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Miscellanea

The Quarterly Mattishall People's Magazine Summer 2024 Issue 99

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Mattishall Commemorates the 80th Anniversary of D Day



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Brainteasers June 2024

Brainteaser 1 of 5
Marie is numbering her laboratory log book by hand. The book has 100 pages, so she numbers them from 1 to 100. How many times will she write the figure 8?

Answer inside back cover

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Miscellanea

Editorial Team

email: 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

Wayne Fulcher

Ann Futter

Paula Gilluley

Gerry Goldner

Jacqui Gray

Mike Hamill

Cynthia Hunt

Roisin Murray

John Norton

Di Oliver

Daniel Platt

Ray Taylor

Lin Thompson

Richard Walton

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

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Printed by Gowise Print, Norwich

From the Editor



Anne Jackson

Mattishall commemorated the 80th anniversary of D Day with two well attended events, these were both possible thanks to grants from Breckland District Council. Firstly, Mattishall Cricket Club ran an evening of music, BBQ, fun and games on Friday, 7th June and on 9th June, there was the village event in the Sports & Social Club and the Memorial Hall. Lots of stalls and games were enjoyed by many, despite the weather, as well as a Fancy Dress competition, Afternoon Tea (provided by Mattishall Community Hub), live music, BBQ and the end of the Treasure Hunt. See pages 4 & 5 for photos.

Last issue I introduced a new contributor to Miscellanea and I'm very happy this issue to do the same. Mike Hamill, Mattishall's very own poet has been submitting his poetry to us for some time so it was time that he got his own section – Mike's Scribblings. Mike's poems are usually humorous but he also writes about topical subjects and he has written a very moving poem about D Day, see his new section on p12.

Our next issue is our 100th and we want to celebrate it with 100s of contributions from our readers. We would like to list your 100 favourite books, 100 favourite films and 100 favourite songs. So please email me your choices – you don't have to explain why you choose the one you do and you don't have to contribute to each category, just email me at miscadvert@yahoo.com giving the book title and author, film title and/or piece of music and artist.

Looking forward to an improvement in the weather and wishing you all an enjoyable and happy summer.

Anne

Dereham Seed Scheme.

The Dereham Gardening Group is able to get us seeds at a discount price. If they can get orders to a total of more than £200, the price will be reduced on a sliding scale up to a 40% discount, depending on how much the combined order comes to. This is a follow-up scheme to that operated successfully by DDAGS for many years. The seed companies are D.T. Brown and Kings. There is no joining fee. Please notify Robin that you are interested by sending an email to him at derehamgardeninggroup@gmail.com.

FUN DOG SHOW

Mattishall Sports and Social Club and Memorial Hall

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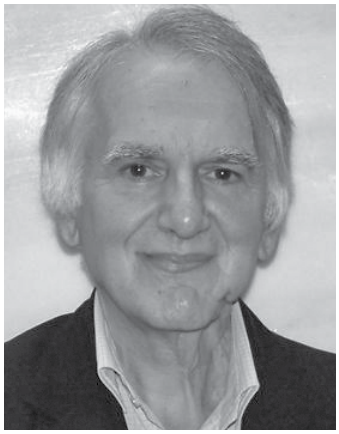
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THE MIGHTY KINGFISH



John Norton

When I was away at College in Bedfordshire in the late 60s I had the great fortune to forge special and enduring friendships with a group of people from all corners of the country which, for those of us who have survived, are as strong now as they were nearly 60 years ago.

In our final year, in 1970, we had embraced the prevalent hippy culture with our long flowing locks (unfortunately no longer), jeans flared by the addition of sewn in curtain material, psychedelic music, bright colours, alcohol and, for some of us, maybe occasional other substances. We weren't, however, as extreme as a couple on the fringes of our group who ended up living and raising families in teepees in the Welsh hills. We needed something really exciting to do before buckling down to find employment which wasn't that difficult in those days.

We had formed a group called "The Ridgewood Kazoo Ensemble" with a couple of us on guitar, a singer and a virtuoso on the kazoo who we christened Ben Webster after the renowned jazz saxophonist. He still has that name and we get very confused when his wife persists in calling him Ken which is his birth name. Ben came from Sunderland and had an uncle who had an old Bedford van (the sort with sliding doors) which was destined for the scrap heap. It still just about ran and he said that he'd give it to us for free. An offer too good to miss so a plan was hatched to get the van, do a bit of work on it, and travel overland to Greece for the summer. Ben and I hitch hiked to Sunderland one Friday afternoon and somehow managed to drive the MOT deficient van back down south in the dark. We survived one breakdown on the M1 when all the lights failed which we managed to fix. Ben was an expert mechanic and under his guidance over the next couple of months the van was made road worthy with the final touch being to spray it bright yellow.

Over a 6 week period that summer the van took six of us almost 4,000 miles with only a couple of breakdowns. Two sat in the front, three on the back seat and we took it in turns to lay on sleeping bags on top of the luggage in the back. This was called the "pig pen". We noticed an oil leak from the sump area as soon as we drove off the hovercraft in Calais. The solution was to get a Marvel dried milk can, drill a hole in the bottom and insert a rubber stopper and tie this contraption around the sump to collect the leaking oil as we travelled. Every hour or so for the 4,000 miles we would stop, crawl under the van to remove the stopper, collect the oil in another container and put it back in the engine. British ingenuity at its best.

That epic trip was the first of many over the years. In recognition of our skilled engineer Ben, who is the type of practical person you'd want with you if stranded on a desert island, we christened these adventures "Benterprise Tours". And they are still going strong with a resurgence in recent years as families have grown and left home and retirement taken over.

In 2015 because of our love of music Benterprise Tours ventured to the birthplace of the blues and jazz in the southern states of the USA and we ended up in the incredible city of New Orleans. Part of the trip followed the Mississippi from Memphis to a place called Clarksdale which is about the size of Dereham. This hick town is renowned as being the birthplace of the "Delta Blues" . It's the birthplace of many household names including Muddy Waters, BB King, Sam Cooke and John Lee Hooker. The actor Morgan Freeman lives there and has his own blues club. The place is revered by Brits like Robert Plant of Led Zeppelin fame and the Stones who all contributed to the recently built and excellent Delta Blues Museum..

In his pre visit research the ultra organised Ben Webster had come across some rave local reviews about a 16 year old up and coming Clarksdale blues star called Christone "Kingfish" Ingram who, we found out , was playing at a place called Reds Blues Club that night . The Club was in the poorer part of town on "other side of the tracks". Calling it a run- down old shack is probably painting too good a picture of what the place is like, but what a delta blues club should be. It was full of atmosphere and character as you walked in with an audience of about 30 sitting at rickety tables. We were welcomed by the man Red himself who, with another big black guy called Dr Dingle, were the hosts. Red is brilliant at customer care. His first words were "What the **** do you want?" But you could see he had a friendly glint in his old eyes. "The only white guy from England we wanna see here is Robert Plant". We paid our 5 dollars entrance and Dr Dingle served us bottles of beers from a dustbin with a bit of ice in. It was not long before Kingfish started his set with his guitar. A massive black kid as wide as he was tall, but all the accolades Ben had found were right. What an incredible talent backed by a cool drummer and bass player. As I always do, I wrote a journal about our trip which says "Kingfish deserves to go places – couldn't believe that he's only 16. One of the best I've ever seen. I'd love to be in a position to fund him to come to the UK"



The next day I found a book called "Mississippi – State of the Blues". It included a section on Clarksdale and had a full page picture of Red's Blues Club in all its glory. The caption read "Red Parden scares off some folks with his blustery talk and jive – but there's no greater supporter of down – home blues in the State….. Red's is steeped in the funk. Paint buckets and plastic sheets protect attendees when it rains and visitors are encouraged to contribute to the Club's long standing roof repair fund." That sums it up perfectly and we did contribute. The loos, with a 20 degree list in the floor and screened from the audience by a see through polythene sheet, are another story.

Then at the start of this year I got an excited call from Ben telling me that Christone "Kingfish" Ingram was appearing on the Jools Holland Show. As we predicted he has made the big time and now has a worldwide following. Now in his 20s he's probably even wider than when we saw him, so the diet didn't work. But his prodigious talent remains. In his interview with Kingfish, Jools said that he had discovered him in the famed down and out Red's Blues Club in Clarksdale about three years ago. Well Jools, I take great pride in telling you that Benterprise Tours beat you by 5 years!

What is the Mattishall & Lenwade Surgeries Equipment Fund?

It is a Trust created in 1998 and registered as a charity.

What is it for?

Its aim is to use its funds for the relief of sickness and preservation of good health in the area of the Mattishall and Lenwade Surgery. It has to do this by providing equipment and training of staff, but in a way that goes beyond what is meant to be provided by the Health Authority.

Where does its money come from?

The funds mainly come from legacies and donations from registered patients and/or their families.

Who runs the Trust and how do they decide which projects to support?

The Trust has three local Trustees who make the decisions. There is regular communication between the Trustees and the Surgery and a system of meetings has been established. In this way the Trustees can keep up to date with the proposals that the doctors wish to have supported.

