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The Quarterly Mattishall People's Magazine Summer 2023 Issue 95

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Brainteasers June 2023

Brainteaser 1 of 5

I can't be bought, but I can be stolen with a glance.
I'm worthless to one, but priceless to two. What am I?

Answer inside back cover

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From the Editor

Well, the Summer is finally here!! Over the last couple of months, the weather has been trying to catch us out and in April, we thought we were going to have an early Summer but no such luck. However, we were very lucky to celebrate the Coronation of King Charles in glorious sunshine at our Coronation Village Fayre. The whole day was a tremendous success and enjoyed by well over 500 visitors - see more photos of the celebrations on pages 28 and 29.

There has been a lot of criticism on social media of the Mattishall pharmacy and surgery and I must confess, I have felt frustrated at times when trying to get an appointment or queuing up for my prescription. So, when the doctors and staff organised a Patient Engagement event in April, to explain the circumstances and situation they are in, I was very surprised that so few turned up to the event. Drs Fitzgerald and Chukwunwike and the Practice Manager delivered a clear and informative presentation which addressed our frustrations but also highlighted their own frustrations and restrictions. It was a great shame that more did not attend this event but the partners have prepared a summary of the evening which can be found on p24. Please find time to read it and perhaps there will be less criticism directed at them in the future.

I have been asked a few times about our *Desert Island Discs* section in Miscellanea so if you would like to contribute your choices, please don't be shy, let me know you would like to take part. We are always looking for contributors to the magazine so if you write poetry, short stories or factual articles, please get in touch.

Anne



Anne Jackson

Miscellanea

Volunteer Opportunity

Can you spare a few hours every 3 months?

We need someone to prepare invoices and collate adverts for Miscellanea.

Would be suitable for someone looking to use existing skills or gain some admin experience which they could include in their CV.

Contact Anne Jackson (Editor)
miscadvert@yahoo.com
01362-858744 / 07515 417225

Time is running out to use up your NON-BARCODED STAMPS.

'Everyday' non-barcoded stamps will no longer be valid after 31 July 2023. They will not be accepted for postage after this date and could be subject to surcharge.

What you need to do

- Check if you have any 'everyday' stamps which don't have a barcode. These 'everyday' stamps are easily identifiable as they have a plain coloured background with a picture of the Queen.
- Christmas stamps and special stamps (ones with pictures) are exempt and will remain valid for postage after the 31 July 2023. So, you won't need to worry about these.
- Use up any non-barcoded 'everyday' stamps where possible or swap these stamps for the new barcoded version. Logon to Royal Mail to find out how to swap your stamps. You cannot swap at the Post Office.

Examples of stamps accepted for Swap Out



Examples of stamps not accepted for Swap Out





The Mattishall Society

The Society meets on the second Monday of each month

HEARING DOGS FOR DEAF PEOPLE, a talk by Veronica Colley.

Aged 11, Veronica lost the hearing in her left ear following a riding accident and, in later life, lost the hearing in her right ear due to inherited 'early onset deafness'. After her accident, keeping up at school became a real problem and she had no qualifications when she left. However, in her late 20s she gained a degree and worked for many years as a social worker. Her final job, which she loved, was managing a retirement complex. In her 60s she decided to retire as her disability became more profound and at the same time her relationship broke down. Now living alone, Veronica decided to apply for a hearing dog.

Hearing Dogs for Deaf People was founded 40 years ago and, at first, used rescue dogs. However, they often had 'issues' due to their former treatment and nowadays cocker spaniels, cockerpoos and some Labradors are the chosen breeds. The organisation has 2,500 volunteers who home the breeding dogs so that puppies are introduced to family life straight away. Puppies are assessed for their personalities and traits from birth and, at 8 weeks old, are moved to live individually with other volunteer families who carefully introduce them to as wide a variety of experiences as they can. The young dogs can then be assigned to a deaf owner and start working between 14 and 18 months old. There is a huge demand for hearing dogs and quite a waiting list. It costs £40,000 to train and then look after a hearing dog throughout its life.

Veronica and her dog, Logan, have been together for some years now. Logan is intelligent and lively and loves to be busy all the time. He would alert Veronica if the fire alarm went off; he wakes her in the mornings when her alarm goes off; he alerts her to the doorbell; the cooker timer and to the end of the washing machine cycle. If he were with a young family, he could be trained to alert his owner to a baby crying or the child monitor sounding.

Some hearing dogs are assigned to children, where their reassuring presence helps the child to deal with the night terrors from which they often suffer and with the isolation in the playground at school. Hearing dogs can be trained to respond to the phone ringing or any other sound its owner needs to know about. First, they learn to respond to a squeaker and then the desired other sound is introduced alongside.

A fully qualified hearing dog can accompany its owner absolutely anywhere except an operating theatre in a hospital. This includes hotels, airplanes, hospital wards, trains, coaches and its presence cannot be refused. Not

all hearing dogs are fully qualified in this way. Some are 'ambassadors' whose job it is to publicise the work through demonstrations; some are 'sound support dogs' who do not accompany their owners everywhere, but stay at home; some are 'hard of hearing' companions.

The working life of a hearing dog is regularly monitored and, when the person monitoring decides the dog is unfit to continue, he is re-homed for the rest of his life. Some hearing dogs themselves become deaf, some become unfit. For the organisation, the health and welfare of the dog is paramount. Veronica dreads the day when Logan has to retire, but hopes he could then go to live with her granddaughter. She would apply for another dog.

Further information can be obtained from Hearing Dogs for Deaf People, The Grange, Wycombe Road, Saunderton, Princes Risborough, HP27 9NS. Tel: 01844 348100.

Anna English

Mattishall Society

Meets at the Memorial Hall on the 2nd Monday each month at 7.30 pm

Saturday	Summer Barbecue
22 July	Members only
Wednesday	Garden Meeting
9 August	Members only
Monday	"Silver Darlings" - Charles Lewis will tell us about the history of the Great Yarmouth fishing industry.
11 September	
Monday	Author Phyllida Scrivens will talk to us about her book "Escaping Hitler" , the true story of a young Jewish boy's quest for freedom.
9 October	

The 2023 membership fee remains at £5 per person

Anyone wishing to join the Mattishall Society should contact Carol Colledge on 01362 858230

We hope you can join us at our Summer / Autumn meetings

Brainteasers June 2023

Brainteaser 2 of 5

No matter how little or how much you use me, you change me every month. What am I?

Answer inside back cover

MATTISHALL COMMUNITY HUB

The Big Afternoon Tea

Wow, what a great Coronation weekend! Following the pomp and splendour of the ceremony itself in London on Saturday 6 May, Mattishall came together for a wonderful, if slightly less formal, village celebration on the Sunday. There was a fantastic turnout - even the sun was tempted to come out for the party and the whole event enjoyed some fabulous weather!

For our part in the Mattishall Coronation Village Fayre - and in the spirit of the national 'The Big Coronation Lunch' - Mattishall Community Hub hosted The Big Afternoon Tea. Much thought and planning by the MCH Team went into the project over the preceding weeks to make sure that it would be a successful occasion but until we opened those doors at 3pm we had no idea how many people would actually turn up! We needn't have worried, by the end of the day we had served well over 100 free, afternoon teas to some very happy and appreciative local residents and their families.

As a community group we were able to apply for, and were lucky to be awarded, a King's Coronation Grant from Breckland Council which enabled us to decorate the Memorial Hall, in suitably patriotic style, and to provide all of the refreshments and sandwiches free of charge (see the front cover). As for the amazing homemade cakes, these were all donated not only by the MCH team but by many kind people in the village to whom we are especially grateful.

In fact, we were also able to contribute towards the lovely Children's Picnic on the playing field and provide drinks and yet more delicious cakes to the Litter Pick as part of The Big Help Out on Monday 8 May. Our unused flags, 'crowns' and napkins etc. were put to good use by the Cubs who held a special party the following week. Even the 'King' (donated to us for photo opportunities) put in another appearance at their party!

