child, reprived was therefore, To give that life, which in her Wombe she bore."

A surviving document known as the 'Book of Losses' details the amount of money that the people of Wymondham raised for those that lost so much, and it goes on to state that 327 people and families suffered. >

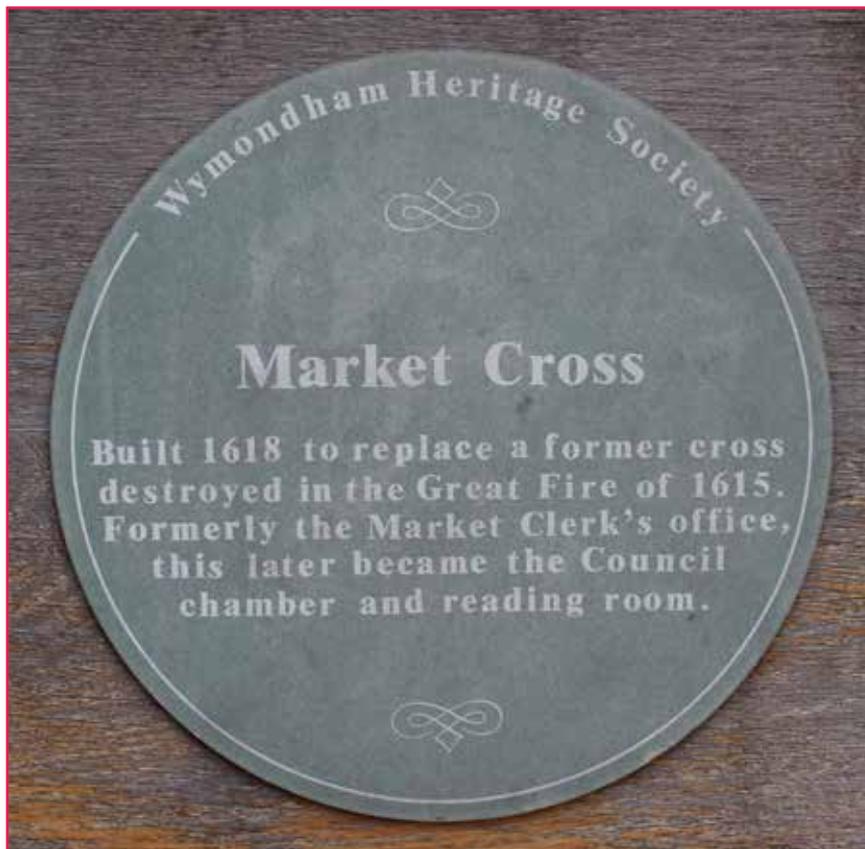
## Why did the fire start?

There are many theories to this and the truth is probably that we will never know why it happened, but there was a lot of anti-Catholic feelings after the gunpowder plot and certain groups were burning areas where there were Puritans, such as Wymondham.

It was estimated that the cost to rebuild was £14,944 19s 0d (about £1.5 million in today's money) and the total paid was £2,171 8s 5d. Payments were also given to the Vicar and town shops along with other

was badly affected. Manor House was rebuilt after the fire - the new building has an inscription dating back to 1616 and another inscription that reads, "my servant is not a dormouse nor is the host a leech." Numbers 11 to 21 are dated to 1620 and all contain re-used timbers from pre-fire buildings. In Market Place numbers 8, 15, 17 and 18 were all re-built after the fire.

The Green Dragon pub survived and still has the marks of the fire on its outside beams today, and many houses survived in Damgate. The White Hart pub also has scorched timbers.



The Market Cross was rebuilt and completed in 1617 at a cost of £25 7s 0d, which was loaned by leading citizen Philip Cullyer. The building is now owned by the Town Council. Other properties were not rebuilt until 1621 due to financial situations. Today the Market Cross serves as the Tourist Information Centre. The building is octagonal supported over an open ground floor by eight timber buttress-like posts and a middle post. There is a little carved decoration on the upper floor, which is reached by an outer stair from the back, and the building is crowned by a pyramidal roof.

