



**FREE!**

# Miscellanea

The Quarterly Mattishall People's Magazine Autumn 2023 Issue 96

**Distributed FREE to every household in Mattishall and Welborne!!**

**"Is not this a true autumn day? Just the still melancholy that I love—that makes life and nature harmonize."**

*George Eliot*

## Park Physiotherapy

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

We can help with:

Headaches, dizziness, Neck and arm pain,  
Spinal pain, Sports injuries, Arthritis, knee & hip  
Male & female continence problems.  
Neurological conditions; stroke, head injury, MS

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

Clinic at Leys Farm,  
Hockering NR20 3JE

**01603 881184**

Early & late appointments available  
[www.parkphysiotherapy.co.uk](http://www.parkphysiotherapy.co.uk)



AQUANIQUE

Aquanique Plumbing:

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

Matthew Reardon

Mob: 07432 853481

Tel: 01603 872698

E: [info@aquaniqueplumbing.co.uk](mailto:info@aquaniqueplumbing.co.uk)

W: [www.aquaniqueplumbing.co.uk](http://www.aquaniqueplumbing.co.uk)



Specialising in small jobs

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

Call Adrian 01362 694286 / 07951 114440

**JOHN COLES**

**ELECTRICIAN**

**Property Alteration/ Maintenance**

All electrical work, building work, plumbing & carpentry  
All aspects of kitchen, utility & bathroom refit  
(incl mobility & access solutions)

Happy to advise, discuss work & provide prices  
Public liability insurance + references.

Friendly, reliable family business

**01362 692249 or 07919 593391**

Find us on Facebook

*Your satisfaction is our reputation*

**Brainteasers October 2023**

**Brainteaser 1 of 5**

What is harder to catch the faster you run?

*Answer inside back cover*

**Need a Plumber?**

CALL ME

**COLIN KERIN**

HOCKERING

- ANYTIME • FREE QUOTES •
- EMERGENCIES •

**01603 881303**

**07766 795846**

# Miscellanea

## Editorial Team

email: miscadvert@yahoo.com

## Editor & Advertising

Anne Jackson  
(01362) 858744

## Assistant editors

Eileen Conway  
(01362) 858271

Nicky Grandy  
07557 403212

## Distribution

Lizzie Loades  
(01362) 850491

## Contributors

William Barr

B O Bear

Kevin Bingham

Michael Blackman

Helen Brook

Kim Chant

Tina Cooper

Anna English

Wayne Fulcher

Ann Futter

Gerry Goldner

Jacqui Gray

Mike Hamill

Linda & Joe McKenzie

John Norton

Daniel Platt

Doris Rich

Lin Thompson

Terry Wilkins

## Cover photo provided by Kevin Bingham

Miscellanea (current and past copies) is available on-line, [www.mattishall-village.co.uk](http://www.mattishall-village.co.uk)

© Miscellanea  
(original items not otherwise indicated)

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

Printed by Gowise Print, Norwich

## Annual appeal

Please.... will landowners and those whose property borders pavements and footpaths – have sympathy on pedestrians and trim your hedges and shrubs and especially the brambles. *Thank you*

## From the Editor

What a strange summer this has been! Over the past month I have gone from digging out the cardigans and thinking about putting the heating on to melting and being unable to think straight because of the heat. I suppose this is the way we can expect the weather to be in future – more unpredictable than ever.

Fortunately, it was a lovely day in June when our very own Community Champions were recognised at the Royal Norfolk Show, see page 29. These Champions represent all the volunteers in our villages who do so much to keep clubs and groups running. I'm sure we all know at least one person who gives of their time to help others so, on behalf of the residents and those who benefit, I'd like to say a big Thank You.

Talking about volunteers, please see our appeal below for more distributors of Miscellanea. For some, our publication is the only way they find out what is happening in and around Mattishall so please help if you can.

Another reminder – this is your magazine so if you would like to contribute by writing an article, fact or fiction or a poem, or sending us your photos or completing your own Desert Island Discs, please get in touch. We would love to hear from you.

Anne

## Mattishall Community Speedwatch Team

The Mattishall Community Speedwatch Team are currently looking to increase our volunteers to record vehicles exceeding the speed limit in and around the village.

We do regular unannounced sessions somewhere in the local area once or twice a month for approximately one hour. Health and Safety instruction is given as well as training on how to use the speed recording device. Safety equipment such as high viz jackets are provided.

To explain our role, we do not issue speeding tickets, we record vehicles that exceed the set speed limits and this report goes to the Norfolk Constabulary. The first time a vehicle is reported, a letter is sent to the registered keeper. The second time the same vehicle is recorded anywhere in Norfolk or Suffolk another but stronger letter is sent. On the third occasion of being recorded in either County, an officer will visit the home of the keeper and offer "words of advice".

As a team, we give up our time to keep Mattishall safe from those that choose to ignore the speed limits around our village. Speeds recorded have been between 35 mph and into the mid 40's. If you feel that you could give us a couple of hours a month, please contact me by email or phone. I would be happy to answer any questions.

### Terry Wilkins

Speedwatch Coordinator t.wilkins@btinternet.com 0780 1069317



## DELIVERING of Miscellanea

We are looking for 2 people to help out with the distribution of Miscellanea 4 times a year.

Firstly, is there somebody living on the Kingfisher Estate who would like to take on delivering magazines to your neighbours on the estate? As the estate develops this will increase to 55 homes. The magazine is a great way for people new to the village to find out what is going on.

Secondly, we need someone to deliver a round of 114 magazines to the Moorfield Rd and Rayners Way areas. It would be possible to split the round if there is someone willing to take on part of it.

Please contact me on 01362 850491 or email to [lizzieloades@gmail.com](mailto:lizzieloades@gmail.com) if you think you can help out. **Thanks, Lizzie**



John Norton

## Episode 6.

# WE'RE ON OUR WAY TO WEMBLEY

Some of my earliest memories involve kicking a ball around. I feel sorry for my mother having to carry me for 9 months with me practicing penalties day and night. I blame my father. He was a keen Norwich City supporter and it wasn't long before visits to Carrow Road became a regular Saturday excursion. In those days before all-seater stadiums, we'd arrive a good hour before kick-off to get a good place to watch the game, armed with a wooden box for me to stand on. If it was already a bit congested the crowd would part like the Red Sea to let youngsters with their boxes get to the front where we could peer through the railings at our heroes like Johnny Gavin, the Canaries all time top scorer, and centre forward Ralph Hunt.

In the 50s Norwich were in the Third Division South which, with its northern counterpart, was the lowest tier of the football league. Things weren't going well, and I recall a dismal rainy afternoon in 1956 when we got thrashed, the only bright spot being my introduction to a tall, bullet-headed centre-half called Charlie Billington who hailed from Wisbech. He was as hard as nails but unfortunately was lacking in the skill and mobility department. The season culminated with the Canaries bottom of the league which meant they had to apply for re-election to avoid entering non-league football. Ironically, that season, arch-rivals Ipswich Town ended up top with one of their icons, Ted Phillips, as top scorer. I can't tell you how difficult it is for me to be reminded of that fact.

But you have to be at rock bottom to be able to move up and at the end of that season, with re-election to the football league achieved, a Scot called Archie Macauley was appointed manager who had a miraculous impact. I continued my quest to become a professional footballer by constantly kicking a ball against the wall of a shed in the back garden (on occasions breaking the kitchen window, which didn't go down too well) and diving in the mud to save the rebound. I just wish replica shirts were available in those days rather than the tacky old yellow tee-shirt my mother had found in a jumble sale.

The Macauley effect was consolidation in season 1957/58 and unbridled near triumph in 58/59 when the Canaries were a hairsbreadth away from being the first third division club to reach the FA Cup Final. It started inauspiciously with a win over non-league Ilford Town, followed by a 1-1 draw away to Swindon in the second round. Before the replay the draw for the third round was made and the winners would have a home-tie against the mighty Manchester United. With huge excitement the replay was won, and on a freezing cold Saturday afternoon in January the match with the renowned "Busby Babes" of United (so called after their manager Matt Busby who had developed an ensemble of top young talent,

sadly depleted in the tragic Munich air disaster of 1957) was played on a snow covered Carrow Road in front of a capacity crowd which had been limited to 38,000. Against all the odds the underdog Canaries won 3-0 with two goals from Norfolk-born centre forward Terry Bly and one from a speedy Canadian winger with a blonde crew cut called Erroll Crossan. The local *Pink 'un* football paper headline that night was "*Bly, Bly Babes*". The football world was stunned, albeit the 3 inches of snow on the pitch may have helped our cause.

I went to the 4<sup>th</sup> Round match at home to Cardiff City which was a tense affair ending in a 3-2 victory. This time the *Pink 'un* headline was "*Ta Ta Taffies*". You have to admit those headline writers were good. In the 5th Round we were drawn away to another huge team, Tottenham Hotspur at White Hart Lane. I should have been one of the 67,000 attending but managed to go down with bronchitis just before the big day. Another Terry, this time Allcock, gave us the lead but Spurs equalised. Incidentally Terry Allcock became a Funeral Director in Norwich on his retirement, a business which is still going. I can't see Harry Kane doing that. The hero Bly yet again did the business in the replay as we came out 1-0 winners.



A quarter final visit to Sheffield United was the reward. This ended up in another 1-1 draw at Bramall Lane which in those days only had stands on three sides of the pitch. What made this match memorable was goalie Ken Nethercott dislocating his shoulder in the second half, but there were no substitutes in those days so he heroically played on making one-handed saves right to the end.

By this time Monday evening queuing for match tickets at Carrow Road was becoming the norm. For the replay my dad and I joined the enormous queue which snaked for probably half a mile through Bracondale, but after a couple of hours we were rewarded with tickets. Yet Another 38,000 crowd was shoe-horned into Carrow Road with a newly acquired goalkeeper, a South African called Sandy Kennon, making his debut in place of the injured Nethercott. He was as nervous

as a kitten and spent the whole game pacing backwards and forwards between the goal posts like a caged tiger. It was a brilliant match with Irish winger Bobby Brennan getting the winner in a 3-2 victory. I was right in line with his shot which was simply sublime as it curled into the net. At the end of the match I kept saying disbelievingly "blimey, we're in the semi final of the Cup." I remember being in a euphoric haze as we came out of the ground packed like sardines shuffling along Carrow road. I was able to lift my feet off the ground and be carried along by the joyous horde.