The Big Afternoon Tea is the first big community project that MCH has organised but we intend to build on its success by putting on further events in the future - either independently or in cooperation with other village groups - to keep encouraging and promoting the fantastic community spirit that has been seen at the recent, royal, village celebrations. So, look out for our ads and posters in the coming months as we hope to arrange some exciting events such as a Quiz Night and a good old-fashioned Jumble Sale.

Community projects are one aspect of MCH but the other, equally important, is to provide a regular meeting place where people, of all ages, can come for some social contact; to meet new people; share interests and hobbies or just enjoy a cuppa and a chat in a relaxed atmosphere.

We meet once a month on a Tuesday at Mattishall Memorial Hall, South Green and we'd love to see you there. As the venue is a little way out of the village it would be great if lifts could be offered, perhaps to a neighbour that you know of who would benefit from a change of scene or is new to the village and hasn't yet had the chance to meet many local people.

Since our first session in October last year, we've built up a solid membership; some people come every month, others just now and again. People are welcome to stay for the whole session or simply drop in for a while. We occasionally have some form of entertainment or a brief talk, there are table quizzes and a Give & Take table where, if you'd like to, you can swap one item of, for example, garden produce, baking or preserves, a book or puzzle etc. for one other item on the table.

Dates of our next sessions for your diary!

Tuesday 1 August 2 - 4pm Tuesday 5 Sept 2 - 4pm
Tuesday 3 October 2 - 4pm Tuesday 7 Nov 2 - 4pm

MCH is free to attend, there are no fees and all of the refreshments are free. (We do appreciate donations towards the refreshments but these are entirely optional. All ages are welcome, under 16s must be accompanied by an adult.)

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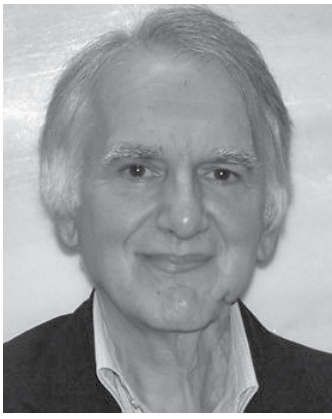
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NEW Dereham Seed Scheme.

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.



John Norton

Episode 5 continued -

The Little Tin Box

Leaving school in 1967 was followed by a six week stint working for Sir Billy Butlin at his Holiday Camp in Filey, Yorkshire. One of my schoolmates had spent the previous summer working there as a waiter and so a couple of us decided to join him this summer. The application process was very simple, including telling a little fib about my age because I had not quite reached 18 which was the rule. I've heard that Butlins has had a lot of investment and is pretty classy now. But in those days, although still very popular, it was looking a bit tired and was beginning to feel the impact on business from cheap package holidays abroad. My first job was cleaning birds' and rats' nests from ovens in a kitchen and eating hall which was about to be opened for the peak season. Not very appetising. This was followed by instatement as a kitchen porter which was the lowest of the low and meant spending many hours in a secluded corner trying to provide some element of cleanliness to greasy pans. It was like an initiation ceremony because after a week I got promoted to the food service line. There would be about six staff, who all seemed to be students or ex-cons, standing in a row dumping an item of whatever cordon bleu food was being served onto a plate whilst being closely observed by Elsie the supervisor who delighted in raging at us. "I want stuffing on this hot plate!" was a particular favourite of hers. Also, very amusing to us was when she would shout "If you boys don't pull your fingers out I'll have your ***** for garters". Eventually I graduated to become gravy man who was the final person in the row responsible for pouring on the Bisto and stacking the plates of food in a vertical rack.



The gravy was one of the few things that was very hot and you could always tell the gravy person by the red scorch mark on their thumb where the gravy had spilled as it was poured while holding the plate. If the roast potato was too big for the partitions in the vertical rack all the food would push off the plate as you tried to insert it. No problems – you just picked up the food with your hand and splodged it back on the plate. All in all, the food was pretty rank and as staff we had to survive on the previous day's leftovers for sustenance eaten in a dingy and dirty little windowless canteen. But it was character building and fun, particularly during the few hours in the day we had off. Although what did rankle was that the waiters got all the tips, more so if they deliberately dropped a plate of food when the hall would erupt with raucous cheering, and they refused to share any of it. Nevertheless, I still managed to earn the princely sum of £9 a week (full board included!) which would help when I started College after the summer.

Later that year I became a Mattishall postman for the Christmas period, which I talked about in the winter edition, and in the College summer holiday of 1969 I really hit the big time by working on the construction of the massive pipeline running from the Bacton Gas terminal on the Norfolk coast to the Midlands. This was to distribute gas from beneath the North Sea which had been discovered in 1963. This was a 7 day a week job and as a labourer you were paid about £25 a week which was a fortune. After pumping diesel to refuel generators I became a welder's mate which entailed following the welder with an enormous electric wire brush to clean the welds securing the joints in the pipeline. My remittance, however, paled into insignificance when compared to the pay of the "front end" welders who did the more difficult and important bit of the first weld around the pipe. They earned a staggering £200 a week and what characters they were. One weekend in six could be taken off and they would return on a Monday with the biggest hangover imaginable and often with a brand new car and divorce papers.

By this time my little tin money box was getting full to overflowing despite the fact that living away at College was not cheap although tuition was free and you actually received a grant. I blame the College bar for eating into my funds which necessitated me spending the summer of 1970, at the end of the final College year, earning a few quid before six of us took an old Bedford van, which we'd acquired for nothing and painted bright yellow – as is the wont of emerging hippies – and travelling overland to Greece.

My final temporary job before the long years of proper work took over was working as a labourer on an archaeological dig at North Elmham under the direction of Dr Peter Wade – Martin, the esteemed archaeologist from Dereham. I had my little minivan for transport by then, although I have to admit the tax had run out a couple of weeks earlier which I decided to forgo in the interests of funding our trip to Greece. There were two types of people on the dig. The first were the clever ones or those studying archaeology. Then there were four of us labourers who did the heavy work of digging trenches and pits. The site, which is near the church, ended up one of the most extensively excavated Saxon settlements in the country. It included the site of the Saxon cathedral and grave yard. After all the heavy work was done I was allowed to use a pointed tool and a soft brush to carefully expose parts of Saxon bodies in graves. I'm not sure if they were pleased to see me after all that time laying there but they didn't say anything.

And what happened to the little tin money box? Well, I really don't know but it served its purpose. I just wish I'd buried it on a Treasure Island somewhere for someone to find. In it I think I would have put a sprinkling of mixed corn, three blackcurrants a strawberry and a runner bean, a feather from a white hen, a remnant from my grandfather's goat infested trousers, a Butlins roast potato, a miniature electric wire brush and a Saxon's finger bone. I bet none of the best archaeological minds in the country would ever be able to work out the connection. **John Norton**

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THE LINK



MATTISHALL DEMENTIA SUPPORT GROUP

I have been coordinator for The Link, which is Mattishall's Dementia Support Group, for around 18 months now, and, generally speaking, it runs pretty well, session on session, much the same as it did from its inception in 2018, with a few minor tweaks and changes.

We can provide lots of information, have a thriving separate carers' group and promote the use of individual playlists and memory boxes to help in those distressed times. We have quizzes, word searches, puzzles to do as well as singalongs which suits our membership. Also, we had a very successful time at the Coronation Fayre.

But what of other people with dementia who don't find a group like ours useful?

I and other volunteers went recently to the Norfolk and Norwich University Hospital to the first Dementia Fayre they had been able to organize since covid. One of the presentations was from Dirck Geary, an ex-rugby player, who has early-onset dementia, who talked about his life - his golf, his driving, his decision-making. He shared that, along with Norfolk and Waveney Dementia Support Services, he has set up a Support Group in North Norfolk for people recently diagnosed with dementia. As he said, such people have different needs which are not filled by a 6 piece puzzle! They need to talk, share ideas and solutions to problems of living with the brain disease dementia.