Are there any restrictions on how the money can be spent?

Yes. Because the Trustees are accountable to the Charity Commission they need to be very careful that money spent is strictly in accordance with the constitution and also that any expenditure complies with the general duties of charitable trustees. The difficult area here is that the real benefit must go to the patients. This means paying for extras rather than for those things that the Surgery should put in place under its obligations to the NHS.

Do the Trust and the Surgery work together?

Very much so. The Trust needs to work through the Surgery to make sure that the money is put to the right use and the Surgery needs to talk to the Trustees about its actual and future projects and equipment that could be supported. There have been recent meetings as well as regular email communication.

Does the Trust have sufficient funds?

The Trust currently has sufficient funds to cover projects agreed with the Surgery as well as others currently under consideration.

What kind of things has the Trust recently supported?

The most recent applications have resulted in the Trust funding a new spirometer for the Mattishall surgery as well as a replacement spirometer valve and also a new controlled drug cabinet. Spirometry is a simple test used to help diagnose and monitor certain lung conditions. If the Surgery is able to conduct these tests, it avoids having to refer patients to the NNUH respiratory clinic where current waiting times for this are approximately 12 months. The new controlled drug cabinet enables the Surgery to continue to support current vulnerable patients but also most importantly continue to offer support for new vulnerable patients.

Can I give the Trust suggestions?

All suggestions are welcome but to be practical an idea needs the support of the Surgery as well as having to comply with the terms of the Trust. The recently established Patient Participation Group has already identified items and projects to be considered for Trust funding, some of which have already been taken on board.

Trustees: William Barr, Nicky Grandy and Anne Jackson

Brainteasers June 2024

Brainteaser 2 of 5

The four sides of a house all face due north.
Where is the house?

Answer inside back cover



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MATTISHALL COMMUNITY HUB

Promoting social contact & community projects

With fingers crossed for a better Summer than the rather wet and windy Spring we've just had, MCH are looking forward to being able to fling open the doors at Mattishall Memorial Hall at our next few sessions for people to enjoy some pleasant chat and a free cuppa in the sunshine!

If you haven't yet come along to one of our monthly social sessions, please give us a try. We love to see all of our regular members but would also like to be able to welcome new attendees. Entry is free, the refreshments are free, and the conversation is always free-flowing! We have fun table quizzes and a Give and Take Table for anyone who would like to swap a small item; from home & garden produce to books and puzzles. There are occasional speakers and performers and always plenty of your fellow local residents to catch up with and to share your interests and hobbies with.

We rely to a great extent on word of mouth recommendation so if you know anyone in Mattishall, and nearby, who would benefit from a couple of hours away from all of the everyday stresses to relax and chat with other local residents please pass on the word and if anyone is able to offer lifts to those without transport, that would be greatly appreciated. We realise that not everyone is free from 2.00-4.00pm when we run our sessions but all ages are welcome (u16s to be accompanied).

We have a busy agenda for the rest of the year with a planned coach trip in June, some visiting performers and our second Table Top Sale on Saturday 21 September. This will run from 11.00am to 2.00pm (set up from 9.30am). Tables are provided at £5.00 each and we will be selling refreshments throughout. We have already 'sold' some tables so, if you'd like to book one, get in quick and please email or text us soon!

As a Community Group, MCH are always keen to link up with other local community projects and events such as last year's Coronation Celebrations and recent D-Day Commemorations. We would love to involve as many local residents as possible in these events, as well as in our MCH activities, so please consider becoming a volunteer with us. The demands are very small but the rewards are enormous so get stuck in and really feel part of our community. If you think you would like to join our Volunteer register please contact us at the details below, you'd be welcomed with open arms!

You may have seen recently that Mattishall has now become one of Breckland District Council's Mindful Villages, along with our close neighbour, East Tuddenham. This means that we have 'Mindful Towns & Villages Champions' who can be approached for help and information regarding anything to do with mental wellbeing. Our main role is to identify people's needs and then 'signpost' them to the various individuals and organisations who are able to provide the appropriate support. MCH is fully signed up to this worthwhile project with our own Mindful Towns & Villages representative (myself) who liaises with BDC to provide this service. If you feel that you could use this kind of assistance yourself, or on another Mattishall resident's behalf, do pop along to one of our sessions for a chat.

Not wanting to wish time away - it passes quickly enough - we will soon be looking to plan our agenda for 2025. We are happy to consider any suggestions and, even if we can't promise to facilitate all of them, we'll definitely do our best! Meanwhile, we meet for our social sessions on the first Tuesday of the month at Mattishall Memorial Hall from 2.00pm to 4.00pm. Hope to see you there.

Helen Brook (Project Coordinator)
Mattishall Community Hub
email: mch23@btinternet.com or *text:* 07467 945200



THURSDAY MORNINGS AT THE DROP IN SOCIAL

Thursday mornings continue to grow at **Drop In.** We have new people coming along quite regularly and they are all made to feel very welcome. It is not just for the retired, it is for all ages and we have lots of chat and fun every week.



Socialising is a very important part of life and helps with your wellbeing so finding a place where you can relax and meet up or make friends can be beneficial. **Drop In** seems to meet that for lots of people in the village and beyond.



Some people come along and stay for the full 2 hours, others pop in for a cuppa then move on. It is entirely up to you. Although we meet in the church this is not a" religious" event, we just outgrew the church rooms!! Having said that, if anyone wants to talk about anything just come and chat with me, no pressure. Some people say that they like to come into the church building as it makes them feel secure, happy, brings back memories, or just relaxed. Everyone is welcome and we are a very social group.



Another thing that can be useful to people is that we have links to a lot of organisations that can help people with issues they may have such as debt, lack of food, mental health and lots more. Occasionally the local police pop in for a cuppa and chat as well so if you need to talk to them they are available.

Four times a year we have lunch and entertainment following **Drop in,** the latest one, which will have happened by the time this edition of Miscellanea is printed, is a reminiscence talk about the movies concentrating on animals in films. Other times we have music, quiz, fun games as well as sharing a lunch.

We do not receive any grants so we just need to cover our costs, if possible. Some of the refreshment items are donated, but we still have expenses including heating and maintenance costs so we do ask that anyone able to afford it gives a small donation of £2 (£5 when there is lunch). That is not bad for limitless drinks, biscuits and cakes and somewhere to meet up with friends and socialise.

Remember ANYONE is WELCOME to join us so hope to see you soon. **Lizzie**

DO YOU ENJOY A SING SONG?

Maybe the **Singing for Wellbeing** sessions in Mattishall could be just the thing for you. Singing is very good for your general wellbeing and mental health so can be very beneficial if you are feeling a bit down.

I began running these sessions last year just to see if people would enjoy a singalong and it has proved to be very popular. I love singing so it is no problem for me to run these meetings. We have lots of fun and the objective is to leave with a smile on your face, which we do achieve!!

The sessions in Mattishall are held in All Saints Church so there is lots of space and the sound is quite nice. We meet on the second Wednesday of each month from 1-2pm and on the fourth Thursday evening 7-8pm. That means people who are working during the day can come along in the evening and people who don't like to go out at night can come along during the day. Most people actually come to both sessions. We get there a bit early and there is a cuppa waiting for you before we start, a chance to chat as well.

We sing all sorts of songs from Singing the Blues to We'll Meet Again, a total variety. I provide song sheets so the words are there for you to follow and we finish with a seated Hokey Cokey, I did say we leave with a smile! All very informal. You do not need to have a "good" voice, everyone can sing something and there is no pressure to "get it right".

There is no charge for these sessions, it is something that we like to give to the community. During the winter, when we have to heat the church, some people make a small donation to church funds but that is not essential.

We are definitely going to carry on and by the time this edition is printed some of the group will have been involved in a bit of community singing at the D Day Commemoration event at the Social Club. We will also be doing a bit of a sing song at the Community Supper on the 12th July.

I have also tried a couple of sessions in Dereham and I was not sure how this would go as we are in a pub. In the second session I decided to see if I could get people singing at the bar. After a bit of reluctance people started to join in and by the end I had several people say how much they had enjoyed themselves. It certainly raised a smile or two.

It would be good to see more people join us, don't forget, singing is a great way to raise your mood and can help improve your mental health. **Lizzie**

The Retired Librarian

I read in the paper this week that it's time to get feet "beach ready". I am to lavish mine with peppermint foot balm, have them pedicured and painted ready for the season of sandals. Hmmm. A little like Pam Ayres and her teeth, I wish I'd looked after my feet. They have always been a problem for me. They are gnarly, with crooked toes and a multitude of blemishes after a lifetime of abuse.

As a tall woman, my feet have always been in direct proportion to my height, that is quite big. As a child I had difficulty in finding shoes to fit. Consequently, I often wore shoes that were slightly too tight. My second toes are longer than my big toes, and this has caused some additional discomfort. Not exactly "bound", my feet have been bent over the years. There were few size 8s when I was young, and if Deborah Irons got to the shoe shop first, she got the only pair they stocked. I had to be quick off the mark. "What, with these feet?" as Fletch from Porridge once said.