By this time Norwich City was headline news. All the national papers and TV news reports were full of giant-killing David and Goliath stories about the Canaries. Norfolk had become the centre of the universe. The semi-final was against the "Hatters" of Luton Town to be played at a neutral ground. Another London trip to the home of Spurs at White Hart Lane was called for. Again we queued for hours for tickets, but it was fun. Everybody was in such high spirits. The big day arrived and I would guess over 30,000 people decked in yellow and green made a mass exodus from Norwich by train, coach and car. We were on one of the many special trains laid on and the two and a half hour journey was spent singing in camaraderie with our fellow supporters. At the ground the famed Canaries mascots were on parade. One chap wearing a top hat was dressed top to toe in yellow and green and he carried around a toy Muffin the Mule while another was dressed as a Norfolk dumpling. They paraded by doing continuous circuits of the pitch to rapturous cheering and repeated renditions of "On The Ball City" obliterating the noise of the Luton supporters. Much of the country, outside Luton, was willing us on, but the occasion may have got the better of us and we ended up scraping a 1-1 draw with new goalie Sandy Kennon playing an absolute blinder. It was a bit of an anti-climax, but we were still in the Cup and the replay would give us a second chance. The journey back was quieter, mainly because everybody was exhausted, but the singing continued until we pulled into Thorpe station. For some reason my main memory is a woman with a glass of something intoxicating in her hand standing up and doing a passionate rendition of "Carolina Moon". That song has stayed with me for the last 65 years.

Nerves were jangling when the following Wednesday afternoon the semi-final replay kicked off at St Andrews, the ground of Birmingham City. I was at Yaxham Primary School and special dispensation had been given for pupils and teachers to listen to the live broadcast of the game on the big brown school radio. It takes a lot to keep a load of 5-10 year olds quiet but the silence when an Irishman, Billy Bingham, scored Luton's winning goal was deafening. At the final whistle we were stunned and tears began to fall on the cheeks of most of Norfolk and, probably, the country at large. We had come so close. But what a story it was and what a fantastic time we had lived through – never to be repeated.



**Norwich City '59ers**

My love affair with Norwich City has continued to this day. A few years after the famous Cup run when my mates and I were about 16 we used to go to Carrow Road and say that we were 14 so we could pay only 1s 6d entrance because we were "boys". After the match in the evening we would go to the Gala or Samson and Hercules dance halls and say we were 18 so we could buy a pint and look cool to the girls before catching the 10.30 No 13 bus home to Mattishall. But for all the fun, excitement and success the Canaries had in later years I think the recently departed Sinead O'Connor sums it up with her classic anthem "Nothing compares to you". No, in the annals of Norwich City folk lore nothing can ever compare with the 1958/59 cup run.

**John Norton**

## **Chris Baile Brickwork**

**Specialist in all aspects of brickwork  
including:**

**Historic and Restoration**

**Flint work**

**New Build**

**Extensions**

**Telephone: 07723 094836**

**Email: [chrisbaile@hotmail.com](mailto:chrisbaile@hotmail.com)**

**Please visit my website**

**[chrisbaile.com](http://chrisbaile.com)**

### **Brainteasers October 2023**

#### **Brainteaser 2 of 5**

First I am dried, then I am wet. The longer I swim, the more taste you get. What am I?

*Answer inside back cover*

### **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](mailto:derehamgardeninggroup@gmail.com).

# Littleproud

## Independent & Son Family Funeral Directors

### SERVING THE MID-NORFOLK DISTRICTS

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

**Tel: 01362 695458** (24hrs)

South Green, Dereham, NR19 1PU

**Tel: 01760 440269** (24hrs)

Hale Road, Bradenham, IP25 7RA

*Our family  
taking care  
of your family*



[www.littleproud-funerals.co.uk](http://www.littleproud-funerals.co.uk)



## Diane Crossgower-Peebles

Foot Health Practitioner - MCFHP

Clinic based in Lyng, for all your  
Foot Care needs, including Nail  
Trimming, Corns, Callus and  
Diabetic Foot Care.

Mobile: 0779 650 5128

Email: [dcrossgower@yahoo.co.uk](mailto:dcrossgower@yahoo.co.uk)

Established 2004 Fully Qualified & Insured

## Firewood Logs

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

Anthony Meynell

Berry Hall Woodlands, Honingham.

Tel: 01603 880541

## \* WINDOW CLEANER

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

WE ALSO CLEAN, CARPETS,  
GUTTERS AND FASCIAS  
CONSERVATORY ROOFS

VERY HIGH STANDARDS AND GREAT SERVICE

S J NYE

MEMBERS OF THE WINDOW CLEANING  
FEDERATION

CALL 01603 868014 / 07717185767



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

– from a family we have cared for at Rosedale



**Rosedale**  
FUNERAL HOME

Wymondham 01953 601103

[www.rosedalefuneralhome.co.uk](http://www.rosedalefuneralhome.co.uk)

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

# Sundry Musings

Today I should like to talk about me. No, not me but specifically, the word 'me.' I think it's been getting a lot of bad press recently and I would like to redress the balance.

Cast your minds back to childhood when you were reminded that "Billy and me went to the park," was improper use of language (specifically grammar) and that it should instead be "Billy and I went to the park". I'm sure we all remember it being foisted upon us that 'I' beat 'me' hands down, whether or not you had a friend called Billy. Well, the tide has turned and now it's the word 'me' that needs a resurgence. There are many situations where 'me' is appropriate and society has mistakenly become hung up on the use of 'I'.

Let's take an example:

Anthony Andrews said in BBC's *Brideshead Revisited* many moons ago "Would you care to dance with my friend and I?" Cue nails on a blackboard and much tooth grinding on my part as it surely must be "Would you care to dance with my friend and me?" that is, would you like to dance with me, "my friend" simply an add on. "Would you care to dance with I" being something Eddie Grundy from the *Archers* might say, indeed, it's useful to omit the other person from the sentence to establish whether 'I' or 'me' applies every time.

"Those plates are for dad and I" is ungainly and ought to be those plates are for dad and (for) me. "Don't point that gun at Robin and I, is more accurately, don't point that gun at Robin and (at) me.

Lately I've seen and heard too many "My friend and I" scenarios to mention and it's getting to me. Yes, you're absolutely right that I should take a chill pill and get a life, but it all came to a head when a colleague proudly announced, "It's my husband and I's wedding anniversary on Saturday". I screamed inwardly. Are we so frightened of saying me and my?

I'm no strict grammarian – indeed I'm quite clueless about gerunds, the proper use of speech marks and the semi colon gives me flashbacks, but although language must evolve, grammar is the skeleton which supports that language and, I think, needs to be preserved to a certain extent. Naturally "Robin and I" has its place when we are the subject of a sentence i.e., "Robin and I enjoy conjugating verbs," but when we are the object or the indirect object of a sentence then Robin and I becomes Robin and me, or 'us'. So, 'me' ought to appear far more often than 'I' does. (Boy, I had trouble getting that one past the spellchecker).

Let's try again:

Robin and I want the ball; Give Robin and ME the ball; Give the ball to Robin and ME. Ok, so we've stopped playing ball now, but you get the gist...if you would say WE then it's 'I' but if you use US then it's ME. You and I are WE: You and me are US. Yes, I know that sounds awful.

In sociolinguistic terms, this misuse of 'I' is called hypercorrection, and comes from our desire to speak and write "proper English." It's a personal toe curler for me (Robin and me) but don't lose sleep over it. I can cope. Probably.

I dare say there are numerous uses of grammar and language that infuriate us, as is evidenced by the proliferation of books



Tina Cooper

on the subject and the popularity of the grammar book by Lynn Truss 'Eats shoots and leaves' which is a humorous look at punctuation (and no, that's not an oxymoron - humorous punctuation).

You should all send examples of your linguistic pet hates to the editor before the next publication date, and we can all grind our teeth together. It's all up to you and me.

Keep talking.

**Tina Cooper**

## DRIVEWAY & PATIO CLEANING

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

WE ALSO CLEAN WINDOWS, GUTTERS,  
FASCIAS AND CONSERVATORY ROOFS

Call for a free **No Obligation** quote

**01603 868014 / 07717 185767**

Nye Cleaning services Ltd  
[www.nyecleaning.co.uk](http://www.nyecleaning.co.uk)

# Norfolk

WINDOWS & CONSERVATORIES

ESTABLISHED 1989  
30 YEARS TRADING

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

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



FOR A FREE NO OBLIGATION QUOTE PLEASE CONTACT CARL  
**T: 01603 456667**  
 email: [enquiries@norfolkwindows.co.uk](mailto:enquiries@norfolkwindows.co.uk)  
[www.norfolkwindows.co.uk](http://www.norfolkwindows.co.uk)

## CARPET & UPHOLSTERY CLEANING

# CLEANRIGHT

Local Family Business - Established 1992

**Carpets & Rugs**

**Curtains, Pelmets & Blinds**

**Upholstery - Mattresses**

free sample cleans



free quote

**01362 850100**

Email: [peter@cleanrightgroup.co.uk](mailto:peter@cleanrightgroup.co.uk)

[www.cleanrightgroup.co.uk](http://www.cleanrightgroup.co.uk)

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

# OIL BOILER

## SERVICE, INSTALLATION & REPAIR

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



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

**01362 687144**

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



## OIL TANKS SUPPLIED & INSTALLED

PLASTIC AND STEEL OIL TANKS IN STOCK

Your old tank removed



99% recommend us

**25 YEARS** PROTECTING OUR ENVIRONMENT SINCE 1995

**TANKREPLACEMENTSERVICES.CO.UK**





Well, hello everyone! Have you had a lovely summer? The weather has been patchy, I guess, but we have had some lovely days. Happily, one of them was on the day the Link had its summer social as it was held outside in a volunteer's garden.

We were delighted that Lizzie Loades was able to come and entertain us with her guitar and singing at our Summer Singalong Social. Her guitar kept us more or less in tune - some more than others! Our clapping was especially rhythmic; I even saw some hand jiving. (They say if you remember the 60s you weren't there but that if you don't remember hand jiving, you really weren't where it was at!). Alongside the music we enjoyed homemade cakes and sausage rolls and some friendly chat including reminiscence of times gone by ..... which brings me to an exciting event that we look forward to welcoming you at this coming October.....