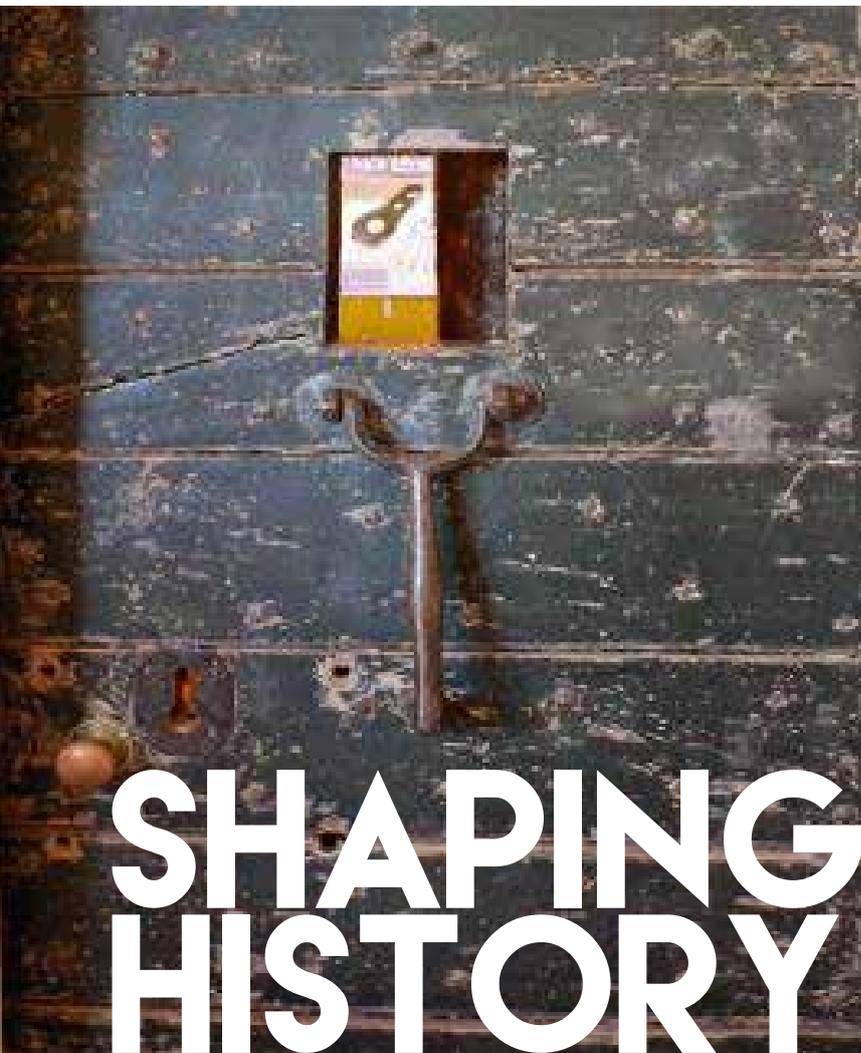
Esam Freeman, who had been prosecuted with other Wymondham people for brewing ale contrary to statute, was later a churchwarden of the parish church. He suffered loss during the fire and claimed that his losses amounted to £564, but he received only £30.

claimants who claimed between 40 shillings to £560 from the sum of £2,011 8s 5d. The Bishop of Norwich set up a special fund and amounts were given to the Vicar for stress at losing all his goods save for his clothes on his back and his bible.

It is said that the fire started in more than one place, and in Vicar Street it destroyed the Vicarage and the Schoolhouse, the Town Hall in Middleton Street and also the Market area where the ancient wooden market cross dating from 1286 was destroyed. It then spread to Fairland Street and Bridewell Street, which

A year after the fire a ballad was printed and stated "Devised by the Divell, a Fier of all the worst."

*If you would like more of the history of Wymondham explored and have a subject in mind then please tweet me @EastAngliaMedia.*



# SHAPING HISTORY

When he inspected it he was appalled at the conditions and shocked that the only money jailers got was fees from the prisoners. Also, that prisoners were kept in after serving their sentence because they hadn't paid their release fees.

Howard persuaded the House of Commons to pass two acts that stipulated first that discharged persons should be set at liberty in open court and that discharge fees should be abolished, and secondly that justices should be required to see to the health of prisoners.

However, he was not satisfied that the acts had fully implemented. Between 1775 and

*How Wymondham's "vilest" Bridewell helped shape prison reform*

**W**hen you visit The Bridewell, home of Wymondham Heritage Museum, you're entering a building that helped shape prisons across the country and in America – thanks to 18th century prison reformer John Howard (pictured).



Howard was born in Hackney in 1726, the son of a partner in an upholstery business. When his father died in 1742 he inherited considerable wealth and travelled widely on the continent. In 1773 he became High Sheriff in Bedfordshire. Among his responsibilities was Bedford Gaol.

1790 he made seven journeys across Europe in search of a humane prison system for English gaols to follow. He conducted these investigations on his own and financed them himself.

