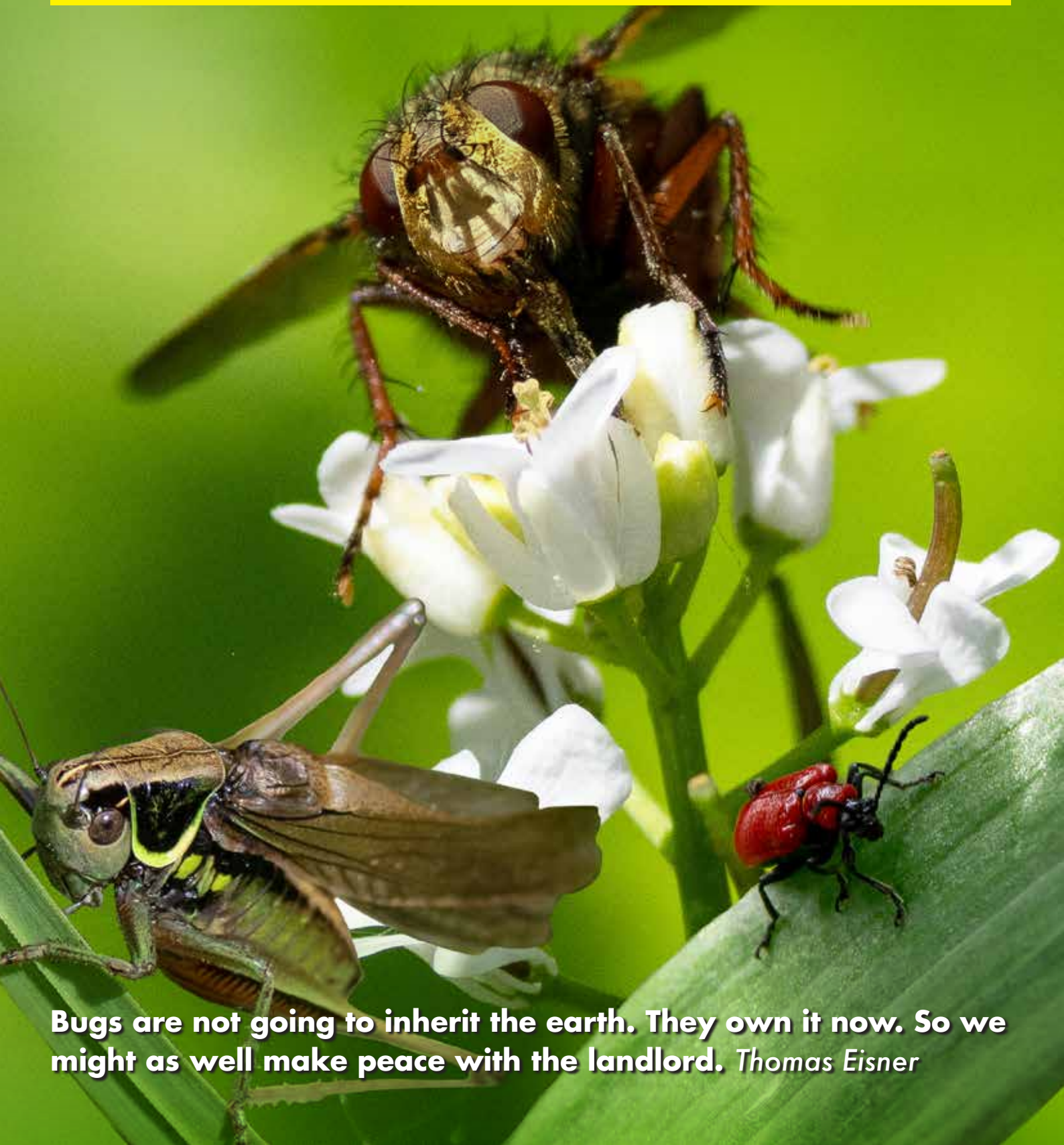
FREE!

Miscellanea

The Quarterly Mattishall People's Magazine Spring 2025 Issue 102

Distributed FREE to every household in Mattishall and Welborne!!



Bugs are not going to inherit the earth. They own it now. So we might as well make peace with the landlord. *Thomas Eisner*

Park Physiotherapy

Experienced team of Chartered Physiotherapists,
Registered with the Health Care Professions Council

We can help with:
Headaches, dizziness, Neck and arm pain,
Spinal pain, Pelvic Girdle pain, Sports injuries,
Male & female continence problems.

We are open and following guidelines to keep you Covid safe.

Clinic at Leys Farm,
Hockering NR20 3JE

01603 881184

Early & late appointments available

www.parkphysiotherapy.co.uk

AQUANIQUE

Aquanique Plumbing:

- Emergency Call-outs
- Full Bathroom Installations (Planning and Suppling Available)
- All Domestic Plumbing Big or Small
- Tiling: Wall, Floor and Mosaics
- Bespoke Copper Accessories

Matthew Reardon
Mob: 07432 853481
Tel: 01603 872698
E: info@aquaniqueplumbing.co.uk
W: www.aquaniqueplumbing.co.uk

AMH Plumbing

Specialising in small jobs

- leaks, overflows & burst pipes
- taps repaired & replaced
- outside taps
- toilets repaired
- ball valves
- washing machines & dishwashers plumbed in
- showers fitted & repaired
- bathrooms fitted & tiled

Call Adrian on 01362 694286/07951 114440
enquiries@amhplumbing.co.uk
www.amhplumbing.co.uk

JOHN COLES

ELECTRICIAN

Property Alteration/ Maintenance

All electrical work, building work, plumbing & carpentry
All aspects of kitchen, utility & bathroom refit
(incl mobility & access solutions)
Happy to advise, discuss work & provide prices
Public liability insurance + references.
Friendly, reliable family business
01362 692249 or 07919 593391
Find us on Facebook
Your satisfaction is our reputation

DRIVEWAY & PATIO CLEANING

ALL TYPES OF PAVING, PATIOS AND PATHS PROFESSIONALLY CLEANED AT AFFORDABLE PRICES

WE ALSO CLEAN WINDOWS, GUTTERS, FASCIAS AND CONSERVATORY ROOFS

Call for a free ***No Obligation*** quote

01603 868014 / 07717 185767

Nye Cleaning services Ltd
www.nyecleaning.co.uk

Miscellanea

Editorial Team

e: miscadvert@yahoo.com

Editor & Advertising
Anne Jackson
(01362) 858744
07515417225

Nicky Grandy
07557 403212

Distribution
Lizzie Loades
(01362) 850491

Contributors

B O Bear

Kevin Bingham

Michael Blackman

Helen Brook

Tina Cooper

Anna English

Ann Futter

Paula Gilluley

Gerry Goldner

Jacqui Gray

Mike Hamill

Ken Hawkins

Pam Kelly

Roisin Murray

John Norton

Sue Pendlebury

Ray Taylor

Lin Thompson

Front cover photographs by Kevin Bingham featuring a Tachina fera-fly, a Lily beetle and a Roesel's bush-cricket

Miscellanea (current and past copies) is available on-line, www.mattishall-village.co.uk

© Miscellanea
(original items not otherwise indicated)

Any views expressed in *Miscellanea* are not necessarily those of the publishers or the editorial team. Whilst every effort is made to ensure accuracy, we cannot accept responsibility for errors or omissions. We cannot guarantee the goods or services offered by advertisers.

Printed by Gowise Print, Norwich

From the Editor



Anne Jackson

A bit of sunshine and everything seems better. It is so uplifting to see the spring flowers bloom and blossom bursting in the trees, Winter seems so long ago.

I'm sure many of you enjoy Mike's Scribblings in each issue and so I'm pleased to announce that our local poet, Mike Hamill, is now having his poems published. His book **My Garden & Other Poems** will be published on 26th April and can be pre-ordered from Amazon for £7.99. I'm sure he would be delighted to sign your copy. *See his advert on P13.*

It is horrible announcing the end of any clubs or groups in Mattishall or Welborne, especially when they have supported so many residents but The Link is no more. I know Lin Thompson and her team did everything they could to keep this group running, supporting those with dementia and their carers, but unfortunately they decided they could not continue. Thank you Lin and her team for the support you did give over the years. *See P4.*

I think virtually everyone who has submitted their choices for Desert Island Discs in Miscellanea have said how much they enjoyed the process of choosing their 10 favourite pieces of music. Would you like to take part? We are happy to receive anyone's choices, so please let me know if you are interested.

Enjoy the Spring sunshine.

Anne

Help at home from Norfolk Swift Response

Norfolk Swift Response is a 24-hour service that provides practical help to adults with an urgent, unplanned need at home. It is a free service.

Norfolk Swift Response can help with practical things like:

- If you have a fall but are not seriously injured. They can bring special lifting equipment to help make moving as safe as possible for you
- Getting up, washed, and dressed - for example if your partner or carer is suddenly admitted to hospital

If you believe someone is in danger, or their life is at risk - call 999.

Who can get assistance

It's for people who:

- Are aged 18 or over
- Live at home
- Need physical or practical support with daily living tasks

This includes:

- People with physical illness or disabilities
- People with learning disabilities
- People with mental health problems
- Carers

How to contact us

Call Norfolk Swift Response on 0344 800 8020 and select option 1.

What happens when we visit you

When any of our team visits your home, they will always:

- Show their identity cards when they visit you for the first time
- Be dressed in the team uniform
- Behave professionally and politely
- Respect your privacy and dignity
- Ensure you receive prompt, appropriate support and tell you if there is a delay
- With your agreement, and if appropriate, make ongoing referrals to other support

THE LINK

MATTISHALL DEMENTIA SUPPORT GROUP

GOODBYE, FROM THE LINK

The Link (Mattishall's Dementia Support Group) has run in Mattishall since 2017, to support people in the village and surrounding areas who are diagnosed with dementia and their carers. In December the group took the sad decision to close.

Since opening again after the Covid lockdown the group has struggled to maintain a reasonable level of attendance, although volunteers tackled publicity with enthusiasm to ensure the word was out that we existed. Loyalty to the group among past and present carers and volunteers remained and remains high. There was no shortage of new and old volunteers to play games with and listen and chat with attenders. However, to continue to run with such low attendances as we were experiencing was unfeasible.

We all know, or know of, those with dementia, and read that incidence is rising. Why then, did the dementia group go downhill like this? We can only surmise, but factors which could have had an effect might be the early diagnosis of dementia , when people might not see themselves as needing a "dementia group" and would be happy to just continue their activities. More power to them I say.

Indeed, there are groups in the village that well cater for the needs of everyone. I'm thinking of the Drop-in and Singing for Wellness at All Saints Mattishall. The Hub at the Community Centre. The Forget-me-not Golfing Group in Dereham for those who golf. I could go on. The Link, in latter days, catered for those people further along the dementia journey and because of the course of the disease we lost members through changing care needs and sadly, inevitably, death.

We remember The Link as a vibrant space full of joy in meeting friends and being happy together.

I would like to thank everyone in the village who supported us in any way over the years, including the WI and the Methodist church.

Lin Thompson

Brainteasers Issue 102

Brainteaser 1 of 5

A fully laden lorry weighing exactly 20 tonnes starts across a 10 km bridge that can only safely hold vehicles that are exactly 20 tonnes or less in weight. Half way across the bridge, a pigeon weighing 500g lands on the lorry. The bridge does not collapse.

Why not!

Answer inside back cover

KNOW WHERE THE DEFIBRILLATORS ARE

YOU NEVER KNOW WHEN YOU MIGHT NEED ONE.

Poultec x 2
(one in the Gym the other outside Café Verde)

Memorial Hall (playing field side of the hall)

Village Green (opposite the surgery)

Mattishall Primary School
(only available during school hours)

Mattishall Golf Club (outside the clubhouse)

Welborne Village Hall (beside the back door)

MATTISHALL COMMUNITY HUB

Promoting social contact & community projects

How lovely it is to, once again, welcome Spring with its warmer days, blossom on the trees and busy birdsong. For us at Mattishall Community Hub, one of the most notable signs of Spring having arrived is that we now leave our regular sessions in daylight!

February saw our second AGM which was well-attended and which was an opportunity for us to revisit our activities over the past year and to announce our plans for the next one. We also held a raffle which raised over £70 for The Alzheimer's Society.

MCH is now in its third year of existence, having been set up following its earlier life as Mattishall Volunteer Hub which was a direct response to the Covid pandemic. It was recognised that not only in the pandemic but in life, generally, there are many people, of all ages, who may experience social isolation and loneliness or who just need to get out of the house sometimes and meet others for a cup of tea and a chat. We now hold twelve regular sessions a year on the **first Tuesday of every month at Mattishall Memorial Hall, South Green from 2.00pm to 4.00pm.** There are no joining fees and entry and refreshments are free.

Everyone who attends the MCH sessions automatically becomes a member and receives regular updates so that they are 'kept in the loop' about our activities. This is a community project and so we encourage everyone to have a say in what we do. We have a core of around 25 people who attend regularly but many members just come along when they can or when we're holding specific events. MCH is open to everyone in our local community of Mattishall and the surrounding villages.