....Perhaps you've been on a SUMMER HOLIDAY (I haven't) or had a PICNIC AT HANGING ROCK (no, Ringland) or seen THE GOOD COMPANIONS (Cromer Pier)?

What are you on about? .....you may well ask. Well .....the buzz at the Link is that next month at one of our meetings we are having a special cinema reminiscence session with Angela Bishop, a movie buff and experienced reminiscence worker from the Sir John Hurt Film Trust and based in Cinema City, Norwich. Angela is going to hold a film workshop with us and bring movie memorabilia including clothes, posters, films and photos and other artefacts to take us back to the heady days of perhaps..... Gone with the Wind, Casablanca, The Dam Busters or Who Dares Wins. Or even Charlie Chaplin, Buster Keaton and The Marx Brothers, whatever our memories are.


What are your memories of going to the pictures? There are so many happy times when we start to think back. Creeping into the one and sixes in the dark, then waiting to see the film round again if it was good. Children's Saturday morning cinema with Lassie or The Lone Ranger. Come and remember your good old days of cinema with us.

Because this is a special event for The Link, and as it is a subject that touches everyone, we have decided to devote our usual session on October 17th to the Cinema Reminiscence Workshop, and to invite anyone who would like to attend, not just our normal membership of people having a diagnosis of dementia.

Fancy a morning at the flicks? Then come along to Mattishall Methodist Church, 10-12 noon Tuesday 17th October.

**Look out for our colourful flyers round the village.**





**Living with Dementia?  
Do you want some company?**

Why not try Mattishall Dementia Support Group?


WHERE? Mattishall Methodist Church  
WHEN? 1st and 3rd Tuesday of the month  
10am till 12 noon

For Refreshment, chat, games, music and singing, fun and laughter  
Advice and information  
Separate carers group

*A voluntarily run and funded group for the benefit of people diagnosed with dementia and their carers*

Tel: Lin - 0776 957 3499  
For more information, or to volunteer.

Happy Christmas to Mattishall from all at the LINK



## 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.

## Luke Rackham

Satellite, Aerial, CCTV & Home Entertainment engineer

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

### Satellite

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

### Home Entertainment

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

### Aerial

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

### CCTV

Commercial & Domestic installation  
Personalised system design  
IP  
Analogue

07960177998

Mattishall, Dereham  
luke\_rackham@hotmail.co.uk



Telephone Number:

07860347948

Email Address:

gregsgardeningervices4@gmail.com

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



FIRST SATURDAY - EVERY MONTH

9.00 am—10.30 am

ALL SAINTS' CHURCH

MATTISHALL

Calling all dads and male carers.

Come and have a fun time with your children.

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

Ages 0 to School Yr 2.

£2.00 per family.

Do join us. We look forward to seeing you.

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

## 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

# Desert Island Discs

Hello! We are Linda and Joe McKenzie. I am Norwich born and bred and Joe is from Co Tyrone, Northern Ireland. We have lived in Mattishall since 2004. We married in 1967 and have 3 children, 7 grandchildren and 4 great grandchildren.

Our first choice is ***You're My Best Friend*** by **Don Williams**. This is our song as the lyrics say it all.

Joe's choice – ***The Old Rugged Cross***. This song evokes memories for Joe, singing with his Mum who sadly passed away when Joe was a young boy of 9 years old. Joe likes all versions of this song but Alan Jackson's version stands out because of his unique voice and style.

Another choice from Joe is ***Crystal Chandeliers*** by **Charley Pride**. He would sing this song to our children when they were small. They still remember all the words!

I remember the sixties well, playing records with my best friend. I particularly remember practicing our dancing. Lots of new dances came out at that time and if you didn't have rhythm – you didn't have a chance! Our favourite song at that time was ***And Then He Kissed Me*** by **The Crystals**. We must have been around 16 years old then.

I remember going to the cinema with one of my older sisters to see the Wizard of Oz. I always remember the feeling of amazement when the screen changed from black and white to colour and then you saw the sparkling ruby slippers. As a young child I was awestruck and still have a lasting memory of it so it has to be ***Somewhere Over The Rainbow*** by **Judy Garland**.

Another from Joe, one of his favourites, is **Johnny Cash** and ***Sunday Morning Coming Down***. A great song with a great story, we are both big fans of Johnny Cash.

I enjoy musical theatre and one of my favourites is Blood Brothers and ***Tell Me It's Not True*** by **Marti Webb**.

As an ardent fan of Norwich City Football Club, Joe had to choose their anthem ***On the Ball City***.

I have enjoyed many songs and music of different genres over the years. Matt Monroe and Shirley Bassey both have great singing voices so I chose **Matt Monroe** singing ***Softly, As I Leave You***.

My last choice is ***Change is Gonna Come*** by **Beverly Knight**, great singer and great prophetic song.



**Linda and Joe McKenzie**

If you would like to take part in ***Desert Island Discs***, please get in touch. We would love to hear from you.

## **Brainteasers October 2023**

### **Brainteaser 3 of 5**

My voice is tender, my waist is slender and I'm often invited to play. Yet wherever I go I must take my bow or else I have nothing to say. What am I?

*Answer inside back cover*

# GORDON BARBER FUNERAL HOME

43 Norwich Road, Dereham, NR20 3AS



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

**'Providing the very best care in funeral service'**

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

*Rachael Barber*



**Telephone 01362 700505**

[www.gordonbarber.co.uk](http://www.gordonbarber.co.uk)

FREE CUSTOMER PARKING



**poultec**  
the training specialists

**Apprenticeships, Short Courses, Study Programmes and more!**

- Agriculture
- Business & Administration
- Butchery - Customer Service
- Dental - Employability Skills
- Engineering - Equine
- Fitness - Food Manufacturing
- Hairdressing & Barbering
- Hospitality & Catering
- IT - Management
- Recruitment - Retail
- Speedway - Warehousing



Apprenticeships Traineeships Education & Skills Funding Agency

For more information, speak to a member of the Poultec team

Tel: 01362 850983 Email: [enquiries@poultec.co.uk](mailto:enquiries@poultec.co.uk) Web: [www.poultec.co.uk](http://www.poultec.co.uk)  
South Green Park, Mattishall, Dereham, Norfolk NR20 3JY

# Lady Mole Catcher™

**Wildlife Management Specialist**

The established, recognised and proven expert for the control of:

**Moles • Rats/Mice • Wild Rabbits  
Grey Squirrels • Wasp/Hornet Nests  
Bees • Bed Bugs/Fleas/Ants • Moths  
Cluster Flies • Snakes/Spiders**



Contact **Louise Chapman** BA (Hons) PGCE

**07876 141153**

**01603 259945**

[louise@ladymolecatcher.co.uk](mailto:louise@ladymolecatcher.co.uk)

Customer testimonials online:

[www.ladymolecatcher.co.uk](http://www.ladymolecatcher.co.uk)



**gymtec**  
fitness

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

**All memberships include:**

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



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

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



| 01362 857195  
| [gymtec-fitness.co.uk](http://gymtec-fitness.co.uk)  
| Mattishall, NR20 3JY

# REJECTION

It is just possible that one of my three regular readers will remember the moving story of my encounter with a scantily clad lady in Ber Street late one April night. Alright, I exaggerate. One of my two regular readers. But the wretched episode is relevant to the theme of this edition's exercise in literary butchery.

I was walking from King's Lynn to Great Yarmouth to raise funds for a charity. After sixty miles I was foot-sore, grumpy and none too fragrant, but she was a true professional and unwilling to discriminate against those challenged with poor personal hygiene. She made the offer. I rejected her and the look of relief on her face was a wonder to behold.

But rejection is not always a pleasurable experience and I still bear the scars from some that I have suffered.

I used to own a Citroën Dyane. It had many shortcomings but the worst was a refusal to start if the morning temperature was below 20 degrees or if there was any moisture in the air. Perhaps it would be better to say that it started properly three or four times a year. As a result, it was unwashed, unloved and covered in dents where I had kicked and punched it in frustration. The inside was a bit of a mess as I ate my breakfast as I drove and had been transporting some bales of straw for a friend. The crowning glory came one Friday in July when I bought a couple of Cromer crabs and forgot about them until the following Monday when they made their presence felt.

But on that November afternoon, four months later, quite a lot of the smell had dissipated or perhaps I had just become used to it. I was travelling between remote villages in the Fens when I saw a wretched figure at the edge of the road. He was soaked to the skin and as he limped along he stuck out a despondent thumb to ask for a lift. If I passed him by then there was precious little chance of any other traffic in the next half hour and so I slowed down and stopped next to him.

He opened the door, stuck his head in and started to say 'Can you take me as far as Ely', when he saw the straw and rubbish and then the smell hit him. He gagged and without hesitation said 'I think I would rather walk.' And then totally un-necessarily and rather hurtfully he added "Do you keep livestock in there?"

Rejection even by a stranger is not nice and to this very day I still feel the pain. But rejection by a loved one is something totally different. If I can hold back the tears I will now tell you a tragic story of how I was rejected by a beautiful blond who was the love of my life. Worse still it was a personal and public humiliation. If you are even the slightest bit squeamish, now would be a very good time to stop reading.

Daffy was slim and honey blond. She had brown soulful eyes and a black nose. For a Labrador she was intelligent and I was deeply and madly in love with her. But for one small thing she would have been perfect. That tiny failing was her insatiable appetite for manure and anything rotten. Rolling was not enough for her and most evening walks ended with me shouting "drop it" and Daffy defiantly, and even insolently, eating what she had found while never breaking eye contact with me.

None of us are perfect and until that awful night I did not really hold it against her.

Alcohol plays some part in this. At the end of a long meal with friends and family round the table and empties strewn everywhere I looked down to see Daffy sitting beside me. She looked so beautiful and appealing that I couldn't resist it. I leant towards her announcing that I was going to give her a kiss. As my head approached her she appeared to catch a whiff of my breath. Her lovely face became contorted with disgust and even with her strong stomach she could not take it. She turned her head away and then ran off to her basket whimpering as she went.

