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Miscellanea

The Quarterly Mattishall People's Magazine Spring 2026 Issue 106

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The dancing hare foretells the spring...

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Miscellanea

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From the Editor



Anne Jackson

At the time of writing, we are being bombarded with bad news from the Middle East so as you read this the situation may have been resolved (hopefully) or it may have deteriorated. Whatever the outcome, the events will have a negative effect on us all so it is difficult to enjoy the budding trees, spring flowers and birdsong that is all around us - but we must try!

We have lots to be grateful for in Mattishall and Welborne. We have so many organisations and groups which are organising community events in the coming months, several being advertised in this issue. We have new businesses opening to serve the community – the NR Foundation Wellbeing Hub and Chapel Yard and we can look forward to the reopening of the Swan. But we must not forget and remain grateful to existing groups and businesses who continue to offer a variety of opportunities for social interaction and wellbeing for residents of all ages.

As much as I hate the phrase **"use it or lose it"** it is true. So, let's all try to support the events organised by the many teams of volunteers this year in whatever way we can and reinforce what makes Mattishall and Welborne so special – **community spirit**.

Anne

Brainteasers Issue 106

Brainteaser 1 of 5

In the year 1900, a woman makes the following calculation: she adds the year she was born to the year her daughter was born, then adds her current age and her daughter's current age.

What number did she come up with?

Answer inside back cover

Miscellanea depends entirely on advertisers paying for their adverts which pays for the printing of each issue.

But we also rely on **volunteers** to deliver Miscellanea to all residents.

If you can spare some time to help with deliveries, only 4 times a year, **please contact Lizzie on 01362 850491**

Club News & Events

The sun is shining as I write this and it's making me look forward to those beautiful sunny days at the club, sitting outside with friends and family enjoying a beer, watching cricket…not long now folks the cricketers are already busy with their preparations for the new season.

In the meantime, there are still a few football games to be watched as Easton First and Reserve teams play at home.

But I am jumping ahead… we must thank all our members for their support over Christmas and New Year. We had a very busy festive season here with our children's party in the hall with actual Father Christmas (if you saw him you would agree) and Christmas Eve, Christmas Day especially. Then we had a lot of fun on our ***Games Night*** New Year's Eve with Darts and Pool tournaments, Shut the Box, Bingo and Play Your Cards Right. Lots of laughter and prizes (the Chairman was even seen doing the conga at one point!) Look out for more ***Game Nights*** during the year, Norwich City tickets were won at our last one.

Of course, we have our regular clubs going on with ***Pool*** on a Monday, ***Darts*** on a Thursday with their new season starting on 5th March. They are always looking for new players so get in touch if you fancy a throw, all abilities welcome.

Fridays are always a popular night with monthly ***Bingo*** and ***Quiz Nights***.

Recently, we started to open on Tuesday evenings from 6.30pm for ***Poker and Ladies Darts***. Newcomers welcome to both groups. Ladies' darts are for all abilities and not competitive at this point just a reason to get together and have a night out.

We are now offering free pool on Wednesday evenings when we are open from 4-8pm.

Taste of Naples Pizzas are selling well alternative Mondays, and we've had Piggin' Out (Street food, hog roast baps, or burgers) too who were very popular and hoping to return soon.

Our memberships are continuing to increase as more people in the village are joining our little, friendly community. All are welcome only £10.

So, we are very excited about our events coming up Easter will soon be here, and we have a busy weekend planned. Saturday 4th April, we have an ***ABBA party*** with the fantastic tribute duo ***The Dynamo Divas***, so dust off those flares, we are encouraging dressing up. ***Piggin' Out*** are also coming along. Sunday afternoon we have children's activities including a treasure hunt and egg decorating. We will also be doing our Easter Draw with some great prizes including holiday vouchers!

There is a coach trip to ***Newmarket Races*** in early May with live music ***Tree Fellas & Lady Byrds*** and a BBQ on returning to the club in the evening.

Then the summer will see our first festival ***Matt Fest!*** We are very excited about this and hope it will become a regular community event for our village. There will be a main stage with performances all day including live music, children's dance groups, DJ.

Craft stalls, Food vans, Children's tent, sporting activities, vintage tractors and lots more. If you would like to get involved let us know.

We already have a date for ***Fireworks*** 6th November so put it in your diary!

Mattishall Bowls 50th Year Anniversary Information and some help please!

The Mattishall Bowls club has been active since 1976 and has provided many years of pleasure and an enjoyable game for all ages.

The club is going to celebrate its 50th anniversary with an event on Saturday 20th June. We will be providing a mixture of games, prizes and refreshments.

This will be a chance for everyone who has ever been a member to get together with past and present members to remember those days and the enjoyment of playing.

The club is looking for help from current readers of Miscellanea. If you know of anyone who played bowls with us, please let them know about the event. We need to contact all our past members so they don't miss this special celebration. Please check everybody in your contact lists, spread the word as soon as possible and give them my details.

Thanks for reading. And, If you have questions.

Please contact Gerry on 07908 205023 / 01362 289038

Mattishall Lawn Bowls Club

During the season, members play in internal competitions, open day events at weekends and friendly matches with other clubs. A more casual approach is adopted so members play in a relaxed atmosphere. Maintenance of the green and clubhouse continues through the "damper" months. Various products and equipment are used during the closed months. Our major problem this winter has been the rabbits. This year they are doing what rabbits do in abundance! Any humane way of dealing with the long ear pests/ pets? will be appreciated.

To get more information about try-out sessions, joining and playing please call Gerry as below. There will be sessions in late April, May and June

The Green opens for the season on Saturday 18th April starting at 2pm.

Club's 50 Year Anniversary Saturday June 20th at 2pm. Please read the separate announcement.

We should retain a similar number of members for 2026. However, some fresh ideas are needed to recruit new members to keep the club at a viable size.

If you want to come down for a chat, please come to any of the dates shown, you will find us next to the Sports and Social Club in South Green. Free Parking

Thanks for reading

Gerry Goldner (Secretary) 01362 289038





Darts

Finals night for the Dereham Thursday night Darts league took place on Thursday 12th February at Toftwood Social Club with the season AGM the week before at the Railway Tavern in Dereham.

The four Mattishall Thursday night Darts teams had mixed seasons this time around, the Sports & Social Club 'b' team and the Swan 'a' team finishing in 8th & 11th place in Division One respectively.

DIVISION ONE	PL	GAMES W	MATCH W	POINTS
TOWNSHEND CLUB	20	139	17	139
TOFTWOOD SC A	20	122	15	122
GRESSENHALL SC	20	120	17	120
SWAFFHAM CON CLUB B	20	93	9	93
SWAFFHAM CON CLUB A	20	87	8	87
SHIPDHAM DOG	20	84	9	84
COCK PH	20	79	8	79
MATTISHALL SC B	20	78	5	78
CHERRY TREE A	20	78	6	78
NECTON SC (P)	20	66	5	66
MATTISHALL SWAN A (R)	20	55	3	55

In Division Two, the Sports & Social Club 'a' team and the Swan 'b' team finished in 10th & 11th place respectively.