As well as copious amounts of tea and coffee and various sweet treats, we provide table quizzes which prove very popular. They are just for fun - no prizes! - but do stimulate conversation between attendees as it can sometimes be daunting to start up a chat with people you may not initially know. We also have a Give & Take table where you can bring a small item, we suggest a plant cutting, packet of seeds, ball of yarn, book or puzzle etc. and swap it for one other item on the table. This is entirely optional. For some sessions we have guest musicians, speakers and hold fundraising events for other worthwhile causes as well as our one-off events such as the Coronation and D Day afternoon teas, Table Top Sale and coach trip …



COACH TRIP MAY 2025

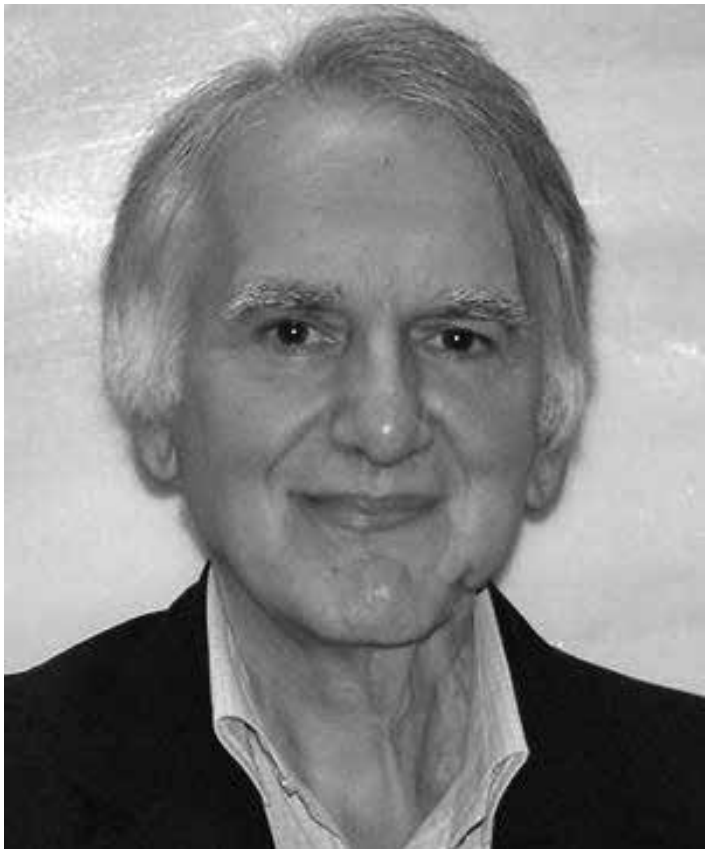
Following on from the success of our 2024 outing to Bressingham, one of our plans for 2025 is a trip to Pensthorpe Natural Park, which boasts its famous Nature Reserve - habitat of many species of birds - beautiful gardens and, of course, a tea room and gift shop. The trip will take place on Tuesday 20 May, leaving Mattishall mid-morning (exact times tbc) and will cost £20pp which covers entry ticket and coach fare. It is open to all so if you'd like to book a place, please contact us at the details below.

Helen Brook (Coordinator, Mattishall Community Hub)

email: mch23@btinternet.com
text/voicemail: 07467 945200







John Norton

MY FUNNY VALENTINE

I was sitting at my lap top racking my brains trying to think what to write about when I glanced at the date at the bottom of the screen. 14 / 02 / 25 it said. Cor blimey – it's Valentine's Day! Almost simultaneously I heard the letter box open and realised that it must be the hard working postie bringing my usual huge bundle of cards. I'm a very popular person you know. This was just what I wanted as an excuse to delay writing anything.

I sauntered into the hall full of excitement and anticipation. Only two envelopes lay on the mat. That's a bit disappointing I thought – what's happened to my extensive fan club? But that was nothing to the disappointment after opening the envelopes. One was from the Inland Revenue politely telling me in big bold black text that I had underpaid tax and owed several hundred quid. The other was my car insurance renewal which, for some unaccountable reason, had gone up by yet another hundred for the forthcoming year despite my no claims bonus lasting for years. There was not even a single kiss on either of the letters. Whatever happened to romance I mused?

When I was a kid the top four events of the year were, in order of importance, Christmas, birthday, bonfire night and Valentine's Day. They were followed by Easter and Shrove Tuesday simply because you could fill your face with chocolate and pancakes. My mother used to have a pancake production line going. I think my record was scoffing ten in one sitting.

The reason Valentines had such a high rating was because of a very fine gentleman, who, I think, may have only operated in rural Norfolk. We called him Father Valentine. Some people in the county called him Jack Valentine, but to us he was Father. On the evening of 14th February, when it was dark, he would knock at the door. Us kids would rush to see who it was and fight to be the first to open the door. But there was never anyone there. That didn't matter though because on the ground outside the door would be a wrapped up present with a name on it. Whose is it? Usually it was the youngest sibling who had first crack and my little sister would run in screaming with excitement holding her gift in triumph while my dad would casually come in from the back door and wonder what all the noise was about. The front door was closed and a few minutes later the door bell would ring again and we'd go through the same process. This time it was my name on the present, and then when it happened again a couple of minutes later it would be my elder sister and so on until we had about three or four presents each. Crayons, colouring books, sweets and other offerings abounded. But the odd thing which I started noticing as a six year old was that my dad was never there when we opened the door and kept wandering into the house through the back door. What the heck has he been doing out there? Night time gardening or something? After a few years the penny began to drop so on a particularly cold Valentines night I waited, armed with a jug of cold water, next to the open bedroom window immediately above the front door for the elusive, but very kind, Father Valentine to arrive. Sure enough he turned up and left a gift on the doorstep and rang the bell. Before he had a chance to escape he was splattered on the head with the contents of my jug! My dad was a good bloke and he took it well as he came in the back door soaking wet. But the game was up!



As we got older our pranks became a bit more sophisticated and my mates and I would go round knocking at other peoples doors and running away. Or even tying the door knobs of adjoining houses together before knocking. It's a good job Anti Social Behaviour Orders weren't around in those days. I think PC Nightingale, the village bobby, made the wise decision to leave his bike in the shed that night.

I have four kids and to keep the tradition alive Father, or if you prefer Jack, Valentine used to come to our house with similar excitement and I would keep coming into the house via the back door and express my surprise at all these gifts. He added a new feature by which after the last gift drop he would leave the dustbin on the doorstep. It must run in the family because on one Valentine's night as the kids got older, I ended up with a saucepan full of water over my head. Happy days. For a little while my grandkids had the same fun, but sadly I think the tradition has now slowly ebbed away.

But my best ever Valentine present was when I was about 9 and received my first Valentine's card with a big kiss and question mark written on it. I had no idea who thought so fondly of me and treasured that card, and even slept with it under my pillow. It wasn't until 6 months later that my elder sister admitted, with hilarity, that it was her. That's big sisters for you.

PS – I've decided not to sleep with the letters from the Inland Revenue and car insurance company under my pillow. But if they had nearby offices in Dereham a jug of cold water might serve a useful purpose.

STOP PRESS – It's now the Monday after Valentines and over the weekend my daughter Hetty who lives in Edinburgh sent round a family WhatsApp with a picture of two of my grandchildren surrounded by little gifts. Apparently Jack Valentine had turned up, but Hetty kept missing him because she was out of the house! Then my eldest daughter Cara reminded us of the Valentine's night when after the door knock the kids screamed with fright when they saw a hand tapping its long fingernails on the glass. Alfred Hitchcock must have joined Jack that night.

I'm so excited because this means Jack Valentine is alive and well and has been touring Scotland. I feel a campaign coming on to get him to return to Mattishall. I can assure you that all the kids in the village would love it. Much better than staring at screens and phones. Put it on the agenda for the Parish Council to consider!

Happy Valentines XXX

S & C Window Repairs

Repairs to double glazed windows, doors and conservatories
Local independent business
Free estimates, No call out charge

Steamed up windows, broken handles, hinges, replacement gasket, plus cat flaps, door panels and more

01603 520136 or 0800 1601932

sandcwindows@gmail.com www.sandcwindows.co.uk

Roots
By Kim

Unisex Hair Salon

01362 850380

5 Mill Street, Mattishall, NR20 3QG

Do You Know How To Save A Life?

By Roisin Murray



It is a scary thought that only 8% of patients who suffer a cardiac arrest outside of a hospital in the UK actually survive. The key factor is early treatment – but how many of us are actually confident that we could do CPR or use a Defibrillator "for real"?

We discussed this at the Memorial Hall Committee meeting and as I had just learned that the East Anglian Air Ambulance run free courses on both we all agreed that the Hall should host an event.

Initially I booked for one training session but the idea was so popular that we ended up running two, one-hour sessions on the 8th February. In all 36 people came along to learn (or be reminded of) the skills they would need. Huda, our lovely trainer, described the difference between a heart attack and cardiac arrest and then talked us through the stages we would need to go through to help keep the person alive, before letting us loose on the resuscitation dummies and a training version of the Defibrillators.

Many of us noted that, although the Defib. does talk you through the process, it was not that simple when trying to listen to the instructions and get the pads on in the right place. In case you are wondering – don't put them both on the front of the chest – that only happens in Casualty!

It was good to see a wide age range of villagers joining in the training – aged from 16 to "don't even ask". We all agreed that it was an hour well spent and who knows, it might save a life one day. Apparently at least one person in our county has already been saved by someone who had attended one of these courses – so you never know when it might be handy.

If you do find yourself needing to respond to a suspected cardiac arrest there are some simple steps to take

1 make sure you are safe yourself

2 shout for help and gently shake the person to see if you can rouse them

3 look and listen for signs of breathing

4 call 999 – the call handler will help talk you through what to do and also tell you where the nearest WORKING defibrillator is. This is important as the call handler will know if they are in working order – sometimes they are taken off service for maintenance or repair. They will also have the access code if there is one. Get someone else to fetch it as you need to urgently

5 start chest compressions

6 if someone has fetched a defib. machine switch it on and follow the instructions.

We have seven registered machines in Mattishall and Welborne. These are at:

The Village Green (in the phone box)

The Memorial Hall (on the wall at the back of the building)

Poultec Centre (one outside Café Verde and one in the gym area)

Mattishall Golf Club (outside the clubhouse)

Mattishall Primary School (restricted to school opening hours)

Welborne Village Hall (by the back door)

But remember to ask the 999 call handler where it is best to go for one.

This can seem a bit daunting but knowing what to do can make that vital difference. I know some folk couldn't make the last training so I have started a waiting list for another course, so if you missed out do give me a shout on roisintmurray@outlook.com and I will add you to the list and let you know when we have enough people to run one.

Finally, a big thank you to those who attended for the voluntary donations to the Air Ambulance. We raised £130 and they have sent their thanks for this.

DESERT ISLAND DISCS



Sue Pendlebury

A little bit about me. I'm Sue Pendlebury and Ian and I moved to Mattishall just over 12 years ago having previously lived just outside Wymondham for 20 years before moving to Yorkshire for 10 years. We have a daughter and son. Ian and I are both retired now and enjoy being back in Norfolk. I have been a singer from childhood and have sung in choirs for many years, which I love. I am a member of the Mid Norfolk Singers, a choir in Dereham. I also enjoy gardening, being part of a book group in the village, a member of NWR and Chair of the PPG



My ten choices are: (this is my third attempt!)

1. Once in Royal David's city.
A carol that reminds me of my childhood.

2. If I fell in love with you - The Beatles.
Memories of being a teenager.

3. Sweets for my Sweet - The Searchers.
These two choices are about the time I met Ian.

4. If you're happy and you know it clap your hands.
Hasn't everyone sung this in the car with their children and grandchildren doing the actions?

5. Moonlight Shadow - Mike Oldfield.
Another car journey song with the children that we all enjoyed.

6. Untold Stories - Alan Bennett.
I listened to this from door to door, driving down the M1 to look after our granddaughters.

7. Deep Harmony - Black Dyke brass band.
Brass bands are part of my DNA having been brought up in the North.

8. Lachrymosa - Verdi Requiem.
I love the whole requiem but this is beautiful.

9. Miss Otis regrets – Ella Fitzgerald.
What a wonderful voice, she makes singing sound so easy and relaxed.

10. Messiah - Handel. Any part of this oratorio.
This is a piece of music I have sung in for many years.

ML PPG

Mattishall & Lenwade Surgeries Patient Participation Group

Since 2016 all GP practices in England have been required to have a Patient Participation Group (PPG).

We are a group of volunteers who are patients at Mattishall & Lenwade surgeries. Currently there are 11 of us. We meet every two months with surgery staff to ensure that patients are given a voice within the GP practice. The purpose of the PPG is to improve two-way communication between patients and the practice - patients can raise concerns and suggest improvements via the PPG and the surgery can use the PPG to provide information and sound-out their own ideas and plans.