In 1779 he came to Wymondham's Bridewell. He described it as "one of the vilest prisons in England". He put forward recommendations which led to the building of a new Wymondham Bridewell. It followed the design of Sir Thomas Beevor.

Beevor was well known in the town for his agricultural interests and was chairman of the local magistrates. They met at the King's Head in the Market Place in July 1784 and formed a committee "for the erecting of an additional building to the Wymondham Bridewell." >

## Heritage Museum, continued.

Sir Thomas produced the first set of rules for the best management of prisons. These were adopted both in Britain and the USA.

Built in 1785 the "new model prison" in The Bridewell opened with two wings containing seven or eight cells in each and a workhouse on the ground floor. A staircase led to women's cells with a workroom, infirmary, scullery and toilet.

Other innovations included each prisoner having his or her own cell and men and women being kept separately from each other. Reform rather than repression was the guiding principle of the new prison.

Today, visitors to The Bridewell can see the steps that John Howard descended to inspect the dungeons (pictured). A recreation of the dungeon can be seen in the museum together with an original cell door dating from 1810.

The building served as a prison 1785-1878, a police station 1850-1963 and a courthouse 1879-1992. In 1879 the south wing of the Bridewell, now the main gallery of the museum, was converted to a courtroom. Magistrates also had rooms in a part of the building which had previously been the prison governor's house. Petty Sessions were held there until 1992.



The Bridewell then became derelict until Wymondham Heritage Society bought it with the aid of grants, from Norfolk County Council in 1994.

In 1996 the Duke of Gloucester officially opened Wymondham Heritage Museum and the Bridewell complex.

*The Howard League for Penal Reform was established in 1866 and is named after John Howard. It is the oldest penal reform charity in the UK.*

[www.howardleague.org](http://www.howardleague.org)

Wymondham Heritage Museum is open Monday to Saturday 10am to 4pm, Sundays 1pm to 4pm. Admission is adults £4, concessions £3, Children £1, under-fives free. Family ticket £8, season ticket £7.

The museum is run solely by volunteers, and more people are needed to help in the tearoom. It is based in the original exercise yard for prisoners in the police remand cells. It also houses the original prison well.

Visitors can enjoy hot and cold drinks and snacks including soup and sandwiches, homemade scones and cakes and ice creams.

If you can spare some time to help in the tearoom, contact Janice Plunkett on 01953 603018 or email [janiceplunkett@tiscali.co.uk](mailto:janiceplunkett@tiscali.co.uk)



# VIEW FROM ABOVE



## Wymondham Abbey, Norfolk - Aerial drone video project

**W**hen I started my aerial drone photography and video business in April 2016, one of my first target projects was to photograph and film Wymondham Abbey. I have lived and worked locally for the past 16 years and my admiration of the Abbey stems from the architectural beauty of the building, as much as it's astonishing historical significance.

To take a quote from the Wymondham Abbey website: "There has been a church on this site for well over 1,000 years. In Saxon times, Wymondham probably had a Minster church serving the town and surrounding communities. After the 1066 Norman Conquest, the land passed to the d'Aubigny family from Normandy. In 1107, William d'Aubigny founded a Benedictine monastery here as a 'daughter house' of the great St Alban's Abbey."

We are lucky to have such a significant religious building right here on our doorstep, and the opportunity to film the Abbey and grounds from an aerial perspective was too good to miss. I set about planning the drone filming shoot in April last year, firstly by gaining permission to fly the drone from the Abbey grounds. The administration staff at the Abbey were more than happy to allow me access to the grounds. In return, I was pleased to donate the photographs and video clip for the Abbey's own use.

Flying the drone requires suitable weather conditions, ideally in light winds and definitely no precipitation! On a fine June morning, just after dawn, the first flight took place with two further flights in August and October to capture both summer and autumn aspects. The summer visit coincided with providing aerial footage to a local documentary film maker.

Whilst this project was not filmed specifically for commercial gain, all aspects of the drone operation were carried out according to my normal safety procedures, to ensure no member of the public or the building was put at risk. As a professional drone operator, I have gained certified permission from the Civil Aviation Authority (CAA) to operate commercially in the UK, an initial process that took about six months of training, study and testing.

Norfolk is home to a great number of historic and architectural treasures, including some of the finest religious buildings in the country. It was a pleasure to film our own Abbey.