DIVISION TWO	PL	GAMES W	MATCH W	POINTS
SWAFFHAM CON CLUB C (CH)	22	126	17	126
ROYAL STANDARD (P)	22	122	17	122
WATTON KA A (P)	22	118	15	118
TOFTWOOD SC B	22	109	16	109
NARBOROUGH	22	103	14	103
CHERRY TREE B	22	100	13	100
GEMINI	22	100	11	100
RAILWAY TAVERN A	22	100	10	100
RAILWAY TAVERN B	22	93	10	93
MATTISHALL SC A	22	85	4	85
MATTISHALL SWAN B (R)	22	67	2	67
WATTON KA B (R)	22	65	3	65

For the upcoming season, the Swan 'a' team are relocating to Hethersett but we welcome into the league, a team from Mattishall Golf Club for the first time in nearly fifteen years! There will also be three teams located at Mattishall Sports & Social Club, all in different divisions.

Good luck to all the teams for the new campaign, anyone interested in joining in are encouraged to get in touch with one of the Sports & Social Club teams or Golf Club team on a Thursday evening. For the forthcoming league season there will be a record number of 38 teams in the Dereham Thursday league, spread over three divisions!

Attention all lady dart players -

Mattishall Sports & Social Club are looking to start a ladies darts team to play in the Dereham Area league on Tuesday nights. Whilst the league doesn't start until April, we want to maybe get some friendlies arranged. So if you used to play, are looking to start playing or would like to give darts a try, do pop in to the Sports & Social Club to speak with one of the team

EASTER TRADITIONS – FRANCE



Many of France's Easter customs stem from Catholic tradition and as such the holiday is usually a more religious affair than the UK's. One such tradition dictates that church bells stop ringing around Easter as a mark of respect for Jesus' death, and to explain their silence children are told the bells have flown to Rome to be blessed by the Pope.

On the morning of Easter Sunday - Jesus' resurrection - the bells then fly back to France loaded with sweet treats which they drop into gardens for the children. Once they are back in their steeples they then start ringing joyfully again. So, in France it is the "cloches volantes" or "cloches de Pâques", and not the Easter bunny, which brings the Easter eggs. Once the bells have begun to ring, the Easter egg hunt - or "chasse aux oeufs" - begins. Traditional food revolves around lamb, cheese, potatoes and chocolate.

Many people in France join in with Easter egg hunts. In the grounds of the Château de Vaux-le-Vicomte, which is just outside Paris, the largest egg hunt in France is held. Tens of thousands of eggs are hidden for children and adults to find.

Many years ago, church law banned Christians from eating eggs during Lent – the forty days and nights before Easter Sunday. This meant that hens carried on laying eggs but no one was using them.



On Easter Sunday, people would make omelettes to use up the eggs. This tradition still continues today.

Legend told that, if the first thing you ate on Easter Sunday was a egg that had been laid on Good Friday, you would be protected from illness until the next Easter.

In the town of Bessières thousands of people gather on the Monday morning to make a giant omelette and when we say giant, we mean giant. The omelette uses more than 4,500 eggs and feeds up to 1,000 people. 2 photos somewhere here. The story goes, when Napoleon and his army were traveling through the south of France, they stopped in a small town and ate omelettes. Napoleon liked his so much that he ordered the townspeople to gather their eggs and make a giant omelette for his army the next day.

This tradition, or at least the making of a giant omelette, has been adopted by many other towns in France as well as several venues across the "pond".

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WELCOME...



Rev Kirsty Long

Hello, I am Kirsty and I am the new rector of Mattishall and Tudd Valley Benefice. I have just completed my curacy (training post) in the Poringland and Venta Group benefices. I served across these benefices for 2 years and 9 months and really enjoyed my time there and learnt a great deal which I hope to be able to put into practice as serve God as rector here.

I am married to Stuart and have 4 children (James, Michael, Rebekah and Hannah). Three of whom are grown up and live in their own homes in Norfolk and Surrey. Hannah is 19 and is in her first year at York University studying Maths. Before moving to Poringland we lived in Blofield and I worked as a teaching assistant in a local primary school in all year groups. When I have time to relax, I enjoy spending time with my family, travelling, going to the theatre and cinema, eating out and completing jigsaw puzzles.

Before I started my training for ordained ministry, I was an Authorised Worship Assistant for 6 years at the Yare Valley Churches parish (Brundall, Braydeston & Postwick) where I had attended since I moved to the area in 1996. During my time there I have been involved with numerous ministries within the churches there.

For many years I was also actively involved with the work of the Vidiyal Trust which supports slum children and elders in Southern India. I worked as the charity's administrator for a few years and travelled out to India with the Reverend Pat Atkinson for a couple of weeks in 2011 where I helped with some of the projects. This was an amazing and humbling experience, and I would love to go again in the future.

As part of training, I spent three months on placement with the Norwich Foodbank. This work was very rewarding even though some of the situations I saw during this time were totally heartbreaking and a real eye opener for me. This placement really confirmed to me just how much Gods love can be demonstrated within the local community and has really encouraged me to be more actively involved with such projects, something which I hope to be more involved as I begin this new role.

As part of curacy, I spent a month with the chaplaincy team at the Norfolk and Norwich University Hospital where I learnt a great deal about end-of-life care and visiting the sick and their families. All of which I can continue to put into practice as rector.

I am really looking forward to serving God as the Rector at Mattishall and Tudd Valley churches as I continue to follow God's call on my life. I am passionate about sharing the love of Christ and encouraging others to grow in their faith. I am especially looking forward to meeting members in all the communities in which I will be serving and being involved with different aspects of mission across the benefice.

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

2nd Wednesday each month - 7.30 pm at Mattishall Memorial Hall

Next meeting dates: 8 April ... 13 May ... 10 June

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Brainteasers Issue 106

Brainteaser 2 of 5

A teacher place three coins in front of her pupils: one copper; one silver and one gold. She tells her pupil: "If you tell me a true statement, you will be given one of the coins. But if your statement proves to be false, you will be given nothing.

What should the pupil say to guarantee being given the gold coin?

Answer inside back cover

MATTISHALL COMMUNITY HUB

Promoting social contact & community projects



'Spring is sprung, the grass is riz,….' Thank goodness that it's stopped raining (at the time of writing anyway)! And the onset of Spring is so much more conducive to getting out and about more.

We had our AGM in conjunction with our February meeting which provided an opportunity to recap on activities and achievements over the previous year and to announce plans for the coming year…read on. We also had a raffle which raised £60 for The British Heart Foundation. Activities/achievements during 2025 included the unveiling of the Little Library at the junction of Dereham Road and Parker's Road and the new Community Noticeboard on Church Plain, the Norfolk Day Community Fete, the coach trip to Pensthorpe and fund raising for the Alzheimer's Society and The Dereham Meeting Point.

FUTURE ACTIVITIES – in addition to monthly meetings we are planning the following:

Coach & steam train to Sheringham, Tuesday 23 June: Fancy a trip to the seaside? Provisional bookings have been made to go to Sheringham via coach from Mattishall to Holt and then a Poppy Line steam train. The coach will leave Mattishall around 9.30am and be back in Mattishall around 5.30pm. The steam train to Sheringham is booked for 11am and the return from Sheringham at 3.30pm. These are provisional timings and will be confirmed later. It is open to all so if you'd like to book a place, please come along to one of our sessions or contact us at the details below. The cost is £20pp.

Yard Sale, Sunday 6 September: MCH is planning to organise a yard sale along similar lines to that organised by a Mattishall resident a couple of years ago. Details will be announced later but hang on to items that you'd like to sell.

We will also be taking part in **the Matt Fest on Sunday 28 June** which is being organised by Mattishall Sports & Social Club up at South Green. Plans will be announced in the summer issue of Miscellanea, on Mattishall Community Facebook page and on Nextdoor. Matt – can you add the comment box to the right of the next para please?