So, what of those people in Mattishall recently diagnosed? Or those with dementia that do not have carers? Where do they go, to lessen their worst fears about their occasional symptoms and progressive diagnosis? I do not know. But if you are recently diagnosed and would like to meet with others fairly locally, please get touch and I will do what I can to facilitate it.

The Link is held every 1st and 3rd Tuesday at Mattishall Methodist Church, 10am -12 noon.

Lin Thompson. Tel 0776 957 3499
Linthompson49@gmail.com

Brainteasers June 2023

Brainteaser 3 of 5

What has cities, but no houses; forests, but no trees;
and water, but no fish?

Answer inside back cover

Mattishall Walking Group



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

The Norfolk Millennium Trust for Carers

aims to offer unpaid carers a better quality of life by giving grants towards short breaks, recreational items, hobbies or leisure activities. Grants of up to £250 are available, for further information visit

<https://www.norfolkfoundation.com/funding-support/grants/individuals/norfolk-millennium-trust-for-carers>

THE LINK



MATTISHALL DEMENTIA SUPPORT GROUP

Are you or a loved one living with Dementia?
Do you need some company?

Come join us at Mattishall Dementia Support Group!

Where? **Mattishall Methodist Church**

When? **1st and 3rd Tuesday** of the month

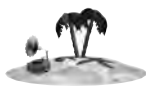
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Desert Island Discs



Hi, my name is David Hicks. I am a former caretaker at the Mattishall Primary School and before that Parts Manager at Ben Burgess, garden equipment, but now happily retired.

Mattishall has been my home now for over 20 years and I really enjoy the country life none more so than when I'm out walking the track and fields with my trusty springer Luna.

You may well also know me as the pigeon man of Mattishall. If you have ever seen a kit of pigeons flying over they may well be mine, either exercising around the lofts or returning home from a race. Pigeon racing has been a big part of my life for well over 40 years now and is something I'm very passionate about. An interesting and exciting hobby. If you ever want to no more, I can talk for hours on this.

These are my ten tracks that mean the most to me, not necessarily in chronological order.

Track 1 is by the great **Bob Dylan**, although he had many hits, this one evokes memories from a friendship I had in my teens, the most beautiful ballad, **Belle Isle** from his Self Portrait album. Definitely worth a listen.

Track 2 is by the Irish band **Thin Lizzy**, their most famous hit, **Whiskey in the Jar**. The reason I've chosen it is because of the evocative guitar playing in the beginning and also the fact that I saw them play this live at the Cromer Links Pavilion the weekend it went to Number 1. The Cromer Links was a great place to listen to live bands in the 70's. Gone but not forgotten.

Track 3 comes from the great **Paul Weller**, a song entitled **A town called Malice**, this brings back fond memories of listening to a Mod tribute band playing in a disused church in Brighton. The acoustics sounded fantastic in the old church.

Track 4 although late to the game, I have recently discovered the songs of **Leonard Cohen** and fell in love with the song called **Suzanne**. The words have a deep meaning and the guitar playing is beautiful. Leonard Cohen 'Live in London' is an album well worth spending time to get to know. This song has been covered by many artists but one worth listening to is the version by Nick Cave and the Bad Seeds.



Track 5 You can't leave this band off the list, **REM**. Although it was difficult to choose just one song from them it had to be **Man on the Moon**. An awesome evening was spent in Hyde Park singing along to this song with 120,000 people. When the first chords were struck the place erupted. It was made even more special by sharing the occasion with my two sons on a balmy summer's evenings.

Track 6 **Jake Bugg** may be known from singing the theme tune to Happy Valley but one of my favourites of his is called **Broken**. This has very powerful lyrics and guitar playing. I enjoyed a night of his music at Cambridge Corn exchange.

Track 7 **Viva la Veda**, if ever a song wanted to get you singing and dancing it has to be this one by **Cold Play**. Again, saw these live at Earl's Court. The group with the most special effects imaginable.

Track 8 a change of tempo now, I have to include **Moon River**, not by Andy Williams, but the silky, smooth version by **Audrey Hepburn**. This reminds me of the year I spent travelling the world with my partner, Carol. In 2008 we departed the UK with a rucksack each, a paper map and flight tickets to New York and no idea how we were going to spend the next 12 months. We travelled North America, Mexico, Belize, Fiji, North and South Islands of New Zealand and Australia. On our final evening we climbed Sidney Harbour bridge at sunset. The words 'two drifters off to see the world, there's such a lot of world to see' resonated with us as we sung them to each other many times over the years.

Track 9 **the Pogues, Dirty old Town**. A great sing-a-long song, especially in a bar in Dublin. I played this song at school back in the sixties and it has always had special memories for me.

My final Track 10 has to be **Dire Straits, Sultans of Swing** especially the version taken from the Alchemy Live recording, 3 minutes of Mark Knopfler singing and seven minutes of pure guitar bliss. This guy can get a guitar to sing like no other. Recommended to play the Alchemy Live version as loud as loud can be. Sit back and enjoy.

I would like to thank the Editor of the magazine for inviting me to choose my Desert Island Discs. I have had many happy hours listening to my favourite songs but making the decisions was very difficult. I've left out many favourites but what I have chosen represents who I am.

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Eileen
Writes...

UP, UP AND AWAY

"Mr Deckers Balloon with Decker himself in a boat annexed to it, ascended from Quantrells Gardens and very majestically. It was out of sight in about 10 Minutes, but appeared again on his descent."



Ballooning in the 18th Century

The above is an extract from the diary of Parson James Woodforde writing from Melton Constable on 1st June 1785. "Mr Decker" is a misspelling by the parson and it was in fact London toy manufacturer James Decker who was on board. Decker was called upon to build the balloon which would become the first to successfully cross the English Channel, a milestone he met on that day following a flight from Norwich which was watched by crowds including Parson Woodforde.

At this time of writing, the media is full of sightings of balloons over the US, Canada and South America. The objects have been variously described as spy vehicles, research equipment, weather instruments or UFO's! But to date I have found no concrete explanation as to what these objects may have been.

The presence of balloons and kites have been popular in China for thousands of years, used for various purposes including military signalling. The first documented balloon flight in Europe was by the Brazilian-Portuguese priest Bartolomeu de Gusmão in Lisbon in August 1709 when he managed to raise a small balloon made of paper full of hot air. It was decades later when the Montgolfier brothers, paper-manufacturers by trade, following earlier animal experiments when they sent a cock, a duck and a sheep aloft, made the first successful manned balloon flight in Paris in 1783 that 'Balloonmania' had taken off, becoming a world-wide phenomenon.

The first successful British balloon experiment was also conducted in 1783 from Cheapside in London, when Italian entrepreneur Count Francesco Zambeccari collaborated with an artificial flower maker to construct five small

unmanned balloons. Silk-sewing skills were scaled up the following year, when a substantially larger 'envelope' was exhibited at Cooper's Hall in Bristol for three days to great public interest. Meanwhile, the editor of the 'Encyclopaedia Britannia' – James Tyler – had read of the Montgolfier brothers' success and in 1784 subsequently built his own 'Edinburgh Fire Balloon'. This sailcloth contraption would earn him the accolade of the first manned UK flight, although it was the Italian Vincenzo Lunardi who was to ignite public attention with the first flight over England. Taking off in front of a substantial crowd, Lunardi's 24-mile journey earned him fame and fortune, with St Paul's Cathedral allegedly increasing its entry price for spectators clamouring for a rooftop view of the spectacular feat of human endeavour.

Another record would be set by aeronaut Charles Green in 1786, when the 'Royal Vauxhall Balloon' would set a world distance record for manned flight – 480 miles – that would remain unsurpassed for eight decades. This balloon used over 2,000 yards of raw silk at a total cost of £2,100 (well over £100,000 in today's money).

It was not only the civilian market contributing to the booming balloon-building business. Military experiments at Aldershot, Hampshire led the War Office to create a dedicated Balloon Section in 1890. In the First World War, the airships created by German Graf von Zeppelin in 1900 were used as bombers and for surveillance due to the fact that they could fly high above the battle zone. They were so effective that the Germans ended up using a total of 115 Zeppelins during WWI including several over Norfolk. In his book A Story of East Dereham, Ben Norton tells us "On the night of 8 September 1915, a Zeppelin dropped its bomb load on the Church Street area causing five deaths and considerable damage".