Watch the footage at <https://vimeo.com/215623909>

# COMMENT

## DON'T WAIT FOR THEM TO DO SOMETHING!



**It's too easy to blame the Government, County and District Councils and even our Town Council for the things we feel are not being done. But why not take the initiative and do something yourself? At every level, our public servants and elected members are confronted by problems that just won't go away. Tried and trusted solutions often don't work so well anymore and to try something new is risky. They sit between the proverbial rock and a hard place. They need our help.**

My world is all about social innovation. It's about seeing what could be, rather than what is. It's about creating then nurturing what might at first appear to be wild ideas. And if you look hard enough, you will see amazing examples of what I mean.

Take Hay-on-Wye, a sleepy small town on the Welsh borders. Nothing much happened here until Richard Booth opened a second-hand book shop in 1962. He was, let's say, something of a character with big ideas. He boldly started a book festival which has grown over the years. Hay now has more than 30 book shops and an annual Festival which attracts more than 250,000 visitors to the town.

Booth was not elected to office or appointed to lead the regeneration of his town. He just had an idea and pushed it along in his own quirky way. His bookshop is still there ([www.boothbooks.co.uk](http://www.boothbooks.co.uk)).

Other examples include Ludlow in Shropshire, with its now famous food festival, and Todmorden in Yorkshire, recognised for being particularly green and tolerant of people who are different. Todmorden changed with the creation of a local cooperative in 1846. At one time, every householder in the town was a member, with many employed in the coop's workshops and store.

Closer to home I was able to help people in Thetford take over the former Charles Burrell High School (pictured) a few years ago. Now it's a thriving community-owned cooperative, home to many voluntary groups and more than 30 new businesses. Yes the Councils had a role to play in making it possible, but the idea and drive came from local residents, determined to make something happen.

Of course Wymondham already has some great examples of people led innovation. The Hub on Ayton Road is a charity set up to make life better for local people. But to truly put Wymondham on the map we need many more new community led organisations. That of course is your opportunity.

*Robert Ashton is a social entrepreneur, author and publisher. He lives in Wymondham, [www.robortashton.co.uk](http://www.robortashton.co.uk), @robortashton1*





**"There are a lot of people out there who love singing, but they don't get the chance to do it. Invidia Voices is a Rock and Soul Choir that gives them the opportunity to sing and perform as much as they like in a supportive environment. They love the singing - but they actually get so much more!" Matt Emmerson - Invidia Founder**

We are a rock, pop and soul choir based in Norwich with 10 rehearsal groups right across Norfolk. Wymondham is one

of our smaller, mixed ability groups, giving members and new additions a friendly and supportive atmosphere where you're free to sing and get to know the group.

At Invidia Voices we're all about promoting a fun-filled, friendly and supportive place to let your hair down and be free to sing. It's a great way to meet new people, make new friends and really get to know one another. There are no auditions and no pressure to sing solo, so anyone who wants to sing can do it. Of course, we're really lucky to have so many voice coaches of a really high calibre leading each choir.

In Wymondham we are lucky enough to have Lauren Dove, who is an accomplished Blues and Rock singer in her own right. Highly rated by our Invidia members, Lauren is really welcoming and her passion for helping people realise their singing potential is something that's just extra special.

Want to try singing in Wymondham? Our Monday night session takes place at Fairland United Reform Church. This spacious yet cozy venue is perfect for singing your heart out, with full kitchen facilities and even a stage for any impromptu performing!



**Got something to advertise?**

Contact Kate for a media pack:  
[wymondhammagazine@gmail.com](mailto:wymondhammagazine@gmail.com)

# WHAT'S W.U.G?

## WYMONDHAM UKULELE GROUP!

**F**rom the very beginning, some three-and-a-half years ago, 'WUG' has been a club with the prime objective of having a fun time - after all the ukulele is a fun instrument! At club nights, we play as many fun songs as possible in the time available each meeting.

We meet every first and third Tuesday in the month, upstairs at the Green Dragon Pub, Church Street, between 7pm and 9pm, and we presently have over 50 members on our email list. On average, around half this number turn up at club nights, and it's literally just turn up and play - there are no subs, only what you drink will cost you any money.

The best way to learn to play, we are bound to say, is with us on a Tuesday evening - and possibly the greatest part about playing the ukulele is that you don't need any prior musical knowledge, so it doesn't take long for players who practice regularly to learn enough chords to find their way around most of the popular songs of yesterday and today.

Another bonus is that ukuleles are relatively cheap to buy. For around £30 you can source a reasonable starter instrument



and if, after a while if you decide to continue playing, you can graduate to a more expensive ukulele and spend anything up to about £500. If not, then £30 might not be too much to 'lose' and who knows you could still win out here by using the now unemployed uke as a modern wall decoration!