Did you know that there are twenty-six bones in the foot, and I've broken too many to count. I've caught toes as I've tried to negotiate the gate at the top of the stairs when the children were young, rammed toes into chair legs and castors when wearing flip flops and broken a metatarsal whilst hurdling the bed frame in a hurry to get ready for badminton - oh, the irony of it. Over the years I've been x-rayed and bandaged on numerous occasions and healed in a variety of obtuse angles, which has led to a pretty asymmetric foot shape.

On a beach holiday, when the children were little, and I gambolled about the pebbles, I thought that I'd trodden on a rather sharp one, as my right foot hurt every time I put weight on it. This continued for weeks afterwards, and it transpired that I had plantar fasciitis, an inflammation of the sole of my foot. I had plaster casts made of both feet and special arch supports made to fit the lace up boots I was forced to wear. Not a catwalk look.

So, contrary to perceived colour supplement wisdom, my summer feet will not be borne in delicate, silver strappy sandals, but in Crocs; the ultimate anti-sandal and bold statement of uncool. I have a collection of Crocs in various styles and colours, including a celebration of trans identity pair. I'll explain…..over the years my feet have grown slightly and broadened to the extent that most women's shoes are not big enough. I often buy men's because of that. Well, the colour patterns of men's Crocs are limited, unlike the women's and I was pleasantly surprised to find a pretty pink and blue pair in a size ten men's. I was delighted, but Kate pointed out that these colours had been appropriated by the transgender community and was pleased to see I was demonstrating my diversity and inclusion credentials. I'd like to think it was a conscious decision, but I'm not that woke.

Feet aside, and they definitely should be, I was reading the same newspaper that harped on about dainty ballet flats for summer wear, and it carried a brief article about the misuse of 'I' and 'me'. It pretty much quoted my words of wisdom on the subject some months ago in Miscellanea. Have I gone mainstream? And, as for my love of a good decluttering video, that really has gone mainstream. You can read about Swedish death cleaning in the press and watch "Sort your life out" with Stacey Solomon on BBC 1. This show features families overburdened with houses full of detritus. They are gently coerced into forsaking at least fifty percent of their



Tina Cooper

stuff when it is presented to them spread out in a warehouse, and their home is remodelled while they sort. It makes for cathartic viewing.

Further to the mention of the hyper correct use of 'I' when it should be 'me', I was inundated with a letter about another grammatical bête noir... Where to use 'amount', and when to use 'number'. I cringe inwardly when I hear about an amount of people. An amount can be delivered in a scoop, a spoonful, a bag. One can have an amount of mashed potato but a number of new potatoes. That is, you can count them. The minute you start ascribing a count to a noun, it's a number. A number of people, one, two ten thousand or more. If you can count it, it's a number: if you can pile it up in an amorphous heap, it's an amount. I'm glad that's settled.

Like I said before, I don't get out much. What, with these feet?

Tina Cooper





Mike Hamill

Mike's Scribblings



D Day

The skies lighten and they face the dawn.
See the faces, haggard and drawn.
The dark turgid waters. The grey icing spray,
Heralds the start of that momentous day.

Soldiers gather in nervous throng.
All comrades. All belong.
Families, regiments, battalions, brigades.
Friendly rivalries to the side are laid.

Sailors work and ready the guns,
Hooded in white. Ghostly apparitions.
The boats are lowered and sent away.
On this, the most dreadful day.

In the skies high above, in waves they come.
Fathers, brothers. Someone's precious son.
Heading for Pegasus. To hold till relieved.
Oh the bravery; to be believed.

And now, from the sea, the thunder rolls,
As, on the shore, the horrors unfold.
As men; some just children yesterday,
Witness deaths evil bouquet.

They fought with passion, their fear contained.
But in their hearts it remained.
Amongst the bodies, lie old friends.
Some injuries heal. Others never mend.

And now the survivors land once more,
on that French foreign shore.
Old men and women, maybe the last time they'll gather.
But, we will remember them. Now and forever.

Beneath The Sea

I looked upon an iridescent sea
And saw an octopus wave at me.
It opened out it's eight long arms,
encompassing me in loving charms.
From above the bright and sliding skies,
mesmerised me with smoke filled pyres.
A golden mermaid on a turtle's leather back
smiled at me 'neath her silk yashmak.
And called to me like the Lorelei
and pulled me into her silvered eye.
And there I found the whitest whale,
who told to me an intoxicating tale,
Of lands and sights in oceans deep.
Of kingly battles where princesses weep.
Where dolphins chase and seahorses gallop
And children play tiddlywinks with a scallop.
All this and more, I did see.
Beneath the waves, beneath the sea.

The Mouse

In some dusty corner of my house
There reigns supreme a little mouse.
I've not seen him or her in the flesh.
But I've heard the sound; a soft caress.
As round the skirting it does roam,
and make itself so at home!
It has, at my expense,
Nicked my food! I am incensed.
It wanders off to digest,
And round the house leaves a mess.
Now, I'm not one to cause a fuss!
But it's time it was leaving us!
I asked it kindly to take its leave
But it gave me no reprieve.
So, I baited a springy trap!
Guess what happened? It went snap!
At last, I thought it's now done; I am rid
Except, now I'm uncle to her kids!

Reflecting on Mattishall's Past with Ray Taylor

Crossroads - In the early 1900s, Mattishall Village Hall (known as Oddfellows Hall) could be found at the crossroads opposite All Saints Church right next to the new Swan public house. It was a large wooden building erected in about 1913-14 by the Oddfellows Society. The Oddfellows would meet there every 4th Saturday. Previously their meetings had been at the Swan. In the free slots it was rented out for private and village functions which were always well attended.



An early entry in the Thetford & Watton Times reports 'WHIST DRIVE & DANCE' was held on Thursday 16th April 1914: At the Oddfellows' Hall, Mr T Hoy, acted as MC. The accompanist for the dance was Miss Dunthorne. Songs were sung by Mr Blyth and a recitation was given by local Shakespearian actor Mr Norman Wrighton.

However, WAR WAS APPROACHING! Another article: Wednesday 2nd September 1914: At Mattishall Oddfellows Hall, George Francis, Dennis Juby, James Smith and twenty-one fellow volunteers were treated to a hearty breakfast before leaving for East Dereham Station to enlist for military service in six motor cars. The entire village turned up to see them depart. Francis, Juby and Smith died serving with the 8th (Service) Battalion, Norfolk Regiment.

In 1916 'MOVING PICTURES' came to Mattishall. The second photo shows a sign over the door which reads 'The Electric Cinema'. From about 1916 to 1927 Oddfellows Hall was used two days a week for the visiting shows of Gordon Arthur Fickling from Ovington. He was a farmer's son who was hooked by the magic of movies. The picture also shows the road was still a dirt track.



Regular entertainers at the hall were Mr Ladbroke who played his dulcimer. Mrs Ladbroke played the piano. They lived at Hockering and travelled by motor bike and sidecar. The sidecar would be a bit overcrowded as Mrs Ladbroke sat in the sidecar with the dulcimer with daughter Ula on the back. During the Second World War, the Americans from Weston Airfield cycled to the hall to attend the dances which were then held each Saturday night and were always very well attended. The list of events goes on … Oddfellows Hall was a very busy place. The hall was later sold to St. John Ambulance Brigade despite the village committee putting in an offer of £600 to buy it. The hall was demolished in the mid-1970s and a private house now stands on the site.



Church Plain and The Maltings

Apart from Church Plain, this area was quite a busy place as sales and auctions often took place there. The road was very closed-in as the old Maltings occupied a very large site on the opposite corner to Burgh Lane. This large brick building was built tight to the road continuing round the corner into Church Plain and carrying on to what was the Crown & Anchor public house (now Anchor House). The Maltings was demolished in 1925. Mattishall Fish & Chip shop now stands on part of the site. The people in the background were standing outside Stanley Fisher's Butcher shop which was previously the old George & Dragon public house. Further down into the village was London House Stores run by Frank Norton & his wife Lilian Barstow nee Utly.

Sometime after 1911 the Post Office moved from Talbot House on Church Plain to the corner house of Burgh Lane (then Cemetery Road) and Norwich Road. It was run by Frederick George Cole and his wife Edith Marion nee Hewitt



London House Stores


The Post Office

Should you have anything on the Mattishall Oddfellows I would love to hear from you – Thanks, Ray Taylor – www.mattishall-village.co.uk

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Brainteasers June 2024

Brainteaser 3 of 5

Harvey is the son of Mary. Mary is the sister of Martin. Patrick is the brother of Harvey. Teresa is the daughter of Martin. Martin is the son of Elijah.

Who is Patrick's grandfather?

Answer inside back cover

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Brainteasers June 2024

Brainteaser 4 of 5

Insert a mathematical symbol between each number so that the total comes to 100.