Mattishall Community Hub meets on the first Tuesday of every month from 2-4pm at Mattishall Memorial Hall, South Green (next door to the Sports & Social Club). Free entry and refreshments. All ages are welcome. MCH is supported by Breckland Council and the National Lottery Community Fund.

WHAT MEMBERS SAY:

Isn't it just great how the seed of an idea has grown into a real and important part of the community.

I feel more part of the community.

I look forward to Hub meetings.

Important to have a friendly get together with people who otherwise you may not see for months.

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Nicky & the MCH Team
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OPEN SPACES AT KINGFISHERS: AN UPDATE



Despite the weeks of gloom and rain there has been progress up at the Kingfishers Open Spaces.

On December 13th, we were blessed with nice weather – which is just as well as 23 volunteers turned out to work on getting everything ready for the winter months. Some volunteers worked on the fruit trees on the meadow, supervised by Cllr Lloyd Frosdick, who oversaw the planting out of the trees in a grid pattern which will make it easier for the meadow to be cut around them when the time comes. After the move they were treated to a "spa treatment" of winter wash and a wax barrier to keep the beasts at bay. Hopefully before long we should be treated to some lovely blossom to raise the spirits.



Over at the fenced Orchard area, others sowed yellow rattle alongside other seeds, kindly donated by a member of the public, onto the ground that had been cut, raked and rotavated in advance to allow the seeds to take hold. By this Spring and Summer, we should start to see the results – with a lot of the yellow flowers in evidence. This plant feeds on the nutrients that the grass needs so over the next couple of years we should see less and less grass, more and more flowers. The longer-term aim for this area is to provide a quiet area with seating where folks can sit and enjoy the quiet of nature.

At the native woodland area, the whips and larger trees needed to be reviewed as some had died off during the drought. Losing a percentage of the trees is quite normal and thanks to our lovely volunteer waterers the numbers lost was small, but the pattern of loss meant that we needed to move things around to spread the survivors out more. After all the tree moving, both the woodland and the fruit tree areas were given a mulch of wood chippings to discourage the grass growing up and competing with the young trees, which left everything in the best possible a condition for the worst of the winter months.

We all enjoyed the refreshments provided by the PC as a thank you to the volunteers – even if we had to struggle to heat the water in a saucepan as no camping kettle was available. This has now been addressed as one of the wonderful volunteers went out and purchased one for future events – so big thanks for the generous donation. Special thanks to Hazel Goodall for making the lovely cakes that went down so well too.

So, what is next? We have contracts in place for the grass cutting of the main areas – one for the open grass areas and a specialist one for the meadow – and volunteers will do the areas around the woodland trees. Later in the season we also aim to put in benches mounted on plinths, so there will be sitting areas and a wheelchair-friendly picnic table too.

Otherwise, work parties will be needed once the weather turns warmer and things start to sprout, so do look out for announcements in Facebook and on the Kingfishers notice board.

Over at the allotments things are not all asleep either, many tenants have winter crops that they are still harvesting when they are not sitting by the fire perusing seed catalogues and planning for the new growing season. There is still time to get ahead for the spring and there are still plots available.

On the Community plots we hope to have the new raised beds erected as soon as the weather allows – so let's hope Spring has well and truly sprung so we can get on with things.

To know about allotment vacancies, or to join the WhatsApp group (only) for our Green Team Volunteers, get in touch at roisintmurray@outlook.com

Roisin Murray



MATTISHALL COMMUNITY HUB
Promoting social contact & community projects

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TRUE TALES FROM LONG AGO. STORY 1: ROBERT AND HARRIET WADE

My maternal great-grandparents were Robert Wade (born 1847) and Harriet Sewell (born 1849). Robert and Hat (as he called her) were married in the parish church of South Weald Essex in October 1871 and went on to have 9 children, of whom my grandmother was one. My mother was named Harriet after her granny and her twin sister was named Alice. They had an older brother, Fred.

Robert Wade was a groom/coachman to 'the big house' - possibly Normanton at Hutton and had a pony and trap in which he would take his grandchildren to Epping Forest on a Sunday and sometimes to see the horses in his care. One of his jobs was to drive the local coroner, Mr. Charles Carne Lewis around and sometimes they would have a drink on the way home and the pony would have to find its own way back! Illustration relates to this bit of text but needn't be too big Robert also used to take sips out of Hat's homemade wine, top up the gap with water and re-cork the bottles. Hat was furious when she found out and being of tiny stature, stood on a stool to tell him off. Robert and Hat's other sources of income were growing and selling fruit and vegetables and Hat took in sewing and laundry.



Hat was a redhead with a fierce temper and her grandchildren were afraid of her, but loved Robert, who was easy-going. Hat always wore black, purple or grey. On Sundays, to go to church, she wore a floor length black silk taffeta dress, which rustled as she walked. Over that she wore a little cape, covered in jet beads and a bonnet of fine black straw with bunches of violets under the brim to one side, and tied under her chin with a wide black satin ribbon. Her tiny feet were encased in size two and a half kid button boots and she wore black lace mittens or gloves. Her bible fascinated Harriet and Alice as, when it was closed, there was a little lock and key, so if she dropped it, the texts wouldn't scatter all over the floor. The twins would arrive at Granny's early on a Sunday evening and vie to collect Hat's bonnet and bible from the dressing table in her bedroom. In later life, as Hat had arthritis, Robert or the twins would push her to church in a wheelchair. Sadly, Robert went blind and died at home in 1920. Hat was looked after in her own home by a Mr. and Mrs. Cracknell until they couldn't manage her and, after spending some time in St. Andrew's Workhouse at Billericay (for which three of her children paid 2/6d a week for her keep), Hat died in 1932 at the house of one of her daughters.

Robert and Hat's semi-detached house is still there in Ongar Road, within sight of the clock on Wilson's Corner in Brentwood.

Anna English

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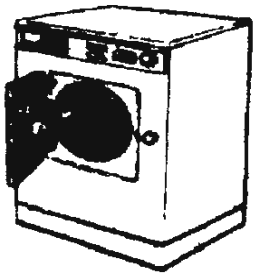
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Would you like to help your community?

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

The lady who used to be at the library

We were lucky enough to have the Scottish family contingent down for a long weekend which coincided with Alex coming over from Australia for a month. It was all rather lovely, as you can imagine, and I got to see my rapidly growing grandson. He is a proper Charlie because essentially he's called Charlie and is two and into everything but especially tractors.

Gramps collected some old tin wind-up toys which saw Charlie enraptured by creeping crocodiles and limping penguins. Naturally, I'd bought some books. It's a marvellous excuse to buy books, having a toddler in the family. Buying young people books is the law.

I tell you all this not because I'm a proud parent and grandparent (which I am) but because when all are gathered as one the inevitable question is:

"Would you like a drink?"

As a general rule we want our guests to feel welcome and wanted so we offer refreshments from the off. Tea with one sugar, coffee without and a warm Ribena for the teen who is nostalgic: it's part of who we are. It's the same if we go out too. We look for a decent watering hole on our wandering to ground it. Be it a coffeehouse or tearooms we gravitate towards beverages. An outing without a drink is just a mindless wander.

Here at Cooper central we rather overdo the options. It's bad enough in a coffee shop where we are bamboozled by the number and type of coffees available but we have several choices too. Chez nous you can enjoy filter, cafetière or pod coffee in a variety of flavours or teas from India, China and Yorkshire.

It's all part of the bonding process and hospitality at its best wants you to bond. But then there are also special times in the day where a brew is necessary. The second set of adverts during the murder mystery is a classic example. Pause for beverage break and the inevitable cry of "Who's for tea, coffee or hot chocolate?"