With only four strings to master, the chords are mostly easy and simple to learn, and after only one evening of picking up a ukulele, it is entirely possible to have at least three or four songs in your own personal songbook.

There is no embarrassment about singing in front of other club members - inevitably some are better players than others but everyone is positively encouraged to join in at their own personal level.!

The number of clubs and ukulele players has exploded nationally and internationally recently, and so has the number of song books that clubs have published on their own websites specially tabulated for the ukulele. Most clubs happily share their song books with the world so there is almost a boundless amount of material available. Just put 'Ukulele Clubs' into your search engine and you may be surprised by the number of clubs around the country.

As a result of there being a uke club nearly in every village, town and city in the UK, some of us take our ukes on holiday and drop in to a club for an evening as a guest and always receive a warm welcome. WUG has also been pleased to welcome guests from other parts of the UK in the recent past. >

The ukulele has even found its way into popular music of 2017, because if you listen to Take That's latest album 'Wonderland' you will find a track called 'New Day' which features the ukulele - and our group will be endeavouring to learn this song at our next club night.

**Stop Press:** At the time of writing (mid May), we have probably just had our most successful club night ever with 33 - yes 33 - club members - including six new strummers. We easily managed to squeeze ourselves into the club room with surprisingly still space for more players so there are still seats available - perhaps we can get to 50 soon?!

To get ourselves 'in the groove', we first played through our gig set, then for the second half of the evening we learnt some new songs and chords. Unfortunately we didn't have time for Take That's 'New Day' as originally planned, but we gave a rousing interpretation of another of their popular offerings, 'Shine'. It's not an easy song to play, despite what it might sound like when performed by the group, but a couple of guests from the Norwich Ukulele Club were effusive in their praise at our rendition, so much so that we played the song at least three times, getting better each time!

We continue to receive request to play gigs for various clubs and societies in and around Wymondham, and on average play two gigs each month. We encourage our audiences to join in with the songs, which are a mix of old and new favourites. The best times are when audiences give us a run for our money and joyously enter into the spirit of the occasion - the allotted hour just flies by. Again, none of us are particularly expert players but we do give a good account of ourselves and everyone in the club is encouraged to come along to swell our number of performers. At our gigs we are collecting on behalf of the local Wymondham charity 'Star Throwers' and our various hosts have always been very generous with their donations.

Our next club night is on **6th June** (see our Facebook page and website for all future dates) so why not come and join us on this or any first and third Tuesday? You can be sure that you will receive a warm welcome.

For more information, see [www.wymondhamukulelegroup.com](http://www.wymondhamukulelegroup.com)

# DIABETES AND YOU

Diabetes is often in the news - and rightly so, as it can be an extremely debilitating condition if not managed properly.

Members of the Diabetes UK Wymondham group will answer questions about living with diabetes and share tips and information about the condition.

Simply send in any questions or describe any problems you have and we will print answers in the next issue. ALL correspondence will be treated with complete confidence - no names or addresses, just questions and answers.

Email your question to [wymondhammagazine@gmail.com](mailto:wymondhammagazine@gmail.com)



# WILLS

## YOUR QUESTIONS ANSWERED

Got a question? Email: [info@trusted-wills.co.uk](mailto:info@trusted-wills.co.uk)



### **Q. If we are married, why do I need to bother making a Will? Surely everything goes to the survivor, doesn't it?**

**A.** When you pass away without a Will in place, there are strict rules that must be followed. These are called the rules of Intestacy. It is not an automatic rule that everything passes to a surviving spouse, and this very much depends on the value of your estate. A surviving spouse will inherit the first £250,000, plus all personal possessions and half of the remaining estate value. The remaining other half normally passes to children, or a strict order of close relatives.

Many people will think that this is fine, after all many people do not believe that they own more than £250,000. However, once you take into account property, life insurance policies, pensions, savings... it soon adds up. The only way to ensure that your spouse, or civil partner, truly receives everything you would like them to is to outline this in your Will.

### **Q. We regard ourselves as married in common law, and everything to pass to each other on death, so there's no need for a Will surely?**

**A.** The term common law wife/husband does not have any legal recognition and, generally speaking, gives fewer rights than a married couple.

Intestacy Rules (the strict rules that govern the distribution of an estate where there is no Will) do not make provision for unmarried partner. This means that your unmarried partner will not automatically inherit your estate when you pass away.

Without a Will, there is a strict order in which people will inherit – firstly, children, then parents, siblings, grandparents, uncles/aunts, and finally, the Crown.