If you would like further information or have anything that you'd like to raise with the surgeries via the PPG, you can get in touch with us via our Facebook page 'Mattishall and Lenwade Surgery PPG', send an email to mandlsurgeriesppg@gmail.com, or go to the practice website (www.mattishallsurgery.co.uk/practice-information and click on 'Patient Participation Group'). If you don't have access to any of these but would like to make comments or suggestions, don't forget that there are Suggestion Boxes in the waiting rooms. The PPG also has its own noticeboards in the waiting rooms that we are using to promote monthly health-awareness topics. One of the topics for April will be stress awareness.

Remember, the PPG is here to represent you.

Sue Pendlebury, Chair of the PPG

The Lady who was at the Library.....

Today, I want to talk about the rhythm method. Okay, calm down I mean circadian rhythm to be precise, our sleep patterns. I speak as one who has a controversial solution to an age old problem.

Now a lot has been written about sleep over the years, its importance in resetting the mind and body after the stresses of the day, its healing properties during illness and its preventative benefits regarding long term cognitive health or indeed its decline. We all have heard talk of "a good night's sleep" being a panacea for all ills. But what exactly constitutes a good sleep and does it have to be at night? The general assumption is that 7-9 hours is a reasonable expectation of good sleep. There are outliers, those who famously thrived on four hours and copious amounts of whisky like Winston Churchill or Margaret Thatcher to name but two, but most of us fair better on more. So what do those of us who achieve considerably less than the recommended average do when we fall short?

I tried all the suggestions in lifestyle advice including spraying my pillow with lavender and donning a silk eye mask to keep out the light. I dutifully avoided caffeine after noonday and sipped cocoa or Horlicks after a warm bath (this latter no longer feasible due to mobility concerns) and turned off screens an hour before bedtime. I never enjoyed horror movies but avoided anything grisly on television other than "a nice murder" as I wound down. I read briefly or listened to an audiobook. I covered all the bases, so to speak. This regime worked for a while, but naturally life events impacted upon the routine.

Three children under five years old meant that broken nights were a regular occurrence and busy days limited sleep catch ups. It's amazing how resilient the body can be during the lean years, the phrase "I could fall asleep on a clothesline" never more applicable. As the children grew, the sleep improved until their night-time regime involved staying out for all of it. Worrying disturbs sleep alarmingly.

Earlier in my nursing years I worked nights as routine. So worried was I that I'd fall asleep at four in the morning I was militant about my sleep during the days before night duty. I invested in the full eight hours and got them. I would happily work my shift, get the bus home and wake my husband so he could start his day as mine finished. I ate my boiled eggs and fell asleep as he slipped out the door. Nothing woke me until the afternoon alarm. I slept through construction works outside the bedroom window. I was immovable. But I never saw my night-time sleep as so sacrosanct. I would invariably stay up with Robin in the evening and go to bed late but get up for early shifts after relatively little sleep and I never worried about falling asleep during the day. Every few days I'd have an early night or at weekends (shifts allowing) I'd catch up.

During Robin's teaching years he'd stay up marking and planning till the wee hours. He always worked his best after we'd all gone to bed, in the quiet of the night. I'd have to prize him and the children out of bed at ridiculous o'clock in the morning for school and most weekends were spent chasing lost sleep. It was a pattern that might seem odd but



Tina Cooper

I suspect was replicated in many households. Thankfully, I was a lark to his owl otherwise we'd all have been late. To be fair, his own sleep schedule mimicked that of his father's. In the army during his formative years, his dad made it to the rank of Corporal but was busted back to private after failing to wake himself and the men in the mornings. You sense a pattern, I can tell.

But that's all behind us now. My own sleep schedule has a distinctly different style and might defy logic. Now I'm an old age pensioner and can lie in of a morning, I don't...well not exactly. My husband and I have a system. Based upon years of adjustment, compromise and under eye bag production, we have perfected the wake/sleep cycle. We are vampires.

Robin, as you may have gathered, has always been what we lovingly termed a "dirty little stop up" in seventies Essex. His current employment as a badminton coach requires many late evening meetings and as a result if I want to see him socially I must stay up too. We have honed ourselves to a certain extent to enjoy late night togetherness. We dine late and entertain ourselves with film and TV selections from various streaming services. We both love movies and although we don't have exactly the same tastes, we share most. In recent months I have found myself sitting rapt in the middle of a thriller at one in the morning and thought no more of it. But I do lay down my sweet head by two, usually. Robin stays on.

Unfortunately, I'm awake three hours (tops) later heralding the dawn of a new day. In the dark. Every day. We exchanged pleasantries not three hours before, but we do so again and as I put the coffee on, he pours his hot chocolate and heads off to bed. Look away now if you are of a gentle disposition, but we do not share a bedroom. Neither would sleep if we did for, as he then snores away for six hours, I get on with the daily grind and just as he emerges refreshed, I go back to bed. Sometimes we overlap. That's why we need two rooms, that and the snoring.

Later the same day, we regroup and the cycle begins again. I've tried staying awake all day and going to bed late, but still wake up around five am. It's my witching hour. So we embrace it. Obviously we need to shuffle things about for dental appointments, haircuts and the like. I'm on hand to deal with callers all morning and he's around to repel boarders during the afternoons. We work beautifully in sync. We are a well-oiled machine. Spanners in the works occasionally occur if we go away to Scotland or have day trips planned. We both have to relinquish our sleep. But I like to think we're adaptable.

Agreed, it's not the ideal scenario for most people but it works really well for us. We don't let our irregular schedules get in the way of party invitations. Indeed we have a wedding in June and a weekend with all the family. A couple of naps might be taken, who knows. Like I said, we are adaptable. But hark, I see the clock ticking ever closer to noon and I'm getting sleepy. Just a few hours relief and I'll be charging (who am I kidding) around again.

Night night, sleep tight. **Tina Cooper**

Brainteasers Issue 102

Brainteaser 2 of 5

Is a plane crashes on the border between the United States and Canada, where do they bury the survivors?

Answer inside back cover

Luke Rackham

Satellite, Aerial, CCTV & Home Entertainment engineer

I provide high quality installations and maintenance for all below. I cover all of Norfolk and surrounding areas and have a friendly and professional approach to my customers.

Satellite
New installations
Fault finding
Sky to freesat revert
Dish to scaffold relocation
IRS communal systems

Home Entertainment
Wall mounting TV's
Hiding cables
Sky Q to Sky eye distribution
Speakers in walls/ceilings

Aerial
New installations
Fault finding
Additional TV points
Sky eye distribution
FM & DAB radio

CCTV
Commercial &
Domestic installation
Personalised system design
IP
Analogue

07960177998
Mattishall, Dereham
luke_rackham@hotmail.co.uk

What is Happening to the Land at Kingfishers?: Latest by Roisin Murray



On the 2nd February we had our first planting session of the 30 local varieties of fruit trees that we dug into the land. Those who know about trees will already have spotted that they seem too close together – and they would be if they were in their "forever" plot, but we need to keep them out of the area that will be dug and de-grassed ready for the meadow planting later in the Spring.

That area will look messy for a while, but we should be rewarded with a bloom of lovely local species of wildflowers once the seeds have come up. We will cut paths through the meadow so you can enjoy walking through the flowers and hopefully watching the bees and other pollinators enjoy the feast.

Next winter, with the flowers having died back we will be moving the fruit trees into the meadow area so that by summer '26 we should have an orchard, underplanted with a wildflower meadow – let's hope nature co-operates with us!

By the time you read this we will have had our next big planting day, on March 16th when 210 whips (tiny trees) and 30 larger ones should be planted. If you missed the day, don't worry we will be having more activity days as the baby trees will need watering and weeding around so they survive and thrive. If you want to know about them and haven't joined the mailing list which is ONLY for woodland and wildflower events do contact the Parish Clerk and ask her to put you on the list; otherwise watch out for posters on village notice boards and entries on the Parish Council and Village Facebook pages.

The allotment plots are coming along with paths laid out and compost bins in place. Some folk have really got cracking on digging and planting whilst some of us have been doing what we can when we can. We still have some spaces so if you are interested in having a plot do get in touch.

If you would like to do a bit of gardening but think a whole plot will be too big, do watch out for activity starting on the Community Plots (plots 2 and 3 near the gate) and let me know if you are interested in being involved. Again, once the weather is kinder, we hope to get cracking on developing the plots.

My contact details for either option are: roisintmurray@outlook.com or 07932 794251.



Mike Hamill

Mike's Scribblings



My first scribble of 2025

A silent whisper drifts through the clouds
on shades of shining blue.
To walk eternally through my mind,
to remind me of you.
In azure dreams, I think of times,
to remember through the day.
And wander, in a somnolent dream;
and watch the young at play.

I smile at things I see and hear
that comfort and enthral.
And sit, in embroidered symmetry,
beside a waterfall.
Is it either right or wrong
to search for truth out loud?
To be the shining metaphor
in the labyrinth of a crowd?

To talk of friends you've made or lost
through drifting shades of time.
To smile and think of them; in
meter and in rhyme?
To lay awake in happy tears
as comes the morning new.
And think of them most perfectly,
as acquaintances to renew.

The River

I sit beside a babbling brook and listen to its song.
I see the minnows gather, in a darting lively throng.
In shallow pools that dribble over algae covered rock,
I watch the river's passage. To the sea it does drop.
I see a flash of blue and green that darts from the trees beside;
And the male kingfisher rises with a gift for his waiting bride.
And now the river widens and slows its rushing pace,
And from its turbulent start, is now filled with lazy grace.
The waters clear and beneath the dribbling flow,
Larvae, and aquatic life, in its weed filled shallows grow.
The wildfowl hide amongst the wilderness of blooming Rush and Sedge,
And patient fishermen sit quietly, by the rivers soft banked edge.
With practised wrists they cast their hand tied flies, in gentle poetic flight
And wait for trout and salmon to rise; to a final hungry bite.
And now the journeys end, and the water makes the final leap.
As it bids farewell to the land and joins the ocean deep.

QUENTIN THE CATERPILLAR

Quentin, the caterpillar quickly walked
While beside him, Horace talked and talked.
He spoke of things they would do today.
Of what they'd eat. Of games they'd play.
And oh, the cabbage leaves they'd munch
As they ate a pleasant, leisurely lunch.

As they wandered through the cabbage patch,
On occasion, Quentin would snatch,
A minute or two of quiet reflection.
As he considered, sadly, his complexion.
He'd think and hope and heave a sigh.
And wished one day, he could be a butterfly.

Bluff Cove

I stood on those cliffs and through closed eyes what did I see?
The Galahad there, rolling in the waves, broken and free.
The cries of the men drift over me, in screaming pain;
and the rescuers return, again and again.

I see them now on Bluff Cove's towering slopes,
the broken soldiers and sailors. Just blokes
I hear their voices where now seagulls cry
I see the bodies of those who die.

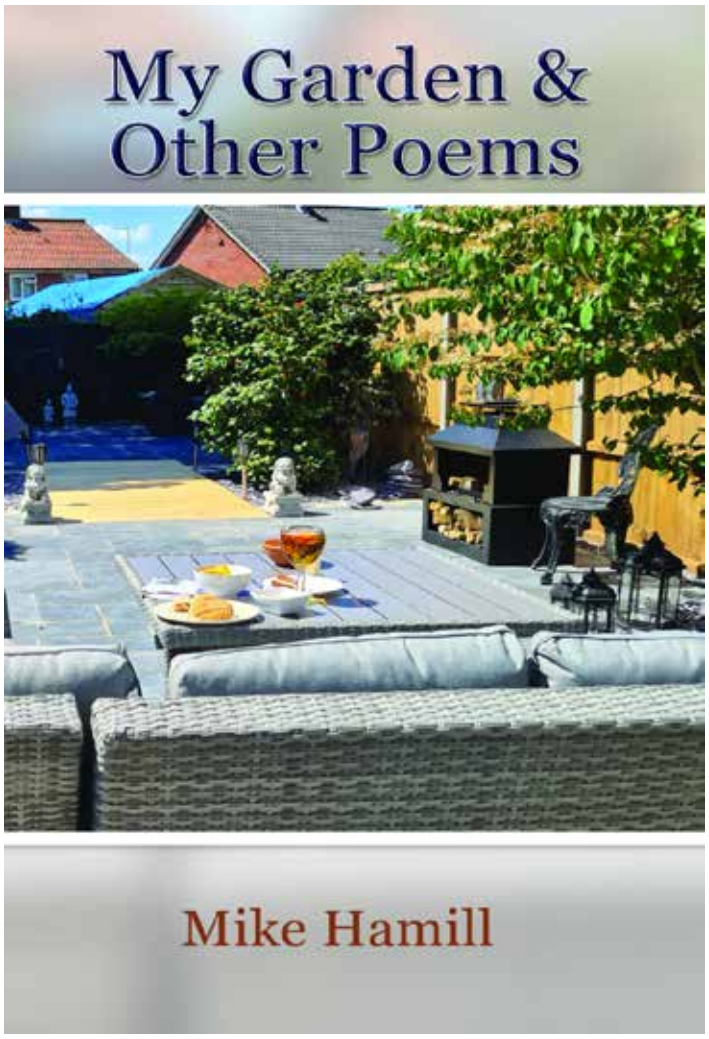
I stand on those cliffs and see, in my mind's eye,
those whose souls stayed beneath the dark, dark sky.
In the oceans cold water their bodies will lie
and I see their souls, endlessly, go marching by.