In my house I drink coffee only in the morning. I enjoy three consecutive americanos with an extra dash of espresso to prime my day. I'm not as great a tea drinker but on a warm afternoon in summer a pot of tea for one is the bees knees. Robin is a chain drinker of pod coffees. He will make them and forget them, reheat them, then forget those and eventually start again so he's not ready for the ultimate coffee station complete with bean grinder and milk frother. Is it a sign of the times when our two year old grandson has a wooden coffee maker just like his dad's. We drank a few lattes there. The coffee was undrinkable but the service sublime.



Tina Cooper

There is also a fashion of drinking lukewarm coffee in order to "Smell the beans". I'm not a fan. If it's not scorching I'm not drinking it. It is said that I have an asbestos mouth. Fingers too - I can squeeze open a hot jacket potato where others flinch and peel a fresh cooked egg with aplomb. But I do own oven gloves.

And the cups we use matter enormously. Simply put, the tea cup or mug must be bone china thin: the coffee mug narrow at the bottom and wider at the top. This is written in the statutes. Dunking is discretionary.

Quite what folk did before the arrival of coffee from abroad is anyone's guess. I suspect they drank a lot of weak beer and gin. This is the secondary offer at gatherings. Once the sun is over the yard arm a robust red or a cheeky white is the order of the day but it's becoming harder to travel and drink alcohol. One, for very sound reasons, one can't drink and drive and two, they've closed all the pubs.

We've found that alcohol free beer is a great way to go. We have an established Guinness habit: a daily preprandial. Then if anyone needs to drive they are free and clear. It also tastes very authentic and no I'm not sponsored.

But the British are preponderantly tea and coffee drinkers. In times of crisis it's tea with two sugars- hot and sweet. It's a panacea for all. It's not overdoing it to call tea and coffee the glue that holds the civilised world together.

Who's for a cup? Lapsang souchong anyone?

Tina Cooper

Brainteasers Issue 106

Brainteaser 3 of 5

Enter the numerals 0 – 9 in the following sum to make it work (3 has already been used and you can use each numeral only once)

3 x .....=.....

Answer inside back cover



MATTISHALL & LENWADE SURGERIES NEWS



Dementia Awareness

Dementia is a common condition that affects over 1 million people in the UK. One in 14 people aged over 65 has dementia. This rises to 1 in 6 for people aged over 80. We find many people don't present to the doctors due to stigma about this diagnosis. The surgery can offer a memory test which is the first step in diagnosing if someone may have dementia.

Please consider speaking to us about this if you, or a loved one has symptoms of:

- Forgetting recent events, names and faces. Or repeating things over and over again.
- Not being sure about the date or time of day.
- Problems with paying attention or making simple decisions.
- Getting lost, mostly in places that are new.
- Putting things in the wrong place.
- Finding it hard to use the right words or to understand other people.
- Finding it hard to pay attention or make simple decisions.
- Mood changes like becoming sad or easily upset or losing interest in things.

A dementia diagnosis provides benefits such as access to potential treatments that can manage symptoms, help with future planning and support services, and eligibility for various financial benefits and disability allowances. It also allows people to better understand their condition, which can improve quality of life and help families provide more compassionate support.

Mattishall Easter Opening and Prescription Requests

Mattishall Surgery & Pharmacy will close at 6:30pm on Thursday 2nd April 2026 prior to the Easter bank holidays.

Mattishall Pharmacy
The last ordering date to collect on Thursday 2nd April is Tuesday 24th March. 2026

Lenwade Surgery
The last ordering date to collect on Thursday 2nd April is Friday 20th March 2026.

May Day and Spring Bank Holiday Opening and Prescription Requests

Mattishall Surgery & Pharmacy will be closed on May Bank holiday 4th May 2026 and Spring Bank Holiday 25th may 2026.

Mattishall Pharmacy
The last ordering date to collect on Friday 1st May is Wednesday 22 April 2026 and the last ordering date to collect on Friday 22nd May is Wednesday 13 May 2026

Lenwade Surgery
The last ordering date to collect on Friday 1st May is Monday 20th April 2026 and the last ordering date to collect on Friday 22nd May is Tuesday 12th May 2026

Spring 2026 Covid Vaccination Programme

Mattishall & Lenwade Surgeries will be taking part in the Spring 2026 COVID-19 vaccination campaign, which will run from 13 April 2026 to 30 June 2026.

In line with national guidance, patients aged 75 and over, and individuals aged 6 months and over who are severely immunosuppressed will be eligible.

If you are in one of these groups, you will receive an invitation from us to book your vaccination appointment. Eligible patients may also contact our reception team directly to arrange an appointment.

Mattishall & Lenwade Patient Participation Group

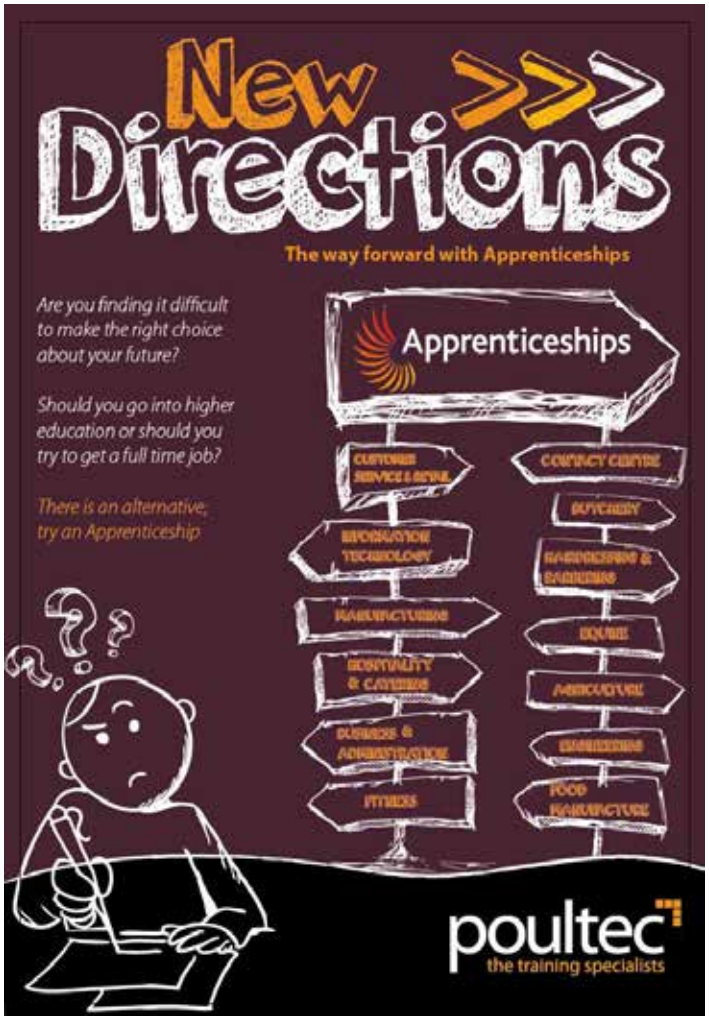
Healthcare works best when patients and practice staff work together. The PPG offers a way for patients to have a voice in how services are delivered locally. Whether it's improving appointment systems, raising awareness about new services or supporting health campaigns, the group helps ensure the patient perspective is heard.

We collect patient feedback, discuss appointment access, help communicate updates eg vaccination clinics, support health awareness events and provide input on new technology, such as ANIMA, the new appointment system.