If you would like to make sure that your partner/'common law spouse' receives your property and money when you pass away, make your Will. It will ensure that there is no uncertainty at a time which is already stressful and emotional.

### **Q. I'm too young for a Lasting Power of Attorney (LPA), aren't I?**

**A.** Most people think that only 'old' people need a Lasting Power of Attorney, but that isn't necessarily the case. If you suffer any mental incapacity, then having your LPA in place can be invaluable. A mental incapacity could result from a car accident, a simple bang to your head, a skiing/hiking accident (for you more adventurous types), an underlying health problem, a stroke or early onset of dementia – the list is endless.

Without a valid LPA, your loved ones would have to apply to the Court of Protection for Deputyship which is a costly and lengthy process. Having a valid LPA in place will ensure that the person(s) you trust the most are the ones who will be making those important decisions on your behalf.



*If you have a question about a Will or Lasting Power of Attorney for next month's article please email [info@trusted-wills.co.uk](mailto:info@trusted-wills.co.uk).*

# WHERE TO WALK?

## The Wong

Situated in the Parish of Great Melton, the area known as The Wong was once part of the eastern boundary of Great Melton Common. This formerly extensive area of common land linked up with Norwich Common (along the B1172) to the south. The Wong itself is a long thin parcel of woodland and pasture and is situated alongside Wong Farm (now a livery yard).

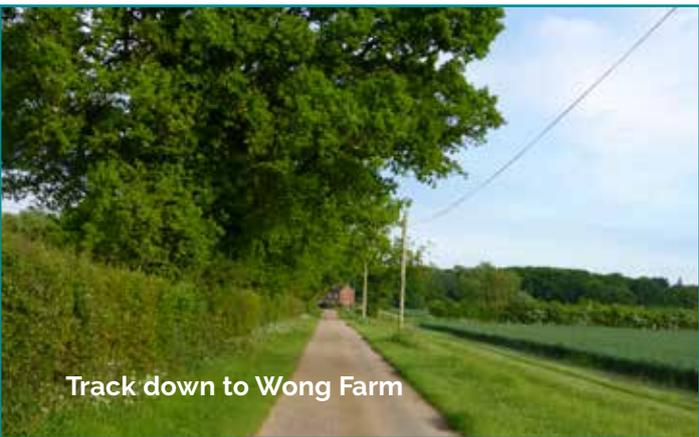
It is surrounded by several signposted Natural England permissive paths that run alongside the field margins past arable farmland, woodland, and ancient and species-rich hedgerows. To get to The Wong paths, walk along the old A11 towards Hethersett and turn left up the road to Carpenter's Barn (signposted as a footpath), or you can access the network of paths via the

Beckett's Grove estate. Alternatively, continue on to the Elm Farm Business Park, where a path next to the bus stop leads down into a plantation of trees, or drive and park in the layby next to Kett's Oak, from where you can easily step onto the field margins.

A map of the trails can be found at <http://cwr.naturalengland.org.uk/mapboards/pdfs/AG00276601.pdf>.

Natural England asks that, to avoid disturbing wildlife, walkers keep dogs under close control, and keep to the marked routes.

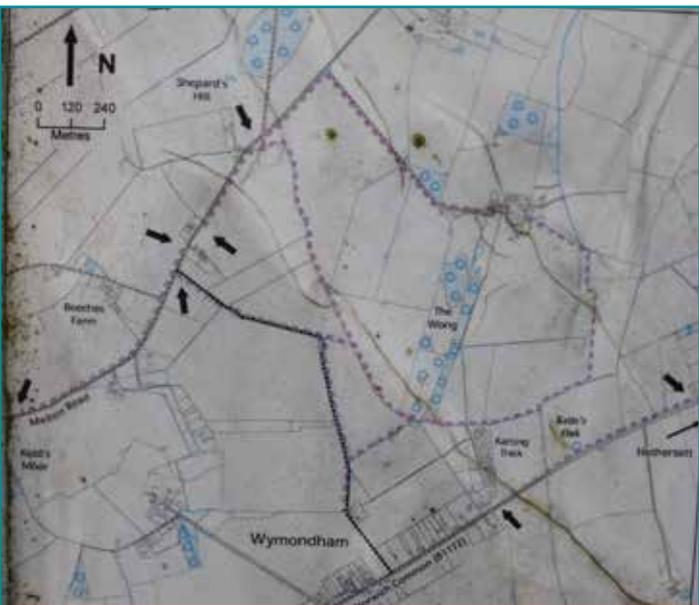




Track down to Wong Farm



Entry to the tracks from the B1172, next to Elm Farm



# HANNAH'S GARDEN

*Growing food with flavour*



**A**s I sit in the balmy 15 degree Wymondham morning sunshine sipping my coffee, I start to forget the dreary grey skies of winter (and most of the spring) and look forward to the forthcoming summer where, if we are lucky enough, we may have the opportunity to enjoy a few 'outdoor cooking experiences' (never use the 'b' word out loud as it will always jinx the weather for rain)...

