



The

GRAPEVINE

THE OFFICIAL MAGAZINE OF HELLEDON PARISH COUNCIL

Highlights
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ALLOTMENTS SITE OPENED FOR HELLEDON RESIDENTS

The first stage of the extension to the allotment site was opened to new tenants on Saturday 21st June 2014. Over 35 local residents on the waiting list had taken the opportunity to acquire a plot on the new site.

The extension site was fenced following acquisition in April this year to comply with the terms of the lease agreed with the landowner. The contractors then set about creating the paths and laying a water network to provide standpipes. The paths on the new site have been created using a sustainable gravel retaining modular system which also extends to form the shed bases. The plots are all of a similar size and a standpipe is shared between two plots. Some tenants took the opportunity to rent half a plot to ensure they could manage the maintenance required.



The remaining plots are in the process of being constructed and when completed an additional 78 plots will have been created to the Bush Road site. There is no longer a waiting list for an allotment, so if you are a resident of Hellesdon and you are interested in having an allotment, please contact the Parish Council office for further details and to complete an application form.

Hellesdon Parish Council Carnival 2014

Full Report on page 9.
More photographs on Pages
10 & 11





GRAPEVINE

HP
HELLEDSON PARISH COUNCIL

**The Council office is situated at the
Hellesdon Community Centre/Library site in
Diamond Jubilee Lodge
Wood View Road
Hellesdon
Norwich NR6 5QB**

01603 301751

**parishclerk@hellesdon-pc.gov.uk
www.hellesdon-pc.gov.uk**

(after hours answerphone)

Office opening hours:

Monday – Friday

9.30am – 12.30pm

1.30 – 3.30pm

Thursday

5.15pm – 8.15pm

2nd Saturday in the month

9.15am – 12.15pm

The Clerk is available at other times.

Please contact the Council Office to make
an appointment.

Clerk to the Council

Mrs Patricia Kirby

parishclerk@hellesdon-pc.gov.uk

patriciakirby@hellesdon-pc.gov.uk

Deputy Clerk & Project Officer

Mr Jonathan Hall

jonathanhall@hellesdon-pc.gov.uk

Finance & Public Relations Officer

Mr Ken Owen

kenowen@hellesdon-pc.gov.uk

PARISH COUNCIL MEETINGS

The monthly Parish Council meeting is normally held in the Council Chamber Diamond Jubilee Lodge at 7pm on the first Tuesday of every month. Please check notice boards and website for confirmation. The agendas for these and any other meeting arranged will be advertised on the Parish Council notice boards and website at least 3 full working days before the meeting takes place.

KEEP IN TOUCH

The Grapevine is published quarterly in March, June, September and December.

To keep right up to date visit the parish council website: www.hellesdon-pc.gov.uk

We welcome your contributions. If you want to submit articles or photos, advertise or comment on content or circulation

please contact Ken Owen on 01603 301751

Your Councillors

Hellesdon North West Ward

Mr David Britcher 01603 416208

e-mail: cllr_david_britcher@yahoo.co.uk

Mr Greg Britton 07964916815

e-mail: gandmbritton@btinternet.com

Mr Danny Buck 01603 438790

e-mail: danny.buck@live.co.uk

Mrs Karen Fish

Mrs Shelagh Gurney 01603 403122

e-mail: shelagh@gurney45.freemove.co.uk

Mr Des Jones-Blackett 01603 424769

e-mail: enidjonesblackett@btinternet.com

Mr Mike Walsh 01603 412844

e-mail: Walsh.mike13@yahoo.co.uk

Mr John Youles 01603 407152

e-mail: hellesdonukip@gmail.com

Hellesdon South East Ward

Mr Tony Adams 01603 405367

e-mail: anthony.adams4@btopenworld.com

Mrs Dorothy Attenborough

Mr Peter Balcombe 01603 416050 / 07504947760

e-mail: peter.balcombe@ntlworld.com

Mrs Lynne Bond 07778667702

Mr Richard Grady 01603 406419

email: rchrdgrady237@gmail.com

Mrs Sue Hiestand

Mrs Sue Taylor-Smith

Miss Jane Wright 01603 461010 / 07791306002

e-mail: jane.wright19@virginmedia.com

If you are uncertain about which ward you live in please contact the Clerk to the Council on 01603 301751

In addition to details stated all councillors are contactable through the Parish Council Office

County & District Councillors

Norfolk County Councillor

Mrs Shelagh Gurney 01603 403122

e-mail: shelagh.gurney@norfolk.gov.uk

Broadland District Councillors

Hellesdon North West Ward

Mr Danny Buck 01603 438790

e-mail: cllr.danny.buck@broadland.gov.uk

Mrs Shelagh Gurney 01603 403122

e-mail: cllr.shelagh.gurney@broadland.gov.uk

Hellesdon South East Ward

Tony Adams 01603 405367

e-mail: cllr.anthony.adams@broadland.gov.uk

Peter Balcombe 01603 416050

e-mail: cllr.peter.balcombe@broadland.gov.uk

The Parish Council does not imply endorsement of any goods or services in this newsletter



ASK THE ORACLE

Hello. I'm the Oracle and invite residents to ask questions on what to do and who to contact when assistance is needed on local matters.