We don't deal with individual complaints or personal medical issues.

If you are a member of a group, whether in Mattishall or Lenwade, we are keen to make contact with you and maybe visit to chat about what we do and take your comments back to the surgery or the pharmacy.

If you want to contact us our email address is: ***mandlsurgeriesppg@gmail.com*** or on our Facebook page Mattishall and Lenwade Surgeries PPG



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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 are celebrating 40 years of Beaver Scouting this year, and have to undertake 40 challenges to earn a special 40yr birthday Badge. One challenge was creating a 40! In the scout hut. Cooking and problem solving have been tried, along with researching different countries of the world.







It has been another enjoyable and busy term for our **Cubs**, filled with a variety of fun and engaging activities. One of the highlights was our castle-themed sleepover. We were joined by the Beavers for a special visit from a therapy dog, giving everyone a wonderful opportunity to learn about how therapy animals help people and to spend some time interacting with the dog. Cubs also explored Chinese New Year, colouring-in dragons beautifully and learning a little about the celebration. To finish the activity, Cubs were each given a chocolate coin and fortune cookies to take home and enjoy.

The fun is not over yet though. In the coming weeks we have an exciting trip to Norwich Castle planned to round off our castle theme and a Mother's Day craft activity, where the Cubs will be decorating special cards to give to their mums. Thank you to all the Cubs for their enthusiasm and great effort throughout the term.

Scouts have been working on their Creative Challenge Award this term designing posters and creating a patrol performance for families. Scouts held their own version of the Winter Olympics with team ski biathlon, ice hockey and an indoor luge course.







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





On Friday 16th January our Year 5 children visited the National Space Centre in Leicester. The children spent time looking at the variety of exhibitions on offer. They had a long but great day.



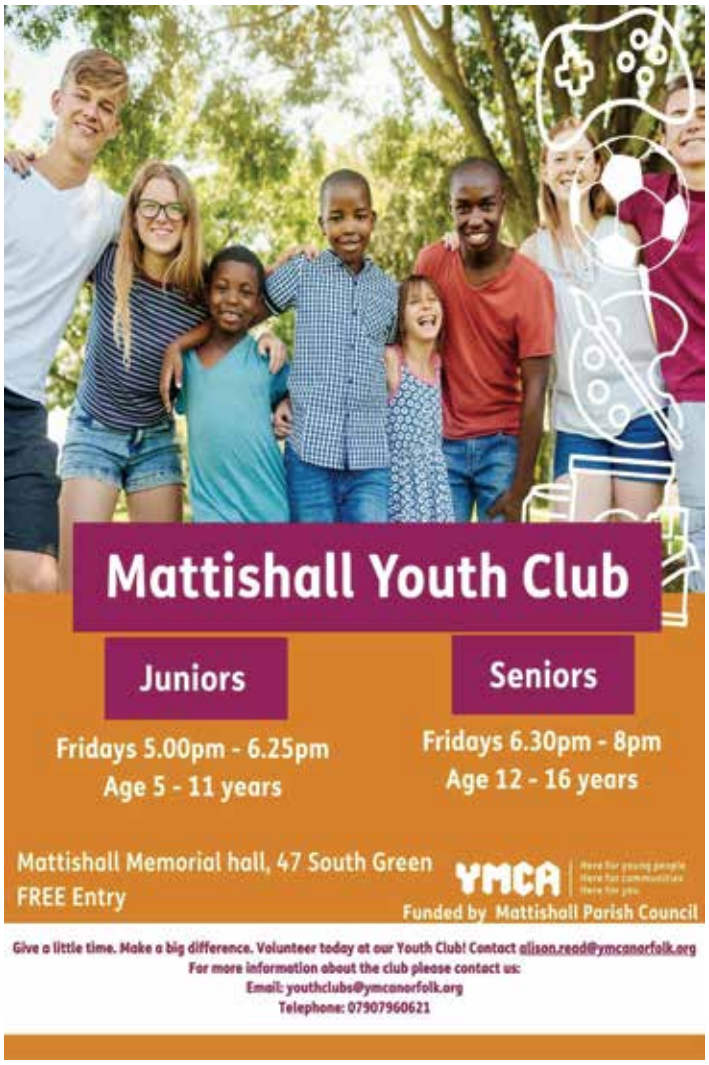


On Monday 19th January our Year 4 children went to West Stow where the children got to explore the Anglo-Saxon village and the Anglo-Saxon museum. They had the opportunity to handle some artefacts and learnt about how they were discovered. They also got to dress up as Anglo-Saxons.





The Reception children had a visit from Dereham Fire Station. The firefighters spent time talking about their job and the equipment they use. The children also had an opportunity to explore a fire engine and use the hose!



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.
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NDNA

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

Ofsted Good rating



Spring Fun Day

West Raynham SHQ at NR21 7PL
Sunday 19th April 10.30 a.m. to 2.30 p.m.

Veterans Central is hosting an Easter Egg Fun Day at West Raynham SHQ on **Sunday 19th April**. Entry is FREE and you can take part in activities in the gardens and in the Station Headquarters (SHQ) building. The day includes:

- **Find the Bees and Butterflies:** Free bag of goodies to all the children who complete the hunt!
- **FREE Fun Games and garden activities including:**
  - Bean Bag Throw: get the bags in the Red Arrows wheelbarrow
  - Spin the Wheel: land on the red segments to win
  - Guess the number of eggs in the jar
  - Lawn darts, Giant JENGA and other games
  - Pinata Game!
  - Help Beatrice mouse plant herbs
  - Decorate a Gnome for the Gnome Garden
  - And more
- **Bookshop:** children's books at very low prices
- **Meet Benji the SHQ Mascot dog.**
- **SHQ Café with special Easter treats.**





Information: info@veteranscentral.co.uk
West Raynham SHQ – Veterans Central
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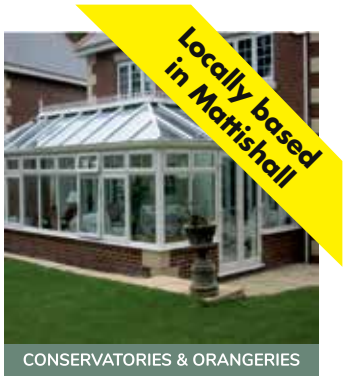
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Mike's Scribblings



Mike Hamill

Don't Be Frightened

I'm frightened, said Teddy bear, with a slightly shaky cry
It's dark in here, and I cannot see the sky.
Don't you worry, Teddy, you're safe here with me
I will look after you, said Buzz the bumble bee.

I'm a scaredycat said the kitten, whose name was little minx
The noises are quite frightening. And to the corner slinks.
Don't you worry, my little friend. I'll be on guard for you.
Thus spoke the fluffy dog, whose special name was Boo.

I'm frightened said Olive, as she called a soft twit twoo.
Mummy built the nest so high. I'm scared I will fall through.
Don't you worry, said Percy pig, with a reassuring snuffle
I will catch you if you fall, and we will have a cuddle.

So, just remember, try not to be afraid.
As folk will protect you and come right to your aid.
Their arms will surround, keep you safe and tight,
and lay down beside you, so you sleep safe at night.

The Ancient Times

Like a drifting cloud of billowing colours
The hazy pathway each footstep follows.
Beneath, in a cavern of azure glow,
the pleasures of Shangri-la do grow.

Eastern mysteries do combine,
in a kaleidoscope that is sublime.
Where curious creatures do besport
and, in rapturous excitement cavort.