In the 20th century another entrepreneur and adventurer, Richard Branson, took up a number of ballooning challenges including the crossing of the Atlantic in 1987. He made the trip in the company of a Swede, Per Lindstrand, who was the balloon's designer. The 'Virgin Atlantic Flyer' was the first ever hot air balloon to successfully complete the Atlantic crossing, during which it achieved speeds of more than 130mph. The balloon was also the biggest that had ever flown, with a total volume of 2.3m cubic feet.

While aeroplanes, jet engines and helicopters may have replaced the Zeppelins and gliders of World War II, drones are active in 21st century warfare and satellites now are the main tool for weather-forecasters, what might these recent balloon sightings really have been?

We can still experience the thrill of the first man-made flights with companies operating hot-air flights in Norfolk and Suffolk.



Senior Slot

Creative Arts East are pleased to introduce 'Creative Socials' and 'Afternoon Events' as part of the Breckland Council Arts For Health Programme. These new sessions combine 'The Silver Social' and 'Our Day Out' into monthly socials with activities and an afternoon event, be that live performance or cinema screening, every other month. Not based in Breckland, there are additional 'Creative Socials' groups operating elsewhere across Norfolk, in Great Massingham, Great Yarmouth and Hunstanton. Upcoming Dates for Creative Socials near Mattishall are:



At July's Creative Socials, in preparation for the Afternoon Event, join Samia Malik for some South Asian music making:

- Dereham Trinity Methodist Church, Friday 21st July 1-3pm
Come along in August and make some summery mosaics with Maggie Campbell:
- Dereham Trinity Methodist Church, Friday 18th August 1-3pm

Coming up for Afternoon Events:

Songs to Heal and Empower – Samia Malik

Come along to July's Afternoon event for a musical performance with acclaimed singer songwriter Samia Malik. Songs to Heal and Empower is an electrifying combination of soaring Eastern melodies, powerful, passionate and heartfelt lyrics in Urdu and English, electronics, tabla and deep bass grooves to leave you moved, inspired and energised! The performance is supported by projections of Samia's paintings and videos.

When and Where: Attleborough Town Hall, Thursday 27th July 1.30-3pm.

Tickets are free but voluntarily donations are welcome.

Tickets available at ticketsource.co.uk/creative-arts-east, call 01953 713390 or email info@creativeartseast.co.uk.

For more information visit brecklandartsforhealth.co.uk or contact us at info@creativeartseast.co.uk.

Brainteasers March 2023

Brainteaser 4 of 5

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Answer inside back cover

Dereham Walkers are Welcome

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www.DerehamWaW.org.uk/



The Short Walks (under 4 miles) programme continues on the first Friday of every month - 7 July, 4 August, 1 September and 6 October. These walks always start at 10:15 unless otherwise advised: the starting point may vary (though will always be near Dereham town centre), so please check on arrangements. Other than that, you don't need to book - just turn up at the right time in the right place. Please note that short walks do not have programmed refreshment stops, but there are usually a number of short halts for people to collect and catch breath, so if you want to bring something to eat and/or drink, there will be opportunity to consume it. The walk will be led at a reasonable pace - we do not rush, but we do need to make progress for the group as a whole; if you have any questions about our speed, please raise them with us. You should come with decent footwear (especially when it's been wet) and suitable clothing. The walk will go ahead unless the weather is really bad.

We are also continuing our monthly Easy Tuesday walks. These will be no more than two miles, on good and even surfaces and expected to take about an hour. The pace will be steady with regular pauses to catch breath and afterwards there will be an opportunity to have some refreshments (bring your purse!). These walks will be on the second Tuesday of each month, meeting outside Dads and Lads (Cherry Tree car park) at 10:00. If you think this might be for you and want more details, please contact Sue at sue.rothwell@outlook.com. Please note that if you need personal support in order to take part, you will need to arrange this yourself; we regret that we are unable to provide it for you.

On 27 July, we plan to use the Mid-Norfolk Railway to travel to Thuxton, walking back to Dereham. On 28 August we hope to have a moderate length walk (5-6 miles) ending with a garden party. And on 9 September, we are planning a walk round points of interest in Dereham as part of the Heritage Open Days week. The nature of all of these longer walks is such that we need to know, and in some cases, limit, numbers joining, so do get in touch if you think you might want to take part: we look forward to seeing you over the next few weeks.

Ken Hawkins

ken-hawkins@tiscali.co.uk

Age UK Advice Line

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is free to call 8am – 7pm 365 days a year

Age UK are well aware that arranging social care can be a challenge. From knowing where to start, what type of care and support you need and who pays for it, there are lots of questions to ask. But they remind us that we are not alone — they are to help us through the process.

A Community Allotment for Mattishall?

Community allotments are becoming a popular addition to many communities around the country. The interest in growing our own fresh fruit and veg, coupled with the increased understanding of the mental and physical benefits of working together in the out of doors has led to a rise in popularity of allotment gardening in general.

Not everyone is confident or fit enough to take on a full or even a half sized allotment of their own. This is where community allotments can fill a real need. There are almost as many ways of using such spaces as there are groups taking them on.

Some provide "starter beds" for those new to gardening, others offer space and support to various community groups such as local schools, youth groups or those with health or accessibility issues. Others run plant or seed swap events – or grow plants to be distributed to other sites around their village or community area. The key is that they are run by members of the community, for the benefit of the community.

Here in Mattishall we have a rare opportunity to consider having our own community allotment. Denbury Homes, who are building the Kingfisher Estate are in the process of transferring land to the village. It is planned that this will include land for a community orchard, community woodland and enough land for more allotment plots for rent.

The Parish Council will consider allocating one of the plots for community use if there is enough interest from villagers to do this. Whilst they are prepared to offer some initial support the key to such allotments is that it is run by the community who can, and should seek further support from sources other than the Parish Council. For instance, Breckland Council offer grants to support such initiatives and there are other sources too. Locally, East Tuddenham is already in its second year of a community allotment which is now running and there are several in the Norwich area too.

I am willing to take the initial lead in setting this up – but it will need others to be part of the team – to come up with ideas and be willing to steer the activities. How much work this might take will very much depend on how ambitious we want to be and how much funding we might attract. We would not be starting until at least the Autumn when the land is available and we can start small and grow slowly.

This great opportunity will only happen if there is enough support and interest in the village so at this stage I am asking for anyone who thinks they might be interested in doing a bit – however small – to make this happen or for anyone who wants to know more to get in touch with me. Alternatively have a chat with me at the Mattishall Hub meeting on 4th July when I will be asking folks what they think.

Roisin Murray, either by phone on 079342 7942351 or email roisintmurray@outlook.com.



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TODDLER GROUP

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Mattishall Youth Club

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5-6:25pm

Fridays
10-16 years
6:35-8:30pm



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Miscellaneous **Youth!**

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1st Mattishall & District Scout Group

Scout HQ - On the grounds of the Mattishall Primary School

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

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

GROUP NEWS

Beavers have been very busy each week. We've started our raised bed gardens with some fruit and vegetables. But the best bit was our sleepover. Lots of us hadn't slept away from home, or in a tent, or done the washing up but we managed all of these and more activities, so now we're looking forward to Badger giving us our badges.



In March **Scouts** visited the City of Norwich Aviation Museum with the Cubs. They then concentrated on their creative challenge with model making and each patrol wrote and performed a shadow puppet show for parents. At Easter they had a camp in the Brecks and practised their outdoor cooking skills on both Trangias and Dutch ovens. This term they have had a go at Archery and taken part in the District Archery competition with one of our teams coming in 2nd place. Scouts ran the caving simulation activity at the Coronation Fete which proved very popular with the youngsters.