Following the recent bad storms and frequent bad weather what do I do if there is a power cut?

UK Power Networks have given the the following advice should there be a power cut in your area.

To report any power cuts and damaged lines on free helplines in the East of England call 0800 783 8838. You can also view www.ukpowernetworks.co.uk and follow the company on twitter for updates @ukpowernetworks . To prepare for a power cut the advice is:

- Keep our freephone number handy
- Have a look at the website now, **before any power cuts**, for some useful videos offering you advice during a power cut.
- Keep spare batteries for radios and torches – local radio stations often broadcast helpful information
- Keep an old-fashioned land line phone which you can reconnect, as cordless phones won't work in the event of a power cut
- Take care if using candles, tea-lights and other naked flames
- Keep fridges and freezers closed, with a blanket over as they will stay cold for many hours
- Switch off all your electrical equipment, except one light which will let you know when the power comes back on
- Remember the street lights may also be off so take care if you go out
- Exercise caution in localised flooded areas -specific advice is available on the Environment Agency website.
- Be a good neighbour and help your elderly neighbours and other vulnerable people

The grass verges outside my home continue to look scruffy and overgrown. Who is responsible for the cutting?

Norfolk County Council Highways is responsible for cutting urban grass verges. The verges are cut five times between May and September. Unfortunately limited funds mean they are unable to cut more often, unless the verge is dangerous or blocking visibility. More information can be viewed on the Norfolk County Council website: norfolk.gov.uk/highways or email: information@norfolk.gov.uk or phone on **0344 800 8020**

DATES FOR YOUR DIARY

Residents should note that all Parish Council full meetings and Committee meetings will take place in the Council Chamber, Diamond Jubilee Lodge, unless otherwise stated.

7th October 2014: Parish Council Planning Committee Meeting at 6.15pm

7th October 2014: Parish Council Meeting at 7pm

13th October 2014: Staffing Committee Meeting at 7pm

14th October 2014: Property, Policy & Resources Committee Meeting at 7pm

21st October 2014: Playing Fields, Amenities & Allotments Committee Meeting at 7pm

4th November 2014: Parish Council Planning Meeting at 6.15pm

4th November 2014: Parish Council Meeting at 7pm

10th November 2014: Media & Communications Committee Meeting at 7pm

18th November 2014: Parish Council Planning Meeting at 6.30pm

2nd December 2014: Parish Council Planning Meeting at 6.15pm

2nd December 2014: Parish Council Meeting at 7pm

16th December 2014: Property, Policy & Resources Committee Meeting (to consider budget & precept for next financial year)

19th December 2014: Parish Council Planning Meeting at 7pm

Distributed to all homes and businesses in Hellesdon.

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Call 01603 301751 to speak to Ken Owen or e-mail: kenowen@hellesdon-pc.gov.uk to advertise your business

NOT RECEIVED A COPY

If you hear of somebody not receiving a copy, then let the council office know on 01603 301751. Deadline for article & adverts for the Winter 2014 issue is Friday 24th October 2014

PLANNING MATTERS



The title of this piece is Planning Matters and I believe that planning does matter. Without an organised planning system there would be chaos, with new dwellings being erected in inconvenient places, leading to undue pressure being placed on services. To avoid this happening, planners designate land for the various types of development, where they can be served by existing facilities.

Last year in Planning Matters, we advised you of some of the issues relating to the planning applications we had received. These generally referred to alterations and extensions to existing dwellings and the occasional new ones. This year the parish of Hellesdon is aware of the potential submission of much larger applications.

All residents were notified in 2013 of the proposed site allocations for new development. In particular, the land at Hellesdon Hospital and the Royal Norwich Golf Club. This consultation process resulted in a large number of responses which have subsequently been passed to Broadland District Council. The Parish Council accepted the sites at the Hospital in principle but objected to the Golf Club site. As yet, we do not know what the detailed proposals will show or what

may be built but we will monitor what happens to try and achieve the best deal for Hellesdon. We are grateful to all those members of the public who took an interest and completed the response pack.

The other major development in our area is, of course, the Northern Distributor Road which will hopefully have positive benefits for the Parish. The Parish Council has always supported this but have lobbied for amendments which will benefit not just Hellesdon but the wider community.

I should like to take this opportunity to thank those members of the public who have attended our Planning Committee meetings. Your views are always welcome and helpful to us when formulating our recommendations to the District Council. Our meetings generally take place on the first and third Tuesday of each month but you can contact the office on 01603 301751 or visit our website www.hellesdon-pc.gov.uk for confirmation.

Finally, I should remind you that Broadland District Council is the local planning authority and any responses to applications should be directed to them at Thorpe Lodge, 1 Yarmouth Road, Norwich, Norfolk NR7 0DH. Telephone No: 01603 431133.