The scene was witnessed by friends and family who were all familiar with Daffy's usual preferences and to this day harsh and unkind references are made. I still blush with shame as I recollect the horrified look of on the dog's face, but it is the pain of that rejection which means that I cannot write a single word more on my chosen subject.

**William Barr**

## Dereham Walkers are Welcome

# 07561 813243

[www.DerehamWaW.org.uk/](http://www.DerehamWaW.org.uk/)



The short (under 4 miles) walks programme will continue on 6 October, 3 November and 1 December and on into 2024. These walks are always on the first Friday of the month and start at 10.15am 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.

We are also continuing with our 'Easy Tuesday' walks, next on 10 October, then 14 November and 12 December. As with all of these walks, it 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 continue on the second Tuesday of each month, meeting outside Dads and Lads (Cherry Tree car park) at 10.00am. If you think this might be for you and want more details, please contact Sue at [sue.rothwell@outlook.com](mailto: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 the other hand, if you're looking for a longer walk, our next walk will be on the morning of Wednesday 11 October, when we are taking the bus to Mattishall and walking back from there, about 6½ miles. This walk is part of the Walk Norfolk 2023 festival, through which bookings must be made. Booking arrangements are not yet available, but should be published at <https://pathmakers.org.uk/walknorfolk-2/>, or contact Ken Hawkins for details.

We look forward to seeing you over the next few weeks. You should come with decent footwear (especially when it's been wet) and suitable clothing. All walks will go ahead unless the weather is really bad.

To be sure of having up to date information, please ask to join our free mailing list.

**Ken Hawkins**

[ken-hawkins@tiscali.co.uk](mailto:ken-hawkins@tiscali.co.uk)

# Age UK Advice Line 0800 678 1602

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.

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](http://www.welborne.org.uk) to make bookings

Now open for private bookings for up to 50 people

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](mailto:contact@matvchurch.uk)

## Brainteasers October 2023

### Brainteaser 4 of 5

I have a big mouth and I am also quite loud! I am NOT a gossip but I do get involved with everyone's dirty business. What am I?

*Answer inside back cover*



## Unisex Hair Salon

# 01362 850380

# 5 Mill Street, Mattishall, NR20 3QG



# The Mattishall Society

*The Society meets on the second Monday of each month*

## THE MAGNIFICENT SEVEN

– a talk by **Jim Stebbings**

Jim Stebbings' 'Magnificent Seven' were his favourite creators of American Musical Theatre in the first half of the twentieth century – Jerome Kern, Irving Berlin, Cole Porter, George Gershwin, Frederick Lowe, Richard Rogers and Leonard Bernstein. All seven attributed their interest in music to Gilbert and Sullivan operettas and all but Cole Porter were of European Jewish origin.

**Jerome Kern's** musical 'Showboat' was ground-breaking in that black and white actors appeared on the stage together and the show tackled gritty issues – race, alcoholism and domestic abuse. In 1917, P.G. Wodehouse collaborated with Kern, writing the lyrics for the song 'Bill'. Kern wrote 700 songs during his career and died in 1945.

**Irving Berlin** lived to the great age of 101, writing 1500 songs in his long lifetime. His lucky break was with 'Alexander's Ragtime Band' in 1914 and 'Putting on the Ritz', which was written in 1929. But he is best known for writing 'White Christmas' in 1941.

**Cole Porter** lived from 1891 to 1964. Unlike some of his fellow composers, he came from a wealthy family and studied music at Yale University, being classically trained in violin, piano and composing. Porter wrote both the music and lyrics for his musical theatre hits, one of which was 'High Society'. His songs were often 'edgy'. Porter married, but this was a cover for his homosexuality, the practice of which was illegal in the USA at that time.

**George Gershwin's** early death from a brain tumour at the age of 38, probably robbed the musical theatre of many more memorable songs. He is best remembered for 'Porgy and Bess', writing the lyrics to his brother's music. He never married.

**Richard Rogers** wrote such hits as 'Oklahoma', 'Carousel' and 'The King and I', breaking with the tradition of a block-busting opening number by writing 'Oh what a beautiful morning' for 'Oklahoma'. He married in 1930 and had 3 daughters, but was apparently a philanderer who was very unpleasant to his poor wife. He died in 1979.

**Leonard Bernstein** lived between 1918 and 1990 and is probably best remembered for 'West Side Story', originally conceived as a fight between Catholics and Jews, but changed to the less sensitive rivalry between Latinos and white Americans. Bernstein studied music at Harvard University. His musical talents were wide-ranging as he composed for musical theatre, ballet, opera, wrote chamber music and became the director of the New York Symphony Orchestra. Like Cole Porter, he married as a cover for his homosexuality, leaving his wife and three children to live with a man.

**Frederick Lowe** lived from 1901 to 1988. He grew up in Berlin where his father was an opera singer. Accompanying his father to America, who was to perform in an opera, he decided to stay – probably just as well as he was Jewish and may not have survived WW2. He is best known for 'My Fair Lady' and 'Camelot', writing the music and collaborating with Alan Lerner, who wrote the lyrics.

Jim Stebbings concluded his talk by mentioning three women who were also significant in the American musical theatre:

**Dorothy Fields** who wrote the lyrics for 48 musicals;

**Agnes de Mille** (daughter of Cecil B de Mille), who integrated dance into musicals;

**Marli Dixon**, whose singing voice was dubbed for various well-known actresses, like Deborah Kerr and Audrey Hepburn.

**Anna English**

## Mattishall Society

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

<b>Monday</b> <b>9 October</b>	Author <b>Phyllida Scrivens</b> will talk to us about her book " <b>Escaping Hitler</b> ", the true story of a young Jewish boy's quest for freedom.
<b>Monday</b> <b>13 November</b>	<b>Annual General Meeting</b>
<b>Monday</b> <b>11 December</b>	<b>Christmas Social</b> MEMBERS ONLY

*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 Autumn meetings**



## LITTLE ANGELS

## TODDLER GROUP

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

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

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

ALL SAINTS' CHURCH, CHURCH PLAIN, MATTISHALL

EVERY WEDNESDAY IN TERM TIME

9.00 AM – 11.30 AM

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

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

Further details from Sue Cossey.

Email: [sue.cossey@matvchurch.uk](mailto:sue.cossey@matvchurch.uk)

Tel: Church Office 01362 858873

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

# YMCA

YMCA NORFOLK



## Mattishall Junior Club

## Mattishall Youth Club

Fridays  
6-9 years  
5-6:25pm

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



Mattishall Social Club, Mattishall, NR20 3JY

Contact: 07894935775  
[youthclubs@ymcanorfolk.org](mailto:youthclubs@ymcanorfolk.org)

Funded by Mattishall Parish Council



*Join the Family!*

PLAY.  
MANAGE.  
VOLUNTEER.  
SUPPORT.

*Scan Here!*



## BISHY BARNABEES DAY NURSERY

SOUTH GREEN PARK, MATTISHALL

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

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



**Full Ofsted Registered**



Pre-School open 08:00 – 18:00

Government Funding available for 3 & 4 Year Olds

Various sessions and hours available to suit your family

For Further Details Please Contact:

Louise or Julie on  
01362 850947

Or visit our website at  
[www.bishybarnabees.co.uk](http://www.bishybarnabees.co.uk)



# Miscellanea *Youth!*

The Centre Section Dedicated To Young People in Our Area



## 1st Mattishall & District Scout Group Scout HQ – On the grounds of the Mattishall Primary School

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

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

## GROUP NEWS

Since the last edition, **Beavers** have had great fun climbing trees and stomping rockets. We also practised crossing the road safely. We checked our knowledge of wild birds and animals, then made a bird table (drilling holes in the wood) to take home. We completed two hikes, did den building, and cleaned up the bus shelters near the doctors and Post Office. We completed our Experiment Badge - did you know about "dancing raisins?"

We celebrated the 4th July and finished the term with a water evening. And we're now looking forward to next term - a visit to the Fire Station and another sleepover coming up!



**Cubs** continue to be very active – in fact they can pop up anywhere! Last term we enjoyed a trip to RAF Hendon in London to complete our Air Activities Badge, before finishing the term with a bit of tomahawk throwing and having a go at tie dying. This term starts off with a bang - literally with a camp at Wells-next-the-Sea with visits to the beach and the RNLI amongst lots of other activities, and then shooting 2 weeks later. The cubs won't have time to rest as we take part in an incident hike and a TSKR (karate) session amongst other activities in the coming term. We are looking forward to new experiences and having lots of fun!



*Continued on next page*

**Scouts** have been out and about locally enjoying the long evenings with more archery and air rifle practise at Garvestone. Fun was had near Swanton Morley with paddling on the Wensum and a wide game. At our summer camp in Coltishall, teamwork and pioneering skills were put to the test with some larger construction activities, as well as more adventurous fun up trees and on the river. Scouts hiked to Wroxham, had time for ice cream, then caught the steam train back to camp.



**Group News:** In June we held our Group's AGM which was well-attended by the committee, leaders and families. We welcomed our new Group Treasurer and said farewell to our retiring Treasurer after 8 years of supporting the group. One of our Young Leaders (Brown Hare) was presented with a special commendation award for her outstanding contribution to the group over the past 4 years, recognising her work with the Beavers Section. Another of our Young Leaders went to South Korea in August, participating in the World Scout Jamboree. We are looking forward to hearing all about it next term. Our Beaver Leader, Badger, went to the Norfolk Show to collect her Community Champion Award in recognition of her amazing and long-standing service to the local community. Well done Su and faithful assistant 'Woody' Bear (see p 29).

**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

# Guides

## 2nd Mattishall Guides

2nd Mattishall Guides are celebrating their first year since reopening in September 2022. The unit has grown from the 2 guides who attended the first meeting to 14 young members come September 2023. With fun and friendship, Challenge and Adventure is our aim. We inspire girls to discover and become their best. We help girls think Big, be Bold and try their Best, have fun and be part of a team.

As a unit we have completed our first skills builders including one on first aid. We have taken part in community action projects and explored our local community. We have had a weekend away and are off on an Adventure weekend shortly. And we have camps planned for 2024. We love to cook and have become proficient in lighting our cooking fires. We have camp blankets full of badges we have achieved together.