(you'll also need a pair of brackets)

1?2?3?4?5?6?7?8?9 = 100

Answer inside back cover

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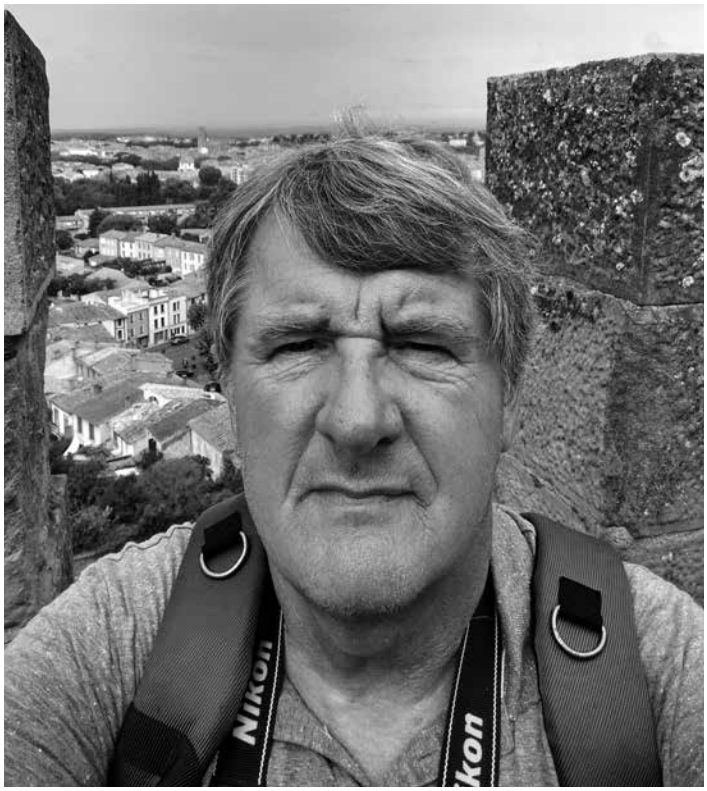
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Desert Island Discs



Kevin Bingham

Hello everyone! I was born in Mattishall in the middle of last century! We lived first in Mattishall Burgh then George House which belonged to my grandmother. We spent a lot of time at Sandpit Farm which she owned. In my teens the family moved to North Tuddenham, doing up an old farmhouse on a pig farm. When I got my own first house it was in Lyng, and eventually in 1990 I moved to my current house, back in Mattishall. So, as you can see, I have not strayed far in all that time. Despite that, I love travelling and have been lucky enough to travel fairly widely, including visiting Australia, New Zealand, and India four times. The Covid outbreak coming soon after my retirement precluded more travel though it is back on the plans again now.

Workwise I joined Aviva straight from school and was lucky enough to remain there for my complete 42-year career, a fairly unusual feat nowadays!

I have played most sports, many of them for Mattishall clubs, and only finished playing cricket a couple of years ago. Nowadays I enjoy walking and photography (landscape and nature mostly) and can often be seen walking around the village with my camera, looking for the abundant, but often elusive, wildlife that we are lucky to have in and around the village.

I think I have an eclectic music taste, I own a large cd collection ranging from Classical through Prog Rock to even some hip hop! Recently I have converted my vinyl and cassette collections to mp3 to listen to in the car - some interesting sounds!

The ten tracks I have chosen are as follows:

1. Sugar Sugar - The Archies

We didn't have a record player in the family until well into my teens and even then the records we had were mostly those '12 Top Hits' 'Music for Pleasure' type LP's. However, we did start getting some singles which I believe were those which had come to the end of their lives on pub jukeboxes. We had to buy packets of plastic record centres to enable us to play these old singles.

I think this record was possibly the first and I still have it, and it probably came from the White House pub in Mattishall. You can hear all the scratches and marks but it is a good pop song. They don't make them like that anymore!

Interestingly the Archies were a fictional band of studio musicians linked to a US TV cartoon - The Archie Show. The song was co-written by Andy Kim who had a hit with Rock Me Gently

2. The Snow Goose - Camel

When I started work at Norwich Union one of my first purchases was my own stereo. I had been listening to Radio Caroline enjoying much of the prog rock that was played and I think the first LP I bought was 'Music Inspired by Snow Goose' by Camel and this is the title track. The album is based on Paul Gallico's novella of the same name and is all evocative instrumental music. Paul Gallico complained about the original album title which was just 'The Snow Goose' and forced the re-naming. A few years ago I was fortunate to see the current line-up of Camel at The Waterfront in Norwich

3. Musical Box - Genesis

With some friends from work, I went to my first big music concert in 1982. This was Genesis at the NEC in Birmingham. We seemed to be miles from the stage but nevertheless it was a great experience. My probable favourite Genesis track is this ten-minute-long masterpiece, from the 1971 album 'Nursery Cryme'. The lyrics are based on a bizarre Victorian fairy tale by Gabriel, about two children in a country house. The girl kills the boy by cleaving his head off with a croquet mallet but then comes back as a spirit in a musical box! The album cover is one of those typically weird ones which depicts the scene on the croquet lawn!

4. Shine On You Crazy Diamond (Parts I - V) - Pink Floyd

Another early LP purchase was 'Wish You Were Here' by the marvellous Pink Floyd. Again, it is difficult to pick just one track but this (again over 10 minutes long) track must have one of the greatest intros of all time. The song is about, and dedicated to, former band member Syd Barrett who left after having serious drug and mental issues. The intro features the use of a glass harp (a musical instrument made up of upright wine glasses).

5. Joan Of Arc (Maid Of Orleans) - Orchestral Manoeuvres In The Dark

In the 1980's I went to many gigs in the LCR at the UEA. I saw some really big stars of the time there like Duran Duran, Grandmaster Flash, Howard Jones, Kid Creole and the Coconuts but I think my favourite at the time (and one I saw several times) was Orchestral Manoeuvres in the Dark. I could not believe how loud they were in that small space - the bass used to vibrate through my bones! This song (one of two about Joan of Arc on the album 'Architecture and Morality') was written on 30th May 1981 - the 550th anniversary of Joan of Arc's death. I have chosen this track for it's somewhat plaintive sound (coming from the use of the Mellotron instrument) which I enjoy

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Desert Island Discs (continued from page 15)

6. Saturday Night - Whigfield

When I got married in 1994, this track and its accompanying dance was the 'in' thing. I have great memories of my wife and her bridesmaids in full wedding regalia doing this at the reception. The song made Whigfield the first artist to enter the UK Singles Chart at number one with their debut single and finally dethroned Wet Wet Wet's 15-week chart topper 'Love Is All Around'. Interestingly in these modern times when so many songwriters/artists are accused of plagiarism (viz Ed Sheeran) this song was also accused of the same. Incredibly the song it was accused of stealing from was 'Fog On The Tyne' by Lindisfarne - the claim was unsuccessful

7. When An Old Cricketer Leaves The Crease - Roy Harper

Given my love for cricket this has to be one of my top ten! The song describes the feelings of a traditional local cricket match, using the context as a metaphor for death. The song also features the Grimethorpe Colliery Band and was played at the end of the BBC Radio 3 tribute to John Peel, by his own request, following his death in 2004. The song mentions 2 ex-England cricketers in the lyrics - "It could be Geoff and it could be John" refers to Geoff Boycott and John Snow. The song is dedicated to both of them

8. The Flower Duet - Katherine Jenkins/Dame Kiri Te Kanawa

I like a lot of the more tuneful classical music, but I think this is just beautiful and uplifting. This song comes from the first act of tragic opera 'Lakme', premiered in Paris in 1883 and composed by Leo Delibes. The duet is frequently heard in adverts and films. Famously it was used for British Airways ads in the 80's (somewhat surprisingly one of the co-adapters was Malcolm McLaren of Sex Pistols fame)

9. Spanish Sahara - Foals

I came across this song and band on You Tube first I believe and now have several of their cd's. The song video is what first caught my attention I think as it is quite strange! Apparently, it is intended to represent internal horror and fury and features lead singer Yannis dragging an animal carcass up a hillside in Scotland and later burning it! The song has no relevance to the real Spanish Sahara! I took my younger daughter Victoria to Thetford Forest to see Foals a couple of years ago and we had a great time.

10. Hey Jude - The Beatles

Despite loving music, I am unable to play any instrument (not for lack of trying!) and am probably tone deaf. I enjoy karaoke but at the Cricket Club and Social Club I have a reputation for apparently being the only person to be boo-ed on to the stage!! At least my version of this classic does tend to get everyone joining in - probably to drown me out! The song does go on a bit at the end but it is quite catchy. C'mon join in everyone :-

Na, na, na, na-na-na-naa, Na-na-na-naa, hey, Jude

Thanks for giving me the chance to share these thoughts - there are so many other songs I could have included; it just shows what a big part music plays in our lives.

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The Mattishall Wanderers Mighty Hike for Macmillan

So, ten of us embarked on the annual Norfolk Coast Mighty Hike on the 11th May to raise funds for Macmillan Cancer Care. All ten of us managed to finish and, despite a few sore feet, we had an absolutely fabulous day. It is an incredibly well organised event. The Macmillan team go the extra mile to make sure we have everything we need for the marathon length course from Cromer to Holkham Estate.