Cubs have had a hugely successful year to date, with achievements coming thick and fast. We have enjoyed an international campfire, after which we had a busy activity day. Highlights included a 3-mile hike, shooting, archery, caving and axe throwing. Needless to say, there were some very tired cubs that weekend. We started this term by celebrating the Coronation in style. We learnt all about the Coronation and why it is an important event as well as looking at what is special to us as individuals. All the cubs also learnt how to safely handle hot kettles to make drinks, how to make and safely prepare food and made decorations. This cumulated in a tea party for parents with cubs serving their parents and special guests. We had a bake-off competition where again the cubs shone.



Group News: On St George's Day itself this year, our District got together to Parade and renew our Promises in Fakenham. Those of you who attended the Village's wonderful Coronation Fayre might have seen members of the District Scouters at the Axe throwing and Archery activities, and had a chance to try out some scouting activities yourself.

These are the 'normal' session timings which we hope to be able to follow next term once again.

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

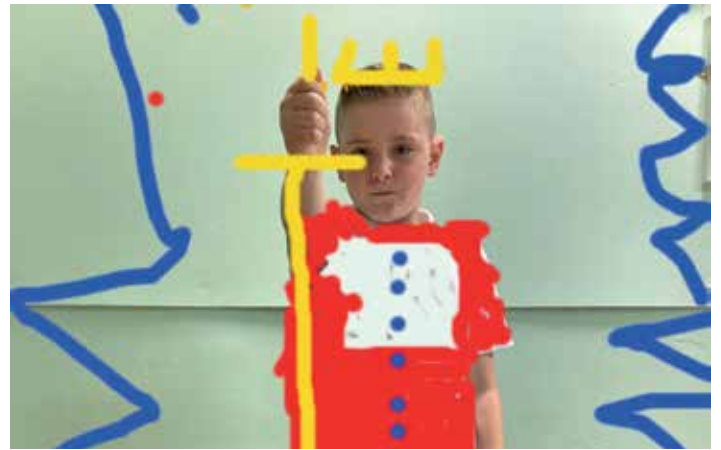
Year 1

In Science, Year 1 learned about plants, their importance and how scientists ask and answer questions. They wanted to answer the question "What animals use plants as their home?" and decided observation in nature would be the best way to answer it.



Year 2

In their Art unit, Year 2 learned about 'Portraits and Poses', analysing and discussing royal portraits and identifying the facial expressions, poses, clothing and background of various portraits. The children combined technology using laptops to edit photos of themselves and transforming them into a royal portrait.



Year 3

Year 3 children explored Botanical Artists and explored the visual elements of botanical art by studying a range of different fruits, plants and flowers. They chose an item and made their own initial investigations by sketching it from different angles and recording swatches of different colours seen.



Year 4

Year 4 children entertained their families at a Reading Café in April, by performing 'The Incredible Book-Eating Boy' by Oliver Jeffers.





Year 5

Year 5 have explored different art techniques using mixed media. The children learnt about paper crafting, papermaking and collage techniques, including paper, fabric, mixed media and photo collage and created a final piece of small-scale, mixed media collage.



Year 6

In Science, Year 6 learnt about electrical circuits and components and series circuits using the correct electrical symbols to create diagrams.



Our school needs you

If you believe that education can make a difference to children's lives ... read on. If you want to support the school to be the best it can be – we want you to be our school governor.

We are looking for an enthusiastic and dedicated individual from our local community to join the governing board at Mattishall Primary School. This is a great opportunity to be able to support our school and community.

The governing board play an important role in helping the school reflect and question its practices in a supportive way, as critical friends. We encourage the school leaders to continue to strive for the very best for all the pupils and to bring about fresh ideas and new perspectives.

The responsibilities of the governing board are:

- Setting the school's vision, ethos and strategic direction
- Holding the headteacher to account for the educational performance of the school and its pupils
- Overseeing the financial performance of the school and making sure its money is well spent

If you have professional experience that might be beneficial to the group (e.g financial, safeguarding, health and safety, etc), that is wonderful, but you do not need any specific qualifications or experience. There are a wide range of courses available (free of charge) to help support your introduction and development as a governor. You will also be supported by the rest of the friendly team too.

If you would like to find out more about the role and it's requirements, or you are keen to become a school governor, please contact the chair of governors, Pete Bourne, via the school office (office@mattishallprimary.org.uk).

Rockinghorse Daycare

Rockinghorse Daycare, in Mattishall, provides quality care for children between the ages of 3 months and 5 years. We also provide additional facilities for school-age children in the form of 'Stallions' our Breakfast, After- School and Holiday Club. Open 8.00 a.m. – 6.00 p.m. Monday to Friday, 51 weeks of the year (excluding Bank Holidays.)

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Contact

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rockinghorse.daycare@yahoo.co.uk

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Mattishall Primary School
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kindly asks that **dog owners do not walk their dogs on the school grounds at any time.** This includes the large back field as it is part of our learning environment and property of Synergy Multi-Academy Trust.
Thank you for your understanding.

 synergy
MULTI-ACADEMY TRUST



**Children's
play area**



**No dogs
allowed**

Venture Farm Cat Rescue

A big hello from your local cat rescue charity. For those that do not know us, we are on Thuxton Road, just outside Mattishall. We are a charity run entirely by volunteers and we rescue and rehome over 400 cats and kittens each year.

Every year brings its own challenges, but the main one over the last few years has been the number of abandoned kittens and pregnant females. We know times are hard, we know people are finding things tough financially but this is a very important message.

Please, please, please get your cats neutered and spayed.



As much as this is a very lovely, cute picture of a mum and her beautiful kittens there is sadness behind all this. This is Natalia. She was found in a sealed cardboard box on the side of the road. She was obviously heavily pregnant. Within a week of arriving with us she had her 4 kittens. There is so much help out there to get your cats neutered/spayed. You only have to contact local cat rescues to get full information and advice.

There is a knock on effect of this. Rescues centres are already full to the brim with cats looking for homes and this just adds to the burden. Now is the time to think seriously about booking that appointment not just the females, but the males too so we can avoid more cases like Natalia being cruelly dumped.

Please support your local cat rescue they need your help more than ever. Maybe you can help them financially. Or maybe volunteer and spend a few hours a week helping to look after the cats. It all helps.

If you are looking for a cat or a pair of cute little kittens then do get in touch. You can email us at venturefarm@virginmedia.com. We have lots of kittens and many cats like lovely Colonel Boltoph pictured here.



He was found as a stray, unneutered and a bit scared. But he is now a really lovely, quiet, gentle boy who loves a fuss.

We send out this message every year, let's see if this year we can make a difference. We live in hope!



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Safe School Run Pledge



Norfolk County Council

Road Safety Communities Team



Our annual needs assessment for our Life skills curriculum tells us that Road safety is of high importance for our local community. In our most recent consultation with our school stakeholders it stated how important it is and the Public Health profile for our community also has it as a high risk. We promote road safety awareness in school with the support of the Norfolk County Council (Road Safety Communities Team), the police and Pedal Power (Bikeability).

We encourage our children and families to walk, bike or scoot to school where at all possible. We appreciate that this is not always possible as adults might be dropping off their children on their way to their place of work. Some families choose to park a bit further away from school to ensure that they walk/bike/scoot some of the way. This not only reduces the amount of traffic on the main road outside school but promotes a healthy lifestyle.

Safe parking outside our school is of high importance. It helps our children and families to feel safe & confident on the school run.

We all have a responsibility to ensure that all our children feel safe during the school drop off and collection time. We do have a permit badge system that allows some adults to use our school car park. This is reviewed annually and adults are asked to apply for a permit that is authorised by Mr. Chapman our Headteacher. There should be no adults that do not have a permit using the school car park.

The children from Year 1-6 discussed their journeys to and from school in class and have shared their feedback with School Council. Here are some of the findings:

How the children get to school most days?

Mode of transport	Number of children
Walk	42
Bike	12
Scooter	16
Car	69
Bus	13

We asked children to discuss in their classes how they felt when they are dropped off / picked up at the end of the day. This is what they said:

To meet these identified needs of feeling safe and confident, we have launched a 'Safe School Run Pledge' that parents/carers can sign up to.