One of the great joys of al fresco cooking is to play with bold flavours and marinades – one of the key ingredients for which is the fresh herb.

I have just planted up a fairly large pot in a sunny spot near my back door, with thyme, oregano, rosemary, sage and chives as they all like similar conditions. Most good garden centres (and definitely ones local to Wymondham) are now selling small herb plants for around £1.75 each or larger ones for around

£4. Given the correct growing conditions, herbs can grow like weeds so small plants will quickly become established for the height of summer if you plant them now.

## How to plant and grow herbs

1) Imagine you are on a Mediterranean island somewhere, with the sun beating down on you and your feet clad in sandals – what is the ground like? It is sandy, dry, stony and you wouldn't necessarily think that any plant could grow very well there – but herbs do, and the majority of herbs you will use for cooking (excluding more tender herbs like basil) originate from these kind of places... so simply replicate those conditions.

2) Choose a fairly large pot (the one I used was approximately 30cm in diameter). Fill the bottom of the pot with bits and pieces to break up the soil – use bits of old terracotta pot, bits of brick or sticks, large stones or anything else you can find lying around in the garden to allow for efficient drainage. On top of the crock, rather than using good quality rich compost as most people would choose for new plants, use >



some poor quality soil which you may be able to dig up from the garden borders – anything sandy with lots of stones in it would be perfect (imagine the Mediterranean island again)... I mixed in a few handfuls of normal compost with the poorer soil just to give the young plants a little nourishment.

3) Pop your plants in, with a decent space between each one. Finally, top the pot with some horticultural grit, gravel or pea shingle – this makes the pot look smart, but also helps to keep the plants dry and easily drained of water.

4) Water the plants only when the compost dries out, but do not overdo it – they live in sun-baked environments normally and benefit from, ironically, a little neglect!

5) Harvest sprigs of herbs when the plants are large enough to take it, which, if planted out now with the weather as it is, will not be too long.

## Herb facts

### Thyme (*Thymus Vulgaris*)

- Thyme has been used medicinally for thousands of years. It is said to have antimicrobial and antioxidant properties.
- Thyme has been traditionally used for coughs and upper respiratory congestion, making it perfect for sufferers of hay fever.
- One of thyme's main

constituents, thymol, has been shown to have antibacterial effects. Thymol is included as one of several ingredients in well-known antiseptic mouthwashes.

### Sage (*Salvia Officinalis*)

- Sage has been used since ancient times for warding off evil, treating poisonous snake bites, increasing fertility and for its general healing properties.
- Recent research has shown that even small amounts of sage, whether smelled or consumed, can increase recall abilities and memory retention. The brain activity also demonstrates increased concentration and focus on a chosen topic, which means that adding a bit of sage to your diet may be a subtle, but effective brain booster.
- The anti-inflammatory qualities of sage extend to health issues such as arthritis, as well as general inflammation of the cardiovascular system. The flavonoids and phenolic compounds found in sage are responsible for these beneficial effects.

All herbs are deemed to have a mixture of antibacterial, anti-

inflammatory, antioxidant and antifungal properties that are beneficial to human health (not to mention that they also taste great!)

## Lemon, garlic & herb marinade recipe

### INGREDIENTS

- Boneless chicken thigh fillets or chicken breast fillets
- A good slug of quality olive oil
- 3 cloves of garlic (crushed)
- Large handful of chopped fresh rosemary
- Large handful of chopped fresh thyme
- Zest and juice of one lemon
- Salt & pepper to taste

### METHOD

Combine all ingredients into a zip-lock bag and pop in the fridge overnight preferably. Stick on the barbecue the next day and with a small pastry brush, use the extra marinade to baste the chicken as it cooks.

Note - Amounts of ingredients are not by any means definitive – be as bold as you can with the flavours for maximum effect!



# THE HUMBLE BISCUIT



**S**ome may say that the biscuit is like an old friend, choose the right one and they will always be there and give you comfort. Everyone has a favourite biscuit - mine would be the chocolate hobnob, and the chocolate digestive is a very close second, two very good friends. Just be careful if you ask for a 'biscuit' in America, as you may get given a plate of thick meat sauce poured over your biscuits (OK so they are more like drop scones but still. EW!) Americans are very good at the cookie though.