Table For One

I sit alone on a sunlit beach, at a table just for one.
I watch the twilight fade away, at the setting of the sun.
I see the evening stars appear; luminescent shards of light,
Twinkling in the skies above, beacons in the night.

I sit alone on a darkened beach at a table just for one.
And sift slowly through my memories, and savour each single one.
I see, in multicoloured frames of times and space.
I reminisce on each event; enjoying each remembered face.

I sit alone on a sandy beach at a table just for one
I smile at the warming, brought by the rising sun.
I look around at the slowly gathering throng
And I am no longer alone. The loneliness is gone.



Norfolk
WINDOWS & CONSERVATORIES

ESTABLISHED 1989
30 YEARS TRADING

Our expert knowledge of the industry allows us to provide sound advice and recommendations, which we feel are the most suitable for your home.

We are proud, founder members of FENSA and all our products come with a 10 year insurance backed guarantee.

FENSA
Registered Company


CONSERVATORIES & ORANGERIES


WARM ROOFS


GARDEN ROOMS &
LEISURE BUILDINGS


GRP COMPOSITE DOORS
Full range of colours & designs


PVCu & ALUMINIUM
WINDOWS


TRADITIONAL
SLIDING SASH


ALUMINIUM
BI FOLDING DOORS

FOR A FREE NO OBLIGATION QUOTE PLEASE CONTACT CARL

T: 01603 456667
email: enquiries@norfolkwindows.co.uk
www.norfolkwindows.co.uk

CARPET & UPHOLSTERY CLEANING

CLEANRIGHT
Local Family Business - Established 1992

Carpets & Rugs

Curtains, Pelmets & Blinds

Upholstery - Mattresses

free sample cleans

free quote

01362 850100
Email: peter@cleanrightgroup.co.uk
www.cleanrightgroup.co.uk

Fully Insured - Available 24 hours a day 7 days a week!

ANDY SHEPHERD
KITCHEN DESIGNER LTD
Since 1984

Where good is NOT enough

Design - Supply - Fit

kitchens • sinks / taps • replacement doors
soft-close drawers • hobs • units - any size
bedrooms • laminate worktops • ovens
soft-close hinges • utility rooms • extractors
boiling hot-taps • dishwashers
integrated appliances • quartz worktops and more

Luxury comes as standard -
Sensible Prices all the time

01362 858753

TRUSTMARK
Government Endorsed Quality

www.andyshepherdkitchens.co.uk

E: andy@andyshepherdkitchens.co.uk

SUNNYSIDE FURNITURE & PROPERTY SERVICES

ALL HOME IMPROVEMENTS







Extensions, Loft Conversions, Oak Framed Outbuildings and Full Property Restoration

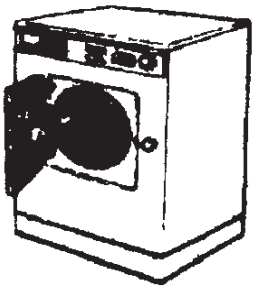
Complete supply and fit Kitchen and Bathroom Service

Over 35 years experience

Based in Mattishall
Mobile: 07799024900 or Tel: 01362850579
Email: kevin@sunnysidefurniture.com
Website: kevinkeeler.wixsite.com/sunnyside-furniture

Norton Domestic Repairs

Repairs to:
Washing machines
Tumble Dryers
Cookers &
Dishwashers



Contact **Kevin** on **01362 850788**
or **Mobile 07769902392**
Friendly service at affordable prices

CTC HIRE

Building D.I.Y., Gardening Equipment and tools

,JCB Micro Digger, Rug Doctor Carpet Cleaner, Rotavators Compactors, Hedge Trimmers, Generators, Lawn Scarifier, Disccutter/Grinder and much more.

The Old Post Office, Mattishall Road, East Tuddenham, Dereham. NR20 3LT.
email: mcram@tiscali.co.uk Tel: 01603 880062

Phil's Gardening Services

I am a friendly reliable chap based in Mattishall

I can offer grasscutting,
hedgecutting,
strimming,
weeding,
shed/fence painting
07920104265



The Norfolk Sweep

Friendly, Professional Service • Fully Insured
All Types of Chimney / Flues Swept

Anthony Walden
Tel: 01362 680189 www.thenorfolksweep.co.uk

Firewood Logs

Seasoned and ready to burn.
Mixed hardwood in trailer loads. Can be delivered at times to suit you or collected by appointment. All locally grown in our own sustainable, well managed woodlands.

Anthony Meynell
Berry Hall Woodlands, Honingham.
Tel: 01603 880541

Littleproud & Son

Independent Family Funeral Directors

SERVING THE MID-NORFOLK DISTRICTS

- Personally supervised by the Littleproud family & dedicated staff for 80 years
- Pre-Paid Funeral Plans
- Traditional service at a reasonable cost

Tel: 01362 695458 (24hrs)
South Green, Dereham, NR19 1PU

Tel: 01760 440269 (24hrs)
Hale Road, Bradenham, IP25 7RA

Our family taking care of your family

1936-2016 80

www.littleproud-funerals.co.uk

*WINDOW CLEANER

WE USE THE REACH AND WASH METHOD; ONE OF THE BEST ON THE MARKET-TRADITIONAL AVAILABLE TOO

WE ALSO CLEAN, CARPETS, GUTTERS AND FASCIAS
CONSERVATORY ROOFS

VERY HIGH STANDARDS AND GREAT SERVICE

S J NYE

MEMBERS OF THE WINDOW CLEANING FEDERATION

CALL 01603 868014 / 07717185767

Need a Plumber?

CALL ME
COLIN KERIN
HOCKERING
• ANYTIME • FREE QUOTES •
• EMERGENCIES •

01603 881303
07766 795846

GGS
Greg's Gardening Services

Telephone Number:
07860347948

Email Address:
gregsgardeningservices4@gmail.com

Grass Cutting, Hedge Cutting, General Maintenance and many other services.

Art & Craft Group

Whether you like painting, knitting or needlework or any other similar hobby why not come along to our group to enjoy a chat, a laugh and good company

Every Wednesday, 2pm – 4pm
Mattishall Memorial Hall
£3 per session.
(First visit – free!)

Tea or coffee and biscuits provided – and cake when it's someone's birthday!

Brainteasers Issue 102

Brainteaser 3 of 5

Mr Overend has lined up six wine glasses in a row in front of him. The first three are filled with wine. The second three are empty. How can he make the row alternate between empty and full glasses by only moving one glass?

Answer inside back cover



LITTLE ANGELS

TODDLER GROUP

Are you a parent/carer at home with pre-school children?

Would you like to meet up with others to chat, have refreshments and let your children play in a safe, warm and happy environment?

If so come and join us – we would love to see you!

ALL SAINTS' CHURCH, CHURCH PLAIN, MATTISHALL

EVERY WEDNESDAY IN TERM TIME

9.00 AM – 11.30 AM

Cost £1.50 one child or £2.00 two or more children.

We have a team of volunteers who are ready to welcome you and your little ones.

Further details from Sue Cossey.

Email: sue.cossey@matvchurch.uk

Tel: Church Office 01362 858873

Facebook: https://www.facebook.com/LAMattishall

Come along to a

family fun time at

All Saints' Church, Mattishall



2nd Sunday each month

(no meeting in August)

4.00 pm—5.00 pm

Everyone welcome

Children must be accompanied by a parent/carer

For further information contact

Church Office 01362 858873 or
contact@matvchurch.uk



FIRST SATURDAY - EVERY MONTH

9.00 am—10.30 am

ALL SAINTS' CHURCH

MATTISHALL

Calling all dads and male carers.

Come and have a fun time with your children.

Bacon rolls/snacks/hot and cold drinks to enjoy and plenty of toys.

Ages 0 to School Yr 2.

£2.00 per family.

Do join us. We look forward to seeing you.

For more details, contact
alan.cossey@matvchurch.uk

BISHY BARNABEES DAY NURSERY

SOUTH GREEN PARK, MATTISHALL

We offer quality home from home care and education for children aged between 6 weeks to the end of Primary School

We run from a purpose built building with ample free parking and two large gardens



Full Ofsted Registered



Pre-School open 08:00 – 18:00
Government Funding available for 3 & 4 Year Olds

Various sessions and hours available to suit your family

For Further Details Please Contact:

Louise or Julie on
01362 850947
Or visit our website at
www.bishybarnabees.co.uk

Youth! Miscellanea

The Centre Section Dedicated To Young People in Our Area

1st Mattishall & District Scout Group

Scout HQ – On the grounds of the Mattishall Primary School

Through a fun youth activity programme we try to prepare young people with skills for life. We encourage our young people to do more, learn more and be more.

****** Scouting is for GIRLS and BOYS aged 6 – 14 ******

GROUP NEWS



Beavers have been busy voting in their Parliament week against having 50p of sweets every day! We joined Cubs and Scouts to visit "Gravity" in Norwich and made some special things at Christmas. This term we had a Snow Evening - there was no snow outside but we still had snowmen in the hall and a snowball fight. We have concentrated on our Cooks Badge as well as doing some problem solving and celebrating Baden Powell's birthday. We'd like to congratulate Olly T on his Bronze Award.

Cubs have been very busy over the last few months and will not be slowing down any time soon! Just before Christmas we cooked our own meals, tried pottery painting and had a great evening at the Wymondham Town Council offices where we had a meeting with the Lady Mayoress and Deputy Mayor. The cubs loved trying on the chains of office and taking turns at running proceedings.



This term got off to a flying start with a visit from the East Anglian Air Ambulance team for a first aid session. We have some outdoor activities to look forward too as well with an archery and whittling session at our local site, followed by an outdoor activity day where we will be crate stacking, backwoods cooking, air riffles and raft building! Hopefully we will have some tired but happy cubs by Easter.



Scouts had several opportunities to practise their cooking skills lately with camp menu planning, 'ready steady camp cook' sessions, as well as enjoying haggis at their Highland Games in January. Highland Games also involved curling, cabers and welly wanging activities. An evening of another essential life skill - First Aid - was completed with scouts demonstrating a good level of knowledge and practising CPR.



Group News: In November all sections of the Scout Group – Beavers, Cubs, Scouts and Leaders, joined the Mattishall community at the service of Remembrance on the Green and in All Saints Church.

BEAVER SCOUTS - GIRLS AND BOYS AGED 6 - 8 TUESDAYS 6.15 – 7.30PM Contact Su McKinnell on 07514 032678
CUB SCOUTS - GIRLS AND BOYS AGED 8 - 10 WEDNESDAYS 6.15 – 7.30PM Contact Emma Day – email: eeyore41983@aol.com
SCOUTS - GIRLS AND BOYS AGED 10 - 14 MONDAYS 7 – 9PM Contact Ann Futter – ann.futter@live.co.uk

Mattishall Primary School

As part of their Long Ago project, **reception** children explored different antiques and their uses. They discussed how objects, clothes and toys have changed over time and the differences between what we used then and now. The children explored black and white photographs and used a polaroid camera and props to create their own. After making their own Victorian-style silhouette portrait, they played a game to guess whose portrait was whose.



As part of their Geography topic, **Year 1** children walked around Mattishall identifying human features on their checklists such as houses, churches, and the park. The children did a great job, walked beautifully, and represented the school so well!



This term **Year 2** children were completing an art project called 'Portraits and Poses'. They analysed portraits of Tudor monarchs and compared these portraits to selfies from today. Using photo editing software the children created their own regal portraits.



In their Art unit, **Year 3** explored different ammonite patterns and designs and used different sketching techniques to create an ammonite motif. These were used to create a two-colour print using polystyrene tiles, printing ink and rollers.



Mattishall Primary School

Year 4 children visited West Stow as part of their History project 'Invasion'. They have been learning about life in Britain after the Roman withdrawal and about the Anglo-Saxon and Viking invasions up to the Norman conquest.



Year 5 children were inspired by a visit to the National Space Centre in Leicester in January, where they explored the interactive galleries and discovered more about the past, present, and future of space exploration. This visit enriched their Science topic 'Earth and Space', in which they learnt about the Solar System and its spherical celestial bodies.