Over the course of the last few months, we have been fundraising in various different ways incorporated into our training walks. We also ran a charity car wash at Mattishall Sports and Social Club and raised over £250.00 that day. Between us we have managed to raise £3,063. An amazing amount and a huge thank you to all who donated to us and supported us.

We will be embarking on another Macmillan Mighty Hike next year so we can keep raising money for such an important cause. Two of our team members enjoyed the walk so much that they have signed up for another Macmillan Mighty Hike later this year, walking the Thames Path route from Windsor to Henley on Thames in July. An incredible feat and we are very proud of them. Martyn and Trina have set up another Just Giving page for this walk and would welcome any donations. You can find the page at https://www.justgiving.com/fundraising/Trina1969?





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GROUP NEWS

In March **Beavers** had a fun family Bingo night. This term they have had fun outdoors, toasting marshmallows, using the cross-bows and climbing trees. We have also made bird feeders, had a Nelson night and made things for Father's Day. We had visitors from 5th Norwich come to see us and finished the term "going" to America and had a water night especially for the ducks!





Cubs were constructive this term practising their knots, building catapults and shelters. With the lighter evenings they were able to carry out a village litter pick around the centre of Mattishall and met one of the Parish Councillors, linking with their community and environmental badges. They then enjoyed a blustery camp at Cromer which included a visit to the lifeboat and beach.





Scouts have been out and about this term with a climbing challenge at Eaton Vale Activity Centre, a litter pick along Stone Road, Clippings Green and Mill Road. We then met up with Swaffham Scouts for an evening of fun before joining with scouts from across the county at a Water Activities Camp on the Broads.









Group News: As a result of our Beaver Leader Su being awarded her Silver Wolf earlier this year, she was invited to Windsor Castle to join the national Scouting St George's Day Event which celebrates the highest achievers in scouting. Whilst there she was lucky enough to meet our Chief Scout Bear Grylls. In June some members will be attending the Village D-Day commemoration fete with some scouting activities for everyone to try - target throwing and s'more toasting.

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

Reception Class had a visit from the Bishop of Norwich. They asked lots of questions about his work and helped him plant a tree in the sensory garden.



Year 1 had an educational visit to Holkham Beach. They compared two areas on the shoreline, collected objects to create their very own Mythical creature artwork and explored a beach hut.



In 'Plant Survival', Year 2 learnt about strange and wonderful plants. They focused on the Venus Fly Trap and created their own paper plate version!



Year 3 had a fantastic day at the Time and Tide Museum. They learnt about Roman tools, about the conflict between Romans and Iceni, about what each group wore into battle and how to be a Roman soldier.



Year 4 have been completing a Design and Technology project by embroidering embellishments onto fabric, demonstrating their creativity, determination and attention to detail.



Year 5 have been reading a story called 'The Strange Case of Origami Yoda' and made their own Origami Yoda.



Year 6 attended The Breckland Crucial Crew safety education event where Norfolk Constabulary, Norfolk Fire and Rescue Service, St John's Ambulance, HM Coastguard and the RNLI were present. Everyone had a brilliant time while learning how to keep themselves and their family and friends safe.



At the whole school Sports Day, the children had the opportunity to participate in a sprint and an obstacle race. This was rounded off with a family picnic lunch and some fundraising stalls.





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Ofsted – Outcome of our recent inspection – we are a 'GOOD' school



Following a successful Ofsted Inspection on 1st & 2nd May 2024, we are extremely pleased to announce that we have been graded as a GOOD school.

Staff and pupils have worked incredibly hard since our last inspection and it was recognised that the school has, 'a clear and shared vision' and that the staff and wider leadership team,' are ambitious for the school, its pupils, and the future.' The inspection team had in depth conversations with leaders at all levels, pupils and members of the LGB and recognised the dedication and passion that everyone has for making the school an effective and productive learning environment. It was recognised that, 'Leaders have carefully considered how best to deliver the content of the curriculum. As a result, pupils are achieving well.'

During the two-day inspection, the team gathered their views about the school, working with children in groups and on an individual basis. Pupils were observed learning in the classroom environments and outdoors during playtime and lunchtime. The pupils had opportunities to talk about what it was like to be a pupil at Mattishall Primary School. This included talking about their learning, expectations, well-being, behaviour and attitudes. We are so proud of how the children shared their experiences with the inspection team, coming across as confident and enthusiastic. Following these discussions, the inspection team deduced that, 'Pupils develop independence and learn to self-regulate and manage their emotions. They are happy and know that there is always someone they can talk to if they have a worry.' It was also noted that, 'Pupils behave sensibly and socialise well with their peers.' And that, 'Routines and expectations are clear and consistent.' This aligns with the school's evaluation of itself and confirmed that, 'Staff know the children well and understand their needs.'

We have come a long way in recent years, introducing several changes to our curriculum since the previous inspection to achieve a consistent and effective approach to delivering a rigorous and progressive learning experience. As a school we pride ourselves in knowing our children well and adapting the teaching to suit their needs. Teachers work incredibly hard to ensure that children are engaged in their learning. We recognise and agree with the areas for further development and are dedicated to continuing to develop and refine our curriculum to ensure that we offer the best possible learning experiences for our children.

There is a real sense of TEAM at Mattishall Primary School. Well-being is high on our agenda. Staff and children support each other well and the children have excellent role models which inspire them. We would also like to take this opportunity to thank the many parents who spoke with the inspectors and took time to provide feedback.

We will continue to move the school forward, enjoying working together, learning together and achieving together, supported by Synergy Multi Academy Trust, making us stronger together.

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.

On the road with the AA – Part 3



In this episode I have moved forward in time, and I am now an Inspector not a Sergeant. Memories are not always in the right order. Anyway, as an Inspector, I oversaw the work of about 25 Patrols and 2 AA Depots in Norwich and Ipswich. In this episode I was asked to help out in the AA Signs Department because the Signs Officer had a lot to do erecting signs to direct traffic to the Air Show at Swanton Morley. Signposting was often carried out in the evening or overnight. This was done to avoid traffic problems on country roads caused by having to erect signs on telegraph poles and lampposts, sometimes using a ladder.

Anyway, I had set off that evening and had reached Swanton Morley after putting up several signs leading from the A47 into the village. I had a map, supplied by the Signs Officer, indicating exactly where each sign had to be placed. At this point I had reached The Papermakers pub. The map told me that the sign to indicate a left turn up to the RAF base had to be attached to the telegraph pole on the edge of the pub car park.

I pulled up on the edge of the car park and got out of the car. It was about 11:30 p.m. I thought that all would be quiet, but I realised that I could hear muffled voices and laughter that seemed to be coming from The Papermakers. I looked at the front of the building and in the same instant a curtain was pulled open, and a light appeared displaying the shocked face of what I realised was an after-hours drinker. In a couple of seconds, the light went off, the voices and laughter quickly faded away and all was silent.

I began to wonder what had triggered the response to my arrival and then it came to me. As an Inspector I now drove a Maestro car, not a Ford van. The car was yellow with a white reflective strip down each side. My uniform was different - I now wore dark trousers, white shirt, and a peaked hat, along with black shoulder epaulettes with silver Inspectors' pips. There was a street light near the pub with an orange glow, which to an observer who had drunk a pint or two, might make a yellow car appear white. Additionally, the observer may have thought he was looking at a policeman, not an AA man. Anyway, I carried on, and soon finished the job and made my way home.

Memory has drifted again, and we now go back to the mid-1970s, and I am a Breakdown Patrol in North Yorkshire. I had attended a breakdown job near Harrogate, around mid-day. After completing the job, I was expecting to return to my standby point in the Leeds area. However, the control room called me on the radio, and I was told to go to an address in York where I would be given a set of car keys. I was then to drive west to the A1, then drive north to Scotch Corner and hand over the keys to a Patrol from Newcastle who would explain the situation.

Puzzling over this strange situation, I arrived at the York address and a lady gave me a set of keys saying that her husband needed them as he had locked himself out of the car with his key in the ignition. This seemed unbelievable as it was normal practice for Patrols to gain access to most cars in this situation using various methods. Anyway, I arrived at Scotch Corner an hour or so later and met the Newcastle Patrol who told me the story. The driver had left his car at Newcastle Airport and flown somewhere on business. On his return he realised he had locked himself out of the car, and rang the AA. The Patrol who attended said he would effect entry, but the driver told him not to as the car was brand new. It was possibly a Mercedes or Jaguar, I can't remember which, and he refused to risk any damage to the paint work or to the car in general. He then said he would like the AA to arrange for his spare keys to be brought to the airport and that is what happened.

Two AA Patrols travelled a total of approximately 200 miles, taking about 5 hours out of our day, and a few gallons of petrol as well. In those days the AA took very good care of its members, but I and the Newcastle Patrol were surprised the job was authorised. Then again, perhaps the driver had friends in high places. We both knew that in normal circumstances an AA Member had to have good reason to refuse help as any damage by a Patrol was paid for.

Anyway, a long drive back to Leeds and home for tea.

Richard Walton

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

Art Club Puts Mattishall on the Map



Visitors to Mattishall Village will now be able to explore the area, using the new beautifully illustrated map that has been erected on a wall opposite the Village Green (although it has been pointed out that there are two footpaths missing – we will work on that!).