Councillor Gregory Britton, Chairman Planning Committee

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- | | |
|------------|--|
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| Wed | Hellesdon Community Centre (1.30-2.30pm) |
| Thu | Spixworth Methodist Church (10-11am)
Hellesdon Community Centre (1.30-2.30pm) |

Day classes £3.50 Evening classes £4.00

Please ring for more details

Glenda / Sheila (01603) 890708 / 279294

AN UPDATE ON SAXON-AIR FROM COUNCILLOR PETER BALCOMBE, CHAIRMAN HELLESDON PARISH COUNCIL

It would be difficult to underestimate the economic importance of our neighbour Norwich International Airport to Hellesdon and Norfolk as a whole. For planning and environmental purposes most of the airport is in the City of Norwich but part is in Broadland. Hellesdon Parish Council is represented on the Airport Consultative Committee which provides a venue for local communities affected by airport operations to provide their feedback with the airport and its' growing number of operators.

Since the commencement of offshore related helicopter activity on the Western side of the airport adjacent to the Holt Road a number of residents on Holt Road and parts of Bush/Dennis Road have complained to the Parish Council about noise from the ground operations of helicopters using the buildings and their associated helipads. In an ongoing attempt to review and where possible minimise the adverse impact on Hellesdon residents, representatives of the airport, Saxon-Air and other operator companies together with appointed representatives of Hellesdon Parish Council have been meeting. The meetings have been useful in identifying key issues and constraints, and have benefited from research by the operators. As part of the ongoing dialogue members of Hellesdon Parish Council were recently invited to visit the Saxon-Air Building and learn more of the important activities based there, including essential servicing of North Sea oil and gas operations. We are pleased by the obvious wishes of the various operators involved to be good neighbours and hope to be able to report more fully on these matters in due course.

Cllr Peter Balcombe, Chairman Hellesdon Parish Council

FUTURE PLANS FOR RECREATION GROUND PLAY AREA

A number of residents have contacted the Parish Council to enquire about the u16's play area at the recreational ground on Wood View Road. Unfortunately, over the summer holidays of 2013, we had a number of pieces of play equipment maliciously tampered with. This resulted in a number of pieces being decommissioned as we were unable to have them repaired.

As reported in the Summer 2014 Grapevine, the Parish Council is currently exploring the options available to resurface the car park and to deal with the serious flooding issue that arises after prolonged periods of rain at the southern end of the car park.

Part of the solution maybe to place large soakaways underneath the area that is currently occupied by the u16's play area. Therefore equipment has not been replaced in the u16's area as it maybe that everything in that area will have to be removed to undertake the drainage works.

Once the options for the drainage and car park have been agreed and actioned, the Parish Council can then begin the task of replacing the play equipment. Due to the number of pieces of equipment that are required in the play area, this work is likely to go out to tender to ensure best value is obtained. We shall of course keep residents updated via the website and future editions of The Grapevine.



Councillor Richard Grady

New Parish Councillor Hellesdon South East Ward

Following the recent Parish by-election in Hellesdon, Mr Richard Grady was elected to represent Hellesdon South East Ward. Richard Grady has lived in Norwich all of his life and for the last 25 years has been a Hellesdon resident. Richard is active in the Hellesdon Youth Club along with a group of equally enthusiastic volunteers and also continues to act as his local Home-watch co-ordinator.



BROADLAND DISTRICT COUNCIL - PLANNING HOTSEATS



The *Overview and Scrutiny Committee* is running a series of 'Hotseats' on the social media website **Streetlife**. These Hotseats will be focused on specific topics that have either arisen through discussions with Broadland communities or are relevant to work the Committee is carrying out against its work programme.

Following on from the Overview and Scrutiny Committee asking for views on what they can include on their work programme, questions and issues around Planning were suggested. As the Committee cannot include planning on their work programme we have taken on board all the points raised, and would like to invite you to participate in a Hotseat with the Portfolio Holder for Planning, Cllr Shaun Vincent.

Come and join the conversation on Streetlife on Tuesday 23 September between 12pm and 1pm. You can submit your questions in advance by either commenting on the Streetlife conversation or by emailing scrutiny@broadland.gov.uk, you can also submit questions on the day. Councillor Vincent will be available for one hour to answer questions and will do his best to answer as many of them as possible. If you send your question by email a response will be posted on Streetlife and not responded to via email.

Could we please ask that:

1. Your questions are submitted either in advance or during the allotted hour. Councillor Vincent is unable to answer questions received after 1pm.
2. Your questions are focused on Planning. **We are unable to provide specific information or data against a specific application or applicant.**
3. Please read the FAQ page that could provide your answer already or help you put your question together.

What is a hotseat? A hotseat is when an expert or key individual is invited online for a set period of time to answer questions and discuss a particular subject. Hotseats have a set lifetime and are closed at the end of the agreed time and then any questions/discussions are summarised and posted as a document online afterwards.

Join the conversation on Streetlife www.streetlife.com/page/broadland-council
Summaries of completed Hotseats have been published in a slideshow available at www.slideshire.net/ScrutinyBDC/presentations

Stacy Cosham, Overview and Scrutiny Research Officer, Broadland District Council

HURRICANES Swim Club

Hurricanes Swimming Club (est. 1999) offer swimming lessons at Hellesdon High and Drayton Junior Schools for beginners and improvers from age 3 1/2 years upwards. All taught by qualified ASA teachers. Classes are kept to a limited number of swimmers.