I see the mists of time unfold,
as of secret learnings we are told.
Where shamans prattle and caress the stones
and speak in tongues to the scattered bones.

Where spring and winter do conjoin,
and winters chill, spring does purloin.
And ancients' voices loudly sing,
the pleasures that the gods do bring.

So, amongst these druidic signs.
The ancient ways and long lost times.
Where spectres and hobgoblin play,
let us rejoice at a brand new day.

Tears

Where silence is broken but no words we speak.
Where all that is good is the truth that we seek.
When people are shunted from without and within,
and all that we know is the tribe that we're in.
When money and fame blow false in our face,
and honesty dies in the loneliest place.
Where white is now black. Are colours undone?
Where none can walk But falsehoods run.
When conundrums flash and no one cries,
why then, are there still tears in my eyes?

Old Joe

There was an individual, named Old Joe,
whose nose required an occasional blow!
His proboscis was large, a bit of a brute,
and his nasal passages; immensely hirsute.
When forewarned by a light, tickling sensation,
he would make all necessary preparation.
He'd take his red hankie, 'twas never blue,
and blow his conk, through and through.
And then, upon reflection, he would find,
wonders of almost every kind!
The occasional cat, a few grunting pigs,
a rat and once, a bundle of twigs!
But, the most amazing thing, to which I now refer,
was the emergence of the neighbour's old harvester.
Joe now suffers some strange old ails
as all his sneezes come out in made-up bales!

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CRIMEWATCH MATTISHALL



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

Crimewatch - Personal Fraud and How to Prevent It

Fraud is when a person lies to you, or 'scams' you, to gain an advantage, such as taking your money or learning private information about you. This could be via email, text, phone or in person, either on the street or on your doorstep.

Some adults may be especially vulnerable to fraud and financial abuse. If you're concerned about someone you know, contact your local social services and ask for Adult Social Care.

With a little knowledge you can protect yourself from fraudsters too by learning the ten golden rules to prevent fraud (see below) and by finding out about the most common types of fraud. For more information and help and to report fraud, go to Report Fraud (https://www.reportfraud.police.uk/), the UK's national cyber crime and fraud reporting service.

Ten golden rules to prevent fraud

Remember these ten golden rules to help you prevent fraud and beat the scammers.

1. Be suspicious of all 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.
2. Don't agree to offers or deals immediately. Insist on time to get independent or legal advice before making a decision.
3. Don't hand over money or sign anything until you've checked someone's credentials and those of their company's.
4. Never send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment you're not comfortable with.
5. Never give banking or personal details to anyone you don't know or trust. This information is valuable so make sure you protect it.
6. Always log on to a website directly rather than clicking on links in an email.
7. Don't just rely on glowing testimonials. Find solid, independent evidence of a company's success.
8. Always get independent or legal advice if an offer involves money, time or commitment.
9. If you spot a scam or have been scammed, report it and get help.
10. Don't be embarrassed about reporting a scam. Because the scammers are cunning and clever there's no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others. Fraud graphic here somewhere please

Get help or report a scam

If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, contact Report Fraud on 0300 123 2040 or at Report Fraud (https://www.reportfraud.police.uk/).

Reporting crime, including cyber crime or fraud, is important. If you don't tell the authorities, how do they know it's happened and how can they do anything about it?

Remember that if you're a victim of a scam or an attempted scam, however minor, there may be hundreds or thousands of others in a similar position. Your information may form part of one big jigsaw and be vital to completing the picture.



Brainteasers Issue 106
Brainteaser 4 of 5

Mr and Mrs Trevellian have four daughters. Each of their daughters has one brother.

How many children do the Trevellians have?

Answer inside back cover

Welborne Beer Festival Returns – Volunteers Needed

The much-loved **Welborne Beer Festival** returns on **Saturday 11th July 2026**, from **3pm until late.**

Held every two years, the festival has become a highlight of the village calendar, bringing people together for a relaxed and friendly afternoon and evening — all while raising vital funds to support our Village Hall.

As always, the festival is run entirely by volunteers, and we are once again asking for help from the village community in Welborne & Mattishall. Whether you can spare a few hours or a bit more time, every contribution makes a real difference — many hands truly do make light work.

We are looking for volunteers to help with:

- Setting up before the event
- Manning the gate
- Serving on the bar during the day
- Helping in the family area
- Clearing up the day after

No previous experience is required, just enthusiasm and a willingness to get involved.

As a thank you, volunteers will receive **free entry to the festival**, along with **a drink and food on the day** — as well as being part of a brilliant village team helping to make this much-loved event happen.

If you would like to volunteer or find out more, please contact James Ellis & Tracey Palmer
via email: **welbornebeerfestival@gmail.com**

We look forward to seeing you there - and thank you in advance for supporting the Welborne Beer Festival and our village.







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
£4 per session.
(First visit – free!)

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



HOW HAVE THE PATHS SURVIVED WINTER?

Last time, I told you about the replacement footbridge nearest Greg's Close, which I privately now call "Herbie's Bridge". Sadly, some other bridges have not yet been repaired. I reported the bridge nearest North View Farm, on the path from Old Hall Farm, as mentioned last time. Highway's reply was a bit odd. They said they couldn't find the problem. Well, someone has. Again, I don't know who, but someone has pollarded the trees next to the bridge, and cleared the ditch nearby. It all looks very smart, only let down by the bridge itself. Maybe that's the next job. I'll let you know of any progress. If you want to have a look yourself, walk down the path leading from the end of Forge Close on the Kensington Forge development, through the (missing) gate and you can't miss it. Or, you could have a look at the photo attached to this article.

There are still quite a few roadside fingerposts needing attention. One I reported recently prompted a prompt if not entirely encouraging reply from Highways. Basically. It said "we know. We'll get round to it when we can". I suppose that's reality, but It's a shame their budget doesn't stretch that far.

Over the winter, it looks as though the brambles and other undergrowth affecting the path from Greg's Close to Mill Street have been cut back again. I don't know who did it, but many thanks to them. The pathway looks ready for anything over the Spring months. That's one for me to keep an eye on!

You may well already know that the big tree where the path comes out on Greg's Close has been cut down by professional tree surgeons, who made it known on Facebook that the resulting logs were available for anyone. I don't know if they charged, but many of us are always grateful for extra supplies of firewood.

My hopes of addressing the muddy stretch from Church Plain between the village green and Church Farm were briefly raised when it seemed partnership funding might be available from County for small parish projects. Sadly though, the cost eventually quoted by the Highways contractor was, in my view, far beyond what would have been reasonable for the Parish Council to divert from existing expenditure plans. I do thank all involved for their work researching the issues, and obtaining the quote. Above all, I congratulate the PC on their final decision on the matter.

Finally, some paths have become really boggy and muddy over the winter. The most extreme one I've seen is the track/path from Stone Road to the corner of Mill Rd at West End. The track is a sea of deep rutted mud for some distance from the junction with Mill Rd. A bit of a pity as it's otherwise a lovely walk across the fields. Mind you, as with many of the paths in the parish, you have to walk on the public road to get to/from the start and finish. Stone Road can be quite busy, so is less pleasant for walkers than some of the back lanes.

As ever, remember to take care when out and about, and remember to wear hi-vis or other bright clothing if there might be traffic about.

Brainteasers Issue 106

Brainteaser 5 of 5

Move one of the figures in the following equation to make it correct.

101 – 102 = 1

Answer inside back cover

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.