If you would like to join either as a young member or an adult volunteer, please register at [Girlguiding.org.uk](http://Girlguiding.org.uk). Mattishall Guides meet at the Church Rooms on Tuesday evenings during term time.



# Mattishall Primary School

During the last few weeks of the Summer term, Year 6 worked extremely hard to put on a fantastic Leavers Performance for the school, their friends and family. Everyone did an amazing job learning their lines, the dances and songs. They performed a comedy called 'Rock Bottom' about a cave boy wishing he could be an amazing inventor. There were a lot of laughs and great memories were made. Well done to our Year 6 leavers. You are fantastic and we wish you well in your new high schools. We enjoy hearing from past pupils of the school so please do get in touch and let us know by contacting the school office.



Every year, a Year 6 pupil is awarded a trophy for 'Motivation and Determination in Learning'. All the staff in school vote. This year it was awarded to Jess.

At the end of each summer term, the school hosts a Talent Show open to Years 1 to 6 children. It's made up of magicians, comedians, singers, dancers, gymnasts and musicians. There's an initial audition process and then the finalists perform to the

whole school and are judged by a panel to decide the winner. This year's winners were a boys' group from Years 1 and 4 who performed a dramatic Star Wars story to a Foo Fighters Song.

The children made a great start back to school in September, looking very smart in their uniforms and we look forward to a new academic year, 'Working Together, Learning Together, Achieving Together'. Some new faces joined our staffing team this year and we're looking forward to providing the children with learning that excites and inspires them. Last year a new Synthetic Systematic Phonics Scheme (Read Write Inc) was adopted which has been really successful. We've made more curriculum changes, alongside other Synergy schools, which will offer children a broad and balanced but ambitious curriculum. And we're hopeful that we can offer even more extra-curricular opportunities including an extended offer of clubs and trips.

Finally, thanks to all those in our local community who responded to our reading volunteer request. We now have a team of 9 volunteers supporting us and really appreciate their time. Thanks also to those who continue to support the school by collecting relevant vouchers for resources and donating resources etc.




**New Intake  
2024/2025**

Do you have a child who will be ready to start Reception in September 2024?

We would like to invite you to an information meeting and tour of the school

on  
**Thursday 9<sup>th</sup> November 2023 at 2.00pm**

If you would like to attend his meeting and have a tour please ring the office. If you have any questions please contact the school on **01362 858451** or email [office@mattishallprimary.org.uk](mailto:office@mattishallprimary.org.uk)

Please see our website for further information about the school: <http://www.mattishallprimary.org.uk/>

**Mattishall Primary School**  
(Part of Synergy Multi Academy Trust)  
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.

## Children's play area



**No dogs allowed**





# A Great Day Out on your Doorstep!

Don't miss Apple Day on Sunday 15 October!

Open every day until 29 October

Find out what's on at:

[www.museums.norfolk.gov.uk/gressenhall](http://www.museums.norfolk.gov.uk/gressenhall)

Gressenhall Dereham NR20 4DR

Free admission with a Norfolk Museums Pass



Supported by ARTS COUNCIL ENGLAND



Made possible with Heritage Fund



Norfolk County Council

a better place, a brighter future  
Breckland COUNCIL

## Rockinghorse Daycare



Rockinghorse Daycare, in Mattishall, provides quality care for children between the ages of 3 months and 5 years. We also provide additional facilities for school-age children in the form of 'Stallions' our Breakfast, After-School and Holiday Club.

Open 8.00 a.m. – 6.00 p.m. Monday to Friday, 51 weeks of the year (excluding Bank Holidays.)

15 & 30 hours Early Years Free Entitlement available.

Tax free childcare and childcare vouchers accepted.



Contact

Debbie or Ruth on

01362 850409

[rockinghorse.daycare@yahoo.co.uk](mailto:rockinghorse.daycare@yahoo.co.uk)



caféverde



YOUR LOCAL CAFÉ

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

Catering for every appetite!



01362 857157

[www.cafe-verde.co.uk](http://www.cafe-verde.co.uk)

South Green Park, Mattishall, NR20 3JY

Follow us:

# MATTISHALL COMMUNITY HUB

I'm very pleased to report that MCH goes from strength to strength as we approach our first year of existence. Although our numbers were slightly down during the summer months, accounted for by holidays and more outdoor opportunities, we have continued to enjoy the attendance of a strong core of 'regulars', and welcomed many new neighbours, over our past few sessions.

In August we held an afternoon tea for Breast Cancer Now which was very well attended and which raised over £140 for the charity. It was great to see so many of our regular attendees enthusiastically join in with the various quizzes, games and raffle and we - and BCN - were extremely grateful for their generosity.



By the time you're reading this we will have put on a Table Top Sale. All tables were successfully booked and we cooked some breakfast fare to keep buyers and sellers 'fuelled up' for some serious bargain hunting! This time the proceeds went towards the running of MCH to enable us to continue to provide our monthly meetings, with refreshments and various quizzes and occasional entertainment, completely free of charge.

We really need to spread the word about MCH as we're sure that there are still many more local people - especially those who are lonely, isolated or new to the area - who would appreciate, and benefit from, more social contact, the chance to meet more of their neighbours and the chance to share their interests and hobbies in a safe and friendly environment.



Please come and see what we're all about at one of our regular sessions held on the first Tuesday of each month at the Memorial Hall, South Green, Mattishall. Tell others about us and, where possible, offer lifts to our meetings as we are aware that the Hall is a little way out of the village and not everyone has their own transport. We look forward to welcoming you at one of the following sessions:

Tuesday 3 October 2-4pm

Tuesday 7 November 2-4pm

Tuesday 5 December 2-4pm

**Helen Brook (Project Coordinator)**

[mch23@btinternet.com](mailto:mch23@btinternet.com)

**MATTISHALL COMMUNITY HUB**  
**Mattishall Memorial Hall, South Gn.**  
**Tuesday 3 October**  
**2.00 - 4.00pm**  
**Free refreshments**  
**Give & Take Table optional**  
(swap one item e.g. plant, book, garden/home produce etc. for one other item.)  
**Free to attend**  
**Everyone welcome**  
**Next sessions:**  
**Tuesday 7 November 2-4pm**  
**Tuesday 5 December 2-4pm**

# News from the Surgery

## Seasonal Flu Vaccines

Booking is now open for flu clinics – if you are over 65 or 'at risk' you can request to book a flu vaccine by calling Reception after 9:30am.

We have availability on Saturday 7<sup>th</sup> October and Saturday 4<sup>th</sup> November. We will also have additional mini clinics running in extended hours in October between 7.30-8.30am and between 6-8pm on days when the surgery is open.

Lenwade have a clinic on Friday 6<sup>th</sup> October.

Additional clinics will be arranged if you cannot book on these dates.

Patients not 'at risk' including those aged between 50-64 who are not eligible this year, will need to arrange a private vaccine – Mattishall Pharmacy are now taking bookings.

Children eligible to have the nasal flu at the surgery will be invited in September.

## Wegovy on the NHS

Unfortunately, there is a worldwide shortage of this class of medicine, and so there is very limited stock available in the UK for use through Tier 3 weight management services only. This means that we are unable to provide prescriptions for Wegovy in primary care, in accordance with NICE guidance.

## PPG and Student Volunteer

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

## Donation

We wanted to express our sincere gratitude for the very generous donation received from East Tuddenham Friendship Group who have, sadly, decided to close. The members were very keen to invest the funds raised back into the surgery as a thank you for all the support they have received as patients over the years. We have used the funds to purchase bistro tables and chairs for the staffroom and had great pleasure in inviting Dina and Pearl to show them what we had purchased. The staff are delighted to have a comfortable modern space where they can meet, chat and eat lunch together.

## Pharmacy Update

We are working hard to improve services in the Pharmacy. We have several 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) text service to be notified when your medication is ready to collect, to save a wasted journey. To sign up please email '[mattishalldispensary.d82039@nhs.net](mailto:mattishalldispensary.d82039@nhs.net)' with 'SMS' in the title and include your contact details including your mobile number.



## Pharmabox24

We are accepting patients who wish to sign up to our 24/7 collection kiosk.

If the patient has any of the following, they are, unfortunately, unable to have their medication in the machine:-

1. Glass/large bottles such as Gaviscon, Peptac, lactulose
2. Large heavy creams such as Cetraben, Dermol, Zerobase,
3. Large boxes such as Macrogol, Cosmocol, baby milk.
4. Large NWOS items
5. Supplement drinks
6. Fridge Items including inhalers
7. Controlled drugs such as Pregabalin, Gabapentin etc. Diazepam/Zopiclone can go in at the discretion of the Pharmacist.
8. Any accountable controlled drug
9. On our FRPS system (at the moment we are unable to put these in as they would be unable to reorder at the point of collection)
10. Has 6 items or more (this would need to be checked due to the size of the items and how many of each)

If you do not have any of the above items and want to sign up, please pop into the Pharmacy to complete a consent form or print a copy from the Surgery website via the following link <https://www.mattishallsurgery.co.uk/2023/07/21/pharmabox-registration-sign-up/>.

## Robotic Dispenser

We are planning the arrival of our dispensing robot. This is an exciting development for us at Mattishall Surgery and Pharmacy and will help us continue to improve our services.

To accommodate this transition, we will have a complete refit of the Dispensary/Pharmacy and shop premises. To avoid too much disruption we will provide temporary arrangements including a fully fitted dispensary unit.

There will inevitably have an impact on parking and possible restrictions, we are looking at ways we can manage this.

We will provide full details of all the arrangements nearer the time, however below is an overview of our plans:

- Tuesday 3<sup>rd</sup> to Friday 6<sup>th</sup> October - arrival of temporary dispensing unit and transfer goods.
- Monday 9<sup>th</sup> October - open with temporary arrangements during robot installation, details to be confirmed
- Monday 16<sup>th</sup> October - reopen Dispensary/Pharmacy and shop.

# Mattishall & Lenwade Surgeries' Patient Participation Group (PPG)

## What is it?

Let's start with the why and when they came into being. In Doctors' surgeries up and down the country, in 2015 under changes made to their contracts (each surgery is a private business contracted by the NHS to provide the service), surgeries were required to form PPGs to provide a means whereby patients could channel their concerns and comments to Practice management about their surgery's performance (and in the case of Mattishall, the pharmacy as well).