Free taster lesson available on request
Contact Denise Bale (01603 412594) or
Jo Hamilton (01603 262517) for more details,
or e-mail hurricaneswimclub@btinternet.com
You can also visit our website,
www.hurricaneswimclub.co.uk



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HELLEDSON RESIDENT CLIMBS BEN NEVIS FOR CHARITY

Kellie West is a resident of Hellesdon and works at Norfolk & Norwich Hospital. She took on the challenge of climbing Ben Nevis to raise funds for the Alzheimers Charity. This is her story

"Hi, my name is Kellie West and on July 4th 2014, I attempted to climb Ben Nevis in order to raise money for the charity Alzheimers. This was an organised event by Alzheimers Society but was entirely self funded. I spent 13 hours travelling by train from Norwich to Fort William leaving at 10:00am and arrived just after 11:00pm. I then had to make my way by foot to the camp site, pitch my tent and grab a few hours sleep.

There were 160 people at this event, some travelled in groups, some like myself travelled alone. I met another solo climber and we decided to do the climb together so we could support each other along the way. It was much, much harder than I had anticipated. I had never attempted anything like this in my life but I completed it. Setting off at 10:45pm with my head torch on I arrived at the summit of Ben Nevis at 04:00.

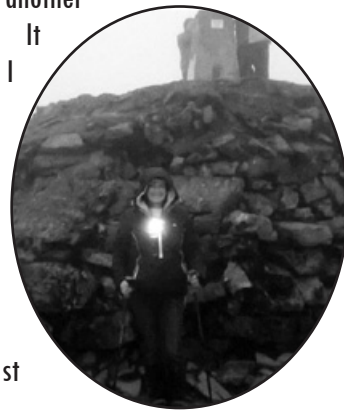
I have worked for many years with the elderly, many of whom had various forms of dementia. Dementia is a cruel disease often robbing the person and the families of their loved ones long before they pass away, as they can become someone who you no longer recognise or the person directly affected may no longer recognise much loved members of their own family. Dementia is the forgotten disease.

The early stages of Dementia are a frightening time for anyone effected, and there is currently no cure.

If you would like to donate to this worthy cause, please find me on the just giving page:

<http://www.justgiving.com/kellie-west> Please remember to gift aid your donation at no extra cost to yourselves. Thanking you all so much in advance for helping to support this really worthy cause."

Kellie West



Kellie at the top of Ben Nevis

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Hellesdon Library Information

Opening Hours

Monday	10am-1pm
Tuesday	10am-1pm, 2pm-5pm
Wednesday	10am-1pm, 2pm-5pm
Thursday	10am-1pm, 2pm-8pm
Friday	10am-1pm, 2pm-5pm
Saturday	10am-1pm

Phone 01603 427 790

Email Hellesdon.lib@norfolk.gov.uk

Events

1st November @ 10.30am - Storytelling with Patience Unazi. This is a fun event for all the family featuring stories and songs from all over Africa. Please ring to book your place

Bounce & Rhyme every Thursday 11.30 to 12 Up to age 5 (Term time only)

Monday 13th October - Shopping Safely Online. Please ring to book your place 2 - 4pm. FREE

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ANNUAL CARNIVAL 2014

At the beginning of Carnival week the 'Met Office' weather forecast was casting a deep shadow over preparations.... a shadow in the form of heavy rain and thunderstorms. As appears the norm on Carnival Day, the dawn greeted the Carnival Committee with a dank and miserable day.

Undaunted the Committee rolled up their sleeves, put on their waterproofs and set to in transforming the Recreation Ground to greet the stall holders, fairground and other attractions.

As if pre-arranged, the sun started to shine, just as the Carnival Procession got proceedings underway, arriving in the Carnival Central Arena led by 'Buddy' the now familiar miniature Shetland pony, along with local organisations including Hellesdon Brownies, Hellesdon Pre-School and Finnesse Baton Twirlers.

With the fairground attractions set up, concession stands and stalls ready, the **Hellesdon Parish Council Carnival 2014** was underway. With the weather now set fair the crowds grew as the afternoon progressed and residents were entertained by the Broadland Agility Dog Club, the ever popular Newfoundland Dog Display Team and performances from Zumba Kids and United School of Dance. Also making an appearance in the Arena where two vintage speedway bikes that were actually ridden when Hellesdon had its own speedway track; and not forgetting 'Jeeves' - the Norfolk Constabulary Police horse, who proved to be a very popular attraction. Dave Doughnut entertained the young children and their parents with his Punch & Judy and magic show.

In conjunction with the Carnival, a Companion Dog Show was held. This is now a regular and very popular fixture and this year's event was held in aid of the Dogs Trust at Snetterton and raised £180.00

Another very successful Art and Crafts

Exhibition was held in the Community Centre, displaying various paintings, drawings and crafts by local residents. The exhibition was organised by Mrs Freda Lane.

As is customary practice a Thank You Service was held on Sunday 20th July in Hellesdon Community Centre conducted by Reverend Enid Jones-Blackett.

A host of thank you's. Without the hardwork, help and assistance of many many people the Carnival would simply not happen. Thank you to the Carnival Committee, the Council Staff especially the Parish Council Grounds Staff, who are such a vital part of the Carnival and much of their work goes unnoticed and all the volunteers on the day whose outstanding efforts before, during and after made the Carnival such a wonderful success.