The aim of this 'Safe School Run Pledge' is to promote responsible and considerate parking when children are dropped off or picked up outside our school.

Safe School Run Pledge:

By signing the pledge, you would agree to:

- Walk to school whenever possible or parking further from the school and walking the last bit of the journey
- Park safely outside the school. Keeping the yellow zig zag line outside the school gate free. This keeps the area clear so all road users can see the school entrance and keep our children safer on their way to and from school.
- Not park on the pavement - pavements are important for our children to walk to school. They need to be kept free of obstructions and to enable the independence of vulnerable, older, or disabled people who may have visual or mobility impairments who need to use the path. To allow families with pushchairs to safely walk on the pavement without having to walk into the road to go around vehicles parked on the pavement.
- Park considerately and think about the local resident who may need to access to their homes.
- If applicable not to park in the staff car park (this also applies to parents/carers dropping children off, picking up for any school clubs) unless authorised by the School.
- Turn off my engine when parked (improving air quality & keeping us healthier)

This initiative is supported by Norfolk County Council, Norfolk Constabulary, Norfolk Fire and Rescue Service.

Yours sincerely

Mrs Findlay

Deputy Headteacher/Life Skills Subject Leader/Designated Safeguarding Lead

'Sometimes I don't feel safe as there are always lots of cars and people around.'

'When we have to cross the road in between parked cars, it's not always safe.'

'I feel excited because I like to learn.'

'Too many cars mean pollution levels go up and we breathe this in. It is not good for our health.'

'You can't see to cross the road safely because of all the cars parked on the road.'

'When parents are in a rush they park where they should not'

'I feel safe because there are pavements outside of Mattishall Primary School.'

'I don't like it when my mum and dad walk me across the school car park. I worry about getting hit by a car.'

'My mum and dad get stressed in the mornings when they can't find somewhere to park.'

'I wish I could get through the traffic quicker so I could get to school on time.'

News from Mattishall Sports & Social Club



We would like to thank everyone who came and supported the King's Coronation Fayre, all the stall holders, all the volunteers and all the visitors, it was an amazing afternoon. So many people and great music by Lee Van and Kendall. We would also like to thank Stepback for a great Sunday afternoon.

We have had a revamp inside the club with a new colour scheme, painted and varnished tables and chairs. The new cricket season has started so why not come along and enjoy a cold drink in the sun and enjoy the cricket. All families welcome.

Upcoming events:

2nd July	Pagan (rock n roll)
23rd July	Pedlar (rock band)
6th August	Adam Harrod
27th August	ABC Blues Brothers
9th September	Get Loaded (Brit pop)

Wayne Fulcher



MATTISHALL YOUTH CRICKET

🏏 NEW FRIDAY EVENING CRICKET
COACHING SESSIONS 🏏

For ages 7-15yrs at 6-7.30pm. Take place from 21st April to 21st July (weather/light dependent) at Mattishall Sports & Social Club playing field

Providing children with the cricketing skills to be able to play hard ball cricket and those u9 to be able to play in our u9s team for 2023 cost is £4 per session. For more information, please contact Lizzie Hawkins on 07793515356 or email secretarymattishallcc@hotmail.com.

Darts



Mattishall Sports & Social Club 'a' Thursday night darts team started their Division One campaign in the Dereham Darts League, with new attire thanks to their sponsors Godstone Decorators Ltd & the Sports & Social Club.

The team would like to place on record their sincere thanks to the directors of Godstone Decorators Ltd & committee of the Sports & Social Club for their kind generosity.

Daniel Pratt

Bowls Club

The weather is improving, and our members are enjoying their games. The green is getting well used

We have run several internal competitive events. The knockout competition has also started. We play in 3 leagues. These begin in early May and go through to the end of August. During May we have played 10 matches, with some success.

We started the year with several new members, some with previous experience, and some who had not played before.

We are a club for all ages – we have members from early twenties to 100

Whether you are someone who has never played before or a more experienced player thinking of joining, please come along and meet us and give the game a try!!

We provide you with any equipment needed and tuition if necessary – bowls is accessible to most people. You can join to play for fun and/or play in leagues.

We are based next to Mattishall Sports & Social Club and there is plenty of parking so come and have a go – it will not cost you anything in the trial sessions. You might find yourself a new pastime offering outdoor gentle exercise throughout the summer!!

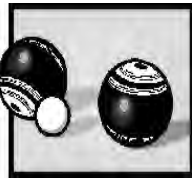
Flat soled shoes/trainers will be needed on the Green, but dress is casual and comfortable.

Please contact Gerry on 07908 205023, to agree your day and times.

Call soon to get playing this season!

Gerry Goldner

MATTISHALL BOWLS CLUB UPDATE



The Club has started the 2023 season. We are inviting new and experienced players for the season.

New players can come along and have a free taster session by arrangement. Equipment and tuition provided for these sessions

Club competes in 3 local leagues.

- Playing at home, with all members in a friendly and sociable atmosphere.
- Age not a barrier to playing.
- Good links with the social club.

Please call to discuss times and days you can come over.

Call soon, get more time to play this season.

Gerry Goldner Secretary 07908 205023

MATTISHALL CRICKET CLUB

A warm welcome to all our sponsors, players and supporters. I would like to invite you to come and watch your local cricket teams and, by working together, we can continue to build on the success achieved last season where both our teams won their leagues in the Norfolk Cricket Alliance Div 3 and Div 5.



For me personally, this is just the start. We have so much potential as a club, one that I am very proud to be a part of and committed to continue to develop and improve in every aspect. A big thank you to ALL our sponsors, your support and commitment to our club is really appreciated by us all and fundamental to our future. Also, to our volunteers who work unconditionally behind the scenes. Your time and dedication helps us provide that sound foundation and platform to continue to improve our profile and reputation both at a county level and most importantly with partners and in our local community.

During the winter months the work does not stop. Your committee has been busy developing our plans for the season. We are delighted to welcome some new players to the club but also value the importance of retaining our current playing membership. I genuinely believe that both our teams can enjoy similar success this season, it is all about one club, one culture and with player commitment, there is no reason why this cannot be achieved. A key priority this season is to continue to develop our junior and youth programmes. We aim to provide a fun, safe environment to develop their cricket and team participation skills.

This season will see the introduction of **Allstars Cricket**, an ECB programme providing children aged 5-8 with a great first experience of the game and hopefully, in time, progress into older age groups. This will require a massive effort from all our membership to support our programme, let's help make it such an enjoyable experience for them all. My final ask to you all. We need your help so if you have a little spare time, please let our club Secretary Lizzie know on 07793515356 or secretarymattishallcc@hotmail.com you will always get a warm welcome and every little helps! Good luck this season to all our teams.

Mark Stokes

News from the Surgery

Following positive feedback from our Patient Engagement Event on 28th April we wanted to share some information and statistics that were presented along with an update on our progress.

Surgery Update

We continue to face high levels of demand for services as we head towards the summer. As you may be aware from various news articles, pressure on GP services is at an all time high.

- a) We aim to provide high quality, safe care but cannot offer limitless appointments. We are offering more patient contacts now than we did pre Covid. In 2019 the Practice provided 46,360 appointments and in 2022 we provided 52,641. The projection for 2023 is that the Practice will provide in the region of 57,932. The clinical staff normally arrive at 8am and it is not unusual for them still to be here beyond 8pm due to their increased workload. They often work continuously through their lunch breaks carrying out home visits, dealing with hospital letters and prescriptions. We physically cannot safely offer more appointments than we already are.
- b) There is no additional funding for us to recruit additional healthcare professionals to support us in meeting this unprecedented increase in demand, nor do we have the infrastructure to accommodate any additional healthcare professionals, an issue we have been trying to address with the NHS for over 7 years.
- c) We currently receive £102.78 per patient per annum to provide as many appointments, home visits, telephone consultations a patient may require. Realistically, this fixed amount of funding is enough for each patient to have an average of about 1.5 appointments per year, based on the average number of times a patient visited their GP 10 years ago. However, the average pre covid figure was six appointments per year with some elderly and vulnerable patients seeing us ten to fifteen times a year.
- d) We have a phone system that allows us to monitor telephone calls, and this reports that in March 2019 pre-Covid we received a total of 7202 telephone calls, in March 2023 we received 12,071 telephone calls, this demonstrates an increase of some 68%. During this time, we have only had a change in practice population of ONLY 100 patients.
- e) Why the increased demand? Many reasons include;
 - An ongoing population with more complex health needs
 - Increased 'medicalisation'
 - Doing more work that historically has been done by the hospital

This is not a plea for you not to contact us, but an explanation as to why you may be told that there are no more appointments available today.