The PPG consists of up to 20 members who are either patients registered with the Practice or carers of patients registered with the Practice. They are unpaid volunteers. Their role is to be a "critical friend" to the Practice - to be supporters but as true friends do, be prepared to provide constructive criticism to help them improve their services. The PPG is there to attempt to reflect the views or concerns of the wider patient demographics and therefore the group is dependent on feedback from patients across the service area.

To assist in this task, the group has created its own Facebook page (<https://www.facebook.com/profile.php?id=100094978971995>) where two-way communication can take place between patients and the PPG.

Information and updates from the Mattishall and Lenwade Surgeries will be posted on a regular basis, and can include latest surgery news, health promotions, and short-notice service changes. Patients can use the forum to communicate their concerns or problems they have endured while accessing Practice and pharmacy services to the group who has access to Senior Management. This facility is not a replacement for a formal complaint which in the very first instance should be directed to the Practice. The group has formal meetings every 3 months, but members have informal contact with each other in between. If you have any questions regarding the group or are considering joining us, give me a call on the number below.

**Mike Onassis Chair, Mattishall & Lenwade Surgeries' PPG Mobile: 07773330109**

## FROM HEAD TO FOOT – FOR ALL YOUR ACHES AND PAINS

Nailcare, ingrown toenails  
Diabetic feet  
Verrucas  
Fungal nails  
Skincare

Massage  
Joint mobilisation  
Exercise  
Electrotherapy  
Posture management  
Taping

Flat feet  
Knee and hip pain  
Plantar fasciitis  
Achilles problems  
Shin splints  
Orthotics

### Chiropody and Podiatry

Dereham Podiatry Practice  
[www.dereham-podiatry-practice.co.uk](http://www.dereham-podiatry-practice.co.uk)  
01362 698932



### Physiotherapy (chartered)

Rachael Hood BSc, PgDip, CSP.  
[www.equiphysique.co.uk](http://www.equiphysique.co.uk)  
07507 870878



### Gait and Biomechanics

Suzanne Clipson BSc, MRCPod.  
[www.bloomfield-clinic.co.uk](http://www.bloomfield-clinic.co.uk)  
01362 698932



AT THE BLOOMFIELD CLINIC ON THE  
THEATRE STREET CAR PARK IN DEREHAM

The  
**Bloomfield**  
Clinic



## Rescue

The dark night crashes down, and shadows chase:  
The wind kicks spume deep in my face.  
I rise and fall and spin, as I keep  
My body from dying in the deep.

The lightning flashes over the boiling seas,  
The wind screams, 'tis no summer breeze.  
The wild cursed sea turns to darkest black,  
The winds bowl in, in a counter-attack!

The moment nears, I cry in despair,  
Will soon I lie in Neptune's lair?  
Will those demons draw me to the deep?  
Will I forever, in the cold depths sleep?

My head is filled with a muted beat  
My eyes to the heavens rise to seek  
A star above is shining bright  
It glows through the stormy, raging night.

The midnight sun grows brighter still,  
And my ears with heavenly words do fill.  
An angel appears; bright in this endless dark sea!  
Smiles and says, "Hello mate. Home for tea?"

And within the angels arms I am embraced.  
We rise and the cruel seas are chased.  
Now gathered in its welcome womb,  
My rescue helicopter does homeward zoom.

**Mike Hamill**

## A KIND THOUGHT

A kind word,  
A little thought,  
A helping hand,  
A gesture made with grace,  
Are, for granted taken.

How often do such easy deeds  
Come to be taken as usual.  
And yet – Thank you  
Sincerely meant  
Less often gets a mention.

A note perhaps,  
A little gift,  
A thoughtful help  
In time of need  
Says – Thank you

Just as meaningful.  
So, give your thanks  
With grace and ease  
To those whose help's been given.

Then think again  
To those who may not ask  
And give your help quite freely.

**Doris Rich**



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

MOB: 07799355146 Home: 01362 288068  
[brianlansdale@gmail.com](mailto:brianlansdale@gmail.com)  
[lansdalechimneybuildersandrepairs.co.uk](http://lansdalechimneybuildersandrepairs.co.uk)

## PAUL WEST CARPETS

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

Tel: **01362 696154**  
Mobile: **07768 626 272**





We are a small, family-run business specialising in **bespoke** timber builds. We source local, **sustainable** materials and work together with you to create your **perfect** indoor or outdoor space.

Whether it's a space to entertain, an area to socialise or a **unique** storage solution; we can help you **design** something that works for you.

Nick has over 15 years' experience in building and carpentry and together we take pride in every job we undertake. We are constantly inspired by **nature** and endeavour to bring an element of that into our designs.

If you'd like to know more, we'd love to hear from you.

Contact **Nicola** on 07725 125812  
or email me [naturebarn@hotmail.com](mailto:naturebarn@hotmail.com)

Alternatively, visit our website [www.naturebarn.co.uk](http://www.naturebarn.co.uk)



# BUZZ-OFF®

## Live Honey Bee Removal

We harmlessly remove and **re-home** Honey Bees and professionally repair any damage they may have caused to your property

For a site visit and no-obligation quotation please contact **Louise Chapman** BA (Hons) PGCE

t: 01603 259945

m: 07876 141153

e: [louise@buzz-off.co.uk](mailto:louise@buzz-off.co.uk)

For case studies and testimonials visit:

[www.buzz-off.co.uk](http://www.buzz-off.co.uk)

 Buzz Off Honey Bee



**FINALIST**

Sustainability Initiative of the Year



**FINALIST**

Environmental and Sustainability Award

ALL WORK IS FULLY  
GUARANTEED

## PMR HAULAGE LTD



22 FARROW CLOSE MATTISHALL  
DEREHAM NORFOLK NR20 3SZ

07702 455 975

01362 850892

[reynolds.t@hotmail.co.uk](mailto:reynolds.t@hotmail.co.uk)

TRACY REYNOLDS

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

## ANDY SHEPHERD

### KITCHEN DESIGNER LTD

Where good is **NOT** enough

Bespoke Kitchens - Utility Rooms - Bedrooms

We Design - Supply - Fit OR Design - Supply

Luxury comes as standard -

Sensible Prices all the time

# 01362 858753



**TRUSTMARK**  
Government Endorsed Quality

[www.andyshepherdkitchens.co.uk](http://www.andyshepherdkitchens.co.uk)

E: [andy@andyshepherdkitchens.co.uk](mailto:andy@andyshepherdkitchens.co.uk)



# 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.

Monthly Saturday Charity Coffee Mornings: 10.00 - 11.30 am. – 21<sup>st</sup> October and 18th November.

**See Noticeboard for details. All welcome.**

Meeting Rooms for hire - Enquiries to Fred on 850750.

## Welborne Last Friday Film Nights

**Doors open 7pm for 7.30pm start  
Licenced Bar**

### October 27<sup>th</sup> "Broker" (2022)

*Korean with English subtitles*

The film follows two brokers who sell orphaned infants, circumventing the bureaucracy of legal adoption, to affluent couples who can't have children of their own. After an infant's mother surprises the duo by returning to ensure her child finds a good home, the three embark on a journey to find the right couple, building an unlikely family of their own.

This is a moving drama about people pushed together by fate who end up not merely helping each other survive but elevate through an increasingly harsh world.

### November 24<sup>th</sup> "the Fabelmans".

Loosely based on Spielberg's childhood growing up in post-World War II era Arizona, from age seven to eighteen, a young man named Sammy Fabelman discovers a shattering family secret, and explores how the power of movies help us see the truth about each other and ourselves.

Part memoir, part ode to the power of the movies, The Fabelmans finds Steven Spielberg digging at the family roots that helped make him a beloved filmmaker – and proves he hasn't lost his magic touch.

Book tickets (£4) on-line at <https://www.welborne.org.uk/village-events>, or pay on the door (£4.50)

## SINGING FOR FUN AND WELLBEING

We have held 4 of these sessions now and they seem to be quite popular. We meet in All Saints Church, Mattishall, on the second Wednesday of the month to sing together for fun. The songs are all well known, ranging mainly from 1940's to 1980's. Doesn't matter what your voice is like, you just need to enjoy a singsong and have a bit of fun.

Everyone is welcome to join us, we have a cuppa and then get started. A good way to meet new people and singing is great for wellbeing. The idea is to leave with a smile on your face, if you do that we will have reached our objective!!

Hope to see some new people at our next session on Wednesday 11th October at 1pm. **Lizzie**

## LIZZIE'S BOOK LOVERS CLUB



We meet on the second Wednesday of the month at 2.30pm in All Saints Church, Mattishall, to chat about the books we have read during the month. We do not have any formal reading, we are people that just enjoy a good book and like to tell others about it and usually pass it on for someone else to read.

Our meetings are very informal, we enjoy a cuppa and cake, the cake often home made by one of our group, (Lyn makes great cakes!)

The meetings seem to be quite popular and we are a very friendly group. When we have talked about books the chat can then move on to anything! A good way to meet new people who love books.

Anyone is welcome to join us, (men as well). Our next meeting is Wednesday 11<sup>th</sup> October at 2.30pm.

**Lizzie**

## DROP IN COFFEE MORNING



This takes place every Thursday morning from 10-12 in All Saints Church, Mattishall. Because the church has chairs rather than pews we arrange things very informally and you can enjoy a cuppa, biscuits, cakes etc. while having a chat.

We do not charge per item, but if you are able to make a suggested donation of £2 that will help to cover our costs. Pretty good value for as many cuppas as you want and biscuits and cake as well. This is a great way to meet new people and to relax for the morning.

If anyone needs to chat about any issues they have please ask for me, Lizzie. I may be able to point you in the direction of support groups and help in the area, or just have a chat if you are feeling lonely.





Occasionally we have lunch and entertainment following the coffee morning which is great fun. We have just had our late summer lunch (see photos) David – there are 4 photos of this lunch in this folder and the photographer(not Kevin!!) also sent a collage of them but could you redo it, cutting out a lot of the background and making it a bit more attractive – thanks and the next one will be in December to celebrate Christmas. Details will be in the next issue of Miscellanea.

Everyone is welcome to join us, this is not just for older people, all ages are welcome.