## Dunking

I am a self-confessed dunker of all biscuits, even Jaffa Cakes (although are Jaffa Cakes a biscuit or a cake?) I believe that biscuit dunking is where science and art meet. Every biscuit needs to have its own calculated dunking time, get it wrong and you will have tea that looks like something has died in it. Get it right though and you have touched upon one of life's many little pleasures. The biscuit turns into what can only be described as something that resembles Salvador Dali's 'The Persistence of Memory' - a work of art that should be admired and enjoyed

with a good cuppa tea.

## The science

To bake a biscuit is also a science and it all depends on what type of biscuit you are after. Soft-centred biscuits only need about eight to 10 minutes in the oven and ones with a bit more crunch need approximately 10 to 12 minutes. If you use melted butter in the recipe instead of hard butter from the fridge, you will also get a softer middle. Always remember that nearly all biscuits will be soft when they are taken out of the oven and that the magical biscuit creation happens in the cooling process. >

## THE HUMBLE BISCUIT, continued...

This month's recipe is one of my favourites for those moments when you have unexpected guests arriving. Quick, easy and scrumptious. Your guests will never know that these were thrown together in under 15 minutes. These are also brilliant to make with children.

Michelle, [www.countrygirlbakes.co.uk](http://www.countrygirlbakes.co.uk)

## CHOCOLATE SPREAD BISCUITS

### INGREDIENTS

- 125g (4oz) self raising flour
- 1 egg
- 50g (2oz) butter
- 50g (2oz) brown sugar
- 3 tablespoons of chocolate spread (I use Nutella)

### METHOD

1. Preheat the oven 180°C / gas mark 4
2. Grease and line two flat baking trays.
3. In a bowl mix all the ingredients together. I start with an electric whisk and then finish off by hand as the mixture will go stiff.
4. Using either your hands or a tea spoon, dollop small walnut size balls of the mixture onto the baking trays. Making sure they are well spaced apart as they will spread while cooking.
5. I like to gently squash each biscuit down a little, but this is not essential.
6. Bake for about 10-12 minutes. Watch carefully as they will cook quickly. Once you see them going brown around the edges take them out. They will still be soft to touch and a feel little harder around the edges.
7. Let them cool completely before removing them from the tray. I know, this is the really, really hard bit as the house will smell of chocolate!
8. If you can, share with you guests, just make sure you leave a few hidden for that sneaky treat later!



# THE BACK PAGE

Claire Parkinson has been Landlady of the Robert Kett public house on Limetree Avenue for the past three years, having previously worked for Ridley's Brewery in Essex and in the aerospace industry! Here she shares with us some of her favourite aspects of running a pub.



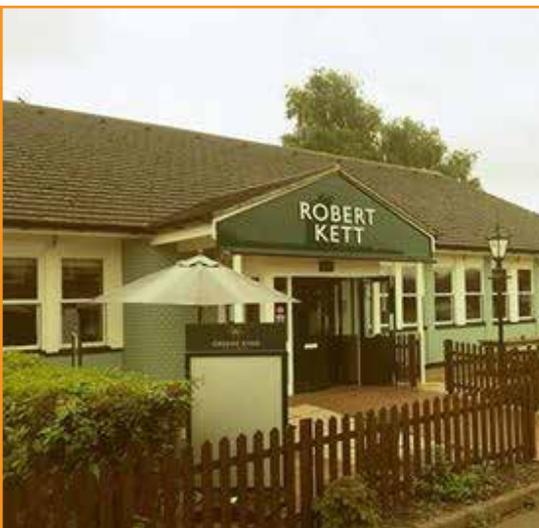
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I feel privileged to be part of the Wymondham community, who have accepted me and my family into their world, and I enjoy spending many an evening with my regulars. But I couldn't do what I do without my amazing staff.



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My pick of our present menu must be the 8oz steak with all the trimmings!



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People might not know that I am a flautist and pianist! I hold 12 music exams, was in the Young Musicians of the Year and performed at both the Royal Albert Hall & Royal Festival Hall.

## FIVESKA

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We actively support local live music and host an open mic yearly, as well as live music once a month. These include FiveSka - a six-piece band - Born Jovi tribute band, Rawkas, Agent Orange, Red Leaf, James Barr, Pure Passion & "G", comedy singing impressionist. My social life revolves around the pub, and I find great satisfaction in organising a range of events and charity fundraiser days.