The Committee also wish to thank Mr Brian Bush and Dignity Funeral Care Services, for their very kind donations to offset costs of the Carnival. To McDonalds Branch at Amsterdam Way whose staff volunteered as stewards on the day. Especially to all the local businesses and organisations who very kindly donated prizes for the Grand Raffle which was held in aid of the East Anglian Air Ambulance and raised over £400.00

Finally a very big thank you to the residents of Hellesdon who as always, never fail to come out and support the Carnival – thank you for your support and in particular for your words of encouragement.

The Carnival Committee is always interested in any suggestions on how to enhance any future Carnivals. Should you have any ideas or suggestions, please call the Council Office on 01603 301751, email parishclerk@hellesdon-pc.gov.uk or speak to Cllr Des Jones-Blackett on 01603 424769

Cllr Des Jones-Blackett
Chairman of the Carnival Committee 2014

HELLESDON C



A great time
See ya



CARNIVAL 2014



...e was had by all
next year!

Carnival Day was greeted with its customary weather – dank, miserable and wet. However it didn't dampen the spirits and with all preparations complete, the sun appeared from behind the clouds.....
Let the Carnival begin. Following the arrival of the Carnival Procession large crowds were entertained by Broadland Agility Dog Club, Newfoundland Dogs Display Team, Zumba Kids, United School of Dance and Dave Doughnut Punch & Judy Show.

Pictures by Jonathan Hall & Ken Owen



Are you over 65? Would you like to come to a Christmas Party?

If so apply for your FREE ticket now

**Hellesdon Parish Council
Over 65's Christmas Party
Saturday 6th December 2014
from 2 - 4.30pm**

in Hellesdon Community Centre

Traditionally the parties have consisted of entertainment, festive food and a glass of sherry. We understand that Christmas can be a lonely time for some people and we particularly want to encourage those who live by themselves to come. As usual the invitation is extended to residents from local homes, but we do ask that the application is completed on an individual basis.

[Carers are welcome to accompany residents but we regret no food or drink can be provided] This year's party is currently being organised and it is hoped to include the much requested and ever popular carol singing.

**The party is open to all aged 65 and over, providing you are a resident of Hellesdon
We are sorry but we must adhere to this stipulation and attendance is by ticket only
Places are limited by the capacity of the Centre.
Please book early to avoid disappointment**

If you would like to attend and enjoy good company, please return the slip below by **Monday 3rd November**

The parties will be run by CRB checked volunteer members and members of the Parish Council

Tickets to be collected from Parish Council office week commencing 24 November 2014



No recording equipment is to be brought to this event

HELLEDON PARISH COUNCIL OVER 65's CHRISTMAS PARTY

Name: _____ Tel No: _____

Address: _____

_____ Post Code: _____

Any Dietary Requirements:

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Carer to attend YES / NO

Signature: _____

Consent to use photographs in Parish Council publications

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Wood View Road, Hellesdon, Norwich, NR6 5QB**

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8am 1st & 3rd Sunday
Common Worship Morning Praise
9.30am 1st, 3rd & 5th Sundays
Common Worship Holy Communion
9.30am 2nd & 4th Sunday
4th Sunday also has a Healing/Anointing time
10am Cafe Style Service at selected Services
(See Banner outside the week before)
Holy Communion 10am Wednesdays
Study 12.30/1pm Wednesdays
with Rev McGinley
Open Doors 10am Thursdays
Rock Solid (term time) 7pm Thursdays

METHODIST

Aylsham Road, Mile Cross

Sundays 10.45 am
Morning Service & Sunday School
Also occasional Sunday evenings 6.30 pm
Thursday mornings Drop-In from 10 till 12 &
a service at 12.15 to 12.45

SALVATION ARMY

Salvation Army, Boundary Road

Sundays 11 am – Holiness Meeting
Sundays 5 pm – Salvation Meeting
Sundays 9.45 am – “Kids Alive” Club

MEADOW WAY CHAPEL

Sundays 10.45 am – Family Worship
at Hellesdon Community Centre
7.00pm – Evening Service at
Meadow Way Chapel
Meadow Way run lots of weekly
Activities for all age groups
Please check website
www.meadow-way.org.uk

Weight Watchers®

at

**Hellesdon Community Centre
Middletons Lane**

Wednesday 5.00pm

&

Thursday 10.00am

For more information call

Lisa on 01603 400344

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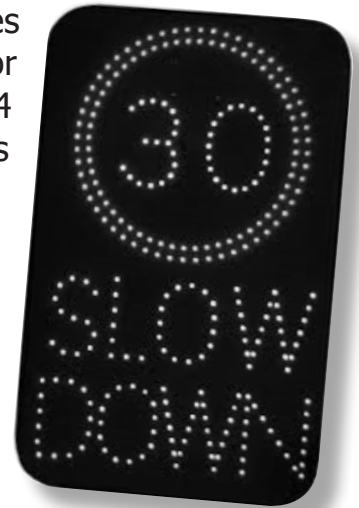
E-mail: davidpooley@certax.co.uk

Website: www.certax.co.uk

'SLOW DOWN' WHEN DRIVING IN HELLESDON

The Parish Council is aware of the continuing problem of vehicles speeding within the Parish, particularly on roads adjacent to or nearby local schools. The Parish Council has recently purchased 4 Speed Awareness Message (SAMs) signs which display a vehicles speed and/or advises the driver to 'SLOW DOWN'.