**Lizzie**

## Church Services At Mattishall

- Sun 24 Sep 23** 10:00 United Service with shared lunch
- Sun 1 Oct 23** 9:00 Traditional Worship,  
10.30 Harvest Parade Service
- Sun 8 Oct 23** 9.00 Traditional Worship,  
10.30 Contemporary Worship,  
15:00 Oasis Parents and Children Service
- Sun 15 Oct 23** 9.00 Traditional Worship,  
10.30 Contemporary Worship
- Sun 22 Oct 23** 9.00 Traditional Communion Service,  
10.30 Contemporary Communion Service
- Sun 29 Oct 23** 10.00 United Service at All Saints,  
East Tuddenham
- Sun 5 Nov 23** 9.00 Traditional Worship,  
10.30 Contemporary Worship
- Sun 12 Nov 23** 10.40 Remembrance Day Service,  
starting on Village Green,  
15:00 Oasis Parents and Children Service
- Sun 19 Nov 23** 9.00 Traditional Worship,  
10.30 Contemporary Worship,  
16:00 Annual Service of Memorial
- Sun 26 Nov 23** 9.00 Traditional Communion Service,  
10.30 Contemporary Communion Service
- Sun 3 Dec 23** 9.00 Traditional Worship,  
10.30 Contemporary Worship

## Church Services at Welborne

- Sun 24 Sep 23** 9:00 Traditional Worship
- Sun 1 Oct 23** 9:00 Traditional Worship
- Sun 8 Oct 23** 9:00 Traditional Communion
- Sun 15 Oct 23** 10.30 Harvest Service
- Sun 22 Oct 23** 9:00 Traditional Worship
- Sun 29 Oct 23** 10.00 United Service at All Saints,  
East Tuddenham
- Sun 5 Nov 23** 9:00 Traditional Worship
- Sun 12 Nov 23** 10.45 Remembrance Day Service
- Sun 19 Nov 23** 9:00 Traditional Communion
- Sun 26 Nov 23** 9:00 Traditional Worship
- Sun 3 Dec 23** 15:00 Carol Service led by the  
Salvation Army

## Other Events

- The Bright Party, Tuesday 31st October 2023, 17:00 to 18:30 – an Annual party with food, craft and fun. This year it's not in Half Term.
- Christmas Fayre, Saturday 18th November 2023, 10:00 to 16:00. Christmas crafts and activities.
- Christmas Activity Afternoon, Sunday 3th December 2023 – fun, food and Father Christmas before the Christmas Tree lighting ceremony on the Village Green.

## 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

**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**

# News from Mattishall Sports & Social Club

In August we had Adam Harrad singing for us, singing songs from all the decades. Glad to say the bingo will be back in October and the meat raffle is up and running again. The new football season is starting, so please come and support our new team EASTON FC, everyone welcome.

We have a new steward who started in July, so please come and support the lovely Emma. New membership will start in October for old and new members. The committee would also like to thank Steph for all her hard work and dedication over the years to the club.

## MUSIC DATES:

Sunday 15<sup>th</sup> October **PAGAN**

Sunday 22<sup>nd</sup> October **ADAM HARRAD**

Sunday 3<sup>rd</sup> December **STEP BACK**

Wayne Fulcher

## Bowls Club

By the time you read this article the bowls season will be over with our final tournament on Sunday 17<sup>th</sup> September.

In 2023, we have welcomed several new members. Some came with experience and some of those who joined, were completely new to bowls.

During the season, the members got together to play in a mix of internal competitions and more friendly games. The green was in use most days, including evenings and Saturdays. The trophies for the internal competitions were presented on the final day.

The club played in three local leagues amounting to 46 league games, home and away. The leagues are Dereham & District, Elmham and Whissonsett & District. In two of the leagues, we have finished in the top 5.

We are located alongside the Memorial Hall.

More detailed club information will be provided in the December issue.

However, if you want to ask any questions before then, please call me on 01362 289038.

**Gerry Goldner, Mattishall Bowls Club Secretary**



## Darts

Congratulations to Paul Taylor of Mattishall Swan 'b' darts team (*pictured below*)



who achieved the extraordinary result of a nine dart finish, in the recent Dereham Thursday Darts League singles tournament held at Mattishall Sports & Social Club. Paul hit two scores of 180 followed by the checkout of 141 (treble 20, treble 19 & double 12) to achieve the perfect leg, which is a rare feat and comparable to a 147 break in snooker or a hole-in-one in golf.

In the 2023 season's league campaign, Mattishall Swan 'b' currently sit in joint fourth place in Division Two with three matches left to play. Mattishall Sports & Social Club 'b' team are eighth. The Division One league table sees Mattishall Swan 'a' in ninth currently, with Mattishall Sports & Social Club 'a' team placed eleventh.

The season continues until November with the league's final night due to be held on Thursday 2nd November.

**Daniel Pratt**

# Mattishall's Community Champions

As an acknowledgement of the Coronation of Their Majesties The King and Queen, and their commitment to supporting community cohesion and volunteering, a tribute to community champions took place at the Royal Norfolk Show on Wednesday 28 June 2023. The tribute, organised in partnership between the Norfolk Lieutenancy and the Royal Norfolk Agricultural Association, gathered nominated community champions from a range of community-based organisations, volunteering groups and recipients of already established local award schemes.

The aim of the tribute was to say thank you to those who do so much for our communities and good causes and to acknowledge their work at the county's biggest event of the year. They were addressed by HM Lord Lieutenant of Norfolk, The Lady Dannatt MBE.

Mattishall's very own champions were: Helen Brook, Sue and Alan Cossey, Barbara Crawshaw, Lizzie Hunton and Su McKinnell



**Su McKinnell**



**Sue and Alan Cossey**



**Barbara Crawshaw, Lizzie Hunton and Helen Brook**

# Mattishall Parish Council News

LATEST NEWS FROM THE PARISH COUNCIL

## Upcoming events!

### LITTER PICKING

Save the dates for our upcoming litter picking events!

28th October 2023

7th January 2024

30th March 2024

Help us keep our village tidy!

### THANK YOU SO MUCH

Thank you to all litter pickers to date. We have just completed our third litter pick!

18 pickers of all ages pitched in to collect an impressive 9.2kg of rubbish from our streets and footpaths.

So far this year 54 volunteers of all ages have removed around 32kg of litter from our village highways and byways. Not only does this improve the look of our surroundings but more people will litter if there is already rubbish on the ground – so our litter pickers are actively discouraging our less community minded neighbours from spoiling things for us all.

## We are pleased to introduce our new Councillor Bob Burrell

Bob was born in Dereham, then lived in Toftwood before getting married in 1979 at All saint's church and settling in Mattishall. He has worked in Engineering and technical sales management for most of his career. Now involved in social care, he currently manages a charity day service for adults with learning disabilities based in Norwich.



Over the years he has taken an active role in the Mattishall community. He is a keen motorcyclist and enjoys watchmaking, model building and DIY amongst his hobbies.

Bob, like all parish councillors, is an unpaid volunteer.

## Mattishall Neighbourhood Plan

The Neighbourhood Plan Steering Group has now completed work in identifying fourteen village buildings to be proposed as "non-designated heritage assets". These buildings and monuments have been identified as having a degree of heritage significance meriting consideration in planning decisions but which do not meet the criteria for Listed Buildings. The Steering Group has also identified eight areas of the parish it proposes to designate as "Local Green Spaces". These areas of land are important for their beauty, richness of wildlife, historic significance, recreational value or tranquillity. If ultimately included in the Neighbourhood Plan and accepted by Breckland Council these important sites would be offered greater protection from future development.

The review of the Neighbourhood Plan is progressing well, the next stage will be Regulation 14 consultation when the plan will be submitted to public pre-submission consultation for a minimum period of 6 weeks.

Progress on the Neighbourhood Plan review is discussed each month at our Parish Council public meetings and you'd be more than welcome to attend to find out more. Alternatively just email our Parish Clerk with any questions you might have.

**THE PARISH COUNCIL**

**Graham Clarke (Chair)**  
**David Fowler (Vice Chair)**  
**Richard Turner**  
**David Piper**  
**Janice Smith**  
**John Pickering**  
**Mike Onassis**  
**Roisin Murray**  
**Bob Burrell**  
**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](mailto:clerk@mattishallpc.info)**

**07831 422700**

**UPCOMING MEETINGS**

**Monday 2 October**

**Monday 6 November**

**Monday 4 December**

**Meetings to be held at Poultec, South Green 7pm**

**Refreshments provided**

**Open Spaces Working Group (OSWG)**

The OSWG is comprised of David Piper, Janice Smith, Roisin Murray, Michael Onassis, Anita Rose (all from the Parish Council) and resident Hazel Goodall.

Our remit is to proactively manage the Open Spaces within the Parish of Mattishall, trying to ensure that they are kept in good condition for the benefit of the Parish and reporting on a monthly basis to the Parish Council.

Anyone who wishes to raise an issue should contact the Clerk of the Council in the first place, and she will then decide if this could be dealt with by the OSWG. The principle open spaces that we are concerned with are the Village Green, Allotments, Cemetery and Churchyard, Children's Play Area and Adult Gym.

We are concerned about the tidiness of these areas and work closely with the Clerk and the village handyman to monitor them. Following a crime prevention review by PC Austin Clark and following his recommendation, we have organised the relocation of the outdoor table tennis table from the village green to the school.

We have recently proposed that the allotments are managed by an Allotment Society, which will encompass the allotments at Burgh Lane and the new allotments at the Kingfishers (the Denbury Homes site). We are also supporting the initiation of a Community Allotment at the Kingfishers.

**Works to the War Memorial**

Following several incidents of vandalism to the village War Memorial the Parish Council has taken police advice and are planning to install a perimeter fence around the structure.

This will be low enough to allow free view of the Memorial and will include lockable access gates that can be opened for maintenance and the laying of wreaths during Remembrance Services.

We welcome feedback regarding this necessary change, please email the clerk with your views for the Council to consider at October's meeting.

**Save the dates! Upcoming Events!**

**Remembrance - Sunday 12th November**

**Christmas Tree Lighting - Sunday 3rd December**

**(Further details will be published on notice boards / website and social media nearer the time)**




# CRIMEWATCH MATTISHALL



**PC 898 Paula Gilluley  
Breckland Community  
Engagement Officer**

Paula.Gilluley@norfolk.pnn.police.uk

Police are urging the public to be vigilant to cold callers claiming to be police officers following 10 incidents in the past week.