Year 6 went to Gressenhall to engage with the Norfolk Crucial Crew - a multi-agency project led by Norfolk Fire & Rescue Service. It engages with year 6 students across the county delivering safety messages in a fun and interactive way through hazards presented in a safe and controlled environment. The children engaged in different activities led by Norfolk Constabulary, the NHS, the RNLI, East Anglia Air Ambulance, St John's Ambulance and HM Coast Guard and learnt to be responsible and effective in emergency situations, developed social awareness and care for the environment and others and learned about the consequences of offensive behaviour.













gymtec fitness

Gymtec Fitness is a modern fitness venue overlooking extensive, open countryside making it the ideal setting to focus on fitness.

All memberships include:

- Full access to our modern gym
- Full access to all classes led by our fully trained instructors *(non-members pay-as-you-go basis)*
- Use of indoor and outdoor fitness training areas
- Tailored fitness programmes created by our friendly, experienced fitness professionals
- Personal training sessions delivered by our qualified personal trainers
- Fitness assessments, nutrition guidance, fitness support and advice is provided whenever needed by a member of the team
- Free parking

Our all-inclusive membership is £27.50 per month. A 10% discount making it £24.75 per month for:

- Aged 65 Years or above
- A Fulltime Student
- A Blue Light staff member
- Pay annually

| 01362 857195
| gymtec-fitness.co.uk
| Mattishall, NR20 3JY

NXT ROOFING SOLUTIONS

nxtroofing@gmail.com
Nxt Roofing
Nxtroofing1

CALL US FOR A FREE QUOTE **Phone 07739515199**







Rockinghorse Daycare

Rockinghorse Daycare, in Mattishall, provides quality care for children between the ages of 3 months and 5 years. We also provide additional facilities for school-age children in the form of 'Stallions' our Breakfast, After- School and Holiday Club.
Open 8.00 a.m. – 6.00 p.m. Monday to Friday, 51 weeks of the year (excluding Bank Holidays.)
15 & 30 hours Early Years Free Entitlement available.
Tax free childcare and childcare vouchers accepted.







Contact
Debbie or Ruth on
01362 850409
rockinghorse.daycare@yahoo.co.uk

Ofsted Good rating

caféverde



YOUR LOCAL CAFÉ

Café Verde a hidden gem in Mattishall serving delicious, homemade breakfasts, lunches, Sunday roasts, afternoon teas, cakes/bakes and coffees.

Catering for every appetite!





01362 857157
www.cafe-verde.co.uk
South Green Park, Mattishall, NR20 3JY
Follow us:

FREE Home Visits Available

The WillMaker GROUP

- Will Writing
- Trusts
- Powers of Attorney
- Probate
- Property Protection
- Insurance

Safe to do business with Code Compliant

Yell.com ★★★★★

fsb MEMBER

info@thewillmaker.co.uk

01362 288582

www.thewillmaker.co.uk

3b Wellington Road | Dereham | NR19 2BP

Protecting You and Your Loved Ones



Mattishall Youth Club

(Seniors)

Fridays 6.30pm - 8pm

Age 12-16 years

Mattishall Memorial Hall, 47 South Green

FREE Entry

YMCA Here for young people Here for communities Here for you

Funded by Mattishall Parish Council

To book or for more information please
Email: youthclubs@ymcanorfolk.org
Telephone: 07907960621

OSTEOPATHIC TREATMENT

GOcS Registered Osteopath
Diploma Animal Osteopathy

Practising at: Willow Farm, Dereham Road, Garvestone

Weekend and evening appointments available

Spinal Pain
Headaches
Ligament Sprains
Chronic Conditions
Sciatica
Muscle Strains
Sports Injuries
Problems relating to pregnancy

From babies through to the elderly treated
Horses, dogs and cats treated also

For more information, or to book an appointment contact:

Caroline DeWilde BSc (Hons) Ost

01362 - 858530

Chris Baile Brickwork

Specialist in all aspects of brickwork including:

Historic and Restoration

Flint work

New Build

Extensions

Telephone: 07723 094836

Email: chrisbaile@hotmail.com

Please visit my website

chrisbaile.com



Roundabout

Community Pages, News from Community Groups & Societies, Social and Church Events. What's on in and around Mattishall



Loades from Lizzie 01362 850491

DROP IN -



We continue to meet **every Thursday** in All Saints Church from **10 until midday.** For a very short time prior to Easter we will relocate to the Church Rooms (next to the doctors) while new heaters are installed in the church but should be back the week after Easter.

We continue to have 4 special meetings each year when we have entertainment and lunch. During December we had our Christmas lunch with entertainment by Withburgh Bell Ringers from Dereham and on the 20th March lunch was preceded by entertainment from the Wymondham Ukulele Band. The next one will be in June/July when we celebrate summer.

Some people now bring **crochet and knitting** and we chat and learn from each other. We often have homemade cakes as two of our ladies like to bake and share - YUMMY.

We do not charge for individual items but where possible a £2 donation is appreciated to cover the cost including heating. That's not bad for limitless tea/coffee, biscuits and cake. The donation is not essential and everyone is welcome regardless.

This is a lovely place to come along and meet new people, or just catch up with friends. Everyone is welcome to join us. **Lots of men** come along as well so the conversation is usually varied.

We are also able to direct people to many other organisations for help with various issues. **If you are feeling a bit lonely, low or anxious** then please ask for me, Lizzie, and I am happy to have a chat. I may be able to point you in the right direction for support, or just to listen, amazing sometimes how much better it can feel to just talk.

After Drop In several of us go across the road to the **Swan and enjoy lunch together.** A good way to socialise for longer. It's great to have the pub open at lunchtime again and the food is very nice. The pub is now open all day and there is a brilliant friendly atmosphere.

Hope to see you there

LIZZIE'S BOOK LOVERS CLUB



The book club meets on the second Wednesday of every month from 2.30pm. Our usual meeting place is in All Saints Church but due to the work taking place and the cost of heating over the winter we sometimes relocate to the Church Rooms, (next to the doctors). However, the plan is that by our May meeting we will be back in the church.

This is a VERY INFORMAL book club. We do not have any set reading but we do like to chat about books and authors as well as swapping books amongst ourselves. If you are looking for new reading material and a bit of info about the book then this is a great place to come. We start off just telling everyone else about the books we have brought along but the conversation can move to almost anything!!!

We have a cuppa and cake while chatting. There is no formal charge but some people like to give a small donation to cover costs, but that is optional. New members are always welcome to come along, a good way to meet like-minded people and make new friends.

Our next meeting will be in the Church Rooms on Wednesday 9th April at 2.30pm and then the May one will be in All Saints Church on the 14th.

Hope to see new and existing members

SINGING FOR WELLBEING

We meet twice a month to have a fun singalong. No musical experience needed and all songs are well known ranging from rock n roll to Vera Lynn!! You do not need to have a good voice but you do need to want to laugh. The aim is to leave with a smile on your face.

Singing is good for your general mood and can also help with breathing. I find it quite uplifting to sing with other people and I have lots of positive feedback.

These are free sessions and we usually have a cuppa before we start. **We will meet in the Church Rooms during April but from May we will return to All Saints Church, Mattishall.** The sound is lovely in the church and there is plenty of room for however many people turn up. So far we have had up to 20 people at one session and we usually have around 15. Everyone is welcome to join in, no need to book, just turn up.

April dates are Wednesday 9th at 1pm and Thursday 24th at 7pm

Sessions take place on the second Wednesday each month from 1-2pm and the fourth Thursday from 7-8pm. I am there about 30 minutes early to have a cuppa with anyone there early before we start.

Hoping to see new people joining us.

MATTISHALL MIDSUMMER CHEESE AND WINE

Following the successful Community suppers last year held in All Saints Church, Mattishall we are now organising something for the summer.

On **FRIDAY 20th JUNE** we will meet again in the church for a **social evening of music, storytelling, quiz and food from 7pm.** More details will be available nearer the time so look out for posters around the village and posts on social media.

This will be another **FREE EVENT** for everyone in the village to come along to and enjoy a fun evening. Cheese and wine, alongside other refreshments will be provided but people are welcome to bring their own extra wine as well.

The Community Choir, which has evolved from the Singing for Wellbeing group, will be there to lead community singing as well as other acts to entertain.

Looking forward to another good social get together to celebrate midsummer.

Mattishall Methodist Church

Weekly Sunday Services at 2.30 p.m.

Easter Day Service: Sunday 20th April at 2.30 p.m. led by Sebastian Bell.

Chapel Anniversary Service: Sunday 27th April at 2.30 p.m. led by Rev Betty Trinder.

See Noticeboard for details. All welcome.

Meeting Rooms for hire - Enquiries to Fred on 850750.

All Saints, Welborne:

30th March – Mothering Sunday – 9am

6th April – Morning Worship – 9am

13th April – Palm Sunday – 9am

17th April – Maundy Thursday Holy Communion – 7.30pm **(at All Saints East Tuddenham)**

18th April – Walk of Witness – 11am (from **Mattishall Evangelical church**)

18th April – Good Friday – Hour before the Cross – 2pm

20th April – Easter Day - Benefice Service Holy Communion – 10am (at **St Mary's North Tuddenham**)

27th April – Morning Worship – 9am

4th May – Morning Worship – 9am

18th May – Benefice Service Holy Communion – 10am (at **All Saints East Tuddenham**)

25th May – Morning Worship – 9am



Bridge Club



Scrabble



Ten Pin Bowling



Darts

Plus theatre, cinema, exhibitions, lunch

Please come and join us at our next meeting, where a friendly welcome awaits you.

7.30 pm Memorial Hall 2nd Wednesday each month

Speakers and Subjects

9 April
"My Life as a Story Teller"
Roisin Murray

14 May
"Singer"
Darrin Sore

11 June
"The History of Tea and Coffee"
Pat Alker

9 July
"Memories of an Accidental Cop"
Fred Longmeadow

For more information please contact either
Jackie Tooke
01362 858447
or
Pat Hamilton
01362 850286

NORFOLK

theWI
INSPIRING WOMEN OF MATTISHALL

Mattishall Walking Group



The walking group meet every week (alternate Tuesdays and Fridays) and the length of walk is determined by who turns up and weather conditions but generally it is about 4 miles. We meet at All Saints Church at 10.30am and are a friendly group that enjoys a chat while we walk. Each week our walk is advertised on Nextdoor but if you want further information, please email me Hazel Goodall on hazelnutmum@yahoo.co.uk.

Would you like to help your community?

Mattishall Community Car scheme are looking for drivers.

It's a volunteer service so you can do as much or as little as you like, as drives are requested I would contact you to see if you are available to help with that drive. We help people who live in the village to get to their medical appointments.

If this sounds like something you are able to support please call Wendy Flew on 01362 858445

MATTISHALL MEMORIAL HALL

South Green, Mattishall, NR20 3JT

Fully fitted kitchen, Bar available.

Ideal for any function

Includes computer access with drop down screen and projector

For bookings and/or further information contact
Sim Saunders on **07715 823131**
email: **sim-saunders@hotmail.co.uk**

















NatureWalks Billingford Lakes

Easter Golden Egg Trail

Golden Egg Trail - Plus

Stunning views
Intricate wood carvings
Wildlife hides
Play area
Engaging activities
Cupcake decorating
Lakeside cafe
Free Parking



Adults £5
Kids- FREE

01362 788111
www.billingfordlakes.co.uk
Billingford,Dereham,NR204RG

Mattishall GOLF CLUB

Indoor

MINI GOLF

EASTER HALF TERM 2025



Putt around our fun
9-hole Indoor Mini Golf course!

GIANT JENGA, DART BOARD & POOL TABLE

Call to book - GOLF Simulator
£25 for 1HR of Fun & Games

UNLIMITED MINI GOLF FOR 2 HOURS



Food & drink also available
DAILY 9-4PM

ADULTS £8.95
"KIDS GO FREE"
MUST BE ACCOMPANIED BY A PAYING ADULT
BOOK - 1HR ON A GOLF SIMULATOR FOR £25

COMPETITIONS, GAMES & PRIZES



BOOK NOW 01362 882556 | WWW.MATTISHALLGOLFCLUB.CO.UK

Mattishall & Lenwade Surgeries News

ONLINE SERVICES

You can access SystmOnline, the NHS app and SystmConnect via the Surgery website https://www.mattishallsurgery.co.uk/

The above enables you to book some appointments, order repeat prescriptions and view your GP medical records e.g. to check your test results. You can also request a FIT note, one off medication request and other admin requests e.g. cancel an appointment and make a subject access request.

CHANGES IN THE RECALL SYSTEM

SMS messaging is now being used to invite patients for certain annual reviews, the SMS will contain a directly bookable link to the clinics - this enables patients to book this online via the S1 or NHS app.

REPEAT PRESCRIPTIONS

As of 1stApril we will no longer be taking repeat prescription orders via the Mattishall Pharmacy website. Your requests can be done via:

- SystmOnline (via Mattishall Surgery website)
- Place completed repeat prescription form in the red box located in Pharmacy shop and Surgery reception area
- Queries can be added to systmconnect (via Mattishall Surgery website)

EASTER & MAY DAY BANK HOLIDAY

Please note that Mattishall Surgery will be closed for bank holiday on both Good Friday 18th April and Easter Monday 21st April, plus both May bank holidays on the 5th & 26th.