These devices will be sited at different locations which have been agreed with Norfolk County Council Highways Department on a rolling programme. Whilst these devices are not 'speed cameras' they do record data with regard to the number of vehicles going above the speed limit, which then can identify 'hot spots' for speeding.



Have You Dreamed About Starting Your Own Business but not sure where to start?

A free programme is offered by Broadland District Council for all Broadland residents who want to find out more about self-employment.

The three hour Business Start-Up Workshop is designed to introduce you to the basic principles of starting a business, where you are also provided with a Business Start-Up Toolkit.

After attending, the follow-on Business Essentials Programme delves deeper into what to expect in starting and running your own business. The course shares knowledge and signposts you to additional resources. This is a three day course, with a gap between the second and third day to allow you to explore your ideas before attending the last day.

Throughout and after each course, you will receive on-going support and advice from the Council's Business Advisors as you decide

whether running a business is right for you.

After completing the programme, you may have the option to take a series of further free courses as discussed with the Business Advisor.

A new programme begins every month and course take place at the Council's training facility; the EcoCube, located at Rackheath, Norfolk. To view course dates and our range of other courses, please visit www.broadland.gov.uk/training

Before you embark on the programme, we would welcome you to speak to a Broadland Business Adviser to discuss your ideas and find out what stage you are at with starting a business. Please call 01603 430449 to speak to Jane Bagley or Jo Kerrison from the Economic Development Team at Broadland District Council. Through this conversation, we can help tailor-make the best programme specifically for you.

Pilates Classes

Improve posture, strengthen core muscles and back, increase flexibility and mobility with these gentle yet challenging sessions. Can help to improve back and joint pain and ease stiffness. Suitable for all levels.

Starts Sept 1st
Belvedere Centre, Belvoir Street

Mon 6:00-7:00pm

Tues 11:30-12:30am
6:00-7:00pm

Thurs 12:30-1:30pm
6:00-7:00pm

Fri 11:30-12:30pm
6:00-7:00pm

Starts Sept 16th
Hellesdon Community Centre

Tues 1:30-2:30pm

Fri 9:30-10:30am

Individually tailored 1-2-1 sessions also available, including specialist coaching for back and joint pain.

Call Sue now for more information and to book on 07525535075 or email drsuehunter@gmail.com

Dr Sue Hunter - Pilates/ Mindfulness/ Body Awareness

Do you have children living in the Parish
or attending a Hellesdon School?
If so would they like to come to a
FREE Christmas Party?



**Hellesdon Parish Council
Children's Christmas Party
Saturday 13th December 2014 in
Hellesdon Community Centre**

This year's party is currently being organised and will include party games and entertainment from 'Freddie'

There will be two separate parties to cater for 2 age groups

Party 1: Reception Class to Year 2 (Infant School) 2pm - 4pm

Party 2: Year 3 to Year 6 (Junior School) 5.30pm - 7.30pm

Places are limited by the capacity of the Centre. Please book early to avoid disappointment

If you would like your child(ren) to attend please complete and return the slip below by **Monday 10th November 2014**

Tickets to be COLLECTED from Parish Council office week commencing 1 December 2014

The parties will be run by CRB checked volunteer members and members of the Parish Council Carers are welcome to attend the parties. No recording equipment is to be brought to this event



HELLESDON PARISH COUNCIL CHILDREN'S CHRISTMAS PARTY

Adult Contact details: Name: _____ Tel No: _____

Address: _____

Post Code: _____

Childs Name: _____ Party 1 / 2 *

* Delete as appropriate

School Attending: _____

Any Dietary Requirements: _____

Childs Name: _____ Party 1 / 2 *

* Delete as appropriate

School Attending: _____

Any Dietary Requirements: _____

Please attach additional sheet for additional children

Carer Attendance: Toilet facilities are available, however should your child/children require specialist attention in this or any other respect this is **YOUR** responsibility. Carer to attend **YES / NO**

Signature: _____
Parents/carer consent to attend party

Signature: _____
Parents/carer consent to use photographs in Parish Council publications

**Return to: Clerk to the Council, Hellesdon Parish Council, Diamond Jubilee Lodge
Wood View Road, Hellesdon, Norwich, NR6 5QB**



Rachael Fulcher MCFHP MAFHP

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MONDAYS 10.30 - 11.30AM
HELLEDON COMMUNITY CENTRE

WEDNESDAYS 10.30 - 11.30 AM
TAVERHAM VILLAGE HALL

MYCHI FITNESS - TAI CHI AND QIGONG EXERCISE

BUILD EFFORTLESS STRENGTH AND FLEXIBILITY.
RELIEVE STRESS AND TENSION



FRIDAYS 10.30 - 11.30 AM
HELLEDON COMMUNITY CENTRE

ALL CLASSES £5.50 PAY-AS-YOU-GO

FLOODLIGHT HARD SURFACE AREA

Do you run a group that would benefit
from the use of a professional surface to
play tennis or netball?