10 victims in North Norfolk have received telephone calls from someone claiming to be a police officer. The

caller has told them they have arrested someone who had access to their financial details and to check their cards. The caller also asked about their living situation and belongings. All attempts were unsuccessful.

Courier Fraud happens when a fraudster contacts a victim by telephone claiming to be a police officer, bank or from a government department, among other agencies. A number of techniques will then be adopted in order to convince the victim to hand over their bank details or cash, which may then be passed on to a courier.

The public are reminded that banks and the police will **NEVER** ask someone to withdraw money or purchase items.

*Officers have provided the following advice:*

- Never give out personal information about your bank account to anybody over the phone. Police and banks will never ask you to give out personal details such as account numbers or PIN numbers.
- If someone calls claiming to be a police officer, ask for their identification number and police force. Hang up and call 101 using a different phone. If you can't use a different phone, wait at least five minutes before calling back. A genuine police officer will not mind waiting while you check.
- Fraudsters will keep the line open and have been known to play ringtones, hold music and a recorded message down the phone so the victim believes they are making a call to a legitimate number. Ensure you can hear a dialling tone before calling police or use a friend or neighbour's telephone instead.
- If you have given out information which could compromise your bank account security in any way, call your bank to cancel your cards as soon as possible.
- Never hand over money to someone at the door to be sent off elsewhere.

We would urge the public to check on their vulnerable friends and family to ensure they are aware of how these scams may operate and how best to protect themselves.

If anyone has received a similar type of telephone call or has any information about these incidents, please contact Norfolk Police on 101 quoting 'Operation Radium'.

Alternatively, you can contact Crimestoppers anonymously on 0800 555 111.

Crimestoppers is an independent charity providing the opportunity to report crime 100% anonymously. The charity can be contacted via phone on 0800 555 111 or online at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org). Crimestoppers will share this information with Police and other partner agencies to help protect communities and keep people safe.

For further advice, head to the Action Fraud website: [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040.

## Mattishall, Shipdham & Watton Neighbourhood Watch

***Didn't you have a different name before?***



Yes, was originally called Mattishall Neighbourhood Watch - I formed the group in October of last year in response to the level of anti-social behaviour and minor crime in the area.

So why the change of name and why are you including other areas?

Since last year, after discussions with Norfolk Neighbourhood Watch and Norfolk Police, it was agreed to create a pilot programme - a collaboration between Norfolk Police and Neighbourhood Watch to provide better communication with collaborative working, including Town and Parish Councils to serve a widely spaced population. If successful, the pilot would be rolled out to other rural areas in Norfolk.

Norfolk is predominately a rural County with a thinly spaced population. Neighbourhood Watch members and followers may not be within a locally based group and, therefore, not have the support of a Neighbourhood Watch Coordinator. Police resources are stretched and local villages may feel that they are not adequately served. The pilot programme hopes to address these concerns by linking a Neighbourhood Watch Coordinator with a Norfolk Police Beat Manager who covers the same area. They work in conjunction with each other to improve the communication links between the Communities and Norfolk Police. As your local Coordinator I can help represent the local villages who may feel that although they may not have the level of crime that the larger towns and city do, they still want a reasonable response to address their particular problems. I attend the Police Priority Setting Meetings, which are held quarterly where I represent our area to ensure we have adequate representation. Currently Norfolk Police are bidding for a Home Office grant of over a million pounds which, if successful, part of which will be used to help this project along.

If you wish to join Neighbourhood Watch or have any questions about this pilot project then contact me on the details below.

(Note the area in this pilot consists of 1 Town Council and 12 Parish Councils - so it's not just Mattishall, Shipdham & Watton - you can appreciate that to include them all in a name would be impractical - names were chosen because they are the Top, Middle and Lower extents of the area but includes surrounding villages).

**Mike Onassis**

**Neighbourhood Watch Area Coordinator**

**Mob 07773330109 Email [NHW-B13@outlook.com](mailto:NHW-B13@outlook.com)**



# Stephen Garner

Digger Hire, Landscape,  
Driveways, Paving, Concreting  
Property Maintenance, Fencing  
Gates made to measure  
Firewood  
Tel:07594 617511

## Brainteasers October 2023

### Brainteaser 5 of 5

What do you throw out when you want to use it but take in when you don't want to use it?

Answer inside back cover



Repairs to double glazed windows, doors and conservatories

Local independent business  
Free estimates, No call out charge

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

01603 520136 or 0800 1601932

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

# JOE SISTO

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

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

Telephone: 01760 722168

Mobile: 07785 746682

email: joesisto@aol.com

White Cottage, School Road, Necton (opp. Rectory)



## Newsletter

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



### Money Course - book your free place now

The Money Course is a series of four workshops full of tips for budgeting and prioritising what you spend money on. Our next course will be held at Dereham Baptist Church and starts on Thurs 5th October, 9:30am-11:30am.

An attendee of a previous course says:  
"Worried about your finances, or maybe really don't know the full picture of your finances? Do you struggle to budget and stick to a budget? Might you have debts but you really don't know the size of the problem? Even if you're confident you have all under control This Course could help you understand more about your finances and it's FREE !"

Please email catherineweatherill@capuk.org or phone 01362 695221 to book a place

### How do you feel about money?

We asked visitors at the Dereham Windmill Teddy Zipline how they felt about money and they gave a range of responses, with many feeling that money doesn't go as far as it used to! Do you feel in control of your finances, or are you struggling? Either way the Money course is for you! Our money coach Morgan started running budgeting workshops after attending one and seeing the benefit for herself and her family. We'd love you to sign up and come along - it's free and open to everyone.

Morgan and our team of volunteer befrienders continue to work tirelessly to help others. If you're struggling with debt please get in touch as we may be able to help.

Our debt services are free, and available for those in postcodes NR19 and NR20. There are other centres in Norfolk.

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

Dereham Debt Centre Newsletter Sept 2023



Bridge Club



Scrabble



Ten Pin Bowling



Darts

Plus theatre, cinema, exhibitions, lunch



theWI

INSPIRING WOMEN OF MATTISHALL

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

11 October  
"Jimmy Stewart - His Wonderful Life"  
Greg Powles

8 November  
"Mattishall WI Birthday Celebration Meal"  
Ticketed event

14 December  
"Christmas Party The Cats - Musical entertainment"

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

# SUNNYSIDE FURNITURE & PROPERTY SERVICES

## ALL HOME IMPROVEMENTS



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

Complete supply and fit Kitchen and Bathroom Service

Over 35 years experience

Based in Mattishall

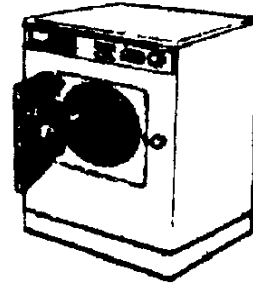
Mobile: 07799024900 or Tel: 01362850579

Email: kevin@sunnysidefurniture.com

Website: kevinkeeler.wixsite.com/sunnyside-furniture

# Norton Domestic Repairs

Repairs to:  
Washing machines  
Tumble Dryers  
Cookers &  
Dishwashers



Contact Kevin on 01362 850788  
or Mobile 07769902392

*Friendly service at affordable prices*

# CTC HIRE

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

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

The Old Post Office, Mattishall Road,  
East Tuddenham, Dereham. NR20 3LT.

email: mcram@tiscali.co.uk Tel: 01603 880062

# Phil's Gardening Services

I am a friendly reliable chap based in Mattishall

I can offer grasscutting,  
hedgcutting,  
strimming,  
weeding,  
shed/fence painting

07920104265



# The Norfolk Sweep

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



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



## Your Local Will Writing Service

- Wills & Trusts
- Powers of Attorney
- Inheritance Tax Experts
- Property Protection Trusts
- Lifetime Trusts
- Probate



• Equity Release & Mortgages  
**01362 288582**

20% Discount if you visit our Office  
62 Norwich Street, Dereham, NR19 1AD

Experienced & Trusted Estate Planning



info@thewillmaker.co.uk  
www.thewillmaker.co.uk

# 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:

4<sup>th</sup> October      1<sup>st</sup> November  
29<sup>th</sup> November

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 Your breath
- 2 Tea
- 3 A violin
- 4 A vacuum cleaner
- 5 An anchor

# Autumn Quiz

## Answers from the last issue

- (1) Canberra (2) 3 (3) Blue (4) 300  
(5) Daffodil (6) 155 (7) Formula 1 (8) Drey  
(9) *Orchestral Manoeuvres in the Dark*  
(10) Andy McCluskey

Congratulations to **Charlotte Crosby** who won our voucher for Café Verde.

With a chance to win the next voucher, email your answers to [miscadvert@yahoo.com](mailto:miscadvert@yahoo.com) by 31st October

1. Where is a tortoise's rib cage?
2. Assuming Prince William's son takes his given name when he is crowned King, he will become George the?
3. Which county plays home cricket matches at Trent Bridge?
4. What is the square root of 841?
5. What is the smallest amount of rent payable in monopoly?
6. What colour are the neutral corners in a boxing ring?
7. Why is 326 a very important number in politics?
8. What are the colours of the French flag?
9. Where in the UK are all distances measured from?
10. How many official James Bond films have there been?

## Miscellanea Production Schedule

to be ready for w/c	Adverts and payment submitted by	Reports & articles submitted by:	Printed and ready for delivery
Dec 2023	Fri, 10 <sup>th</sup> Nov	Wed, 15 <sup>th</sup> Nov	Fri, 1 <sup>st</sup> Dec
Mar 2024	Fri, 1 <sup>st</sup> Mar	Wed, 6 <sup>th</sup> Mar	Fri, 22 <sup>nd</sup> Mar
June 2024	Fri, 31 <sup>st</sup> May	Wed, 5 <sup>th</sup> June	Fri, 21 <sup>st</sup> June
Sept 2024	Fri, 6 <sup>th</sup> Sept	Wed, 11 <sup>th</sup> Sept	Fri, 27 <sup>th</sup> Sept

## 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](mailto:miscadvert@yahoo.com)



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.