The last ordering date for collection before the Easter closure will be Thursday 10th April and before May Day bank holiday will be Thursday 24th April.

SIGNPOSTING GUIDE TO HEALTHCARE SERVICES

GP/Nurse/Advanced Nurse Practitioner

If you need an urgent appointment, we will do our best to arrange this within available capacity that day. Alternatively, our reception team may sign post you to other health care services such as;

Pharmacy

For advice and treatment for minor illnesses via Pharmacy First and over the counter medicines.

Pharmacy First services include: (reception staff will clarify if you are eligible for the service)

Ear infection, impetigo, infected insect bites, shingles, sinusitis, sore throat, and UTI

Pharmacies can also offer:

24 hour BP monitoring, Pill checks, Health checks and Smoking Cessation.



Walk in Centre

To see a GP or nurse for minor illnesses or if your regular GP practice is closed.

Norwich Practices Health Centre, Walk in Centre, Rouen House, Rouen Road, Norwich NR1 1RB - Telephone: 01603 677500, open daily from 08:00am – 08:00pm

GP Front door is located at the Norfolk & Norwich Hospital, Colney Lane, Norwich, NR4 7UY - Open daily from 9:00am to 9:00pm

Call 111

If you need medical attention and it's not life threatening or you need the right advice and treatment, be that for physical or mental health. Contactable 24 hours a day, 7 days a week.

Accident and Emergency

For serious or life-threatening conditions, phone 999 or go to the emergency department at:

Norfolk and Norwich Hospital, Colney Lane, Norwich NR4 7UY, open 24 hours a day.

INFORMATION AND HELPLINES

Mental Health

Wellbeing service: www.wellbeingnands.co.uk/norfolk Tel 0300 123 1503 between 9am – 5pm.

Mental Health Matters : www.mhm.org.uk

Samaritans: www.samaritans.org Tel: 116 123

NHS 111: Select option 2

Social Services - Tel: 0344 800 8020

Alcohol & Drug Support

CGL Norfolk Alcohol & Drug Behavioural Change Service Tel: 01603 514096

Alcoholics Anonymous: www.changegrowlive.org.uk Tel: 0800 917 7650

Sexual Health

Emergency contraception: ICaSH also deals with Family planning and sexual health www.icash.nhs.uk Tel: 0300 300 3030 opt 3

Norwich Practices Health Centre Walk in Service Tel: 01603 677500

HIV and AIDS: National AIDS trust: www.nat.org.uk / Terence Higgins Trust: www.tht.org.uk

Dentists

Dental emergencies outside of normal working hours: Call 111

To find a regular dentist near you visit www.nhs.uk/service-search/find-a-dentist

NEW GP

We are pleased to announce that Dr Ben Smith has joined our clinical team at Mattishall & Lenwade Surgeries. Dr Ben Smith completed his medical training at the University of East Anglia in 2019 and has recently qualified as a GP.

Reflecting on Mattishall's Past with Ray Taylor

Old Moor Chapel

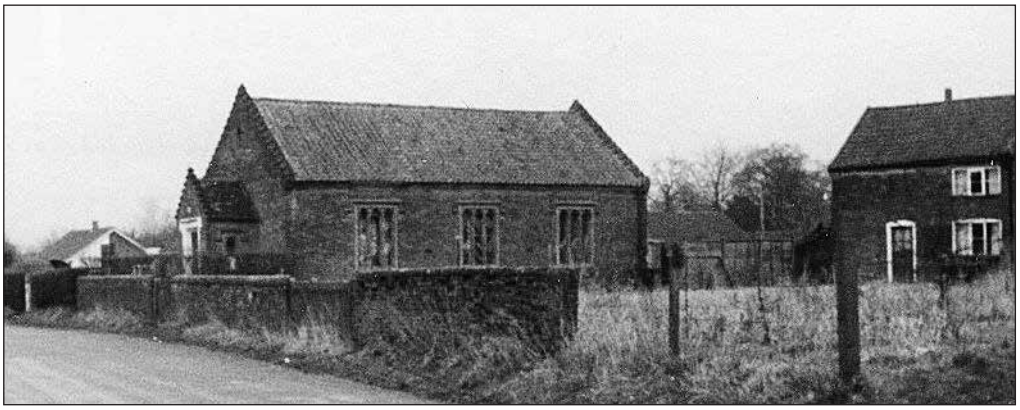
On Mattishall's outer western perimeter down a dirt track off Stone Road is a large building (pictured right). It was built about 1770 and opened on August 4th 1772. It was called "Old Moor Meeting House". It was the place of worship for the Dissenters also known as Nonconformists. John Carter was ordained as its first minister on September 30th 1772. Carter was a well-respected man with a very large following. Meetings would often overflow outside into the grounds. The picture below illustrates the ornate remains of the gallery.





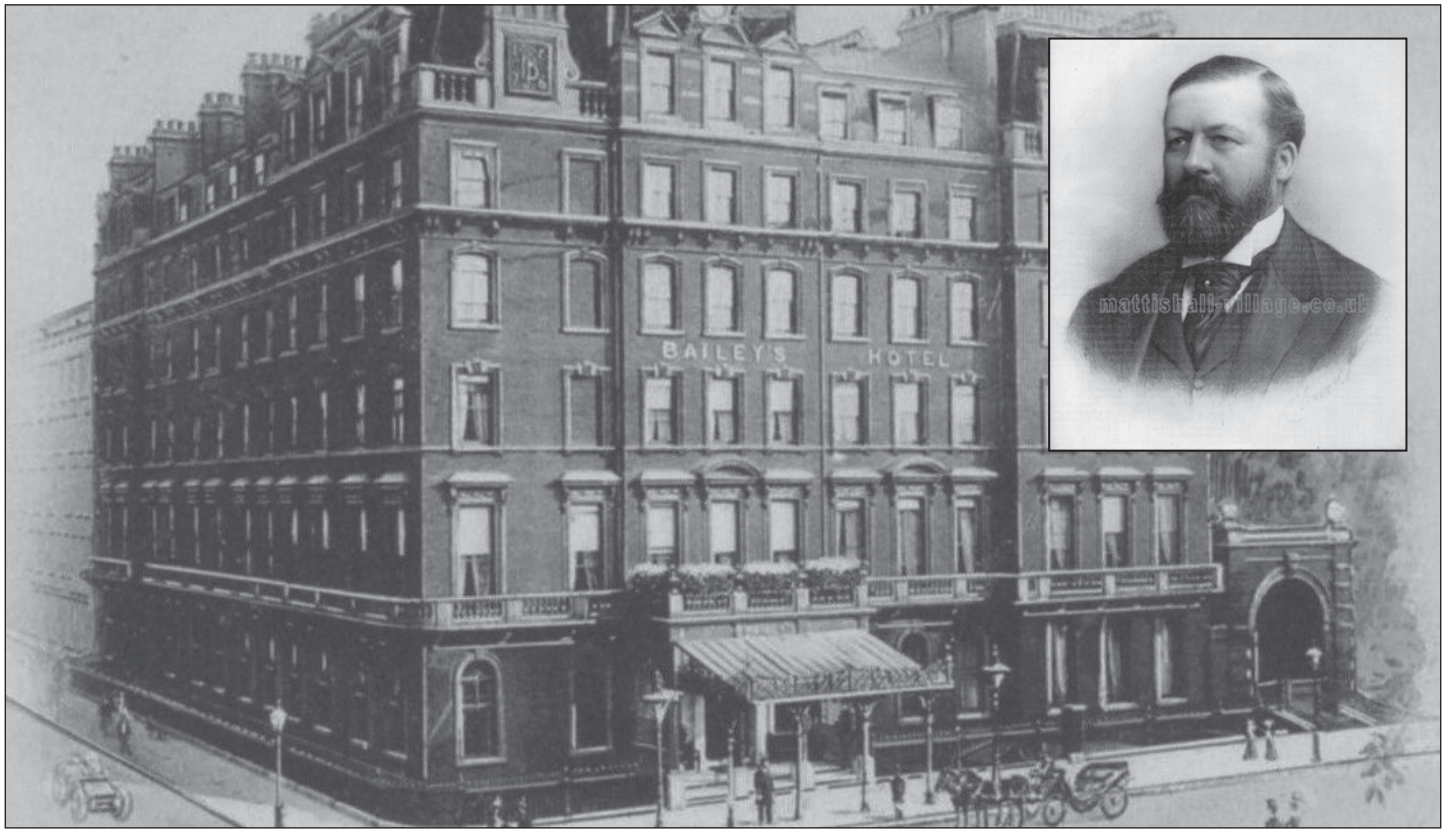
The chapel has its own graveyard where 50 headstone memorials have been recorded with many more unmarked. Quite a few Mattishall families have ancestors who attended this chapel and who lie in the graveyard. Church records show 777 baptisms; the last marriage was in 1938.

Being so far from the main village was a challenge for many especially in the winter so in 1859 it was decided to build another meeting house further into the village. A site in Welgate was gifted by a Miss Taylor. The new building was named the 'Lecture Hall' (pictured). Rev Henry Kiddle was appointed as Independent Minister and Mr William Horne was Treasurer. The new Lecture Hall was used for meetings, gatherings and fund raising. We have old newspaper cuttings documenting these events which were well attended. Initially the two buildings were used simultaneously for some years but in the 1930s Welgate was more practical. Rev Kiddle did not always have an easy time of it for in 1864 during the Anglican Churchwarden election brought on by the Church-rate Conflict, tempers boiled over to fever point and civil disturbance broke out in the village. A large crowd had gathered at the Swan Inn and fuelled by alcohol marched on Rev Kiddle's house holding and waving a burning effigy. Several threw stones and sods of grass and one man was assaulted. Several villagers were brought up in front of the magistrates and dealt with. A transcript of the trial can be found on the Mattishall-website - History/Crime and Punishment-2. Maintenance work on Old Moor had been building up and the costs had reached a point where it was no longer viable and it should be closed. The last service was taken by Rev Francis Bell Dennes assisted by Russell Horne, a descendant of William Horne mentioned above. The organ, pews and fittings were transferred to Welgate with everything in place for Remembrance Day 1956. The 'Lecture Hall' became 'The United Reform Church'. Old Moor Chapel was boarded up and used as a farm store. Recently the building has been given Grade-two-listed protection. The United Reform Church in Welgate was closed and sold in 2018.



Returning back into the village on Dereham Road is Kensington House. This property has a long history dating back to the 15th century although it only got its name during the late 1870s. The name was brought about through the association with James Bailey. James was the original owner of the newly constructed 'Bailey Hotel' (pictured opposite) in Kensington, London. James Bailey (later Sir James also pictured opposite) was born in Mattishall Burgh on October 10th 1840, the son of William Bailey a farm labourer and Sarah Dunthorne both natives of Mattishall. James spent his early life in the village and at the age of 10 was working as a "Farm-Boy" in North Tuddenham. Like many young people in those times James went to London to seek work. In 1861 he was recorded as a "General House Servant" working at a St Pancras property. He then went into the hospitality business and in 1871 was a Lodging-House-Keeper and owner of the Harrington Hotel in Kensington and was responsible for enlarging it.





He also owned the South Kensington Hotel in Queensgate Terrace. It is not known precisely how he acquired his wealth so quickly; some say he also worked on the Stock Exchange but in 1874 he was overseeing the construction of a very large hotel erected during the re-development of Kensington. In 1876 the hotel was complete, it was very popular with American visitors as it had been fitted with lifts and had bathrooms on each floor. James was also on the Board of Directors of Harrods and DH Evans. After selling his hotel he bought several large houses before purchasing 'Shortgrove Hall' near Saffron Waldon, Essex where he made quite an impact on the locals plus he was Deputy-Lieutenant back here in Norfolk. He was elected Conservative MP for Walworth, London from 1985-1906 and was knighted in 1905. Sir James Bailey died suddenly on October 12th 1910 aged 70. He left an estate worth about £24M in today's money. In his will he left a legacy to his brothers, sister and his half-brother. Despite James's great achievements and his new social circle, he always made sure his family back in Mattishall were taken care of.

Sometime in the 1870's James's parents acquired a 31-acre farm in Mattishall later to be called 'Kensington House'. As James's father had always been a farm labourer we can only assume James was instrumental in helping with the purchase. James's sister Mary Curtis and one of his brothers had also moved into Kensington House to look after their parents. When their mother died in 1891 James donated a church organ in her memory to St Peter's Church, Mattishall Burgh although it was later moved to All Saints church where it remains to this day. See more on www.mattishall-village.co.uk

Brainteasers Issue 102

Brainteaser 4 of 5

Two fathers take their sons fishing. Each father and each son catches one fish, but when the men return home, they only have three fish between them. They did not throw any back, so how can that be?