On a chilly evening in May members of Swanton Morley Art Club (SMART), gathered with villagers and Parish Councillors for the unveiling of the new map. The Parish Council worked on the map and SMART worked closely with them to illustrate key scenes in the village.

Ken and Joyce Gorvin of Colgate Farm attended to get a first glimpse of their home as shown on the map. The map is beautifully framed in aged oak and was fitted to the Church Room walls by Stanton Moody of SUJ who carried out the work.

Also present were Ann and Ian Kelly and David Shearer from SMART, Cllrs. Graham Clarke, Michael Onassis, David Piper, Roisin Murray and Parish Clerk Anita Rose.





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)

CRIMEWATCH MATTISHALL



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

If you have a 'keyless' car, are you taking all the sensible steps you can to keep it secure?

There have been a few incidents across the county over the past month where people have stolen 'keyless' cars and we want to make sure you've got the most up-to-date crime prevention advice.

The simplest step is to keep the keys away from the vehicle and not to store them near your front door. It's also a good idea to keep your keys in a protective bag which blocks any signal.

Here are some more hints and tips:

Lock your vehicle – even when filling up or when parked on your drive. When you lock your vehicle make sure you haven't left any windows or the sunroof open. It is actually illegal to leave your car running unattended while you de-ice it or warm it up in cold weather. If someone takes it while its left like this your insurer may not pay out. If your vehicle has wing mirrors that fold in automatically when locked, make sure you lock it properly. Criminal gangs look out for vehicles like this where the wing mirrors are still out because it is clear to them that the vehicle has been left unlocked.

Keep the keys safe – vehicles today are, by and large more difficult than ever to steal unless the thief can access your key or fob to clone it. Keep your keys safe, out of view when at home and away from your front door.

Park responsibly – it is always advisable to avoid parking in dark and secluded areas. It's worth an extra five-or ten-minute walk if it means your vehicle is left in a well-lit and busy street.

For more information on vehicle security and links about police preferred specification products that help to reduce the chance of vehicle crime please visit:

Preventing car and vehicle theft | Crime Prevention | Norfolk Constabulary

https://www.securedbydesign.com/
https://www.soldsecure.com/
https://www.thatcham.org/

Brainteasers June 2024

Brainteaser 5 of 5

George and Arthur played seven games of badminton on Monday. Each won the same number of games as the other, and no game of badminton can end in a draw.

How did this happen?

Answer inside back cover

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

Mattishall and Lenwade Surgeries

Important Patient Information



The NHS is under extraordinary pressure. This is particularly true of General Practice. There are increased expectations from Government and our patients about what we should be doing. Increasing hospital waiting lists have a big impact on us – patients who are waiting to see specialists or for treatment or operations need more input from us.

Funding to General Practice, as a proportion of all NHS costs, is dropping towards only 6% which is a record low. This is even though more than 90% of all NHS patient contacts are made in General Practice and 80% of all emergency care. It is the bedrock on which the NHS stands.

So, there are huge financial pressures on General Practice. We want to let you know about the effect all of this is having on your Practice.

Over the last few years, your Practice has been under increased financial pressure. Like all your households we have had increases in all our costs – everything we buy costs more, our energy costs have spiralled, and our staffing costs have also increased. Over the last few years, the funding we get from government has increased by 2.1% each year and this is dropping to 1.9% this year. This year practices will receive an average of £107.57 per registered patient per year for all appointments, tests, referrals etc. This increase does not get near to covering our current costs.

You may have read about "new" money that has come into primary care networks. Some of this money pays for staff that are making a significant difference to patient care. However, the funding does not help the core medical centre finances and **Government does not allow it to be used to pay for additional GP or practice nurse appointments.**

The impact of the financial pressures is already being felt. The core income to practices fell by 20% in the last year. Despite these pressures we are proud to be part of Mattishall and Lenwade Surgeries and have fantastic, dedicated staff. It is the team that makes the Surgery such a great place to work and why our patients get good care.

We are also very well supported by our patients and our newly formed Patient Participation Group (PPG), which we value hugely. We think it is important that we are honest with you about what is happening. There are some things that you will notice will have to change and we need you to know why things are changing.

All our staff are working extremely hard to provide the best level of care they can for you. We cannot work any harder. The current financial pressures and change in staffing levels mean that we will not always be able to offer the same level of service you are used to. We can only afford to offer the level of service we are funded for. You may have already noticed that waiting times for appointments are longer.

There will be times that we may need to ask you to access healthcare elsewhere. For example, Pharmacies are now able to assess and treat a number of minor conditions. Acute eye conditions can be seen by the Primary Eye Care Service. The way you contact and access us may change. We are doing everything we can to try and minimise the impact on the services we offer. We are looking at different ways of delivering services so that you can still access good quality care with us.

You can help us by trying to self-manage minor illness, by using other services when they are offered to you and by attending the health checks you are invited to.

We understand that you may feel frustrated with the increased waiting time for routine appointments. Our team is working diligently to manage these challenges and provide you with the best care possible.

During this time, we kindly request that all communication with our staff is conducted with respect. Our staff members are here to assist you and treating them with courtesy ensures a more positive and efficient experience for everyone.

Thank you for your understanding and cooperation.

If you feel strongly about the issue of general practice funding, you may wish to contact the politicians that control it – we are in an election year.

We will keep you up to date with changes at Mattishall and Lenwade Surgeries. We will do everything we can to continue to provide you with good quality care. We are very grateful for all the support you offer us.

Other Services

Pharmacy First Service

We now operate a **'Pharmacy First'** service, please feel free to visit your Pharmacy for any of the following seven conditions: **UTI, Acute Otitis Media (AOM), Sinusitis, Ear nose and throat, shingles, infected insect bites, impetigo.** Your pharmacist is here to help you.

We have a confidential clinical consulting room for you to have one on one time with the Pharmacist to discuss the above. There will also be further services available which will be advertised on our Mattishall Pharmacy Facebook page soon.

Patient Call Back Facility

The callback system is now fully in place at Mattishall and Lenwade Surgeries, we hope this will reduce the time patients need to spend waiting on the phone and allow more flexibility when calling the Surgery.

When a patient calls reception, they will now be given the option to either wait on the phone or have a call back once they reach number one in the queue. There is no need to worry if the patient misses the first call back, as the Surgery system will try again. If there is no answer after the third attempt a message will be sent to the patients mobile to advise of a missed call.

This system is used by many other Surgeries and has been well received by most of our patients who find it beneficial. We aim that this will allow patients to get on with their day without having to wait on the phone for long periods of time.

THE LINK

MATTISHALL DEMENTIA SUPPORT GROUP



Recently, some volunteers attended the Norfolk and Norwich University Hospital Dementia Fayre. There, we learned about goods, services, groups and support available to individuals from a range of stalls. There were also two excellent lectures as part of the exhibition. The researcher Dr Naoko Kishita was leading an extensive study on acceptance and commitment therapy for carers of people with dementia experiencing anxiety and/or depression. It is an 8 session program delivered online. If you are interested details can be found at the end of this article.

Professor Michael Hornberger of UEA delivered the other lecture focusing on getting lost in dementia. The spatial disorientation in dementia can cause problems for people wandering and not knowing where they are. The distress caused to a loved one is naturally significant as it can occur unexpectedly. For this reason we advise all carers to complete the Herbert Protocol, a simple questionnaire used widely by many police forces across the country which ensures very helpful details are to hand should that distressing event occur. You may have got one from our Link Stall at the D-Day Commemoration event, or contact me below if you think it would be helpful to you.

Other helpful ideas included different kinds of tags or means of identification, some digital, doorbell cameras which might remind us what a loved one was wearing if they wander off and taking regular photos to help with any search. These ideas and more we disseminate amongst our volunteers and to the carers who attend our regular, confidential support group that runs in parallel to The Link.

The 80th Anniversary D-Day Commemoration event held at the Sports & Social Club on 9th June was a wonderful village celebration and gave us the opportunity to make ourselves known further in Mattishall. It enabled us to spread information about dementia as well as being an opportunity to fund raise for The Link. We are fully self-funded and at present rely on donations and a weekly raffle to pay our rent. As we all know the cost of living has risen and that is the same for us, with a recent rent increase, which is our major expense. So, hopefully, you dropped by at our stall at the D-Day event, maybe had a go at our Tombola, bought a plant perhaps, or played the Human Fruit Machine. Hopefully too you felt welcome to just have a mardle with our volunteers, learn a bit about dementia or shared your experiences with us and helped to make The Link your community resource.

I hope you had a great time there but if you missed our stall you are welcome to contact me.

When it's really summer, when we have hot days and search for shade rather more than umbrellas like today, we shall hold our Special Summer Social. It will be held the morning of the first Tuesday in August and the venue is a lovely secret garden in Mattishall. Last year we all had a fun time and this year we expect to do so again. It's a chance to do something different, outside, with an entertainer, to celebrate the seasons and have fun singing, drinking tea and eat plenty of cake!