Do you want to offer individual coaching
but cannot find an all weather facility?

Hellesdon Parish Council offers an
excellent floodlight hard surface area and
is offered at very competitive rates?

The facility is located at Hellesdon
Recreation Ground, Wood View Road,
Hellesdon, Norwich, NR6 5QB

For further details contact:

Hellesdon Parish Council Office on

01603 301751 or

email: parishclerk@hellesdon-pc.gov.uk



Our Priority is You

SAFER NEIGHBOURHOODS

Hellesdon, Horsford & Horsham St Faiths SAFER NEIGHBOURHOOD TEAM CRIME SUMMARY

Overview from Broadland and North Norfolk Superintendent Stuart Gunn

The main crime problems we are experiencing are around cars and vans, and fall into three areas.

1. Thefts from Vehicles that contain tools. These are being targeted all over Norfolk, are often works vans and varying quantities of tools are taken. Normally an overnight offence and some have occurred within a garage or workshop where the van is kept overnight.
2. An increasing number of opportunistic thefts from property left unattended but visible within cars.
3. I put out a message last week concerning catalytic converters, and this still applies. Catalytic converters have been stolen from vehicles that are higher off the ground, such as four-wheel drive, people carriers and transit type vans.

Crime prevention tips include:

- o Private vehicles should be kept in a well-secured garage where possible, and if no garage is available, in a well-lit, public area.
- o Vehicles can be parked in such a way as to make access to the catalytic converter difficult or parallel with another vehicle if you own one.
- o Commercial vehicles should also be kept in a locked building or compound.
- o Use alarms, lighting and CCTV to deter thieves.
- o Mark your catalytic converter - etching the part and spraying with heat-resistant paint. Contact your local crime reduction officer on 101 for more information.

A lot of work is going in to prevent these crimes and catch the perpetrators. If you have a works van with tools, or a 4x4 or people carrier/transit, please be extra vigilant, especially overnight. Importantly and please don't leave any property on display in your car.

Please keep your eye out for criminals or suspicious activity and be very security conscious. If you see something suspicious please call police on 101 or 999 if urgent. If you have any information concerning active criminals please telephone Crimestoppers on 0800 555 1111 and the information will reach us.

40519/14	Burglary in a Building other than a Dwelling with Intent	SOUTHWELL ROAD HORSHAM ST. FAITH NORWICH	Between 01 Aug 2014 17:00 and 02 Aug 2014 09:55	Bottom panel of front door knocked in, tidy search of premises undertaken, drawers opened in the office and cupboards opened. Nothing taken.
40929/14	Other Criminal Damage to A Dwelling	OLD NORWICH ROAD HORSHAM ST. FAITH NORWICH	Between 04 Aug 2014 22:00 and 05 Aug 2014 08:30	Front double glazed window damaged.
40787/14	Theft From A Motor Vehicle	MAGNOLIA CLOSE HORSFORD NORWICH	Between 30 Jul 2014 16:30 and 31 Jul 2014 06:30	Vehicle broken into whilst parked on driveway. Powered gardening equipment stolen from within.
40871/14	Theft From A Motor Vehicle	BOUNDARY ROAD NORWICH	Between 04 Aug 2014 12:45 and 04 Aug 2014 13:15	Golf clubs, shoes and golf bag stolen from boot.
40312/14	Theft If Not Classified Elsewhere	DRAYTON HIGH ROAD NORWICH	Between 30 Jul 2014 16:00 and 30 Jul 2014 16:49	Mobile phone stolen from changing rooms.

"What's on in & around Hellesdon"

Does your club, society, organisation need help in promoting your activity? Do you need more members? Then the Parish Council would like to help. Send us your articles and we will do our best to publish in the forthcoming issues of The Grapevine.

Gardeners' Quiz And Question Time

Come and join us for a fun afternoon on Saturday 4th October at 2.30pm in Drayton Village Hall

Quiz Master
Richard Whellum
with other special panel guests

Tickets £6.00 which includes homemade cakes and light refreshments

Hosted by St. Margaret's Church Drayton Social Committee

Tickets and further details from Linda
Tel: 01603 861432

JOIN US FOR MORE FAYRES AT
HELLESDON COMMUNITY CENTRE
MIDDLETONS LANE NR6 5SR



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CRAFTY CHRISTMAS FAYRE
SATURDAY 22ND NOVEMBER 12 TIL 4

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COME AND SEE US AGAIN!

HELLESDON FRIENDSHIP CLUB

We have places available for new members who are over 60.

We meet on Friday afternoons between 2 and 4 pm at

Hellesdon Community Centre

We enjoy meals, outings, entertainment, bingo, games and friendship

If you would like to join us please contact Diane Parker on 01603 928234 or simply can and see us on a Friday afternoon



**Norwich
PC User
Group**
www.npcug.org

The Norwich Computer User Group has temporarily moved location from the Royal British Legion building

on Aylsham Rd and now meets at the United Reform Church, Ipswich Road, Norwich, on the third Tuesday of every month at 7.45 pm.