Answer inside back cover



CRIMEWATCH MATTISHALL



PC 898 Paula Gilluley
Breckland Community Engagement Officer
Paula.Gilluley@norfolk.pnn.police.uk

Don't Let Fraudsters Trip You Up This Summer

People looking to snap up online holiday deals ahead of the summer are being warned to stay alert and do their research before booking their getaways.

Action Fraud, the national fraud and cybercrime reporting service, has launched a holiday fraud campaign urging the public who are looking to snap up their next holiday deals to look out for suspiciously enticing offers online, including social media, and to do their research before booking their getaways.

Before clicking that "book" button, Action Fraud is encouraging everyone to not only look for the usual logos like ABTA, ABTOT and ATOL but to also do some extra research to make sure the holiday deal is genuine. We wouldn't want anyone to be tripped up and find their holiday doesn't exist.

When booking your summer holiday, please remember to Stop! Think Fraud and use Action Fraud's advice to stay safe online. We also recommend that you avoid using bank transfers where possible, as this can be a sign of a fraudulent deal, and ideally pay using a credit card to benefit from the additional consumer protection this provides.

To protect yourself from holiday fraud, use these useful tips:

- Check the travel company is legitimate by doing some research first, using consumer websites and reviews from people or organisations that you trust.
- Look for the logos including ABTA, ABTOT or ATOL.
- Use a credit card to pay, if you have one. Many of these protect online purchases as part of the Consumer Credit Act.
- Only provided details at checkout when making your payment and only fill in mandatory details.

You can find out more about how to protect yourself from fraud at https://stopthinkfraud.campaign.gov.uk

If you've lost money or provided your financial information to someone, notify your bank immediately and report it to Action Fraud at actionfraud.police.uk or call 0300 123 2040.



Dereham Walkers are Welcome

07561 813243

www.DerehamWaW.org.uk/

Dereham Walkers are Welcome continues with its programme of regular walks, supplemented by a few special outings.

The First Friday walks (not more than 4 miles) continue to start at 10:15, usually at one of three locations - the bottom of Church Street, the Neatherd play area or Greenfields Road near the Windmill. There's generally no need to book, just turn up: if for any walk booking is needed, we'll make that clear.

The Easy Tuesday walks take place on the second Tuesday of each month and are no more than 2 miles on good surfaces, ending with refreshments (optional); they all start at 10:00 at Dads and Lads (Cherry Tree car park). For more details, contact Sue at sue.rothwell@outlook.com.

The extra walks planned are

• a shortish (about 4 miles) walk starting at 13.30 on Saturday 26 April, followed by our Annual Public Meeting where we invite thoughts on other walks we might arrange. The meeting will include light refreshments

• a bus ride to Mattishall and walk back starting at 09.30 on Wednesday 21 May

• an evening walk on the Neatherd and the developing country park starting at 18.30 on Saturday 14 June and ending (subject to confirmation) with optional drinks and/or meal at a nearby hostelry

• a train ride to Thuxton and walk back starting in the morning (probably 23 July, depending on the Mid-Norfolk Railway schedule) and with the option of a discounted meal at Dereham railway station on return

• a shortish walk starting at 13.30 on Bank Holiday Monday 25 August and ending with garden party refreshments

• a Heritage Open Days related walk around Dereham starting at 10.00 on Saturday 20 September

Final details of these walks may change, so please check with us nearer the dates - or better still, join our emailing list and be guaranteed to be kept up to date.

All walks will go ahead unless the weather is really bad (we've cancelled just one walk in the last 8 years) but do check if you're in any doubt or want more information. In all cases, you should come with decent footwear (especially when it's been wet) and suitable clothing.

For more details, contact **Ken Hawkins, ken-hawkins@tiscali.co.uk** or **07561 813243.**

JOE SISTO

TV, Video, DVD and Satellite Sales, Set-up & Repairs

- Free Estimates
- All Makes & Models
- Qualified Engineer
- 30 Years Experience
- Work Guaranteed
- Discount for OAP's
- Sales, Repairs, Installations & Tuning Services

Telephone: 01760 722168
Mobile: 07785 746682
email: joesisto@aol.com
White Cottage, School Road, Necton (opp. Rectory)

For Hire

Welborne Village Hall

Fully Equipped historic village hall, perfect for many small gatherings, meetings, parties, etc.

- Fully equipped kitchen.
- Digital projection facilities available.
- Open log fire for winter warmth.
- Level access and facilities for the disabled.
- BRAND NEW! Children's play area.
- Inexpensive hourly rental.
- Toilet and Baby Changing facilities.

To make a booking, please go to
www.welborne.org.uk

Now open for private bookings, up to 50 people.



A LANSDALE
CHIMNEY SPECIALIST
Brian Lansdale
BUILDER
9 Cherry Tree Close
MATTISHALL
Dereham

MOB: 07799355146 Home: 01362 288068
brianlansdale@gmail.com
lansdalechimneybuildersandrepairs.co.uk



Mattishall Youth Club
(Juniors)

Fridays 5.00pm - 6.25pm
Age 5-11 years
Mattishall Memorial Hall, 47 South Green
FREE Entry

YMCA Here for young people Here for communities Here for you
Funded by Mattishall Parish Council

To book or for more information please
Email: youthclubs@ymcanorfolk.org
Telephone: 07907960621



"Thank you Rosedale, your support and guidance made this difficult time a little more bearable."

– from a family we have cared for at Rosedale

Rosedale
FUNERAL HOME

Wymondham **01953 601103**
www.rosedalefuneralhome.co.uk

We are a family business and promise to provide exceptional care and a truly personal 24 hour service, when you need it most.

PAUL WEST CARPETS

- Carpets, Vinyls, Natural Flooring
- Supply and fit, or fitting only
- Home selection service
- Refits, repairs and re-stretches
- Free planning, estimates and advice
- Over 25 years local experience

Tel: 01362 696154
Mobile: 07768 626 272

MATTISHALL BOWLS CLUB 2025
Come on down and Play Bowls

The Club is getting ready to welcome new and experienced players for the 2025 season. Join us, to play on one of the best greens in Norfolk.

- Bowls is a low-cost, enjoyable outdoor sport to play.
- Friendly and sociable atmosphere ensures that members of all capabilities enjoy themselves
- Club plays in four local leagues and provides regular home events.
- Choose the events and times that are best for you.

The club is offering three dates for people who want to give the game a try and will provide equipment and coaching.

These sessions are **FREE**
- you can come to all of them if you want too.

Dates for free sessions are: Sunday 13th April, 2.00pm
Wednesday 23rd April, 6.00pm
Saturday the 26th April, 2.00pm

All you need are flat-soled shoes and can give bowls a go!!

There will be time for you to ask questions, receive coaching and try out the game of bowls!

Easy to reach and located in
South Green Road, NR20 3JY
(next to the Sports and Social Club)

Please call Gerry Goldner on 07908 205023 if you need further information

Brainteasers Issue 102

Brainteaser 5 of 5

A kilometre-long train travelling at 60km/h enters a kilometre-long tunnel.

How long does it take for the entire train to pass through the tunnel?

Answer inside back cover

Mattishall Sports & Social Club

Well, here we are into March already. Time seems to have flown since our Winter update, although I am sure many thought January was a very long month!!

We are still having our music nights on 2nd and 4th Wednesday in each month and look forward to seeing any along who would like to join in. It is a good time for all to enjoy whether you have instruments to play or just want to come and listen.

We have now started a card night on 1st and 3rd Wednesday in each month. Any members who would like to suggest which card games they would prefer, please let us know.

We still have our pool night on a Monday, but are looking for an additional league team to come and play. We have a great pool table and still at 50p a go!!

Of course. not forgetting our darts teams that play on a Thursday. Many thanks to Mat for expertly arranging this for us.

Our Easton football teams are thriving. The first team is currently 4th in the league. Unfortunately, Chris is leaving at the end of the season, his last game is Tuesday 29th April 06.30 kick off. The A team are struggling a bit in the league but are in cup final at FDC (date to be arranged) against Yaxham.

Easton First team are playing on Easter Monday and we will be putting on a BBQ after. It should be a great afternoon, would love to see you up there.

Don't forget our Playing Card Bingo on 3rd Friday of each month. These are always very popular, so look out for the announcements.

Cricket will be starting again end of April, so for all you fans, keep an eye out.

We have Linda Rae, a popular medium, coming to see us on 25th March, but think it will be too late for this issue, so will let you know in the next how it went. The club finds that the medium nights are quite popular. It is on the night the club is usually closed, so it is more of a private occasion.





We also have a Quiz Night on 28th March, I am sure it will be the first of many. so will let you know how this went in the next issue. Look out for further dates.

We had a few birthday parties organised in March. Abbie Irwin had an Amy Whitehouse themed party. This went so well. Everyone had a blooming good time (as the pictures will show) There are 3 photos to go with this but I'm not sure if they are clear enough

Our lovely bar person, Hazel, also had a party this month, I'm sure there will be some great pictures from this one too.

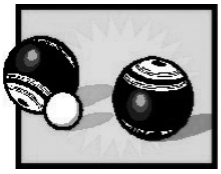
We are having a 'members only' Cheese and Wine Evening in April and hope to hold further events throughout the year. Keep on eye out for more information.

The children's play area is at last starting and we would like to thank everyone who contributed. It was a tremendous feat to get everything in place. It has been a long time coming, but the effort and enthusiasm that went into the planning was enormous. It will be so good to have an area for the children to play again.

To finish, if you have not wandered down to our little corner of Mattishall, we would like to welcome you to our Sports & Social Club. Just pop in for a drink and if you are happy with what you see, it is only £10 per person, per year to become a member. We are planning events for the forthcoming year, including our firework night, which was so popular last year.

So, hope to see you soon

Mattishall Lawn Bowls Club



During 2024 two of our members, Mike and Stanley, passed away. Both will be sorely missed in the club's future.

Mike Robinson was a much-cherished club member. He was regularly at the club, also managing our league fixture dates and was Captain of one of our league teams.

Stanley Easter was one of our founder members. Stanley had helped to get the club started in 1976 and was a keen bowls player. He actively supported and promoted the club and worked to keep the green in top class condition. Stanley has provided a great legacy

We have started the maintenance works on the green, equipment, buildings and surrounding hedges etc. The equipment store was broken into at the end of January at the same time as the football club. The damage caused has been repaired and fortunately, nothing was taken.

The club starts the 2025 season on Saturday the 12th April, at 2 pm, please see our poster where we have started advertising for new members. There is always a welcome for new members, with or without previous playing experience.

Please make a note of the three dates when to come and try out bowls, starting Sunday the 13th April. We will be distributing leaflets around the community.

Please look out for further club news and notices in the next editions of this magazine and on social media. In the meantime, if you would like further information, please contact me Gerry Goldner, Bowls Club Secretary on 01362 289038

Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

Upcoming events!

LITTER PICKING

Save the dates for our upcoming litter picking events!

3 May 2025
22 June 2025
2 August 2025
7 September 2025
25 October 2025
23 November 2025

Church Rooms, Dereham Road

YMCA YOUTH CLUB

Friday Evenings!
Junior sessions
5pm - 6:30pm
Senior Sessions
6:30 - 8pm

Held at Mattishall Memorial Hall, 47 South Green, NR20 3JY.

FREE!
fully funded by Mattishall Parish Council

Mattishall Neighbourhood Plan

The Parish Council's review of our **Mattishall Neighbourhood Plan** has now reached its important final stage. If approved, the Plan and its policies must be used by Breckland Council when considering planning applications in the village. The Plan has been prepared following consultation with our local community.

The Neighbourhood Plan:

- Brings "Open and Local Green Space" protection to a number of significant locations.
- Designates 14 buildings as "heritage assets".
- Protects important views and vistas.
- Introduces a Design Guide and Code with which new development must comply.
- Has a range of planning policies covering Housing, Environment and Landscape, Community, Economy and Transport.

The next step is for **YOU to have your say!** There will be a **referendum held on Thursday 15th May 2025** where you will be asked whether you want to accept the Neighbourhood Plan. Mattishall residents on the electoral register are entitled to vote.

The referendum version of our Mattishall Neighbourhood Plan and its associated Design Guide can be found at: www.mattishallparish.gov.uk

A printed copy will be available to read at the reception desk at Poultec Business Park, South Green, Mattishall.

Your Vote is Important, please use it for the future of your village.

THE PARISH COUNCIL

Graham Clarke (Chair)
David Fowler (Vice Chair)
Bob Burrell
David Piper
Janice Smith
John Pickering
Mike Onassis
Roisin Murray
Martin Goodrum
Anita Rose (Parish Clerk)

Upcoming Parish Council Meetings

7 April 2025

6 May 2025

2 June 2025

Annual Parish Gathering

28 April 2025

This meeting is to receive reports on its activities over the past year. It is not a Parish Council meeting.

Everyone is welcome!

Further details of meetings and minutes are on the website.