Coming back in the autumn by popular demand, another Cinema Reminiscence Session! Led by Angela Bishop, the most engaging lively presenter, 40 people laughed and sang their way through a most enjoyable morning last year, remembering when they had been to the pictures when they were younger, what they did and what fun it was. This October she is coming to do a session on cinema in the 60s, which will be open to all people with dementia and their carers and anyone else of the age to remember the 60s or who have a fondness for cinema of the 60s. Look out for our posters throughout the village. We are anticipating a full house again, admission will be free and refreshments available.

The Link is a group for people with Dementia and their carers. We meet twice each month at Mattishall Methodist Church 10 am-12 noon, on the 1st and 3rd Tuesday of each month. We chat over a cuppa, play games, sing together, and encourage participation of all in activities acceptable to each individual.

Our volunteers are experienced and dementia aware. The separate group for carers runs concurrently on the premises which is open for anyone caring for or who has cared for a loved one with dementia. All carers are welcome to join this non-judgemental informal group, though if you are intending to attend for the first time, please contact us beforehand.

For further information contact:
Lin Thompson - Tel: 07769573499





BRIEF ENCOUNTER

"Would you like to play a game with me?" asked the young lad, holding out his phone.

I was sitting at a bus stop in a small town in Northern Germany last autumn and school had just ended. Not recognising the game, I shook my head. Nothing daunted, he took an exercise book and two pencils from his satchel and invited me to play Noughts and Crosses. Naturally he won every time since his version consisted of 15 squares, not the nine with which I was familiar!

Meanwhile he chattered away happily, telling me his name was Jacob and claiming to speak 5 languages. His family consisted of a Swedish father and a Czech mother and a sister who at eight, was two years younger than he. He quizzed me about mine and seemed a little taken aback that I had three sisters and three brothers. His village, some distance away, only had an elementary school so that he had to come into the town for further education.

I asked if I might take his picture and he immediately struck a variety of karate poses in quick succession without any sign of embarrassment, despite the fact that by then there was quite a crowd at the bus stop.

On the bus he had to stand, but when a seat next to me became vacant he quickly moved to sit there, only to be foiled by a sulky teenager sitting opposite who immediately put his feet in the way. But reluctantly he retracted them when I gave him the Grim Granny Glare.

Jacob pulled a five hundred page tome out of his satchel and read quietly for a while, then asked some questions about his book. When his village finally came into view, he said goodbye, walked towards the exit, then turned, came back and said, haltingly, in English: 'I...like... you... ' and left.

As someone commented later - he was clearly well brought up, but did no one tell him about Stranger Danger?

Cynthia Hunt

Roots
By Kim

Unisex Hair Salon

01362 850380

5 Mill Street, Mattishall, NR20 3QG



Roundabout

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

DROP IN



Our weekly coffee morning is held in All Saints Church Mattishall every Thursday morning from 10am until midday.

Everyone is welcome to come along and join us, plenty of space and a great way to meet new people and make friends. There is not a charge per item but if possible a donation of £2 helps to cover our costs. That's not bad for unlimited tea and coffee, biscuits and cake.

As well as being a social meet up we can offer guidance for those needing support, we have lots of contacts.

Also, if you are just feeling a bit low or lonely then come along and have a chat with me, ***Lizzie.***

SINGING FOR FUN AND WELLBEING WITH LIZZIE

We now meet twice a month for a very light hearted fun session of singing well known songs. On the second Wednesday of every month, we sing from 1-2pm and on the 4th Thursday of the month we sing from 7-8pm. This gives the option of a day or evening session, or both.

We meet in All Saints Church Mattishall and we have a cuppa just before we start. There is no need to worry about having a good voice, everyone is welcome and the aim is to leave with a smile on your face. Singing can be very uplifting and we are just singing for fun. Wellbeing is very important. There is no charge for this event.

Hope you can join us ***Lizzie.***

LIZZIE'S BOOK LOVERS CLUB



We are a very informal group who meet to chat about books we have been reading and to tell each other about authors we like. We often swap books amongst ourselves so it is a good way to find new reading material.

We enjoy a cuppa and cake while chatting and this is a good way to meet new people who are interested in books. We do not have formal reading, not everyone wants to read the same book, but we do like a chat.

If you can make a small donation to cover costs that is appreciated but not essential.

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

New members are always welcome to join in.

Lizzie

Mattishall Methodist Church

Weekly Sunday Services at 2.30 pm

Sunday 22nd September - Harvest Festival Service led by Rev Derek Grimshaw at 2.30 pm.

Monthly Saturday Charity Coffee Mornings: 10.00 - 11.30 am. - July 20th, August 17th and September 21st.

See Noticeboard for details. All welcome.

Meeting Rooms for hire - Enquiries to Fred on 850750.

United Churches - Mattishall Village Green Service Sunday 30th June 10.00am

All Saints Mattishall church
9am and 10.30am Sunday Services every week

All Saints Welborne church
9am Sunday Service every week

See church notice boards or Mattishall and Tudd Valley Benefice website for further information on services and events

MATTISHALL COMMUNITY SUPPER AND SOCIAL

FRIDAY 12th JULY

7-9pm (arrive from 6.30 for 7pm start)

Mattishall All Saints Church

This is a **free event** for anyone in the village to come along

BUFFET STYLE FOOD
LOTS OF FUN
ENTERTAINMENT

inc Music, Storytelling & Quiz

Suitable for all ages
Everyone welcome

SELF EMPLOYED CLEANER REQUIRED

For Church Rooms, Mattishall

From September 2024

1½ hours weekly, preferably on a Friday

Please contact the Church Office
01362858873 Mon, Wed, Thurs a.m.

Would you like to help your communities?

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



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

10 July

"Australia Through Aboriginal Eyes"
Frances Middleton

14 August

"Annual Garden Party"
At Garvestone

11 September

"Barely Believable, Life as Art"
Rob Spray

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

NORFOLK

theWI
INSPIRING WOMEN OF MATTISHALL

For Hire

Welborne Village Hall

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

- The ambience of the Victorian School but with modern facilities.
- Fully equipped kitchen
- Digital projection and sound
- Open log fire for winter warmth
- Level access and facilities for the disabled
- Inexpensive hourly rental

go to www.welborne.org.uk to make bookings

Now open for private bookings for up to 50 people

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 further information contact

Keith Hudson 01362 850729, 07708085676

E mail keith-hudson80@hotmail.com

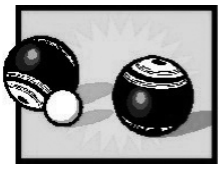
News from Mattishall Sports & Social Club

We have had a busy time at the social club over the last few months. We celebrated St George's day with traditional bangers and mash and music by **Karen Bell,** this was a great success. We had the *Life after Death* show by **Marcus Day** and of course, the D-Day 80th Anniversary Commemoration event on 9th of June. See photos on pages 4 and 5.

Dates for your diary: Sunday 23rd June – pop and country singer **Kerri Jean** and on Sunday, 28th July **Alex Asher** will entertain you from 2pm – 4pm. Finally, the new cricket season has started every Saturday afternoon so please come up and support your local team in the sunshine with a nice cold drink.

Wayne Fulcher

MATTISHALL BOWLS CLUB



It's not too late to start.

Invitation: Join your local club which has been active since the 1970s

You will be welcome to come and try out at a **time that suits you**

Being outdoors and enjoying a simple activity will help to keep you healthy.

The members choose which types of games to play from casual to internal competitions. For those who want to play competitively, the club plays in four leagues every week. The matches are played home and away afternoons and evenings. These matches started in late April. At the time of preparing this article for the press deadline, there have only been a few matches played.

The green is probably the best kept in Norfolk. Located on South Green Road, next to the Memorial Hall.

The last week of September is the end of the outdoor season.

To arrange your try-out day and times please make contact.

We will then arrange a session with other members. Equipment & tuition is provided for no cost while you are getting ready to join.

To get more information, please call

Gerry Goldner, Club Secretary 07908 205023.

Darts

Mattishall Sports and Social Club 'a' darts team, marked their twentieth year anniversary with a celebration night on 7th June.

Attended by team members past and present, the evening culminated with a close final that Darren & Matthew won against Julie and Kevin in the open pairs competition that was entered by 18 participants.

The team played their first game in the then Toftwood SC darts league, on 20th May 2004 against Watton Social Club and have continued since - with brief stays at the Swan pub and the village's Golf club, currently participating in the Dereham Thursday darts league collecting two cup trophies and Division Two and Three promotions along the way.

Founding members Daniel, Jonathan and Matthew have consistently played over the last twenty years and can see no end in sight. They are currently joined in the team by Darren, Dave, Elvin, Julie, Kevin, Shane, Taylor and Wayne. Most of the team still live in the village or have strong family links to it.

Tribute was paid on the night to the four teammates that are sadly no longer with us but played a part in the team during the twenty years, gone but not forgotten.

The current season runs until the end of July 2024 and the team have secured a mid-table finish in Division Two after relegation from the top division last year.

We are looking forward to what the next twenty years may bring!









Information on the changes to dial-up/landline telephones [FTTP] As of 28th May 2024

This information has been updated to reflect recent media announcements.