Roundabout

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



Loades from Lizzie 01362 850491

IMPORTANT ADVANCE NOTICE

SUMMER COMMUNITY SUPPER - Friday 12th June 7-9pm

After our previous suppers, which were all well attended and great fun, the next one will have a "Summer Holiday" theme, taking in songs from the film and some 1950's nostalgia. This will be another FREE EVENT for anyone to come along.

DROP IN



We continue to meet every Thursday morning from 10am until midday in All Saints Church, Mattishall serving cuppas and treats all morning. A great place to meet up and make new friends. Lots of chat and a friendly atmosphere.

There is no set charge for anything but if you are able to make a small donation of £2 to cover our costs it is appreciated but not essential. That is quite good value for unlimited drinks, biscuits and cake. We sometimes have croissants, scones and even pancakes - there is always something nice to enjoy.

If you are feeling a bit lonely or have worries then think about coming in, just ask for Lizzie and I will introduce you to someone to sit with, or maybe offer support to guide you to organisations that can help with issues that are causing you anxiety, (e.g. debt or foodbank).

Sometimes we even bring our knitting or crochet, great to share skills and discuss our hobbies.

SINGING FOR WELLBEING

These are FREE sessions held twice a month and anyone is welcome to come along. You do not need to have a good voice or any musical knowledge, just need to enjoy joining in with others and having fun.

The aim is to leave with a smile on your face!!

Singing is very good for your breathing and wellbeing as well as the social side of meeting up with others.

We meet on the second Wednesday of the month from 1-2pm in All Saints Church, Mattishall and on the fourth Thursday from 7-8pm. We arrive a bit early to have a cuppa together before we start.

A village Community Choir has evolved from these sessions, (only if you feel you want to take part). We have led singalong sessions at various village events and the next one will be at the Community Supper in June, which promises to be another enjoyable evening.

LIZZIE'S BOOK LOVERS CLUB



If you enjoy a good book then this could be something for you. We are a very informal book group with no set reading. We are actually more of a book swap with lots of chat over a cuppa and cake. We just tell each other about books we have read and usually brought along for others to take.

We meet on the second Wednesday of the month in All Saints Church, Mattishall from 2.30pm, just after singing.

SUNDAY MORNING 9am CHURCH SERVICE (most Sundays)

If you like a traditional friendly church service then we would love you to come along. This service lasts no more than an hour and we then have a cuppa together before the second more modern service that starts at 10.30am

BELLRINGING!!

Myself and 2 friends from the village have taken up a new hobby. We are learning to ring church bells!! It is really interesting and we have a long way to go but enjoying the lessons with Jill, our brilliant teacher. If anyone else is interested in learning please get in touch, it would be lovely to have a team able to ring in the village. **(tel 01362 850491 or email lizzieloades@gmail.com)**

Hope to see you at one or more of these activities.

Lizzie



MATTISHALL METHODIST CHURCH

Weekly Sunday Services at 2.30pm

Easter Day Service: Sunday 5th April at 2.30pm led by Pippa Cook.

Chapel Anniversary Service: Sunday 26th April at 2.30pm led by our minister Rev Derek Grimshaw.

See Noticeboard for details. All welcome.

Meeting Rooms for hire - Enquiries to Fred on 850750.

ALL SAINTS CHURCH MATTISHALL

29th March - 9am & 10.30am Services - Palm Sunday

2nd April – Holy Communion Service at **St Mary's North Tuddenham** – Maundy Thursday

3rd April – 11am - Good Friday Walk of Witness from Mattishall Evangelical Church

3rd April – 2pm Service – at **St Michael's Hockering** - Good Friday Hour Before the Cross

5th April - 10am – Benefice Service – Easter Sunday Holy Communion

12th April & 19th April - 9am & 10.30am Services

26th April – 10am – **Benefice Service with Holy Communion at St Peter's Yaxham**

3rd May, 10th May & 17th May – 9am & 10.30am Services

24th May - 10am – **Benefice Service with Holy Communion at St Michael's Hockering**

31st May - 9am & 10.30am Services

ALL SAINTS CHURCH WELBORNE

29th March – 9am Service – Palm Sunday

12th & 19th April, 3rd, 10th 17th & 31st May – 9am Service

For further information please check out the church website www.matvchurch.uk

Or the Benefice Church Office 01382 858873 / contact@matvchurch.uk

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**



Question – I feel I have a hearing problem but cannot afford to purchase hearing aids. Can I get them for free from the NHS? I am a pensioner.

Answer – The first step to take is to visit your GP who can refer you to a hospital or a local audiology service for a hearing test and assessment. In some NHS areas, if you are over 55 you can directly refer to the audiology service.

If you are assessed as needing hearing aids, then the NHS will provide. If you have NHS hearing aids, you can get free replacement batteries from any hospital audiology or ENT department.

There are often waiting lists for the audiology service. There is also the opportunity to purchase hearing aids privately if you are able to.

Information provided by Able Community Ltd www.ablecommunitycare.com

Charity #: 1208763
Veterans Central
West Raynham SHQ,
5 Blenheim Way,
West Raynham Business Park,
Fakenham, NR21 7PL

The Veterans Voice project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

Veterans Central, as part of the Veterans Voice project, will be running a monthly **drop-in** hub in Swaffham.

Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask question about veterans support.

Venue: The Regency Room, Swaffham Assembly Rooms, Swaffham

Tuesday 28th April 2026. Tuesday 26th May 2026.

Time: 10.30 – 13.00 hrs

Location: The Assembly Rooms are located in the centre of Swaffham and there is adjacent 2 hours free parking (but use machine to get a ticket). You are welcome to bring partners or carers.

More information? Contact: ops@veteranscentral.co.uk
Mobile: 0771 3860040

Dereham Walkers are Welcome

07561 813243

www.DerehamWaW.org.uk/

Our normal programme of walks continues. The first Friday walks will be for no more than 4 miles, starting at 10.15am as usual from a range of places in Dereham. They take place on **3 April, 1 May** and **5 June**. The walks will be led at a reasonable pace - we do not rush, but we do need to make progress for the group as a whole; if you have any questions about our speed, please raise them with us. There's no need to book, just turn up. For more details, contact Ken Hawkins, **ken-hawkins@tiscali.co.uk** or **07561 813243**.

The Easy Second Tuesday walks will be on **14 April, 12 May** and 9 **June**; all start as usual at 10am outside Dads and Lads (Cherry Tree car park). They will be no more than two miles, on good surfaces and will take about an hour. The pace will be steady with regular pauses to catch breath and afterwards there will be an opportunity to have some refreshments (bring your purse). For more details or any questions, please contact Sue at sue.rothwell@outlook.com. Please note that if you need personal support in order to take part, you will need to arrange this yourself; we regret that we are unable to provide it.

We also have some extras on **25 April (afternoon walk and Annual Public Meeting), 20 May (bus to North Elmham and walk back) and 20 June (evening walk).** Details on request from Ken.

All walks will go ahead unless the weather is really bad 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.**

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Angie x x

Become a friend and change a life

Caring Together Charity

Unpaid carers can feel isolated, lonely or overwhelmed by the demands of looking after a family member or friend with disability or long-term illness. While they do an amazing job every day caring for someone who could not manage without their help, they may feel like they are alone in what they do and how they feel.

Caring Together Charity's Norfolk befriending service aims to make a difference to carers who have such emotions and we are looking for volunteers to get involved in the Mattishall and Welborne area. Our volunteer befrienders are on hand for a regular catch-up over a cuppa, or maybe a walk or shopping trip, so you can have a chat, share a laugh and know you are not on your own.