What can you do? Consider seeing:

- An alternative health care professional than a GP
- A pharmacist can help with minor illnesses



- A physio, reception can book an appointment with a First Contact Physio who can assess musculoskeletal issues and liaise with us if more investigations are needed
- A social prescriber, reception can book an appointment with a social prescriber who can help with issues like finances, social care, housing.
- WIC (Walk in Centre), if you feel you need to be seen today and we have no availability you may be asked to go to the WIC. You can visit Rouen Road or GP front door at the N&N.

Pharmacy Update

We are working hard to improve services in the Pharmacy. We have a number of new staff, and it can take us up to 12 months to have them fully trained.

One of our biggest contributors to the queue is patients coming in early to collect medication.

It is currently taking 7 working days to process repeat prescriptions.

Please sign up to the SMS (Short Message Service) service to be notified when your medication is ready to collect, to save a wasted journey. To sign up please email sncg.mattishall-dispensary@nhs.net with 'SMS' in the title and include your contact details.

The collection kiosk has been installed. We have experienced some software/IT issues but are now accepting patients who wish to trial this service. To sign up please pop into the Pharmacy to complete a consent form.

We are also very excited to announce the purchase of a Dispensing robot which is due to be installed in the autumn, further details to follow.

Would you like to support your local Surgery?

We are currently reinvigorating our PPG (Patient Participation Group) and have our first meeting booked in June. Being part of the PPG offers a patient's perspective on the services we provide. We want to facilitate good relations between the practice and patients and believe the PPG will enhance our communication.

As a teaching practice we work with the UEA (University of East Anglia) to offer students first-hand experience with patients. You can volunteer for a student consultation which enables them to discuss your medical condition, this provides the students real clinical experience with real patients.

If you are interested in joining the PPG or willing to volunteer to see students, please email mattishalladmin.d82039@nhs.net with the 'PPG' or 'STUDENTS' in the title.



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Roundabout

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

Mattishall Methodist Church

Weekly Sunday Services at 2.30 pm

Sunday 24th September - Harvest Festival Service at 2.30 pm.

Monthly Saturday Charity Coffee Mornings: 10.00 - 11.30 am.
15th July, 19th August and 16th September.

See Noticeboard for details. All welcome.

Meeting Rooms for hire - Enquiries to Fred on 850750.

DROP IN COFFEE MORNING



Every Thursday morning we meet in All Saints Church, Mattishall from 10am until midday. Anyone is welcome to come along, we are a very friendly group who love to chat and laugh. Tea and Coffee is served all morning plus biscuits. We also have a variety of other refreshments, sometimes toasted tea cakes, other times cakes and for a treat homemade sausage rolls.

We have occasional lunches/parties throughout the year, the last one was to celebrate the Coronation when we had a salad lunch and a special cake plus entertainment and singing. We hope to have another one late summer and then there is always our Christmas party in December.

If you fancy some company on Thursday morning then you are most welcome to join us. Also, if you have any particular issues you might need help with then please let me know. We have lots of links to other organisations who provide support for all sorts of things.

There is no specific charge for refreshments but if possible a donation into the dish on the table is appreciated to cover costs.

Lizzie

LIZZIE'S BOOK LOVERS CLUB



We meet on the second Wednesday of the month in All Saints Church, Mattishall at 2.30pm. Next meeting is on 12th July.

We are a VERY INFORMAL club, no specific reading but lots of chat. We start off by telling each other about books we have been reading and usually pass them onto others in the group for them to try. We swap books at every meeting so it is a good place to find reading material. When we have

talked about our reading the conversation can move on to literally anything!

Refreshments are provided so a small donation of £1 is appreciated. That also covers heating costs during the colder months.

Lizzie

LIZZIE'S SINGING FOR FUN AND WELLBEING

This is a new activity that started in June and takes place in All Saints Church on the 2nd Wednesday of the month from 1-2pm. (Same day as the book lovers club).

It doesn't matter how well you can sing, this is purely for fun and company. We will sing well known songs, lots from the 1950's to the 1980's.

Singing can help to lift the Spirits and is fun so if you feel a bit fed up then hopefully this will be good for you.

ANYONE is welcome. The next session will be on Wednesday 12th July so please come along if you fancy a singsong.

Lizzie

Come along to a family fun time at All Saints' Church, Mattishall

Songs

Oasis

Refreshments

Craft

Drama

**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**



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Mattishall celebrating the Coronation of Charles III



Mattishall celebrating the Coronation of Charles III



Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

Upcoming events!

LITTER PICKING

Save the dates for our upcoming litter picking events!

1st July 2023

3rd September 2023

28th October 2023

7th January 2024

31st March 2024

Help us keep our village tidy!

THANK YOU

Following success of our Coronation Village Fayre we would like to thank all organisers / volunteers, participants and all who came. It wouldn't have been successful without all of you so THANK YOU!

GOODBYE

We say goodbye to Richard Norton our longest standing member who served on the Council for 40 years!

We thank you for the valued and devoted services you gave to the community of Mattishall.

Wishing you and your family all the best.

We are pleased to introduce our new Councillor Roisin Murray

Roisin Murray moved to Mattishall in 2021, from Deal in Kent where she was involved in a local sustainability movement that included community gardening, litter picking, gleaning of surplus crops for community use and even a virtual Hop Farm. She is keen to develop sustainable and community focussed practices in our Parish.



Roisin like all parish councillors is an unpaid volunteer.

Mattishall Neighbourhood Plan

The Mattishall Neighbourhood Plan Steering Group held a very successful consultation "Drop-In" event on 24th April. A huge thank you to the 100+ people who attended and made their views known on how we should up-date the important Neighbourhood Plan. We were delighted by the attendance and the valuable comments people have made. Work will now proceed to prepare a draft plan which will be presented to the village for further consultation later this year. Included within the Neighbourhood Plan will be a comprehensive Design Guide. This will ensure that the special qualities of Mattishall that the community values are defined, this provides practical guidance and codes for anyone proposing new development. The Neighbourhood Plan (and Design Guide) must be taken into account when Breckland Council determine planning applications in our parish.

Anyone wanting more information on the Neighbourhood Plan review please visit Mattishallpc.info or attend one of our monthly Parish Council public meetings.

THE PARISH COUNCIL

Graham Clarke (Chair)
David Fowler (Vice Chair)
Richard Turner
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.

clerk@mattishallpc.info

07831 422700

UPCOMING MEETINGS

Monday 3 July

Monday 7 August

Monday 4 September

Monday 2 October

Monday 6 November

Monday 4 December

Meetings to be held at Poultec, South Green 7pm

Refreshments provided

Open Spaces Working Group

The OSWG has been busy in the Spring looking after the tidiness of the village.

We have been working closely with the Clerk, ensuring that the handyman prioritises the maintenance of the village open spaces. The play area wall has been repaired, and we are discussing landscaping plans to the area behind the swings. The allotments are regularly monitored and are being kept in good order and we are looking at the option to install dip-tanks. We are looking forward to receiving additional allotments at the Denbury Homes site in due course. The cemetery notice board has been repaired and rose bushes replaced, the cemetery now has an acknowledgement of 2 war graves by the War Graves Commission. We have proposed 2 additional plaques on the war memorial to accommodate recently discovered people who had connections with the village.