Club members enjoy talks on a wide variety of computer topics. Past talks have featured: building a computer; adding new hardware & operating systems; cabling; installing & use of software applications such as: Office, Open Office, Multimedia Applications, Digital Photography, Paintshop Pro, Powerpoint, creating & editing digital videos, internet security, family history research on the web, and other subjects depending on interests.

Members share knowledge & advice in their own areas of interest, and help solve any computing problems.

Further details are available on the club website at: www.npcug.org or by telephone: 01508 480641. Everyone welcome, drop in on any meeting.

ADULT LEADER WANTED TO RUN A BROWNIE PACK IN HELLESDON



If you are aged 18+ full of enthusiasm and willing to give it a go, Girlguiding can help you shine.

Interested? Contact Val Purdy 01603 897299 for more details.

HELLEDON COMMUNITY SPEEDWATCH

Another quarter of a year has gone past and we are pleased to report that a further two members of the public have volunteered and been approved by the Safety Camera Partnership based at Carmelite House, St James Court, Whitefriars, NORWICH NR3 1SL (for applications please contact: communityspeedwatch@norfolk.pnn.police.uk directly)

The Hellesdon Community Speed Watch Team is currently comprised of two co-ordinators and two team leaders. We meet once a quarter in Diamond Jubilee Lodge in Hellesdon with the kind assistance of the Parish Council allowing us to have access to one of the rooms.



Since the end of April we have been able to go out on 15 occasions and have covered sites that are not actually local to where we live as individuals, so if you have an area of concern then please consider applying as you know your local area best and it is possibly already an approved location and just needs more local residents to cover your area. We are all volunteers and we all have busy lives and do the CSW in our free time so are not always able to cover the sites that the general public think we should cover or at the times perceived to be best. We currently have 14 approved sites across the Parish of Hellesdon including on Hellesdon Road just over into the City of Norwich but which still comes under the umbrella title of the Parish. Our current Hot Spots are Low Road opposite St Mary's Church and both ends of Reepham Road.

We have been supported by the Parish Council with the assistance of the Speed Awareness Message Signs that you may or may not have noticed that, at the time of writing, have been put up along Middletons Lane, as well as a portable bit of kit that was used on a further additional 5 sessions in July. In this current quarter we have recorded, with the equipment we have used, over 270 motorists exceeding 30mph.

This is Hellesdon Community Speed Watch and if you feel this needs to be changed then please think about volunteering even just an hour or so a week will make a difference – the more volunteers we have the more we can get out and be a high visible presence on the streets of Hellesdon in our approved 14 locations that have been requested by the members of the public. Anyone over the age of 16 with no upper age limit can apply so please do apply – and you are all more than welcome to join us!! Till next time.

Linda Sandall and Kym Thurston
Community Speedwatch Co-ordinators



Don't forget
British Summer Time ends on
Sunday 26 October 2014
At 2am clocks go back 1 hour to 1am

COMPANION DOG SHOW 2014

'Best in Show' was 'Darla' an English Bull Terrier

The picture shows Darla (left) with her owner Emma Elford, alongside other winners from the Show. The Parish Council Carnival Committee wish to thank Mrs Christine Powley for judging the competition. Very special thanks to Mr & Mrs Mike Gant who organised and ran the show with Mike assisting in some of the judging too.

The Carnival Committee also wish to thank Fidos Pet Food Shop, Dixons Shopping Centre for sponsoring the event and also www.cobydog.com for providing administrative back up for the Show in the form of show cards etc. This year's show was once again held in aid of Dogs Trust at Snetterton



FUNDS FOR SNETTERTON DOGS TRUST

As previously mentioned this year's Companion Dog Show was held in aid of the Snetterton Dogs Trust raising £180.00.

The picture shows the presentation of the cheque by Councillor Des Jones-Blackett to Kate Brewster, Snetterton Dogs Trust in the presence of other members of the Carnival Committee and in the foreground, Winnie the Greyhound from the Dogs Trust

BEST KEPT ALLOTMENT COMPETITION

This year's best kept allotment competition was won by John Dye (pictured centre) followed closely by runner up Mervyn Howard (right) and in third place Ray Buckingham (left).

John wins a garden voucher, winner's plaque and also gets to keep the coveted trophy on his mantelpiece for a year.

The judges this year were Matt Hewes, who is the allotment officer for Norwich City Council and Michael Lansdell a current Norwich in Bloom Judge. The judges were impressed overall with the high standard of allotments and described the winning allotment as "a very attractive and well maintained plot with excellent use of available space accommodating a broad range of well cultivated crops." Well done to John for all his hard work in achieving his award.

Allotments plots are available on the Bush Road site, so if you are a resident of Hellesdon and are interested in having an allotment, please contact the Parish Council office, and who knows it could be you pictured with the trophy next year!



CARNIVAL RAFFLE RAISES FUNDS FOR EAST ANGLIAN AIR AMBULANCE

This year the Carnival Grand Raffle was held in aid of the East Anglian Air Ambulance with a total of £402 being raised.

The picture shows the presentation of the cheque by Councillor Des Jones-Blackett, Chairman of the Carnival Committee to Amy Franklin, Fundraising Manager, East Anglian Air Ambulance.