One carer explained how important our befriending service was to them. "The befriending service has given me support and someone to listen to me. It's allowed me to discuss my anxiety and worries over caring for my husband."

For volunteers, our Norfolk befriending service is also a fulfilling way of giving something back. One of our befrienders said: "I know my visits are really appreciated. This gives me a sense of wellbeing and achievement."

Another commented: "I wanted to volunteer because I was going through a tough time myself and I felt that helping someone else would help me."

Could you spare an hour or two each week to become a friendly face for someone in your local community who needs a lift? We will support you all the way.

A regular visit could transform a carer's life - and yours too!

Interested in befriending? We would love to hear from you! Email **volunteers@caringtogether.org** or call **0345 241 0954.**

Norfolk Rivers Trust

A volunteering opportunity

Tud Citizen Science Water Quality Monitoring

A group of committed citizens have been monitoring the River Tud on a weekly basis for three years. This has enabled a comprehensive view of the health of the Tud and where attention should be focussed. To further understand the pressures on the river, two new points just north of Mattishall are being added which can be accessed from Mill Road - one at West End, the other at Ballards Bridge.

If you are interested in volunteering to be trained as a citizen scientist and to committing to weekly monitoring, please contact Elle at Norfolk Rivers Trust: elle@norfolkriverstrust.org.



NatureWalks Billingford Lakes





28th March - 13th April 2026

EASTER Discovery Trail



Children 2-15yrs £2
Adults £6

| Activity sheet | Play areas | Wildlife hides | Wood carvings | Stunning views | Lakeside cafe | Free Parking | | New Music area | Dogs welcome on leads | Campsite | Wheelchair & Pushchair Friendly

01362 788111 | www.billingfordlakes.co.uk
North Elmham Road, Billingford, Dereham, NR20 4RG

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For Further Details Please Contact:

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

Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

Upcoming events!

LITTER PICKING

Saturday 18th April
Sunday 7th June
Saturday 11July
Sunday 27 September

Saturday picks 11-12pm
Sunday picks 2-3pm

The April event will start from the Church Room

Please contact us if an area around the village is in need of attention!

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

PLANNING MATTERS

Breckland Council is reviewing its Local Plan. The Local Plan allocates land for future development and creates policies used when assessing planning applications. Late last year Breckland invited comments on its latest proposals. The Parish Council's response to the Local Plan consultation was based on the feedback we received from you, our village residents. Breckland has now published the responses received from statutory organisations. A number of these organisations have expressed views that closely align with those submitted by the Parish Council.

Of particular note is an objection from Norfolk County Council's Transport team to the two proposed housing sites in Mattishall. These are at Thynnes Lane and North of Dereham Road. The County Council has said that the "scale of [proposed] development is inappropriate for the local road network" and "It is unclear whether carriageway widening, and suitable pedestrian connectivity can be achieved".

The next step is for Breckland Council to consider all the comments received and to publish the next version of the Local Plan, probably in July this year. Full details of the Local Plan proposals can be found here: Breckland.gov.uk/local-plan-2025

The Breckland Local Plan and all other village related planning matters- including our consideration of planning applications- are discussed openly by the Parish Council. If you want to find out more please come along to our monthly Parish Council meetings- you'd be most welcome.

http://mattishallparish.gov.uk clerk@mattishallparish.gov.uk

THE PARISH COUNCIL

Graham Clarke (Chair)
David Fowler (Vice Chair)
Bob Burrell
David Piper
Janice Smith
John Pickering
Roisin Murray
Martin Goodrum
Lloyd Frosdick

Anita Rose (Parish Clerk)

Upcoming Parish Council Meetings

20 April 2026

11 May 2026

1 June 2026

Annual Parish Gathering

27 April 2026

This meeting is to receive reports on village 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.

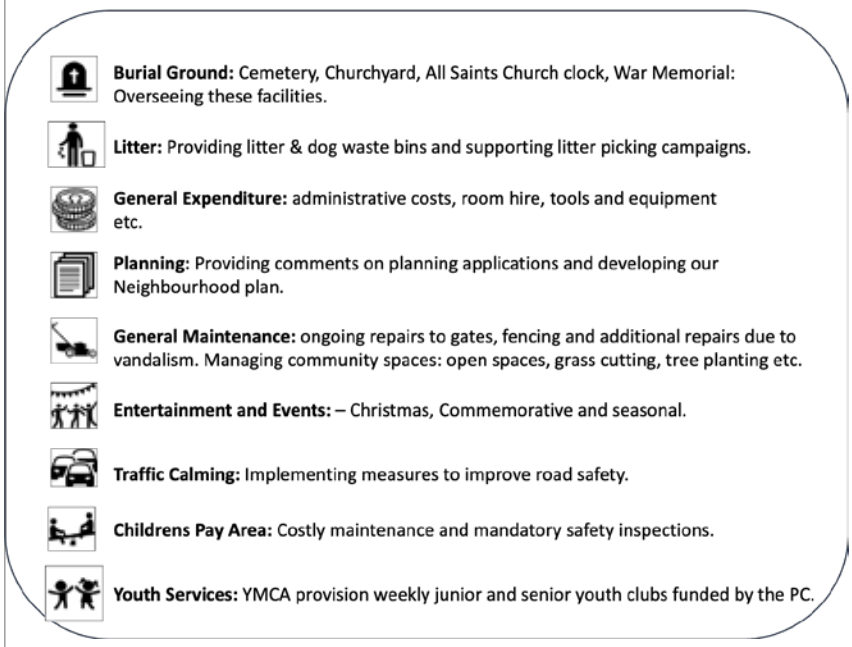
YOUR COUNCIL TAX BILL

What funding goes to Mattishall Parish Council and how is it spent?

Mattishall Parish Council has set its budget for the 2026/2027 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 £106.65 for the year, for Parish Council services, which is a 1.45% 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?



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

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Caroline DeWilde BSc (Hons) Ost
01362 - 858530



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Mattishall Golf Club (outside the clubhouse)

Welborne Village Hall (beside the back door)

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:
15th April 13th May 10th June 8th 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. 3800
2. She says: "You will not give me the copper or silver coin"
   a. If this is true, you get the gold coin. It cannot be a lie, because if it were a lie,
   b. it would have to come true!
3. 3 x 5694 – 17082
4. They have 5 children
5. 101 becomes 102, or 100 so 101 - 102 = 1

SPRING Quiz

Answers from the last issue

Answers from the last issue: 1) A prickle 2) Llama 3) Kit or Kitten 4) 2 5) 3 6) 729 7) Being Vice President and President without being voted in 8) 1975 9) The National Lottery 10) 1920

Congratulations to **Charlotte Crosby** 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 2026

1. 1.5 litres of champagne is known as what?
2. Which sea does the Nile flow into?
3. An ortanique is a cross between a tangerine and which other fruit?
4. And which football is nicknamed the Tangerines?
5. Which poisonous oily liquid occurs naturally in tobacco leaves?
6. Which instrument is nicknamed the Mississippi saxophone?
7. In alphabetical order name three parts of an atom.
8. What is the gemstone for September?
9. An icosagon has how many sides?
10. Sb is the chemical element symbol for?

Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
June 2026	Fri, 29th May	Wed, 3rd June	Friday, 19th June
September 2026	Fri, 4th Sept	Wed, 9th Sept	Friday, 25th Sept
December 2026	Fri, 6th Nov	Wed, 11th Nov	Friday, 27th Nov
March 2027	Fri, 5th Mar	Wed, 10th Mar	Friday, 26th March

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size	colour
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1/4 page	£55.00
1/2 page	£101.80
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