I have listed the main items and action points with modifications as appropriate.

Every end user's situation is different. I suggest you ask questions of your supplier and ask the people you get help from.

You can send me an email with any other questions or concerns. My email address is provided at the end of the article.

The ending of landline and broadband services on old telephone cabling systems

BT is using its wholesale division, **Openreach,** to close down the existing fixed telephone service. This has been approved by the regulator of telecom services providers, Ofcom. The process started in 2017. **During March 2024, the target to complete the changeover has been revised to January 2027. (Originally to be completed by December 2025)**

Openreach has announced that they will now prioritise the changeover project to end users who are not using their landlines for making calls [revised May 2024]. However other suppliers may have their own targets.

The following guidance notes have been provided by Community Action Norfolk [CAN] to help us understand the changes now in progress across the UK.

It is important to realise that most of these notes relate to the agreements between BT, Openreach and Ofcom. However, all the other suppliers ***should be following the same guidelines.***

What happens when my home or business is changed to the new digital system?

Your telephone provider will contact you in advance to let you know when your service is changing and what you need to do. In some cases, an engineer will need to visit to make changes. When you're contacted by your provider, let them know if you are a customer matching any of the criteria listed below. Ask any questions or concerns about moving to the digital service.

The information listed from this point has not changed since being published in issue 98

The following groups of customers are being processed at the end of the changeover periods

- people aged 70 and over. The changes will take place, but much later.

The following reasons are NOT age-related:

- people with additional needs
- people who are landline only (i.e. no broadband)
- people with telecare alarms. *See item 3 later.*
- people with a very weak or zero mobile signal inside the home. This applies to most properties in Mattishall and many areas of Norfolk. If this a problem, in your home, make sure that you tell the provider of your situation.

Other issues to be aware of.

1. BT are just one of several telephone service providers. Openreach is the current provider of the existing telephone systems. Some of the suppliers of telephone lines are using Openreach as their wholesale provider. However, there are other cabling providers, mainly in more urban areas.
2. Be aware of questions and offers from companies and people who want lots of information and start talking about fees and costs. If they claim to be from your existing supplier, ask them to confirm your account number and make them call again.
3. The changing system is based on a new fibre optic cable, directly to every property. If you are already using fibre to the property [FTTP], you are not affected.

   If you currently do not have broadband/internet services and do not want either, then the supplier must provide you with a service that directly supports a talking service. There **should not** be any extra costs to you. But you may need a new telephone. If the new service and equipment is powered from a wall socket, then it cannot work during a power cut. When the supplier provides the new equipment, they must also provide a battery backup, so you can call out for help.
4. **If you are using an auto alarm or care line service, I suggest you talk to them as soon as possible. Before the changeover dates you should receive in advance.**
5. Many users do not realise that even if they do not use a landline, the broadband service is on a landline number. The monthly charge includes the line rental and broadband services. These changes will affect every property. You do not have to stay with the existing supplier's contract. You can change supplier at no cost, if you want to.

   You could find a better service at a lower cost.
6. If you are using the landline telephone number, then in most cases it should be transferrable with some loss of service, during the changeover. If you need a new telephone, then it will work by plugging into the router. This type of phone usage is known as VOIP [Voice Over Internet Phone]. If you have a power cut, the router is down so you cannot call for help unless you use a battery backup.

Gerry Goldner, Mattishall
Email: gerry.goldner@gmail.com

Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

Upcoming events!

REMEMBRANCE SUNDAY (date to be confirmed)

CHRISTMAS EVENT 1st December

LITTER PICKING

Save the dates for our upcoming litter picking events!

4 August 2024
7 September 2024
20 October 2024
30 November 2024

Saturday sessions 10:30 to 11:30

Sunday sessions 14:00 to 13:00

Church Rooms, Dereham Road

FRIENDS OF MATTISHALL

Would you like to be involved in upcoming projects and events? If so, please contact the Clerk….more details to follow.

All are welcome!

The Kingfishers

The Parish Council is in the process of finalising the handover of land from the current owners Denbury Homes. This will see the creation of a community orchard, new allotments and a community woodland area bordering Dereham Road. Once the land has been formally acquired by the Parish Council we will commence work to allocate allotment plots, manage the orchard and progress the woodland planting. The intention is to involve as many people from our village as possible, as these are truly community assets. Anyone who would like to become involved should contact the Parish Clerk at clerk@mattishallparish.gov.uk

Mattishall Neighbourhood Plan

Our important Neighbourhood Plan is prepared for formal submission to Breckland District Council once we have received an environmental and habitat regulations assessment. Breckland will undertake a further consultation of our plan before submitting it to an independent examiner. The Parish Council will keep everyone up to date as the plan progresses.

Breckland Local Plan

In parallel to our Neighbourhood Plan Breckland Council is progressing a review of its 25 year Local Plan. Breckland has now published its preferred policy direction and the range of emerging site options. The draft plan includes a change in the housing requirement across the district from 612 dwellings per year to a proposed 661 dwellings per year. For Mattishall the document proposes that no new housing sites should be allocated.

Consultation of this document will run throughout June and into July. All residents are encouraged to take part in the consultation:
https://brecklandlocalplan.commonplace.is/

Open Spaces Working Group

The Open Spaces Working Group completed inspections of the Cemetery, Churchyard and Burgh Lane allotments on 3rd April. Whilst there were some minor issues, there were no major concerns. However, please can we remind our residents that no glass vases / pots are to be placed on graves, this is a Health and Safety requirement, as per our

The Parish Council

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

Further details of councillor responsibilities, details of meetings and minutes are on the website. If you would like to discuss anything related to the Parish Council, please contact the Clerk.

Meeting are held at Poultec, South Green 7pm

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.

Cemetery Regulations.

The Open Spaces Working Group recently viewed the new sites at the Kingfisher development. There is plenty of space for 24 allotments, 2 of which will become Community Allotments when the site has been formally signed over to the Parish Council.

Once the Council become the landowners the Allotment Society will become the tenants in running the 24 plots. We currently have 17 on the waiting list, leaving 6 plots available. Anyone interested in having a plot please contact Roisin Murray at roisin.murray@mattishallparish.gov.uk.

A second stand-pipe has been installed at the Burgh Lane allotments to facilitate watering for those at a distance from the first standpipe.

We are pleased to confirm that new rubber mulch matting will be installed under some of the play equipment in the play area to enhance the safety. This work is planned to commence early June (subject to weather conditions).

Litter pick

Sunday 12th May saw 11 members of all ages collecting over 4 kg of waste from off our street and footpaths.

This effort was further enhanced by both the local Scouts and Cubs doing evening litter picks around the village. Thank you to all who took part.

Youth Club

The Parish Council has signed a new contract with the YMCA to deliver the Friday evening youth clubs. There is a 12-month contract with 3 qualified leaders for the junior club, and a 12-month contract with 2 qualified leaders for the senior club.

The Parish Council are still concerned regarding the attendance numbers to the senior club and have decided to monitor the attendance for the next 3 months. It is with deep regret and sadness to report, but If the numbers do not improve the Council will have no option but to cancel the senior club going forward. Please encourage our young people to **USE IT** or **LOSE IT.**

Goodbye and Thank You!

We say goodbye to Mr Richard Turner who was a Councillor for 8.5 years. On behalf of all the members at Mattishall Parish Council we thank him for his significant contributions to the village and wish him and his family all the very best for the future.





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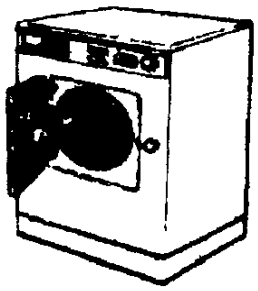
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USEFUL LOCAL PHONE NUMBERS

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	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:
10th July, 7th August, 4th September, 2nd October
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 20 times
2 The house is at the South Pole
3 Elijah is Patrick's grandfather
4 1+2+3+4+5+6+7+(8x9) =100
5 They weren't playing each other!

Summer Quiz

Answers from the last issue

(1) 1924 (2) London (3) Triangle (4) Victory (5) 4 (6) 8 (7) Cobblers (8) Vermicelli (9) Potato (10) Barclaycard

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

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1. How many loaves are there in a baker's dozen worth of bakers' dozens?
2. IG is the postcode for where?
3. What is the cost of landing on super tax in monopoly?
4. Which is the first area on the shipping forecast?
5. Which is the first book in the bible named after a woman?
6. And how many books are there in the bible?
7. Bullet trains are found in which country?
8. What is the maximum amperage allowed in a standard UK plug?
9. What colour jersey does the leader of the Giro d'Italia cycle race wear?
10. What is the capital of Jamaica?

Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
September 2024	Fri, 6th Sept	Wed, 11th Sept	Fri, 27th Sept
December 2024	Fri, 8th Nov	Wed, 13th Nov	Fri, 29th Nov
March 2025	Fri, 7th Mar	Wed, 12th Mar	Fri, 28th March
June 2025	Fri, 30th May	Wed, 4th June	Fri, 20th June

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1/4 page	£35	£52.50
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