We have reviewed the village green and adult gym, with the proposal to re-site the table tennis and leave the gym in situ.

Tree surveys will be conducted in the autumn.

Anyone who wishes to be involved with the OSWG please contact the Clerk, we welcome new members!

Interested in an Community Allotment?

Part of the S106 agreement with Denbury Homes, the Council will receive allotment land for 24 new plots. The Parish Council is considering allocating one of these plots as a Community Allotment, subject to interest from residents.

The allotment would be run by a Committee supported by the Parish Council. Our Lead Cllr Roisin Murray has offered to engage with residents to see if enough interest is received to get it up and running.

If you are interested in being involved please contact Roisin on; roisinmurray@outlook.com. Alternatively contact the Clerk clerk@mattishallpc.info 07831 422700

Please keep a look out for more details via our Notice Boards, Website and social media sites.



LOVE

What is this thing called love?
Is it an ache in the hart?
Or an itch in the head?

Is it a feeling you have
When seeing your children or grandchildren?
Is it the pleasure you get when seeing your husband or wife?
Can it be an instant electric current,
Passing between two people who have just met?

How do you know it is love?
Do you want to sing and dance?
Letting everyone else know how you feel.

Do you say, I love that place,
I love to visit a friend or relative.
I love your new dress, or hairstyle, or whatever?

Do you think sometimes when meeting people that they
are in love
Just by looking at them
Or, that you could love a person you have just met,
but yet don't know?

Do you love life, sunshine, fresh air?
Do you love good company, good food and drink?
Christmas trees and carols
Turkey and mince pies?

Do you love to see the sunset or the moonrise?
A frosty morning glowing in the early light.
A rainbow, after the storm, that kept you awake at night?

Can you write or say the words of love with meaning?
Do you have someone to write or say them to?
Can you describe love and all its ways?
Can you answer the questions raised?
I wish I could, because love can be all of those things and more.

To me, love means being able to care for someone dear.
Be it husband, child, lover or friend in need.
Not wishing to be without them somewhere near.

How do you see love?
Think about it, love, such a little word.
L-O-V-E Just four letters
Making a word with great power and meaning it!

Doris Rich



Christians
Against
Poverty
CAP

News



Christians Against Poverty Debt Centre, in partnership with Dereham Baptist Church



Client Story

"When you took away my paperwork and said I don't have to worry about that anymore, that CAP will take care of it all, I felt the weight lift immediately. Now I'm not getting the phone calls and letters demanding money all the time, I can relax and enjoy my family again."

We offer:

Dereham Debt Centre works with national charity Christians Against Poverty (CAP) to support those who are struggling with debt. Individuals self-refer to CAP by phoning 0800 328 0006 and an appointment is made for Morgan (our Debt Coach) to visit them in their home. The team at head office develop a personalised budget and debt plan, they will advise options. A local befriender will support the individual until they become debt free.



Why?

You may find yourself struggling with debt, perhaps a relationship breakdown or unemployment, or simply the rising costs of living. Maybe you don't know where you can get help or what options are available to you. Often there is a feeling of shame or embarrassment, and debt may be linked with mental ill-health. We want you to know that CAP can help, there is hope and with support you can become debt free.

For free debt help phone
0800 328 0006
Visit capuk.org for more info

Who?

Our debt services are free for everyone. Our local centre offers support for those living in postcode areas NR19 and NR20. There are other debt centres within Norfolk.

Dereham Debt Centre Newsletter May 2023



The Nose

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

Mike Hamill

Stephen Garner

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Brainteasers March 2023

Brainteaser 5 of 5

You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?

Answer inside back cover

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Keith Hudson 01362 850729, 07708085676

E mail keith-hudson80@hotmail.com



Supported By Breckland Council



Volunteer open day

Would you like to discover what is available in your local area? Meet new people or help your local community?"

Come along to our free event where there will be a range of local organisations who will be available to talk about what they are offering and how you can get involved.

July 7th, From 10am to 2pm

Breckland District Council Elizabeth House
Walpole Loke, Dereham, NR19 1EE

More information : 01362545020 office@communityactionnorfolk.org.uk



Bridge Club



Scrabble



Ten Pin Bowling



Darts

Plus theatre, cinema, exhibitions, lunch



theWI

INSPIRING WOMEN OF MATTISHALL

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7.30 pm Memorial Hall
2nd Wednesday
each month

Speakers and Subjects

12 July
"English Country
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Chris Davis

9 August
"Annual Garden
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at Garvestone

13 September
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Quiz and Games"

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Pat Hamilton
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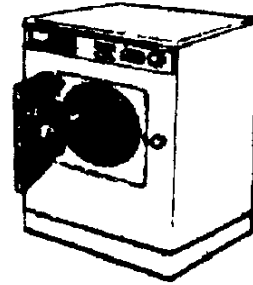
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Would you like to help your communities?

**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 con-
tact you to see if you are available to help with that
drive. We help people who live in the village to get to
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**If this sounds like something you are able to
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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
Lime Tree Close	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:

12th July. 6th September
9th August 4th 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

Summer Quiz

Answers from the last issue

1) Heptagon 2) 1948 3) 2 4) 28 5) 20 6) Salisbury
7) Madness (he is Suggs) 8) Henry VIII 9) Cats
10) South East Iceland

Congratulations to **Julia Bear** who won our voucher for Café Verde.

With a chance to win the next voucher, email your answers to miscadvert@yahoo.com by 31st July

1. What is the capital of Australia?
2. Henry is what number engine in the Thomas the tank engine stories?
3. What colour is Noddy's hat?
4. What is the perfect score in ten pin bowling?
5. The national flower of Wales is?
6. What is highest possible break in snooker?
7. Alan Jones was world champion in 1980 in which sport?
8. A squirrel lives where?
9. OMD is which band?
10. And who is their lead singer?

Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
Sept 2023	Fri, 8th Sept	Wed, 13th Sept	Fri, 29th Sept
Dec 2023	Fri, 10th Nov	Wed, 15th Nov	Fri, 1st Dec
Mar 2024	Fri, 1st Mar	Wed, 6th March	Fri, 22nd March
June 2024	Fri, 31st May	Wed, 5th June	Fri, 21st June

Our advertising rates per issue are:

size	black and white	colour
1/8 page	£20	£30
1/4 page	£35	£52.50
1/2 page	£65	£97.50
Full page	£125	£187.50

We offer 5% discount if you pay annually in advance.

Contact details: Telephone Anne on 01362 858744 or 07515417225 Email miscadvert@yahoo.com

Answers to Brainteasers

- 1 Love
- 2 A calendar
- 3 A map
- 4 Heroine
- 5 Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death.



Mattishall Golf club is filled with lots of golfing options for players of all abilities and ages. You do not need to be a member to visit and play our course or make use of our facilities.

- We have a modern clubhouse with terrace which overlooks our 9-hole course, with 18 tees that challenges experienced players, but is also a great course for those new to the game. We have one of the longest par 5 holes in the county. The course is available for members and non-members.
- A six bay covered driving range for you to practice, learn and improve on is available for members and non-members.
- Our Golf Academy offers the latest Trackman Simulators and a 9-hole Indoor Crazy Mini Golf course, both of which can be played come rain or shine. Alongside the Academy building runs our function room which is available to hire privately. We also offer activities such as pool, table tennis and a bouncy castle.
- We have two PGA Professional Golfers on site to help with all your golfing needs, tuition or to purchase golf equipment from our Pro Shop, located in the Academy.
- Mattishall Golf Club is the perfect place for individuals, friends, families, birthday parties, stag and hen parties, corporate events or just a fun afternoon or evening out. We know golf is a social game so we've made the Academy the place to socialise with its own licensed bar and on-site catering serving hot and cold drinks, burgers, pizzas and loaded fries. Please pop into see us for a drink on our terrace, to make a booking or to make an enquiry, we will be happy to show you around.
- The perfect venue for a birthday party with indoor facilities which are not weather dependant.