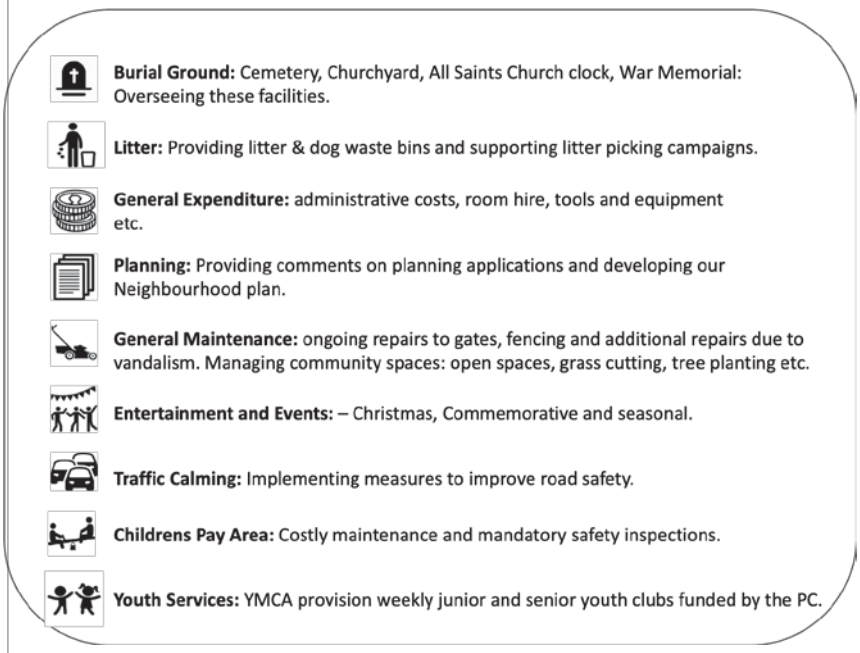
Meetings are held at Poultec, South Green at 7pm.

Your Council Tax Bill – what funding goes to Mattishall Parish Council and how is it spent?

Mattishall Parish Council has set its budget for the 2025/2026 Financial Year, which will enable the Council to continue to manage and deliver a range of important local services.

Households in Band D will pay £105.13 for the year, for Parish Council services, which is a 3.72% increase. Despite unprecedented financial pressures, the Parish Council is committed to provide our residents with high quality services to meet the needs of our local community.

How does Mattishall Parish Council spend your money?



Your Mattishall Parish Council

The members of the Mattishall Council live locally and provide services on a voluntary, unpaid basis for the good and benefit of our village. All council decisions are made at our monthly public meetings. For more information, please see our website: www.mattishallparish.gov.uk

LIFE IN ELY IN THE SEVENTEENTH CENTURY

Ely was built on an island in the middle of the watery fens, which had not yet been drained. Oliver Cromwell had a house in Ely dating from 1206, (which you can still visit). His wife Elizabeth nee Bourchier was 23 when she married him – almost 'on the shelf' - and he was 21. A book of her recipes still exists. Because of Cromwell's unpopularity when the monarchy was restored, critics of her recipe book said it was a book of parsimonious cookery, but if you read the recipes, often laced with cream, this is not the case. She was even nicknamed 'Joan' which, at the time, denoted a prostitute!

Every fenland cottage had an inglenook fireplace where a cauldron could be hung over the fire, a 'spit' turned, salt kept dry and bread baked. Different foods could be 'bagged up' and placed in the cauldron together to be cooked. Children were often employed to turn the spit but, by the middle of the century, someone had invented a wheel into which you could harness a dog, enticing him to run to try to get to a piece of meat and thus turning the wheel and the spit.



Potatoes had been brought back from South America, but were initially thought to be ornamental – no one was sure whether you could eat the leaves, tuber or roots! Potatoes had yet to be introduced to the working population of England, so the staple of the time was bread, baked daily in the bread oven and served with every meal. The important people ate the upper crust and the lower orders ate the lower crust, which might be burnt and this is where the expression 'upper crust and lower crust' comes from. Sometimes the bread served as a plate onto which the other food was placed and this was called a 'trencher'. Salt was kept near the fire to keep it dry as it was important for preserving foods.

No one drank the water. Most people drank beer (the children having 'small beer' ie. watered down beer). No one was allowed to cook on Sundays, which was a day for going to church and not working, so enough food had to be prepared on Saturdays for the whole weekend. It was considered unhealthy to eat raw food. Keeping the fire going was important, so at night it was dampened down with a 'couvre feu' (a fire cover). This French phrase became anglicised into 'curfew'.

Ordinary people grew their own vegetables – carrots, turnips, onions, cabbages etc. and ate only what was in season. Herbs were grown for cooking and medicinal uses. If an animal was killed, every part of it would be used. A bone from a butchered animal might liven up the meal. For the bulk of the population, meat was a luxury only for high days and holidays but if local rabbits or hares could be caught, they were hung until they were maggoty before being cooked and eaten. Fen dwellers could also fish oysters from the rivers and catch eels or pigeons. In some areas, this was considered poaching and was punishable by death.

Other luxuries such as cinnamon, nutmeg, sultanas, raisins and nuts were kept for special occasions such as Christmas. Spices were added to home-made beer, at Christmas, to make 'Cock ale'. Most cottages had earth floors, covered in rushes, which were dampened down to lay the dust and changed daily. Meals were taken at a trestle table. Each person had his own knife, tucked into his belt, and used this and his hands to eat the food. Forks, initially with two tines, were regarded as an effeminate French invention and not used in England until late in the 17th century. Leather tankards and jugs and pewter tableware were common, along with a 'porringer' which was a bigger bowl with handles that could be passed round and shared. This sharing was none too hygienic. The ordinary folk might bath once a month, sharing bath water in front of the fire. A fen-man's rent was often paid in eels.

For the rich, things were different. They could afford 3 meals a day – breakfast, a main meal at lunch time, which could take up to 3 hours, and supper. Four fifths of a rich person's income would be spent on food, three quarters of that on meat and fish. Samuel Pepys, writing in 1662, mentions eating blackbirds, thrushes, swan, peacock and squirrels. Wine was imported in glass bottles. It was considered impolite to put your elbows on the trestle table (as this might upset it), but you could belch to express your appreciation of the food. If you needed the loo, a servant would bring a chamber pot to the table, where it would be used (women wore no underwear and men's clothing had flaps) and passed back to the servant for emptying out of the window! Hats were not removed at meal times.

A typical rich person's meal would have 2 courses, each consisting of meat, fish, vegetables and a pudding, sometimes followed by a third course of 'sweet-meats' – confections made of marzipan and sugar. Between courses, 'subtleties' were brought to the table to entertain the guests whilst they awaited the next course. These were elaborate confections of marzipan or sugar made into exotic shapes like houses or carriages, with doors that opened and other devices to keep the guests amused. Gingerbread was made from bread crumbs, wine, honey and spices. The original mince-pies contained minced meat and spices. Pie crusts were made simply of flour and water and were elaborately decorated, but were not eaten. They were referred to as 'coffins' and simply opened up so the contents could be consumed and then the crust was thrown away. It wasn't until late in the 17th century that butter was added to the crust and the crusts were then consumed. In the grounds of grand houses ice houses were built and filled with blocks of ice so some foods could be preserved.

Medical treatment was rudimentary and full of superstitious beliefs. If someone was ill, it was common for doctors to cut and bleed the patient to remove the 'bad blood' or to put leeches on a wound for the same reason. Flour and water mixed with soot was used to cover facial blemishes. Chocolate was just being introduced, but it was bitter, grainy, and considered strictly medicinal. The black death, consumption, yellow fever, small pox, scurvy, worms and dropsy were all common ailments about which very little could be done.

It's not surprising then that, if you lived to be 35, you were doing well! **Anna English**

USEFUL LOCAL PHONE NUMBERS

Mattishall's:

All Saints Church Office	01362 858873
Community Car Scheme (Wendy Flew)	01362 858445
Parish Council Clerk (Anita Rose)	07831 422700
Pharmacy	01362 858540
Post Office	01362 850232
Primary School	01362 858451
Surgery	01362 850227

District Councillors

Paul Claussen	01603 880454
Paul Plummer	07717 690938
Norfolk & Norwich University Hospital	01603 286286
Norfolk Swift Response	0344 8008020
Breckland Council Offices	01362 656870
Dereham Library	01362 693184
Dereham Police Public Enquiry Office	01953 424242
Konectbus (No 4)	03300 539358
AGE UK Advice Line	0800 6781602

Norfolk County Council

Mobile Library Timetable–Mattishall

Wednesdays–normally every 28 days

Location	Arrival Time	Departure Time
Orchard Road	11.50	12.05
Daffodil Way	12.10	12.30
Willow Close	12.35	12.50
Thynnes Lane	12.55	13.10
Hunter Avenue	14.45	15.00
Smithson Drive	15.05	15.20
Cedar Close No 3	15.25	15.40
Parkers Road	15.45	16.05
Burgh Lane	16.10	16.25
All Saints Walk	16.30	16.45

NEXT DATES:
16th April 14th May 11th June 9th July

Please note this information is subject to change or amendment both on a permanent and temporary basis. For all enquiries about this route please call 01603 222303

Answers to Brainteasers

1. By the time the lorry has driven the 5 km to the centre of the bridge, it has burned more than 500g in weight of fuel, so even with the pigeon on it, it is still under the 20 tonne limit.
2. You don't bury survivors!
3. He picks up the second glass, pours its contents into the fifth glass, then places the second glass back where it was.
4. There were just three men: a man, his father and his grandfather
5. 2 minutes. When the front of the train enters the tunnel, the back is 1 km away, so the train needs to travel 2 km until the back of the train reaches the end of the tunnel. The train is travelling at 1 km per minute, so it takes 2 minutes to pass through the tunnel.

SPRING Quiz

Answers from the last issue

Answers from the last issue: (1)22 (2) Grover Cleveland (3) Henry VIII (4) Brown (5) Hampshire (6) Diameter (7) Yellow (8) 49 (9) The Rams (10) The Sex Pistols

Congratulations to **Jill Cushing** who won our voucher for Café Verde.

With a chance to win the next voucher, email your answers to miscadvert@yahoo.com by 30th April.

1. Raleigh bicycles and Boot's pharmacy come from which city?
2. Which number is opposite 18 on a dartboard?
3. Which king was killed on 22nd August 1485?
4. E is which country's international vehicle identification mark?
5. The Reverend Awdry wrote about what or indeed whom more precisely?
6. What colour is a neutral wire in a modern electric plug configuration?
7. The Walther PPK gun is used by which fictional character?
8. The epiglottis is found where?
9. Cu is the symbol for which metal?
10. What are the prime numbers in the 40's?

Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
June 2025	Fri, 30th May	Wed, 4th June	Fri, 20th June
September 2025	Fri, 5th Sept	Wed, 10th Sept	Fri, 26th Sept
December 2025	Fri, 7th Nov	Wed, 12th Nov	Fri, 28th Nov
March 2026	Fri, 6th Mar	Wed, 11th Mar	Fri, 27th March

Our advertising rates per issue are:

size	black and white	colour
1/8 page	£20.50	£30.75
1/4 page	£36.00	£54.00
1/2 page	£66.75	£100.00
Full page	£128.50	£193.00

We offer 5% discount if you pay annually in advance.
Contact details: Telephone Anne on 01362 858744 or 07515417225 Email miscadvert@yahoo.com

GORDON BARBER
FUNERAL HOME
43 Norwich Road, Dereham, NR20 3AS



Aletia Parker, Funeral Arranger at Gordon Barber Funeral Home, Dereham

'Providing the very best care in funeral service'

"Quiet guidance, gentle words and our professional knowledge will help you make the right decisions for you and your family."

Rachael Barber



Telephone 01362 700505

www.gordonbarber.co.uk

FREE CUSTOMER PARKING

PMR HAULAGE LTD



22 FARROW CLOSE MATTISHALL
DEREHAM NORFOLK NR20 3SZ

07702 455 975
01362 850892
reynolds.t@hotmail.co.uk

TRACY REYNOLDS

Delivery of all types of
SHINGLE, SAND, BALLAST, HOGGIN, HARDCORE & TOPSOIL

OIL BOILER
SERVICE, INSTALLATION & REPAIR

For excellent value oil-fired boiler services, call TRS. Our technicians are OFTEC trained and registered, so you can be assured that your boiler is in safe hands.

HEATING SERVICES DIVISION
TRS
OIL BOILER MAINTENANCE

- Oil Boiler Installations
- Oil Boiler Servicing
- Breakdowns & Repairs
- Plumbing & Flushing
- System Upgrades

01362 687144



OIL TANKS SUPPLIED & INSTALLED

PLASTIC AND STEEL OIL TANKS IN STOCK

Your old tank removed

Norfolk Trusted Trader Member

Excellence Awards for Excellence OFTEC REGIONAL WINNER

99% recommend us referenceline

25 YEARS PROTECTING OUR ENVIRONMENT SINCE 1995

The trusted local family business most often rated 10/10 by customers for quality, service and value

TANKREPLACEMENTSERVICES.CO.UK